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FREE



Readers Respond

Black-Owned
Gems

PAGE 10

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The Great
Kid-Vention
Showdown

PAGE 18

Be Ready for **BACK-TO- SCHOOL**

- Backpack Giveaways
- Academic Essentials
- Parent Prep



HHM Alex Lopez | Books of Tails & Tales | Peachy Keen Dessert

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John Garcia, MD

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CALENDAR

Lisa Keosouphanh

SOCIAL MEDIA

Callie Collins, Lisa Keosouphanh

CONTRIBUTING WRITERS

Callie Collins,
Lisa Keosouphanh, Andrea Rose,
Pam Moore, Vaun Thygerson,
and Julie Willis

ADVERTISING INQUIRIES

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661-861-4939

WEB

www.kerncountyfamily.com

E-MAIL

kcfm@kerncountyfamily.com



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ON THE COVER: Daughters of Nicholas & Veronica Berger are left to right, Amelia, 10, Annalyssa, 9, Elenor, 7, Elizabeth, 2
Photo taken on the grounds of Trinity Preschool on the Campus of Trinity Anglican Church.
HEATHER HAFEN PHOTOGRAPHY WWW.HEATHERHAFENPHOTOGRAPHY.COM

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Vaun Thygerson
CONTRIBUTING WRITER

You've heard the saying, "Boys will be boys," and I can attest this is true no matter what age they become. My college boys were home this summer, and they still love to "prank" each other and their friends with spicy food or weird candy. With their 16-year-old cousin, they recently did the One Chip Challenge to see who could hold out the longest before drinking milk, after eating one astronomically hot chip.

Over the years, my family has been frequent shoppers at Rocket Fizz at the Marketplace with my boys buying all kinds of concoctions there, including Dog Slobber Soda and Ghost Pepper gummy bears. I'd find Gumby-related swag, and my husband enjoyed the Grateful Dead memorabilia. My daughter also liked going to this store because they have Razzles, the candy that turns into gum. At school, she wanted to have different kinds of chips packed in her lunch so her friends could try them. Her favorite ones were coated in Oyster Sauce. As Bakersfield says goodbye to this unique soda and candy shop, I'm sad to see it close here, but I really am thankful for all the fun, and sometimes disgusting, times we had.

Speaking of special collectibles, Julie Willis writes about a "kind of weird, and ugly" ceramic fish that she loved and displayed in her bathroom. In her Humor at Home article, "**Fishy Business at the Sink**" she writes about when she discovered this trinket broken and "glued" back together with toothpaste, and

how she tried to uncover the culprit. To find out more about her cunning detective skills, turn to page 22.

August does not just mean back-to-school routines, but August 9 is National Book Lovers Day, and August 26 is National Dog Day. In the article, "**Tales and Tails are the Theme for This Month's Reading**," on page 14, Andrea Ciccocioppo Rose combines both of these celebratory days into a dog-gone fun reading list for all ages, including titles like Sandra Boynton's "Doggies" and the classic, "The Pokey Little Puppy," by Janette Sebring and Gustaf Tenggren.

This month's Hello, Happy Mama features an artist who is promoting local talent. In the article, "**Hello, Happy (Inventive) Mama: Alex Lopez**," on page 12, Callie Collins writes about her authenticity and love of the arts. She is an artist and entrepreneur and the Arts Council of Kern's Makers Market coordinator. This mother of two boys started making jewelry during the pandemic and can now be seen on Instagram @CowgirlyCreations.

Bakersfield has ample places to find unique food and fun gifts, even when some of your favorites come and go. Alex Lopez encourages families to check out downtown events like First Friday and Second Saturday, where you can support small businesses and find special treasures. If you're looking for a fun snack to pack in your kiddo's lunch or a fancy trinket to display in your home, you can find it locally. As life gets back into the routine of school, remember to look for the places that encourage adding something to startle your tastebuds!

Happy First Day of School! Have a safe and exciting day!

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Community Publishers Name KCFM Double Award Winner



KCFM recently won two 2025 Best of the Best Awards from the Association of Community Publishers (ACP). Out of over 880 entries from 30 publishing members, representing 145 titles, KCFM received 1st place for the Andrew E. Shapiro Cancer Foundation Cancer Awareness Award and 2nd place for Best Front Page, Color, Glossy Cover. The judging was performed by students and faculty of Columbia State College in Columbia, Tennessee, using a combination of in-person and virtual judging, both in a group setting and individually.

"Any publication recognized in the ACP Best of the Best contest should be incredibly proud of their achievement," says ACP executive director Cassey Recore. "They are competing against the most talented writers, designers, and some of the most compelling special sections, covers, core publications, and from our entire membership and across the country. Earning that distinction is no small feat."

The Andrew E. Shapiro Cancer Foundation (AESC) Foundation was established to engage news media, including free papers and newspapers,

to encourage publishers to join the fight against cancer. Andrew E. "Andy" Shapiro was Chairman of Metro Graphics and worked with publishers for more than 40 years. He lost his two-year battle with non-smoking-related lung cancer in October 2005. In tribute to his life and work, this award recognizes publishers who go above and beyond to fight cancer in their communities.

This award was given to KCFM based on Callie Collins' Hello, Happy Mama article, "Hello, Happy Encouraging Mama," featuring local champion Stana Bright. As a three-time breast cancer survivor, Stana has become an advocate for early detection. Spotlighting these types of stories helps spread awareness and shows the power of local publishers. KCFM's August 2024 cover was a second-place winner featuring a photograph of a young boy and his dog taken by Stacey Leigh Photography.

ACP is a professional business association that represents community publishers nationwide to provide a platform for publishers to connect with industry partners, share best practices, and access valuable resources to grow their businesses.

For more information and a complete list of award recipients, please visit www.communitypublishers.com/awards

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Kern County Families!

Back-to-school season is here! Stop by a local distribution event for FREE school supplies and set your student up for success.

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Latination is making its return—and you're invited!
 Join us for two unforgettable days of Latin art, music, food, and celebration in downtown Bakersfield!

From stunning gallery art to live performances and delicious food, Latination 12 is a tribute to the people, pride, and culture that make Kern County shine bright!

WE'RE ALSO LOOKING FOR ARTISTS VENDORS & SPONSORS

Scan the QR code to learn more and get involved with LATINATION!

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Arts COUNCIL kernarts.org | (661) 324-9000 | ackgallery@kernarts.org



Adventist Health Bakersfield team celebrating its recent Blue Distinction® Centers+ designation from Blue Shield of California, recognizing its commitment to safe, high-quality, and cost-effective care. PHOTO COURTESY ADVENTISTHEALTH.ORG

Adventist Health Honored for Maternity Care Excellence

Adventist Health Bakersfield was recently recognized by Blue Shield of California with a Blue Distinction® Centers+ (BDC+) for Maternity Care designation, as part of the Blue Distinction Specialty Care Program. To earn this distinction, each facility must deliver quality care, safety, and cost-effectively.

The Blue Distinction Centers for

Maternity Care program plays a key role in the Blue Cross Blue Shield Association’s (BCBSA) efforts to build healthy communities to support members where they live and work and improve patient outcomes for all Americans. To align with this strategy, the Blue Distinction Centers for Maternity Care program enhanced its quality and measurement standards

to recognize facilities that have taken action to respond effectively to obstetric emergencies, promote fair and inclusive healthcare, and improve maternal health outcomes.

For more information about the program and for a complete list of the designated providers, visit www.bcbs.com



Historic Woolworth’s Lunch Counter Returns to Downtown

After nearly four years of meticulous restoration, the beloved Woolworth’s lunch counter at 19th and K streets will make its triumphant return with a soft opening later this month and its grand opening celebration in October. Primary owners Emily and Sherod Waite have gone to extraordinary lengths to preserve the historic lunch counter in its original form, calling the project “our love letter to Bakersfield.”

The iconic 75-year-old luncheonette, which has served countless burgers and milkshakes since 1950, will reopen alongside expanded dining options, including an additional bar, outdoor seating, and a basement music venue.

The Waites have followed the National Park’s historic roadmap for every part of the renovation, ensuring preservation for this downtown landmark.

“We’ll still be flipping burgers just a couple of feet away from customers,” says Emily Waite. “From day one, making that happen has been important to us.”

A soft opening is planned for late summer, with the grand opening celebration set for October 25th from 3-7 pm, featuring a block party and ribbon cutting ceremony.

For more details about the soft launch, please visit www.historicwoolworths.com/luncheonette

Books in Motion®: Dance + Literacy

In collaboration with the Kern County Library, the ninth annual Books in Motion®: Dance + Literacy is back this summer, featuring 12 books performed by 12 Kern County dance organizations in 50-plus performances at more than 20 locations. Each program includes a live dance performance (in English, Spanish, and American Sign Language) based upon well-known children's books; a mini dance class where children will learn

a short dance that reinforces the book's theme; a book-theme inspired crafting session to promote role playing; and, a free book to encourage reading at home.

Children are encouraged to attend as many performances as possible to collect all 12 books.

For more information and to see the remaining performance schedule, please visit www.kerndance.org/BIM/



For the ninth consecutive year, Books in Motion®: DANCE + LITERACY returned to libraries across Kern County this summer. PHOTO COURTESY KERNDANCE.ORG/BIM

New CEO Named for LinkEd Public Schools



Greg West

LinkEd Public Schools' Board of Directors recently announced the appointment of Greg West as its new Chief Executive Officer. This

announcement will also help to strengthen The Central Academy of Arts and Technology by expanding its enrollment, deepening its community impact, and building the infrastructure to sustain long-term success.

West brings more than two decades of experience in education, locally, beginning at Garces Memorial High School, and he also helped launch the early college and dual enrollment programs at Wonderful College Prep Academy. Then he served as Principal at Grow Public Schools and later as

Director of Central Operations for the Grow Charter Network. He served for five years at the Kern County Superintendent of Schools (KCSOS), where he worked alongside all 46 districts in the county to fulfill the Kern Education Pledge.

"As a proud Bakersfield Native, this community shaped who I am, and I'm deeply honored to join LinkEd Public Schools at such a pivotal time. As we work to create more school choice, I'm committed to helping us build something lasting for Central Valley families," West says. "Growth means more opportunity, more support, and more innovation, but it only matters if our families feel seen, heard, and empowered. I can't wait to partner with you to keep building something extraordinary for our kids and our community."

For more information, please visit www.caatcharterschool.org



Wonderful Company Opens Application for Community Grants

The Wonderful Company recently announced that its \$1 million Wonderful Central Valley Community Grants application period is now live. Over the past 10 years, The Wonderful Company and its co-owners, Lynda and Stewart Resnick, along with their foundations, have awarded more than \$8.5 million in grants to more than 142 nonprofits and 165 schools in the San Joaquin Valley.

Each year, The Wonderful Company, the Resnicks, and their foundations invest more than \$35 million in community development, education, and health and wellness initiatives across the Central Valley and beyond.

The Wonderful Central Valley Community Grants program is at the heart of the company's ongoing commitment to being Wonderful Neighbors, supporting the communities where its employees live and work.

All applications must be received by midnight on August 31 to be considered. The 2025-26 class of Wonderful Community Grants recipients will be announced in October.

For more information or to apply, visit www.wonderfulcommunitygrants.com or email communitygrants@wonderful.com



Shots of Safety Before School Starts

August is National Immunization Awareness Month, a time to spotlight the importance of staying up to date on vaccines for all ages. As families prepare for back-to-school routines, it's the perfect moment to schedule well-child visits and ensure children receive recommended immunizations. According to CDC.gov, vaccines protect against serious illnesses like measles, polio, and whooping cough, helping keep classrooms and communities safe. Immunization isn't just for kids or teens -

Check out
our Immunization
schedule online at
kerncountyfamily.com

adults need boosters too. By talking with trusted healthcare providers and checking vaccine schedules, parents can make informed choices that safeguard their families. Prevention is powerful, and vaccines are one of our strongest tools.

71%: The number of people who have been told by a Medical Professional that their symptoms were not real.

Source SHEMedia Gaslighting Survey

59%: Increase in insomnia risk from using smartphones or tablets in bed for 1 hour. Source: Frontiers in Psychiatry

Peaches: The Sweet Superfruit You Shouldn't Overlook

There's something nostalgic about biting into a ripe peach—sweet, juicy, and sun-kissed. But beyond their summer charm, peaches are quietly loaded with nutrients that make a year-round wellness win. So next time you see them at the market, grab a few. Your body will thank you.

Antioxidant Armor: Packed with vitamin C, beta-carotene, and polyphenols, peaches help fight oxidative stress and support immune health. One medium peach delivers about 6.6 mg of vitamin C—roughly 7% of your daily needs, according to Healthline.

Heart & Gut Helpers: Peach extract has been shown in animal studies to lower cholesterol and blood pressure. With 196 mg of potassium and 2.4 grams of fiber per fruit, peaches support heart health and keep digestion on track.

Skin, Vision & Hydration: Beta-carotene boosts eye health, while peaches' high water content (over 85%) helps keep skin glowing and hydrated.

Naturally Slimming: Low in calories (under 70 per large peach) and high in fiber, peaches satisfy sweet cravings and help you feel full longer.

Easy Ways to Enjoy: Grill with fish or other meats, toss into salads, blend into smoothies, or bake into cobblers (for balance of course).

For more information, visit <https://www.healthline.com/nutrition/peach-fruit-benefits>



Early Vision Screenings Matter for Kids



There is no definitive age when a child may need to get eyeglasses. However, the American Association for Pediatric Ophthalmology and Strabismus notes that children's visual systems are still developing during the first 12 years of their life, and during this period wearing

glasses can be important for normal vision development. Glasses can help straighten crossed or misaligned eyes, bolster weak vision caused by differences in vision between a child's eyes, and even protect the stronger eye.

The American Academy of Pediatrics recommends children begin vision screening around age 3 and receive annual screenings each year at ages 4, 5 and 6. After that, screening is recommended when children turn 8, 10, 12, and 15. Of course, parents who begin to suspect their children are having trouble with their vision are urged to take the child to an ophthalmologist once such suspicions arise.

Some notable signs include inexplicable declines in academic performance, children sitting closer to the television than they once did and children's own remarks regarding their vision if they say anything at all.



Good News for Pasta Lovers

Opting for a cup of pasta instead of a cup of white rice, potatoes, or white bread can help you lose weight, suggests a study in the Journal of the American Nutrition Association. Those who made that trade dropped more than those who stuck to their usual "white carb" ways. Turns out pasta is lower on the glycemic index (GI), which means it doesn't raise your blood sugar as much. That's key since eating lower GI foods has been shown to speed fat burning.

You + Us = a better day!



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Black-Owned Favorites from KCFM Readers

AUGUST MARKS BLACK-OWNED BUSINESS MONTH — a powerful time to recognize, support, and celebrate the entrepreneurs whose talent and tenacity help shape Kern County's culture and economy. From soulful eats to curated boutiques and wellness clinics, these businesses aren't just open—they're opening doors.

Services

ShePower: Nonprofit organization that empowers women and girls through mentorship and leadership development. www.shepoweracademy.org/

Frye Plumbing: Offers a wide range of affordable and convenient plumbing services for residential and commercial clients. www.facebook.com/FryePlumbing/

Tel-Tec: A full-service security company offering a wide range of customized security solutions for both residential and commercial clients. www.tel-tec.com/

Engineering for Kids: STEM.org Accredited and Cognia Certified, providing a wide range of STEM enrichment programs for children Pre-k to Middle School. www.engineeringforkids.com/bakersfield

Nest & Co.: Clinic offering support, education, and wellness services for

pregnancy, postpartum, and early parenthood. <https://thenestandco.com/>

Food & Dining

Soul Sister House of Soul: Southern comfort food with heart www.facebook.com/soulsisterbakersfield/

Suga Shack: Sundaes, coffee, and community vibes www.instagram.com/lovesugashack/

Handle's Ice Cream: Over 100 flavors of rich, homemade ice cream and sherbets <https://handelsicecream.com/store/bakersfield/>

Wing Stop: Saucy or dry-rubbed wings, crispy tenders, seasoned fries, and dips <https://www.wingstop.com/>

Bentley Bowl: California infused soul food bowls, rubs, drinks, and desserts <https://www.bentleybowl.com/>

Mom's House: Southern-style comfort food like oxtails, catfish, ribs, and waffles <https://moms->

housechickenandwaffles.com/

Beck's Divine Cakes: Custom cakes, cupcakes, and pies with old-fashioned flavor and flair www.instagram.com/becksddivinecakes/

Beauty & Wellness

Beauty Connections: Black-owned beauty and hair supply store www.beautycbako.com/

GloSthetics Beauty Lounge: Cosmetics, waxing, and skincare www.instagram.com/glosthetics_beauty_lounge

Innovations Salon N Spa: Hair extensions and styling www.solasalonsstudios.com

DaliMay Massage: Massage therapy and hydrotherapy www.massagebook.com/therapists/Dali-MayMassage

The Wellness Water: IV hydration and wellness services www.thewellnesswaterinc.com/



Black-Owned Community-Grown

The Bakersfield Black Dollar Initiative (BBDI), a non-profit organization dedicated to supporting Black-owned businesses in Bakersfield, says they feature 386 businesses locally and regionally in their online directory. This directory is a non-profit effort to promote and connect Black-owned businesses in the community.

Learn more about BBDI and local Black-owned businesses at <https://blackbusinessdollar.org/>

Fact: According to the 2023 Annual Business Survey (ABS), about 3% of U.S. businesses were Black or African American-owned (both employer & non-employer) and Minority-owned businesses accounted for 36.7% of all non-employer businesses in the U.S. (those without paid employees).

Learn more at <https://www.census.gov/programs-surveys/abs.html>

Tayndra and Mack Hunter: Sparking STEM Dreams Through Engineering for Kids

Since launching in November 2014, educator Tayndra Hunter has always had a clear vision: bring meaningful, hands-on learning opportunities to children—beyond just sports. In her community, she noticed a lack of engaging, educational programs for kids under age 20. Drawn to the child-centered focus of Engineering for Kids, Tayndra and her husband Mack bought into what she calls “the greatest engineering franchise worldwide.” Their mission? Inspire young minds by introducing STEM concepts early, well before college. Through exciting challenges and playful innovation, they're showing kids that the journey into science and engineering can—and should—begin now.



PHOTO BY LJ RADON

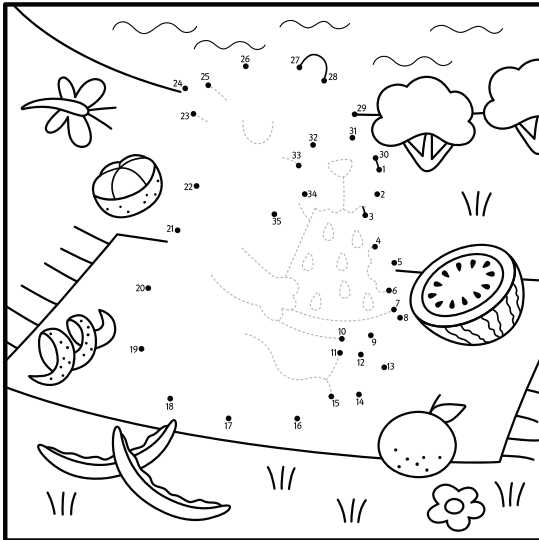


Hello, neighbor.

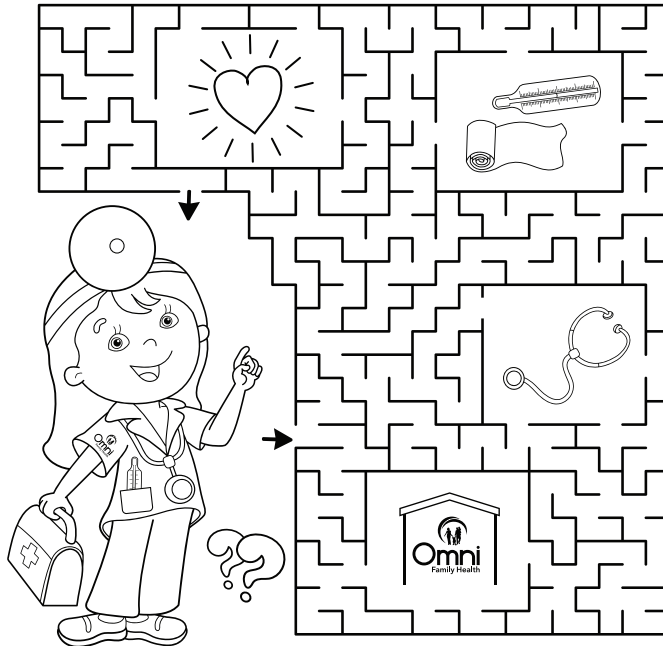
Close enough to be your neighbor, caring enough to be your family.

August Activities

CONNECT THE DOTS



Find your way through the maze, and try to collect all the items along the way.



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



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Accepting New Patients

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HELLO, HAPPY INVENTIVE MAMA

From handmade earrings to soap with flair, this inventive mama, **Alex Lopez**, shapes Kern's creative scene.

Authenticity is the underpinning of the life and work of Alex Lopez.

An artist and entrepreneur, she is the Arts Council of Kern's Makers Market coordinator, a new initiative designed to showcase local artists and artisans.

Born and raised in Bakersfield, Alex and her husband, Angel, are the parents of Emiliano, 9, and Esteban, 5.

"They are rambunctious boys, very funny and the best part of me," said Alex, who has found balance with motherhood and her job.

Alex began making jewelry during the pandemic, which served as a creative outlet during that uncertain time.

"I experienced postpartum depression after having a baby in January 2020, as restrictions began in March. With everything going on in the world, I felt sad and scared," she explained.

"I started making earrings and bows, just for friends and family. In May, I soft launched "Cowgirly Creations" and started going to pop-ups in 2021."

Alex was making jewelry at her booth in the space that would become the Arts Council of Kern, formerly The Brickyard, 1020 18th St., when Executive Director Jeanette Richardson came to tour and invited her to interview.

"The job really came to me," said Alex, who was already familiar with many local vendors from her attendance at other events and being part of the Kern County creator community.

"Our goal is to provide a space for makers, to support artists and artisans, advocate, educate and give access to the public to all of the art we have here in Kern County," said Alex. "Featured



Alex Lopez, pictured with some of her jewelry designs, alongside Jeanette Richardson, executive director of ACOK. PHOTO BY LJ RADON

artists are on a three-month rotation. We have participants of all kinds, from painters to writers, candlemakers and more."

Alex is also a Makers Market participant, so she knows firsthand how important sales opportunities and local support are.

"I am close to both sides of the family. They are all extremely supportive and always wearing my jewelry and reposting photos of my jewelry," said Alex, who can be found on Instagram @CowgirlyCreations.

When it comes to balancing work and family, Alex suggests all parents give themselves some grace.

"Some days are more work focused,

while others are focused on family. Take it day by day. There are life events a parent really can't predict and trying to predict can bring on unneeded stress. Sometimes, you have to take it hour by hour."

THREE QUESTIONS WITH ALEX LOPEZ

Q. What advice do you have for women going through tough phases of motherhood?

You are not alone. Any person who has been a mother has been through that phase of life, which can feel endless. Take real time for yourself. Tasks like running errands alone or cleaning the house in silence might feel like a break



Angel and Alex Lopez, with their sons, Esteban and Emiliano at Stiern Middle School's Mariachi Festival. PHOTO COURTESY ALEX LOPEZ

Fill-in-the-blank questions

The first thing I do when I wake up in the morning is: Make my coffee.

Before I go out, I always make sure I have: A claw clip for my hair.

My favorite music group is: NSYNC.

The best book I've read lately is: "The Witch Series" by L.S. Gagnon, which is the pen name for the author, who is my aunt.

So far, my best life advice is: Dream for yourself. Balance isn't selfish. It's sustainable. You can be everything as long as you have balance. You can be the rock for your family and still make space for yourself.

but that is still labor. Get yourself a coffee, do your nails. Moms deserve rest that isn't tied to productivity.

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

Kern County is so rich in arts and culture. You just have to know where

to look. Check out First Friday, Second Saturday, our upcoming event, Latination on Sept. 5 and Sept. 6 are all family-themed events. There are always things happening. Come downtown on a weekend and see what's going on; I really want to encourage families to support small events.

Q. What is your parenting PSA?

Just stop and have fun with your kids. They are only little once. I have never gone to bed and thought 'We shouldn't have had so much fun today' but I have gone to bed and thought 'I shouldn't have been so hard on them today; it wasn't that big of a deal. Why couldn't I just have fun with them?' It's better to enjoy the moment.

Calling All Makers!

Apply for a spot in Makers Market, a curated showcase at the Arts Council of Kern. Selected artists earn 70% of sales, with no booth fee, and gain exposure through weekday displays and weekend events like Second Saturday.

Spots are limited — apply now at <https://kernarts.org/>

HELLO HAPPY MAMA CONTEST

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Gear Up for School, Work & Everything in Between!

Enter to win a curated collection including a glass monitor riser, sleek dry-erase easel & computer pad, plus more—all designed to spark ideas and bring order with style.

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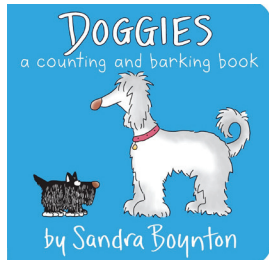
Enter by midnight on August 21st!

Scan Here to Enter!



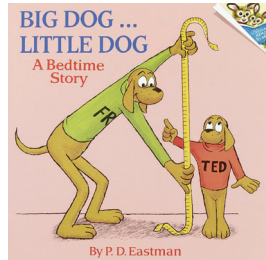
Tales and Tails are the Theme for This Month's Reading

AUGUST IS FULL OF REASONS to celebrate by reading a good book! August 9 is National Book Lovers Day and August 26 is National Dog Day. Why not read about two things we love—books and dogs?! And for an end-of-summer challenge, you can write your own story (or poem) about your favorite dog!



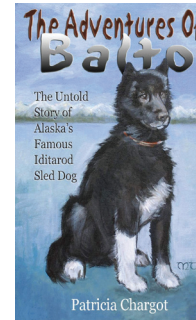
Doggies
By Sandra Boynton
\$5.02; Ages infant-2
Publisher: Boynton Bookworks
Amazon.com
Who doesn't love a Boynton

board book? This one introduces little ones to all kinds of dogs—big, little, short-haired, long-haired, loud ones and quiet ones.



Big Dog, Little Dog
By P.D. Eastman
\$5.99; Ages 1-5
Publisher: Random House Books for Young Readers
Amazon.com
This classic was originally published

in 1973 and introduces youngsters to best friends Fred (Big Dog) and Ted (Little Dog). The pups have lots of differences, but they prove even opposites can be best friends.



The Adventures of Balto: The Untold Story of Alaska's Famous Iditarod Sled Dog

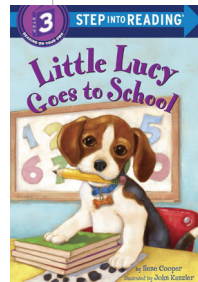
By Pat Chargot
\$8.95; Ages 9-11
Publisher: Publication Consultants
Amazon.com

This is the true story of Balto, a famous Alaska sled dog. He's been gone since 1933, but his story of how he helped carry precious serum across Alaska to help save children from diphtheria is a classic tale.



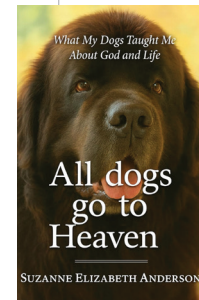
Good Night, Biscuit
By Alyssa Satin Capucilli & Pat Schories
\$6.54; Ages infant-2
Publisher: Harper-Collins
Amazon.com

The adorable fluffy puppy, Biscuit, doesn't want to go to bed. But it's bedtime! Whatever can he do to delay the inevitable?



Little Lucy Goes to School
By Ilene Cooper
\$5.99; Ages 5-8
Publisher: Amazon.com
This Step Into Reading book is for children at Step 3—those who are ready to read independently. Lucy, an

adorable beagle puppy, will guide kids page by page through a tale of her own.



All Dogs Go to Heaven: What My Dog Taught Me About God and Life

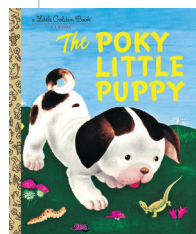
By Suzanne E. Anderson
\$12.99; Ages teen-adult
Publisher: Independently published
Amazon.com

If you've ever lost a dog, this book is for you. The author shares her story of losing her beloved Newfoundland dogs.



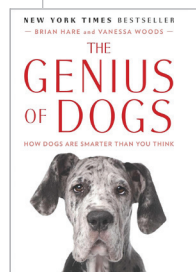
Ranger in Time: Rescue on the Oregon Trail
By Kate Messner and Kelley McMorris
\$5.99; Ages 7-9
Publisher: Scholastic Press
Amazon.com
Ranger is a time-traveling golden retriever who

wags his way into adventure. In this first installment (of 12), Ranger finds his way to 1850 where he meets up with a family on the Oregon Trail. Kids can have fun while learning history!



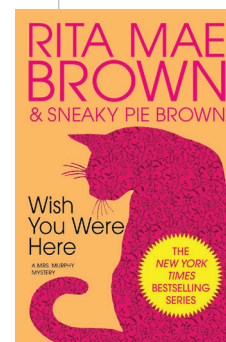
The Pokey Little Puppy
By Janette Sebring Lowrey & Gustaf Tenggren
\$4.35; Ages 1-4
Publisher: Golden Books
Amazon.com
Remember the Little Golden Books? This

is one of the original 12 published in 1942 and went on to become a best-selling book of all time! It tells the tale of a curious puppy. Share it with your kiddos.



The Genius of Dogs: How Dogs are Smarter Than You Think
By Brian Hare and Vanessa Woods
\$17.03; Ages teen-adult
Publisher: Plume
Amazon.com

Science has proven that dogs and people share a unique bond and authors Hare and Woods set out to prove it.



Wish You Were Here: A Mrs. Murphy Mystery

By Rita Mae Brown
\$8.99; Ages teen-adult
Publisher: Bantam
Amazon.com
Don't let the cover fool you. Mrs. Murphy is a tiger cat with a penchant for solving mysteries alongside her human, Mary

Minor Haristeen, but there's also a canine sleuth, Tucker, a Welsh corgi, who sniffs out clues.

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BACK to SCHOOL

Celebrating 80 Years



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Tips to Ensure a Successful Start to School for Parents and Kids

STARTING SCHOOL FOR THE FIRST TIME can be anxiety-provoking (for both kids and parents)—but it doesn't have to be. We talked to the pros to find out how parents can set their kids up for a successful start to preschool or kindergarten.

Make Learning Fun

As parents, we are our children's first teachers. Although this might seem like a lot of pressure, it's also an amazing opportunity to present learning as something that can (and should) be fun. According to Lisa Stratton, the Educational Services Manager at TLC Learning Center in Longmont, Colorado, we can do this by encouraging our kids' natural curiosity. "For example if your child asks you, 'How do bats fly in dark caves without bumping into each other?', help them find the answer online or at the library." By encouraging your kids to go where their interests take them, says Stratton, "You will be teaching them that learning is fun without them realizing [it]."

1

Be Informed

As all parents know, kids are masters at picking up on their parents' emotions; if we're anxious, they'll know it, and they may feel it, too. Parents can allay some anxiety by educating themselves. Shela Blankenship, the Early Childhood Coordinator at St. Vrain Valley Schools in Colorado, encourages parents to visit the school's website to learn about program information, hours, and drop-off and pick-up expectations. She also says parents can schedule a meeting with the teacher during Parent Orientation to forge a relationship with the teacher from the start. Blankenship emphasizes, "The more parents know in advance, the more comfortable everyone will feel on the first day."

3

Encourage Independence at Home

Parents can support the learning process by fostering our kids' independence with daily tasks. When kids can handle some of these basics, teachers have more time to focus on helping them develop academic and social skills. Stratton suggests teaching kids practical skills, like tying shoes, buttoning and unbuttoning clothing, and getting their own drink of water. "These day-to-day life skills and learning how to get along with others are more important at this stage than knowing how to write their ABC's."

2

Talk to Your Child

Shari Karmen, Therapeutic Services Manager at TLC, recommends parents let their kids know what to expect before school starts. "Let them know they will be making new friends, playing with different toys, having new snacks." She suggests parents tell their kids what a typical day might look like or even visit the school in advance. "Telling children several times helps them to learn that a change and new routine will be happening. Include who will be picking them up from school so they know that they will see you again." Above all, she reminds parents: "Keep the 'story' positive and fun!"

4

This article originally appeared in the Boulder Daily Camera. Pam Moore is an award-winning freelance writer, intuitive eating coach, and host of the Real Fit podcast. Get her free guide to improving your body image at pam-moore.com



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YOU CAN DO IT STEM SHOWDOWN: THE GREAT KID-VENTION CHALLENGE!

By Lisa Keosouphanh

CELEBRATE NATIONAL INVENTORS MONTH! Grab your gear and get creative with our STEM Scavenger Hunt + Build Challenge! Hunt for every-day items, tackle a fun invention challenge, then show off your masterpiece at the Inventor's Showcase. Ready, set, invent!



Step 1 Scavenger Hunt

Your Mission: Find as many of these items as you can and check them off!

- | | | |
|--|--|--|
| <input type="checkbox"/> Popsicle sticks | <input type="checkbox"/> Marshmallows | <input type="checkbox"/> Index cards |
| <input type="checkbox"/> Rubber bands | <input type="checkbox"/> Paper cup | <input type="checkbox"/> Cardboard strips |
| <input type="checkbox"/> Plastic spoon | <input type="checkbox"/> Ruler | <input type="checkbox"/> Tape or glue |
| <input type="checkbox"/> Pom-poms | <input type="checkbox"/> Hardcover books or chairs | <input type="checkbox"/> Coins or small toys |
| <input type="checkbox"/> Foil balls | | |

Step 2 Build Something Awesome!

Build a Bridge

Goal: Span a gap between two books or chairs and test its strength.

Materials:

- Hardcover books or chairs
- Index cards, cardboard strips, or popsicle sticks
- Tape or glue (optional)
- Small toy or coins

Steps:

- 1. Set the Span:** Place books/chairs 6–12 inches apart.
- 2. Create the Deck:** Use cardboard or index cards. Fold edges up for strength.
- 3. Lay the Bridge:** Overlap each support by at least 1 inch.
- 4. Test:** Place a toy or coins in the center.
- 5. Tweak & Try Again:** Reinforce or try new materials.

Launch a Catapult

Goal: Build a simple catapult to launch a marshmallow or foil ball.

Materials:

- 7 popsicle sticks
- 4 rubber bands
- 1 plastic spoon
- Marshmallows, pom-poms, or foil balls

Steps:

- 1. Build the Base:** Stack 7 sticks, rubber band both ends.
- 2. Make the Lever:** Stack 2 sticks, band one end.
- 3. Assemble:** Wedge the base between the lever sticks. Attach spoon to top

Step 3 Hold an Inventor's Showcase

Fill out your invention card below & present your invention:

Name of Your Invention:

What does it do?

What materials did you use?

What was the hardest part?

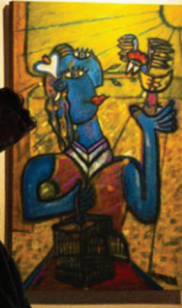
If you could improve it, what would you change?

Step 4 Awards & Prizes

- ☐ Most Creative ☐ Strongest Structure ☐ Most Likely to Be Patented



Latin Soul on the Walls of Kern.



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CASA ESPERANZA

& THE YEAR OF TRANSFORMATION

Celebrating Life-Changing Milestones for Women and Children in Bakersfield

Just over two years ago, Casa Esperanza Transitional Home for Women and Children opened its doors with a vision to be more than a shelter, but to be a home where local women and children could heal, rebuild, and create a future filled with hope. Today, the organization is proud to share the remarkable journeys of its residents with stories of perseverance, education, and independence that are shaping a new reality for families who once faced homelessness.

The women of Casa Esperanza come from different backgrounds, but they share a common dream to build stable lives for themselves and their children.

Jessica, a mother of eight, is preparing to move into her very own four-bedroom home in Southwest Bakersfield. After years of uncertainty, she has worked tirelessly to reunite her family, proving that with determination and support, even the most daunting challenges can be overcome. With a full-time job and the achievement of earning Casa Esperanza Alumni Status, she is stepping into a new chapter of her life, one where she is in control of her future.

For Emily, the path to stability has been paved with education and persistence. After completing the Bakersfield College

Post-Corrections Academy, she is now taking the next step, enrolling in additional training in law enforcement. Her hard work has already paid off as she has an interview scheduled with a correctional facility, and for the first time, she can see the possibility of a lifelong career that will provide security for her child.

Serena, another determined resident, is proving that change is possible through education. A standout student in the criminal justice program at Bakersfield College, she is preparing to enter the Post-Corrections Academy later this month. While balancing coursework and motherhood, she is creating a foundation that will lead her to a career in public service, a path she once thought was out of reach.

Mariah, a passionate and driven learner, is juggling coursework at both California State University and Bakersfield College. Despite the challenges of balancing school and family, she has maintained A-level grades, demonstrating the power of perseverance. With every class she completes, she is rewriting the future not only for herself but for her children, who now have a role model showing them that anything is possible.

As these women build their futures, their children are thriving alongside them. The stability and support provided by Casa Esperanza have created an environment where children can focus on their education.

Nearly all the children living at Casa

Esperanza attend the Central Academy of Arts and Technology, and an astonishing 95 percent have earned a place on the honor roll. For two proud mothers, the joy of watching their children, one in third grade and another who just turned 12, earn Principal's List honors is immeasurable. These milestones, once distant dreams during times of instability, and in one case living out of their car, now shine as proof of the power of a safe and supportive home.

Another mother beams as her teenager, now excelling in high school, sets their sights on college, a dream that once seemed out of reach.

These successes are not just individual victories, they are proof that Casa Esperanza is working. With a holistic approach that combines education, career training, financial literacy, and a true sense of home, the organization is breaking the cycle of homelessness and poverty one family at a time.

But this work cannot be done alone. Casa Esperanza thrives because of the generosity of the Bakersfield community. The organization invites the public to be part of this transformation by supporting its two biggest fundraising events: the Hearts of Hope Fundraiser every September and Give Big Kern in May.

These events ensure that women like Jessica, Emily, Serena, and Mariah continue to receive the resources and support they need to build successful, independent lives.

"Our mission has always been to create more than just a temporary solution. We are building a foundation for long-term independence," said Diane Contreras, Executive Director of Casa Esperanza. "The incredible achievements of our residents prove that when women are given the right support, they can transform their lives and provide their children with a future filled with opportunity. We are honored to be part of their journey, and we invite the community to celebrate their success and be part of the change."

To learn more about Casa Esperanza, to donate, or to get involved, visit <https://esperanzabakersfield.org/> or contact Diane Contreras at 661-742-1018.

Feelin' Peachy Keen: Sweet Shortbread Squares

OUR PEACHY KEEN SHORTBREAD SQUARES is the dessert your family didn't know they were craving—until now. Fresh-picked flavor meets buttery bliss in this easy recipe made for sticky fingers and sunset snacks.



California Cling Peach & Raspberry Shortbread Squares

Makes 20 to 25 squares

INGREDIENTS

For the Crust and Topping:

3 cups of all-purpose flour
1 cup sugar
1 tsp baking powder
½ tsp salt
2 sticks of chilled butter, cut up
⅓ cup pecans, chopped

For the Filling:

2 (15 oz) cans California Cling

Peaches, any cut, strained and
diced (reserve juice)
½ cup peach juice (strained from
the cans)
½ cup sugar
2 Tbsp cornstarch
¼ tsp salt
½ cup raspberry jam

INSTRUCTIONS

Preheat oven to 350°F. Line
a 13 x 9 x 2 inch pan with
parchment paper.

For the Crust:

In a large bowl, mix together the
flour, sugar, baking powder and
salt. Cut in the butter using a
mixer or pastry blender until it
resembles large crumbs.

Reserve 1 cup of the flour mixture
for the topping. Add the pecans
to the topping mixture. Set aside.

Press the remaining flour mixture
into the bottom of the prepared
pan.

Bake for 12-15 minutes, until
lightly browned.

For the Filling:

Drain the peaches, reserving
½ cup of the juice.

In a medium size saucepan,
combine the peaches, the juice,
sugar, cornstarch and salt.
Simmer over medium heat until
the mixture thickens and the
cornstarch is dissolved, about
8-10 minutes.

Pour the peach mixture evenly
over the shortbread crust.

Spoon jam over peach mixture in
little dollops.

Sprinkle with the crumb pecan
topping mixture.

Bake for 20-25 minutes. The filling
should be bubbling around the
edges, and the crumb topping
should be browning.

Cool slightly before cutting into
squares. Store in the refrigerator
for up to 5 days.

— Recipe courtesy <https://californiaclingpeaches.com/>

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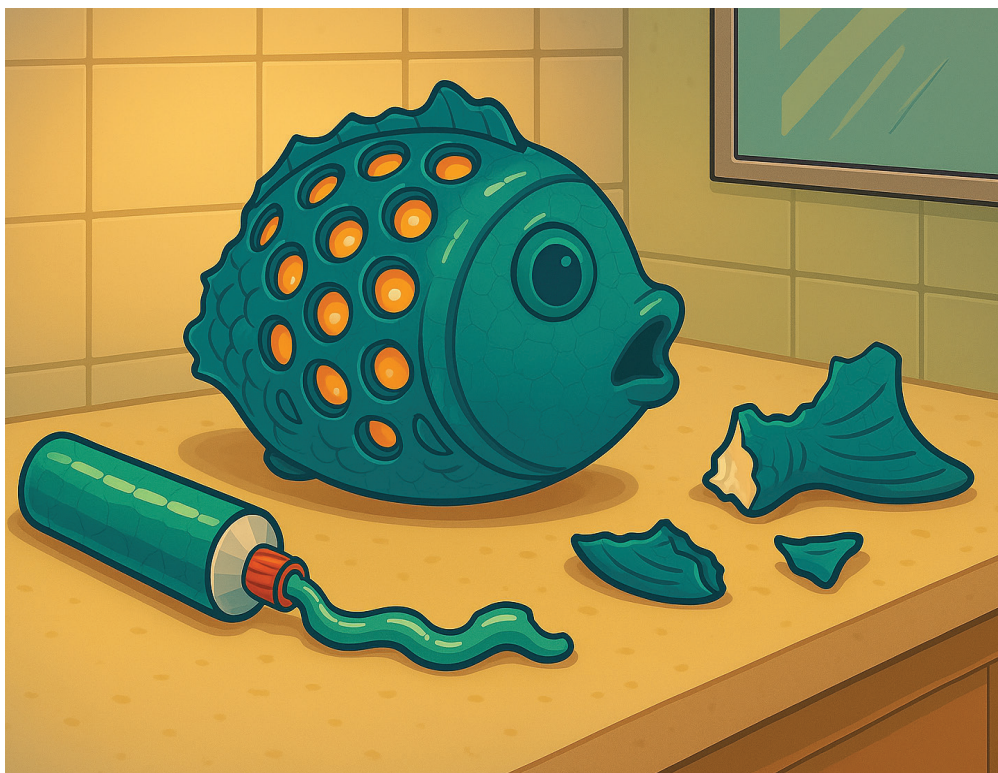
WE LOVE IT!

By Lisa Keosouphanh

Back-to-school essentials for busy families — streamline learning, spark STEM, and restore household harmony.

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Fishy Business at the Sink

I once bought a ceramic fish for our main bathroom. I loved that fish. It was highly glazed and a beautiful turquoise color. And you could put a candle in the body and see light through the holes as it sat on the counter. The fish itself? Kind of weird and a little ugly, if I'm being honest, but I loved it for its shiny aqua-marine sheen.

And then one day, tragedy struck.

I was cleaning the counter in the bathroom when I picked up the fish to wipe underneath it. That's when the tail fell off. Just plinked onto the counter like it had been waiting for the perfect dramatic moment to say, "I've had enough swimming on this dry counter."

Now, I'm not an expert in forensic ceramicology, but upon closer inspection, I noticed some... unusual repair work. The tail had been broken

before, but someone had attempted to glue it back together with a substance that looked very suspiciously like Crest Minty Fresh Gel. Maximum hold? Apparently not.

Now, there are four people who live in my house, plus a dog and a cat. Assuming that my pets and myself were not guilty, that didn't leave many suspects.

After ascertaining that my husband did not attempt to glue my fish back together, I interrogated my two children.

For days.

No one would confess.

Eventually, I gave up on their cooperation and turned to good, old-fashioned profiling.

This felt like something my older daughter would do. She was notorious for her creative explanations when it

came to getting out of trouble. She had been known to push or hit her sister, look me straight in the eye, and deny touching her.

"Look, I know you broke the fish," I started. "What I want to know is why you didn't tell me."

Tears.

Sobs.

Then this: "I didn't remember breaking it."

Me: "Oh. Well, do you remember putting it back together with toothpaste?"

Her: "No...."

More tears.

"Here's a question," I continued. "What made you think toothpaste would work to hold it back together?"

"Oh, well, I just noticed that toothpaste is sticky and dries solid, so I thought it would work." Not sure if she realized that sentence gave her away.

A few months later, I accidentally broke a jar of sea glass that was in the bathroom. I gathered my children and asked them, "Anyone want to explain what happened here?"

Panic. Wide eyes. They were both sweating bullets. No one trusted anyone. The toothpaste-fish trauma was still fresh.

I couldn't keep it going for long, though. I laughed and told them the truth in under a minute.

Relief. Possibly a little disappointment that they weren't about to witness a dramatic sibling takedown.

The sea glass is long gone, and I have no intention of replacing anything breakable ever again. As for my beloved ceramic fish, it now lives safely on my dresser, properly repaired with actual glue. Industrial strength. No minty freshness.

As for the lying, we have all learned to be a little more upfront with each other. Except, perhaps, one of us. When I recently reminded my girls of this incident, the guilty one stood by her story: "I really didn't remember breaking it!"

M-hm.

Wild fun meets sweet treats at
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happening August 16, 2025!

August

**BACK
TO
SCHOOL
MONTH**



AUGUST 1

First Friday ArtWalk Under the Stars

Presented by Arts Council
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event, family-friendly, visit
with artists and artisan ven-

dors while enjoying the shops
and culture of downtown
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5:30 - 9:30 p.m.

Arts Council of Kern
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Bakersfield, CA 93301
661-324-9000
kernarts.org/artwalk

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<https://www.bakersfieldcity.us/>

AUGUST 1-7

*World
Breastfeeding
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AUGUST 1 - 2

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AUG 1: Alice in Wonderland:
10:30 a.m. at Buttonwillow

Library

**AUG 1: Peter and the Wolf: 3
p.m.** at Frazier Park Library

AUG 2: Green Eggs and Ham:
10:30 a.m. at Kern River Valley
Library

**AUG 2: Green Eggs and Ham: 2
p.m.** at Beale Memorial Library

661-491-5376

<https://kerndance.org/bim/>

AUGUST 3-9



THE BEST LOCAL CALENDAR OF EVENTS!

AUGUST 3 & 17

Sensory-Friendly Autism Family Swim Day

In partnership with Bakersfield Recreation & Parks, McMurtrey Aquatic Center, and Kern Autism Network, there will be a sensory-friendly Autism Family Swim Day! This event requires registration and is **ONLY OPEN** to Autism Families.

10 a.m. - 12 p.m.

McMurtrey Aquatic Center
1325 Q St.
Bakersfield, CA
661-489-3335
www.kernautism.org

AUGUST 5

NAMI Walks Kick Off Event

This is a perfect time to meet other participants and get inspired by a community working together toward Mental Health for All. RSVP by sending an email to namikern@yahoo.com.

5:30 p.m.

Commonwealth Building
3300 Truxtun Ave.
Bakersfield, CA
661-858-3255
<https://namikerncounty.org/>

AUGUST 9

ADAKC's Caring for the Caregiver Event 2025

Join ADAKC for a **FREE** educational conference and resource fair focused on brain health, Alzheimer's research updates, self-care care and more! Register today!

8 a.m. - 1p.m.

Hodel's Country Dining
5917 Knudson Dr.
Bakersfield, CA
661-665-8871
<https://www.adakc.org/>

8th Annual "Try Scuba in a Pool" Fundraising Event

Aqua-Nut Divers' "Try Scuba in a Pool" fundraising event allows community to explore



Back-to-School HAPPENINGS



AUGUST 2

CAPK Friendship House Backpack Giveaway

Send your students back to school in style! Join CAPK for the School Backpack Giveaway & More at the Friendship House Community Center! Free backpacks, haircuts and more!

9 a.m. - 12 p.m.

Friendship House Community Center
2424 Cottonwood Rd.
Bakersfield, CA
661-336-5236 x1156
www.capkfoundation.org/fhcc-backpack-giveaway/

AUGUST 7

KCCSS Ready-Set Back 2 School Health & Wellness Fair

Kern County Child Support Services is helping families gear up for school with free backpacks filled with supplies and giveaways—plus access to local resources. Child must be present with an adult. Limit 1 backpack per child. While supplies last.

9 a.m. - 12 p.m.

scuba diving, experiencing the sensation of weightlessness and breathing underwater while supporting local disabled military veterans. A "fin-tastic" day of fun and purpose awaits as we make waves for a good cause!

8 a.m. - 5 p.m.

Bakersfield Racquet Club
1660 Pine St.
Bakersfield, CA

Kern County Museum
3801 Chester Avenue
Bakersfield, CA 93301
866-901-3212
kerncountychildsupport.com/resources-events/

AUGUST 8

Blessing Corner Church "Over the Top" Back-to-School Event

Annual Back-2-School event is back!! Join Blessing Corner Church for a day of resources, fun, and giving to our local students! School-aged children must be present. While supplies last. Pull carts are highly recommended.

9:30 a.m. - 12:30 p.m.

Blessing Corner Church
101 Union Avenue
Bakersfield, CA 93307
661-861-0349
theblessingcorner.com/events/

Spartans 2025 Back to School Resource Fair

The first-ever Spartans 2025 Back to School Resource Fair! For students/families who attend South High and Greenfield School District (open to the entire community). School supplies, free haircuts, and so

661-496-0564
<https://www.aquanutdivers.com/vets.html>

National Farmers Market Week Resource Fair Celebration

Celebrate National Farmers Market Week with CAPK! A morning filled with fresh produce, community resource-

much more!

10 a.m. - 2 p.m.

South High School
1101 Planz Road
Bakersfield, CA
661-827-3100
monica_bonilla@kernhigh.org

AUGUST 9

3G Activities & King Leo's Back-to-School Supply Giveaway

Supporting the youth in our community by providing them with essential school supplies, backpacks, and shoes. For more information or questions, contact Frankie Sutton at (661) 817-7523.

10 a.m. - 2 p.m.

King Leo's Pizza (Parking Lot)
6111 Niles Street
Bakersfield, CA 93306
www.instagram.com/3g_activities/

AUGUST 16

2nd Annual Back-to- School Mental Health Check-In

Beyond The Stars No Limits presents its 2nd Annual Back to School Mental Health Check-In! Come out for a **FREE COMMUNITY EVENT** filled with music, food boxes, face painting, hair cut vouchers, and more!

10 a.m. - 1 p.m.

MLK Recreational Center
1000 S Owens St.
Bakersfield, CA 93307
661-401-7200
beyondthestarsnolimits.org/

es, and family-friendly fun. Whether you're looking to connect with local services or just enjoy the summer vibes—come early, leave inspired!

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

F Street Farmers Market
2819 F St.
Bakersfield, CA
(661)439-3838
<https://www.capk.org/cfh/>

AUGUST 10

Summer Guided Hike

Beat the heat and experience sunrise with an early morning guided hike along the San Emigdio Canyon Trail this summer! Recommended for ages 8 and up. Reservations required. Registration opens 2 weeks before each event. Space is limited.

6 - 8 a.m.

Wind Wolves Preserve
16019 Maricopa Hwy.
Bakersfield, CA 93311
661-858-1115
<https://wildlandsconservancy.org/preserves/windwolves>



The 62nd Annual Tehachapi Festival takes place August 16-14 at Philip Marx Central Park.
PHOTO COURTESY TEHACHAPIMOUNTAINFESTIVAL.COM

AUGUST 12

Royal Flush Tour 2025: Heart w/ Todd Rundgren

Legendary rock pioneers return to the stage! From hard rock anthems to acoustic gems, Heart's performance promises to honor their nearly five-decade legacy and ignite the crowd with music that transcends generations.

6:30 p.m.

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

Sundae, La Rosa and Dreyer's Frozen Treats!

5 - 7:30 p.m.

California Living Museum
10500 Alfred Harrell Hwy.
Bakersfield, CA
661-546-8940
<https://calmzoo.org/>

AUGUST 23

JUST DANCE: Adult Pop Up Dance Class Series

For JUST \$10 a class, adults can dance their way through 2025 by trying various dance styles taught by a variety of dance educators at studios across the Valley!

6 PM

Penn Point Dance Academy
606 18th St.
Bakersfield, CA
661-491-5376

<https://kerndance.org/JUSTDANCE/>

1st Annual Moving Forward In 2025 Child Care Conference

Welcome to the African American Child Care Providers Association of Kern County's First Annual Conference! A day filled with insightful discussions, questions and answers from the State,

networking opportunities, and learning about the latest information in the industry.

9 AM - 3 PM

Mill Creek Christian Church
1660 S St.
Bakersfield, CA
661-817-4183
<http://aankc.org/>

Infant Massage Class

Soothe your little one with calming infant massage. Led by Rosemarie Holliday, MS, OTR/L, ICST from Kern Infant Craniosacral Therapy, this class welcomes babies 6 weeks to 6 months and up to two adults. Enjoy a relaxing session, connect with other parents, and take home organic massage oil.

9 - 10 a.m.

The Nest and Company
1031 17th St.
Bakersfield, CA
661-595-7016
www.mybalancedbaby.com

AUGUST 16 - 18

62nd Tehachapi Mountain Festival

Ridges, Roots & Rhythms Mountain Festival will be full of delicious food, arts and crafts vendors, live music, a fun kids' zone complete with a dunk tank, and a beer garden. This beloved event will have all your favorite elements and a few new ones.

Philip Marx Central Park
East E St.
Tehachapi, CA 93561
661-822-4180
<https://tehachapimountainfestival.com/>

AUGUST 16

Ice Cream Zoofari

Unlimited sweet treats, summer games, live music from Dixie Nuts Band, and train rides. ALL included with admission! Enjoy Root "Bear" Floats, Build Your Own

ACTIVITY CORNER ANSWERS

ACTIVITY CORNER: PAGES 30-31

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

Down
1. Flowers
2. Sand
3. Oasis
4. Savor
5. And
6. Lake
8. RI

Across
1. Forests
3. Oasis
5. And
7. Starry

P	J	S	O	F	J	J	U	H	R	U	H	U	H	H	Y	P	A	E
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K	P	O	K	E	S	J	O	H	E	E	R	N	O	G	T	O	N	P
R	S	K	E	S	J	O	H	E	E	R	N	O	G	T	O	N	P	P

WORD SEARCH SPONSORED BY:



ONGOING HAPPENINGS

AUGUST 1 – 27

Adventist Health's Immunization Schedule

Adventist Health Bakersfield has partnered with First 5 Kern to provide free immunizations to Kern County children. Children's immunization clinics will be open to the public, ensuring local families receive access to essential vaccinations for preventable diseases.

For details and schedule, visit <https://www.kerncountyfamily.com/PublicArticle/4297/Adventists-Healths-Free-Childrens-Immunizations-Program-Dates-for-August-2025>
Baby Café: Drop-In Breastfeeding Support Group (In-Person)

TUESDAYS

Join Baby Café Bakersfield

Breastfeeding is important for both you and your baby, so don't delay - get help today!

11:30 a.m. - 1:30 p.m.
Beale Memorial Library
701 Truxtun Ave
Bakersfield, CA 93301
<https://www.babycafebakersfield.org/>
Baby Café: Drop-In Breastfeeding Support Group (Online)

WEDNESDAYS

Join Baby Café Bakersfield

They've got plenty of convenient ways for you to get the help you need.

9 - 10:30 a.m.
ZOOM (Online)
<https://www.babycafebakersfield.org/>

SECOND SATURDAYS

Kernville Summer Festival & Farmers Market

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!
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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:



Choosing to Praise Him Every Moment

Don't wait to praise God—because every moment is a gift, and every breath is a reason to give thanks. Too often we postpone our gratitude, thinking we'll praise Him when things get better, when prayers are answered, or when life feels more stable. But God is worthy of praise not just in the victories, but in the valleys. Praising Him in the midst of uncertainty deepens our faith and shifts our focus from problems to His promises. When we choose to praise God now—right where we are—we acknowledge His goodness, His sovereignty, and His presence in every season. Praise opens the door for peace and strength. It reminds us that our circumstances don't define God's faithfulness. The Bible says in Psalm 34:1, "I will bless the Lord at all times; His praise shall continually be in my mouth." That means today, not someday. Even in pain, confusion, or waiting, our praise declares that God is still in control. Don't wait for the perfect moment. Start now. Worship God in your now, and you'll find His joy, power, and peace rushing into your situation. Praise is not a reward for the end of the journey—it's fuel for the road ahead!

— By Jon Engen



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

Back to School!

Adults on the Spectrum Gathering: Saturday, August 16th. To register, please contact our office for details.

Father's Virtual Support Group Meeting: Saturday, August 16th @ 2:30 pm.
To register, visit our website kernautism.org

Parent Support Group Meeting: Wednesday, August 20th @ 6 pm.
To register, visit our website kernautism.org

Female Support Group Gathering Thursday, August 21st @ 6 pm.
To register, please contact our office for details.

Sensory Friendly Swim Days for Autism Families - To register, visit our website for the link at kernautism.org

To read more about the organization, follow us on Facebook and Instagram.

EARLY SIGNS OF AUTISM:

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

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- Adults on the Spectrum Support Group
- Law Enforcement Trainings
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661-489-3335 • kernautism.org • kernautism@gmail.com
2200 Oak Street, Annex Building



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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
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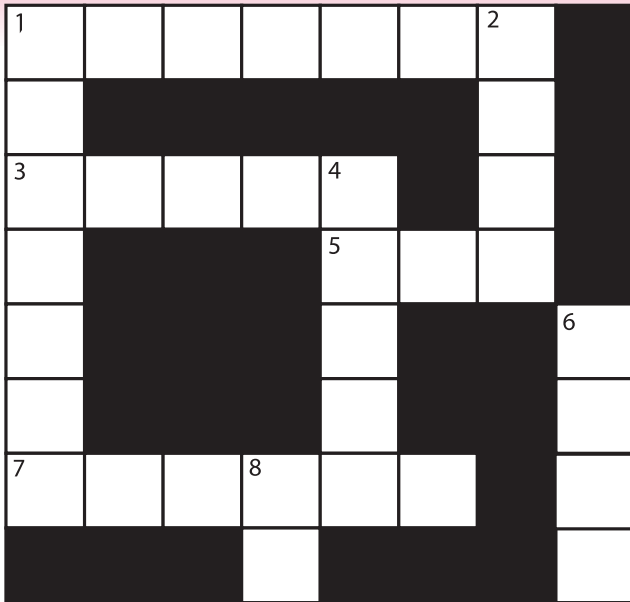
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AUGUST ACTIVITY CORNER

Crossword



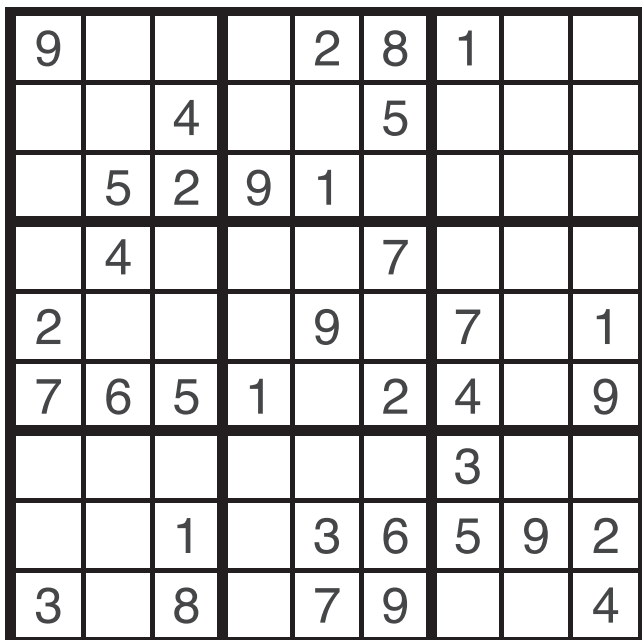
ACROSS

1. Wooded areas
3. Water area in desert
5. Conjunction to connect words
7. A well-lit sky

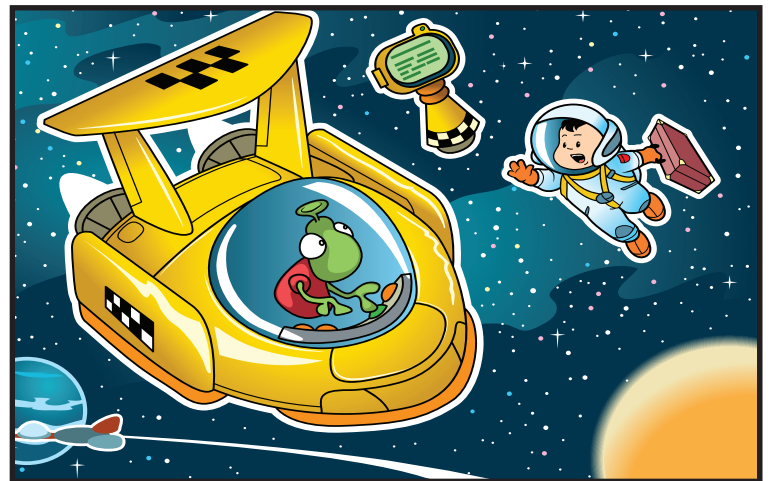
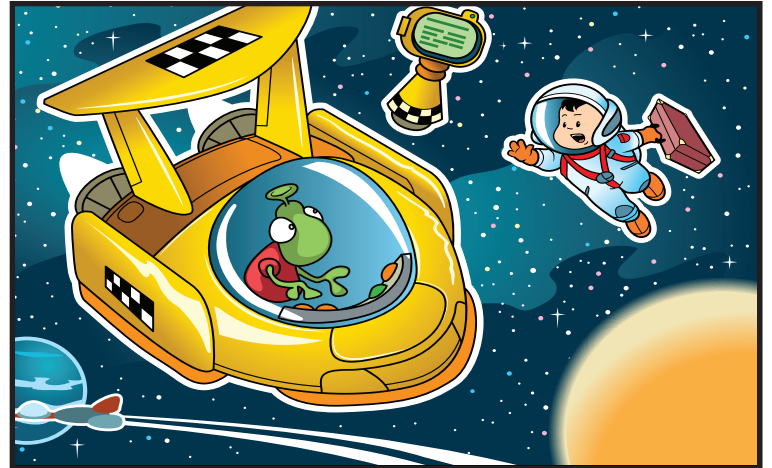
DOWN

1. Sweet-smelling blooms
2. Granular material at the shore
4. Enjoy completely
6. Body of water
8. "The Ocean State"(abbr.

Sudoku



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



DID YOU KNOW?



Invented by a Teen

George Nissen was just 16 when he created the first trampoline after watching trapeze artists drop into safety nets.

<https://www.rd.com/list/things-kids-invented/>

AUGUST ACTIVITY CORNER

PUZZLE
ANSWERS
PAGE 26

FARMERS MARKET WORD SEARCH

PRESENTED BY PACIFIC AG RENTALS

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

APPLES

BASKET

BREAD

CHEESE

CIDER

CORN

EGGS

FARMER

HERBS

JAM

OIL

ORGANIC

PEACHES

PICKLES

PLANTS

PUMPKIN

SAMPLES

SCALE

SEASONAL

SIGN

STRAWBERRIES

SYRUP

TOMATOES

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