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MAY 2017

11 secrets
of **HAPPY**
MOMS

plus
GREAT
IDEAS!
Mother's day
GIFT GUIDE



lunch rut?
take this challenge
p.15

how to choose your
pediatrician
p.7

fun in the sun
with toddlers
p.24

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Kern County Family Magazine is published twelve times a year by Skyline Publishing & Event Promotions of Kern County

Kern County Family Magazine is available free at more than 600 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets. Subscriptions by mail are \$17 per year and must include a check:

KERN COUNTY FAMILY MAGAZINE
1400 EASTON DR., SUITE 112
BAKERSFIELD, CA 93309

Deadline for advertising and calendar information is the 10th of the month preceding.

Kern County Family Magazine welcomes story ideas and unsolicited materials. Send inquiries to the address listed above.

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MEMBERS OF



ON OUR COVER: Birthday girl Penelope Chambless turns one this month and couldn't be cuter in her felt-flower tiara on KCFM's cover. Photographed by her mom Lorie, this picture depicts the season's renewal and celebrates a special day for mothers. Penny has three older brothers (right), Henry, 9, Benjamin, 7, and Wesley, 3, and is the fourth child for Scott and Lorie Chambless. To see more of Lorie's beautiful photographs, please visit www.loriechambless.com.



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Vaun Thygerson,
Contributing Writer

Being a mother is a bittersweet experience... you want your children to stay babies forever, but you also want them to grow up to become fabulously responsible adults. My first born baby, Bryce, has grown up. She will graduate from high school next month and she's on to bigger

and better things. I'm sad and excited in the same breath for this milestone. Even though she's staying locally for college, things will change. I know this new chapter in her life will bring with it new adventures, new friends, and new experiences.

This may seem cliché to say, but it really feels like yesterday that I dropped her off for her first day of preschool. The time from birth to high school graduation really goes by so fast. I know everyone says that, but the reason they say it all the time is because it's true. So true. For those of you with small babies and toddlers, enjoy it – the good, the bad, the ugly. I remember being in the thick of it with three small children where some days seemed to stretch on forever. As you look

back, it collectively passes in the blink of an eye. I have cherished every milestone from first steps to first haircuts to first loves, and I know watching her receive her diploma will be another one I will treasure forever. After all, that's what we want for our children: we want them to succeed in life.

Dr. Kirk knows all about wanting your children to become productive members of society. He writes about it each month for KCFM. In May's article, "The Shirt, the Garage, and the Kitchen Floor," on page 17, he gives examples of how to teach children to be independent using everyday situations. When your son asks you to iron his shirt, Dr. Kirk recommends teaching him how to do it himself. The same principal applies with washing the kitchen floor or cleaning out the garage. The best part is that teaching these life skills also can create a bond where your children learn to appreciate hard work.

Speaking of cleaning the house, Tracie Grimes' Humor at Home article, "Cleanliness is Next to Impossible," on page 16, takes on this subject with a

big helping of humor added. Reprinted from KCFM's May 2006 issue, Tracie commiserates with all of us

mothers who so desperately try to keep a clean house while raising active and rambunctious children. Her analogy: cleaning house with kids is like shoveling snow during a snow storm. She writes about spring cleaning and how it's futile because children are born to mess it up. But, she reiterates to take comfort in the fact that you're not alone because keeping a clean house with children living in it is IMPOSSIBLE!

I know I will be deep cleaning my house for all the out-of-town guests coming for Bryce's graduation, and trust me, I will enlist help from all my kids and anyone else I can con. Maybe I can convince them it would be the perfect Mother's Day gift for me. During this month of transition from school to summer to life's grand adventures, cherish the moments at every stage of life because they are all wonderful. And, show your appreciation for the women and moms who helped you succeed.

Turn to page 8 for amazing Mother's Day gift ideas- then visit kerncountyfamily.com to see how you (and mom!) can WIN!

Happy Mother's Day!



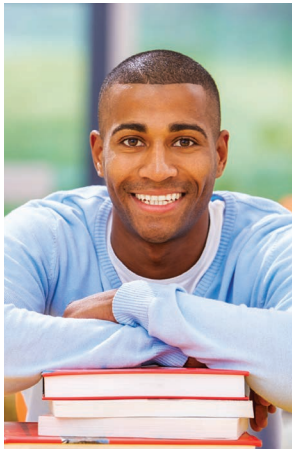
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CSUB President Mitchell and KHSD Superintendent Schaefer Sign "The University Promise"

CSU Bakersfield President Horace Mitchell and Kern High School District Superintendent Bryon Schaefer recently came together to sign "The University



Promise." This initiative is designed to provide all students graduating from Kern High School District who meet the college requirements with the opportunity to attend CSU Bakersfield and complete college in a timely manner.

Both leaders agree this shared commitment of access to and success at the university will have a tremendous impact for local students and our community. This promise makes college a reality for many students who might otherwise not have

the opportunity. Kern High School District graduates will have first priority over applicants from other geographical areas.

Dr. Mitchell says 75 percent of CSU Bakersfield students are first generation college students, and he wants this trend to continue. He says local graduates who meet admission standards will "always have a place at CSUB."

For more information, please visit www.csub.edu or www.kernhigh.org.

New Professional Baseball Team in Town

Bakersfield's new professional baseball team gears up for its first season this summer. The Bakersfield Train Robbers, a team in the Pecos League of Professional Baseball Clubs, moved into Bakersfield when the Bakersfield Blaze of the Cal League ended their operations. Its players and coaches will host a Kids Camp on Saturday, May 20, from 9 a.m. to 12 p.m. at the Sam Lynn Ballpark for kids ages 6 to 17. Participants will learn general hitting, pitching, and base running skills.

With "Robby" their mascot, the Train Robbers will play in the historic Sam Lynn Ballpark. Because the field faces west, games will start at sunset with the first pitch being thrown any time between 7:15 and 7:45 p.m.

The Pecos League is an independent professional baseball league that operates throughout California, Southern Arizona, New Mexico, West Texas, Kansas, and Southern Colorado in cities that do not have major or minor league teams. Its regular season will run from May 26 to July 27.

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



Bakersfield Firefighters Historical Society's Crab Fest

The Bakersfield Firefighters Historical Society (BFHS) will host its Crab Fest fundraiser on Saturday, May 13, from 5:30 to 10:00 p.m. at California State University Bakersfield. This all-you-can-eat crab and seafood buffet event with King Crab legs, mussels, shrimp, and chicken jambalaya will also include a silent auction, raffle, and live music. All donations benefit the BFHS's mission of restoring, preserving, and sharing the valuable history and timeless artifacts of the Bakersfield Fire Department. For more information and tickets, please visit www.bfdhistory.com.



Michael Phelps Guest Speaker for Hoffmann Hospice's Voices of Inspiration

Michael Phelps, the most decorated Olympian in history, will be the guest speaker of Hoffmann Hospice's Voices of Inspiration 2017 on Tuesday, April 25, at 5:00 p.m. at Rabobank Theater and Convention Center. This 23rd annual fundraising event helps Hoffman

Hospice continue its mission to provide patient and family care to those in need regardless of terminal diagnosis or ability to pay. For more information and tickets, please visit www.hoffmannhospice.org.

Michael Phelps photo credit: Jay Baker

State Recognition for West High School

The students and staff of West High School (WHS) recently received a Civil Learning Award of Merit. WHS was given this prestigious honor by the State of California for cross-disciplinary work and dedication to civic education through the History Day programs on campus. Two documentary teams from WHS placed first and second at the county competition in March and will represent Bakersfield at the state level this month. The first-place team produced a ten-minute documentary on the segregation case of Mendez v. Westminster from 1947.

According to the California Department of Education, the Civil Learning awards are designed to celebrate successful efforts to engage students in civic learning and to identify successful models that can be replicated in other schools. WHS' History Day program combines the Social Studies Department with the Career Technical Education and Video Production classes to explore and preserve the history of Kern County.

The Civil Learning Awards are co-sponsored by State Superintendent of Public Instruction Tom Torlakson and California Chief Justice Tani G. Cantil-Sakauye.



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5 Tips for Choosing a Pediatrician By Sarah Lyons

After your baby is born, you will visit the pediatrician often. Studies show that first time parents may visit their child's pediatrician up to sixteen times before baby's first birthday (www.fitpregnancy.com).

Your child's doctor plays an important role in their life and, therefore, you will need to find one that is a good fit for the parents and the child. It can be challenging to find a pediatrician that is right for your family. Here are some tips to get you started on your search:

◆ Start with recommendations

As a first time parent, or a family that has just relocated, it is hard to know where to begin your search for a pediatrician. "I asked other moms for recommendation. It's a great way to see what names came up repeatedly," says Cedar Rapids, Iowa mom, Jill Miller. Stacy Cook, nurse and mom of three suggests asking your OB GYN for a recommendation. "I figured if they were good enough for my doctor's kids then they were good enough for mine." Some parents, like Nathan and Wendy Hladky of Overland Park, KS, chose the same primary care doctor for the whole family. "All four of us use the same doctor. It is super convenient," says Nathan.

Another great way to narrow your search in a new area is to call the local NICU and ask the nurses who they would recommend. "The nurses are more likely to give unbiased feedback," says Rodganna Avery, mom of three.

◆ Cover the basics

First you must compare your list of candidates with your insurance policy. "I look to see what providers are in our network then start looking for reviews of those doctors online. I was able to find a doctor that was better than we ever expected," says Stephanie Beardry, Texas mom of two.

Check if the the doctor is certified by the American Board of Pediatrics because that means the doctor has passed a specialized test in pediatrics. If you choose a family doctor, ask if the doctor is certified in the American Board of Family Medicine. Family doctors are trained to treat patients of all ages, including children, but they do not have a specialty in pediatrics.

Next consider the basic office information that can be found online or with a quick phone call. What are the office hours? Do they have walk in hours? Will the doctor visit the hospital where you will deliver your baby? What hospital will your child be admitted to if needed? Is the office location convenient to your home, work, school, and daycare? Take these things into consideration as you narrow down your list.

◆ Visit the office

To find out if you feel comfortable in the pediatrician's office, you will have to take a tour. Call the office and ask if they have times set up for potential patients to come and visit the office or if you would need to make an appointment and ask if you can interview the doctor at the same time. Remember to ask if there is a charge for visiting. Verify with your insurance company to see if the cost would be covered or if you would be responsible for the fees.

When visiting the office be aware of what the overall environment feels like. Take into consideration if the office staff is courteous, polite, and willing to help. Is the office clean and inviting? Was parking convenient? Do they have separate sick and well waiting areas? Take all of these things into consideration in your decision. If you plan to visit more than one office, be sure to take notes for later consideration.

◆ Ask some questions

Start by asking how sick appointments work. How long would it take for a sick child to be seen? Is there a good chance the child will be seen by his own doctor? Do you have similar views on health and wellness such as circumcision, breastfeeding, and immunizations? It is also important to consider what your preferences are. "Do you want a doctor who offers choices and lets you decide which one words best for you? Or would you be more comfortable with one who gives a lot of directions?" (www.babycenter.com). Overall, does the doctor seem genuinely interested in your child or does he seem distracted or rushed? Take your overall impression into account when making your decision.

◆ Bedside Manner

How the doctor interacts with your child will have a lot of impact on the decision to choose a pediatrician. Do you feel comfortable around the doctor? Does your child? Are they willing to take the time to listen to your questions and concerns? A good bedside manner can go a long way in making you and your child feel comfortable.

Finding the right pediatrician can be overwhelming, but realize your decision does not have to be permanent. "It's important to recognize you are not stuck with your decision. You see your pediatrician a lot in those first months and if there is something really bothering you, it's okay to switch," says Becky Baldrige Olathe, KS mom. The parent's goal is the same as the pediatrician, a happy and healthy child. When you find a doctor that is a good fit for your family, you can all work together to reach this goal.



National Children's Mental Health Awareness Week: May 1-7 By Alexa Bigwarfe

This year the Green Ribbon Campaign signifies the effort to end the stigma around mental health and educate our communities on the importance of good mental health programs for children in our communities.



Mental health issues stem from illness in the central nervous system, and should be prioritized as high as any other health condition facing our children. While as many as 20% of children in America have some sort of mental health issue, according to research by ScienceDirect.com, parents remain overwhelmingly under educated about children's health issues and resources.

The purpose of the specific focus on children's mental health week is to help educate and inform the population about not only the need for good access to care for children with mental health issues, but also to highlight the support resources that are already available for children and teens who may be suffering from mental health issues and trauma. It's an opportunity to discuss the importance of access to mental health services, and reduce the stigma surrounding mental health issues. During this week, positive mental health practices will be featured.

Our children need access to good mental health programs across the United States. A recent study from the U.S. National Center for Health Statistics found that 1 in 13 school age children are taking one or more prescription medicine for behavioral or emotional issues. The data was derived from the National Health Interview Survey, which continually collects information about US health and health care. Although the researchers could not identify specifically what the children were being treated for, in their expert opinions, the most likely disorders are attention-deficit/hyperactivity disorder (ADHD), anxiety, and depression.

When left untreated in children and adolescents, mental health problems can result in negative and sometimes tragic consequences. These may include dropping out of high school, substance abuse, juvenile detention, physical health problems, and even suicide. Associated costs, both financial and human, are wide and can impact not only the child, but their family, community, and beyond (as much as \$247 billion per year, according to Annual Report on Health Care for Children and Youth in the United States).

Learn more about Awareness week, childhood emotional and behavioral problems, and medications on the National Federation of Families for Children's Mental Health (National FFCMH) (<http://www.ffcmh.org/copy-of-events>) website.

Sleep, Teens, and Early School Bells

By Alexa Bigwarfe

One sleep expert, Mary Carskadon, is on a mission to demonstrate that school start times are not exactly in line with the way teens' bodies function. Research over the last few decades has shown that as children grow up, the circadian rhythms and sleep pressure, the two things that regulate their sleep, primarily WHEN they go to sleep, change. The teens still need 9-10 hours of sleep each night, but their circadian rhythms adjust so they naturally want to go to sleep later at night. So biologically speaking, they actually need to sleep in later in the morning.

This is a problem since schools start early, forcing them to be up when their body still thinks it should be sleeping. Mary Carskadon, who has been studying sleep patterns of teens since the 1970s, is sharing insight from her research with policy makers, educators, and doctors, to educate them on the importance of later school start times for teens. Carskadon emphasizes that "later-to-bed and later-to-rise" is not entirely a behavioral choice, rather a physiological imperative.

While you may not be able to do anything about school start times, consider letting your teens sleep in on the weekends and summer break.





11 Secrets of Happy Moms

By Christa Melnyk Hines

"Happiness is not something ready made. It comes from your own actions." - Dalai Lama
We know that happiness is an emotion that can come and go. But how do we recapture that bubbly feeling amid the challenges and stresses of parenthood? Here are a few tips from moms for staying positive and feeling good.

Lean on community. Several moms polled for this article agreed that a moms' night out with friends help them feel more optimistic. And science proves it. Studies find that time spent bonding with friends boosts a woman's level of oxytocin, a natural hormone that reduces stress. Check out mothers' groups in your area if you are struggling to build a support network.

Commit to healthy living. Women who make time to care for their bodies, enjoy a stronger self-image and feel more self-confident and energetic. Exercise, try to get adequate sleep, schedule regular massages and make healthy food choices to feel your best. "I know that when I am reasonably well-rested and happy, I am more patient, energetic and empathetic to everyone in my household," says Erica Wilson, a mom of one.

Take time for personal pursuits. Whether you like surfing Pinterest, training for a 5K or simply taking a warm bubble bath, moments stolen throughout the week contribute to our overall sense of well-being. "I try to take at least a few minutes a day outside. I close my eyes, take deep breaths, and listen to the sounds," says Melanie Werner, a mom of one.

Nourish yourself. During the rush of the week, most of us throw meals together just to get our hungry crew fed. If you enjoy cooking, find a day when you can slow down and relish the preparation. The process of chopping and measuring ingredients is meditative and soothing. Create a feast to delight all of the senses by serving your meal on a table laid out with your favorite dishes and cheerful flowers.

Laugh. Family life can be funny. Kids say hilarious things. Pay attention and write those gems down. Next time you need a lift, read them. Need more ideas? Look at funny family videos or photos, hang out with lighthearted friends, watch a silly movie or read a humorous book.

Follow a spiritual practice. Studies find that people who lean on an inner belief system are happier. You don't have to be religious to be spiritual. You can feel a connection to spirituality through helping others, nature, yoga, music, art, personal meditation or journaling. Michelle Hovick, a mom of one, says the "Elevation" church app is one of her favorite spiritual gateways to a mood shift.

Practice gratitude. In a gratitude study at Eastern Washington University, researchers found a positive correlation between gratitude and happiness. "We have found that grateful individuals tend to be happy individuals and that grateful thinking improves mood," the researchers report. Try writing down three things you are thankful for each day--small moments count too.

Get a groove on. Whether she participates in a Jazzercise class or switches on upbeat dance tunes in her kitchen, Jessie Mallicoat, a mom of three, says, "If I'm in a bad mood, I put on some 'dancy' music and it usually helps." In fact, studies find that dancing boosts the body's feel-good endorphins. Dancing has even been found to reverse depression and increase self-confidence.

Set boundaries. Moms who are happier make conscious decisions on a daily basis about who and what is allowed into their lives. Switching to this way of thinking is empowering. You don't have to be harsh or hurtful to accomplish this goal. Politely decline invitations that don't fit with your priorities and limit interactions with negative individuals.

Access good childcare. Seek reliable childcare in order to feel secure pursuing personal interests, maintaining routine health check-ups and for date nights with your partner. A positive marriage contributes to the overall emotional health and happiness of your family. Having trouble finding a sitter? Check out SitterCity.com, Care.com and ask other parents for references.

Avoid comparison. Parenting philosophies that work well in one family, may not work well in another. Thanks to the influx of information at our fingertips, parents have no shortage of advice. Decide which strategies make sense for your family. And beware of spending too much time on social media if you're starting to feel like you don't measure up. "Being happy with yourself and how you parent is key to accepting other moms and how they parent, which creates a more supportive parenting community all around," says Mandy Yokim, mom of two.

*Freelance journalist Christa Melnyk Hines and her husband are the parents of two boys. She finds happiness in historical romance novels, sunny days and chocolate chip cookies. Christa is the author of *Confidently Connected: A Mom's Guide to a Satisfying Social Life*.*

The BEST Moms Deserve the BEST Gifts!

Visit kerncountyfamily.com for a chance to WIN these items!

Sunday, May 14th, is Mother's Day. While many will take mom to brunch or give the usual box of chocolates, we found some unique presents that say "Thank you mom, you deserve the best!"

By Courtney Daly-Pavone

Culinary Mom

Give a gift card to Blue Apron, the gourmet meal delivery service that sends a box of pre-portioned meal ingredients with recipes. The recipes change weekly, and you can also add wine to your delivery. *\$8.74 a meal/ \$10.00 per wine bottle*
www.blueapron.com



Zen Mom

doTerra Essential Oils Beginner's Trio Kit features some of their most popular oils: Lavender, Lemon, and Peppermint. doTerra Petal Diffuser's far-reaching mist is designed to help purify and humidify the air around you. *Oils \$66.67/Diffuser \$62.67*
www.doterra.com



A Cozy Night In

This strappy racer gown from Yummie by Heather Thomson is lightweight and comfy, perfect all year round. Pair the nightgown with a matching lightweight long robe also made of Pima cotton. *Gown: \$68.00/Robe \$98.00*
www.yummie.life



Pampered Mama

Paul Mitchell Tea Tree Lavender Mint Moisturizing Shampoo and Conditioner hydrates and soothes hair with an invigorating scent. *\$22.00*
www.paulmitchell.com



Accessorize Mom

Jewelry is a gift that gets noticed and is the perfect sentiment. Each time mom puts on these Globe earrings or this Crystal Wishes pendant and earrings



set from Swarovski, she'll think of you. *Globe Earrings \$79.00/Crystal Wishes Pendant and Earrings Set \$149.00.*
www.swarovski.com

The Tala Necklace by Stella & Dot is a mini mosaic necklace that goes with everything from jeans to a little black dress. *\$49.00*
www.stelladot.com



It's in the Bag

You know mom's bag isn't just a necessity; it is a fashion statement! The Hayes Tassel Hobo bag by Stella & Dot is spacious and fashion forward. *\$159.00*
www.stelladot.com



Sweet Tooth

Harry & David know how to say thank you with this Mother's Day Cookie Gift Box. In addition to being tasty, the cookies only have 5 grams of sugar per serving. *\$29.99*
www.harryanddavid.com



New Mom

Based on her own experience as a new mom, Allison Wong's *New Mom Comics: The First Year* comics touch on everything from blowouts to breastfeeding. *\$15.00*
www.newmomcomics.com



The Classic Mom

Teleflora's Mother's Day Bouquet has crème roses, pink mini carnations, and burgundy sweet William. This lovely bouquet comes in a vintage metal watering can that makes the perfect keepsake for mom. *\$49.95 (standard size)*
www.teleflora.com



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Happy Mother's Day!

So often, we are asked: What is the right age for my child to have an orthodontic evaluation?

Even though most people think of pre-teens and teens when they think of orthodontics, there are good reasons your child should get an orthodontic evaluation much sooner. The American Association of Orthodontists recommends a check-up with an orthodontic specialist no later than age 7.

Being seen as early as 7 years old will allow the orthodontist the chance to identify and correct a growth and development problem that may not be easily corrected at a later time. While the majority of children seen at this age only need growth monitoring until all of the adult teeth are in, there are a number of children that would benefit from interceptive treatment.

Having an orthodontic evaluation at the proper time will give your child the best opportunity for a healthy, beautiful smile!

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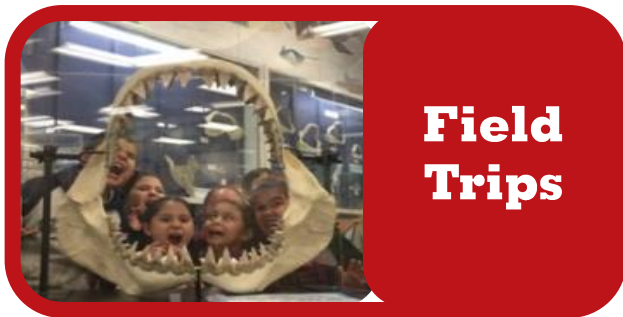
*Applicant may be eligible to borrow up to 133% of the value of the home for qualified home improvement projects. Kern FCU reserves the right to distribute payments to approved licensed contractors on behalf of the borrower. The interest on the portion of the credit extension that is greater than the fair market value of the dwelling is not tax deductible or federal income tax purposes; please consult a tax advisor. Federally insured by NCUA.



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 California Science Center • California Living Museum (C.A.L.M.)
 Wind Wolves Preserve • Pioneer Village • La Purisima Mission
 CSUB Fab Lab • Creation and Earth History Museum in San Diego
 Buena Vista Museum • Natural History Museum of Los Angeles

“Heritage Christian Schools is literally ‘Home away from Home’. Our children are treated with such compassion and genuine love by all staff. God is always first in all they do. When you become a part of Heritage, you become a part of the family!!!!”

– Heritage Parent



Community Service Projects

- ☞ Collected cans of food for the Gleaners
- ☞ Collected socks for the Bakersfield Homeless Center
- ☞ Did work projects at The Mission at Kern County and the Bakersfield Homeless Center
- ☞ Helped clean up Heritage Park
- ☞ Did activities with residents at Parkview Julian Convalescent Hospital, Plaza Towers, The Rehabilitation Center of Bakersfield, and Heritage Village

Check out what to expect next school year!



GROWING IN WISDOM

Heritage Christian Schools

2017-18

Our theme at Heritage Christian Schools next school year is **Growing in Wisdom**. As a private Christian school celebrating 50 years of educating students in the community, our objective is not merely to impart knowledge in the classroom; it is to help students grow in wisdom. When the 2017-2018 school year begins, our focus will be

to help students understand the difference between knowledge and wisdom:

Knowledge is the acquisition of facts and information.

Wisdom is the art of skillful living.

Over the years many Junior High students have taken Home Ec. The reason why this elective class is so popular is because students get to do a lot of cooking!

As students learn basic food information, examine different recipes and find their way around a kitchen, they fulfill the ‘knowledge’ component of the class. But when students step into the kitchen, follow what a recipe says and start practicing what they have been learning, they fulfill the ‘wisdom’ component of the class. The Bible, God’s Word, has a lot to say about living wisely. So much so that

Special Events



50th Anniversary Celebration • Math Olympics • Butterfly Parade
 Class Chapels • Bakersfield Christmas Parade • X-Games
 Art Projects • Jog-A-Thon • Fab Lab Circuit Science Activity
 Family History Day • Musical (Choir) • Oral Language Festival
 Happy Hat Day • Spelling Bee • Thanksgiving Feast
 K – 2nd grade Christmas Program • Science Fair • Grandparent’s Day
 6th grade Outdoor Education at Hume Lake Christian Camp
 Performed at a Bakersfield Condors Game (Cheer & Choir)

ASB • Debate • Constitution Test • Science Fair
 Girl's Powder Puff Football Game • iPads used in class
 Oral Language Festival • Spirit Week (twice each school year)
 Spiritual Emphasis Week at Hume Lake Christian Camp

Elective Classes

Art • Broadcasting • Math • Primary Aide
 Home Ec • Spanish • Study Hall • Yearbook
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Junior High



Trike-A-Thon
 Christmas Program
 Bunny Pictures
 Readyland Olympics
 Grandparents' Patriotic Program
 Graduation

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Football (5th – 8th) • Basketball (5th – 8th)
 Cheer (5th – 8th) • Track & Field (4th – 8th)
 Volleyball (5th – 8th)
 Choir (2nd – 8th) • Band (3rd – 8th)
 Chess Club (K – 8th) • Science Club (K – 6th)
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house on the rock.” Notice what Jesus declared. He starts off by saying, “Whoever hears these words of mine...” *This is knowledge!* He then says, “...and puts them into practice...” *This is wisdom!* For those who hear God’s Word and then proceed to do what God’s Word says, Jesus says they are ‘like a wise man who built his house on the rock’. The mission of **Heritage**

Christian Schools is to educate the whole child – spiritually, academically, physically, and emotionally; equipping the child for life and its varied circumstances. Each child is recognized as an individual with individual

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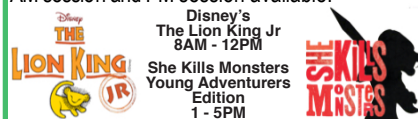
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SUMMER'S *almost* HERE

End the School Year Strong

By Janeen Lewis

Longer days. Beautiful weather. Children itching for summer. In the middle of spring, it's hard to keep kids focused on school. But you may find that a strong finish now will lead to a good start in a new school year in the fall. Here are 10 tips to keep your child on the path to the finish line.



1. Send the message that school is a priority. Communicate to children that school is important. Continue to read with them, ask about homework, and take an interest in what they are learning. Research one of their school topics to extend the discussion at home or visit the library to find more books.

2. Set a goal. Help your child set an academic goal they can achieve during the last weeks of school. Maybe they want to turn a B into an A, master all their multiplication tables or read a thousand pages. If they meet their goal, reward them with something simple like ice cream or a new school supply or book.

3. Stay on Schedule. Kids crave structure and knowing what to expect, so spring is a good time to keep routines like homework time, dinner time, and bed time. With spring sporting events like late baseball and neighborhood pick-up games, it is hard to keep kids on track. But make a conscious effort to do it as much as possible.

4. Replace supplies. By now your child's notebooks, folders, pencils and crayons probably look worn out. Replacing these inexpensive items can be a pick-me-up that motivates your child. However, try to save big purchases like back packs and lunchboxes for the new school year.

5. Set up an outdoor classroom. Sometimes changing location gives a child that second wind they need to make it to the finish line. Let children do homework outdoors for rewards while they work. When math problems are completed correctly, they can take a walk or ride bikes. When done reading, they can pass the football or shoot hoops. Observe the family garden during study breaks.

6. Hold an end of the year countdown. There are many ways to count down the days until the end of the school year. Mark off days on a calendar or put Popsicle sticks or marbles in a jar and remove one each day. You can have a jar of treats that match the number of days of school left. Each day when your child finishes their homework, they can have a countdown treat.

7. Pick out a teacher gift. Teachers work hard, and it's good to show appreciation. With all the end of the school year events, don't let planning a gift get shoved to the bottom of the to-do list. Teachers love gift cards to their favorite teacher store, coffee house or restaurant. Gifts don't have to be expensive. I'm a teacher and my favorite gifts are handwritten notes and cards from my students.

8. Get next year's supply list. If you receive next year's list before the end of the school year, post it on the refrigerator, and when supplies go on sale during the summer, be ready to purchase them.

9. Clean out the backpack on the last day. It's easy to throw the backpack in the corner and not think about it until next fall. Resist that temptation, and clean it out the last day that your child uses it. You may find important papers, a note from the teacher, or unused school supplies. Designate a place for the supplies, and go "shopping" in your leftovers before purchasing new supplies for the next year.

10. Celebrate. Have a dance party in your living room, picnic at the park or create a special family dinner. Enjoy a cookout with a backyard projector movie or visit the neighborhood pool. If in doubt, ask the kids. They'll give great input about how they want to start their summer break!

Janeen Lewis is a freelance journalist, teacher and mom to Andrew and Gracie. She loves to finish the school year strong with her students and family.



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STUCK IN A RUT?

Try the *Lunch Challenge!*

By Anna Frank, KHSD

If you are like me there may be days, even weeks, where you feel you are stuck in a rut. The daily challenges we all face can cause our stress hormone to rise, leaving us feeling overwhelmed, hungry, and sometimes depressed. Our stress hormone, cortisol, can even impact the quality of sleep we get. Every day we go through hundreds of emotions, thoughts and we make thousands of decisions. Our body is constantly working. What we put in our bodies and how we treat our bodies has a major impact on our overall well-being.

We often neglect ourselves throughout the day. It is no wonder we find ourselves feeling stuck, but what if we took time for ourselves every day? Took time to breathe every day? What if we took time to visualize a positive moment in our life or even just stepped outside to take in the beautiful day? What if we jogged in place for 30 seconds or went for a quick walk the moment we felt that yawn coming on? Do you think these would help improve your mood? They work for me.

Many times when we feel we are in a rut there is a self-sabotage that takes place. Sometimes it is easier to sit there and think you don't feel good rather than get up and help yourself. It always takes a little more time and energy upfront to change our psyche and improve our physical well-being, but it is worth it. I usually start to feel stuck when I notice I have not been eating well.

What if on Sunday night you took 30 minutes to prepare a week of meals to take to work? Also, what if you took the first 10 minutes of your lunch break to power walk? Now do not say, "I barely get a lunch" or "I don't have time to walk on my lunch." YES, YOU DO! Make the time. Put YOU first and YOU will be more productive over the long haul.

Last Sunday I went to Costco and bought the following ingredients. When I was finished I had 10 ready-to-eat salads—one for after my daily lunchtime walk and one for a mid-afternoon snack. You can always add sliced apples for a sweeter salad or even beans or other veggies.

Note: When I eat my salad I enjoy the salmon first, then move on to the green beans, mushrooms, and sweet potato. Then I put a tablespoon of my dressing on my greens, put the lid on and shake it to evenly mix the dressing.

Ingredients

- Organic Mixed Greens (a large bag makes 10 salads)
- A flat of salmon. Remove any butter that may be included.
- One flat of 12 cans of organic sliced mushrooms (I only use 3 cans a week; a flat will last you a month).
- 1 bag of fresh organic green beans
- Two sweet potatoes or yellow squash
- 1 bottle of Newman's Best Sesame Ginger dressing



Preparation

1. Preheat oven to 295*
2. Put sweet potatoes in oven.
3. Place salmon on middle rack and let bake for 20-25 minutes until flakes easily with a fork (depends on thickness and how much salmon).
4. Get a large sauce pan with lid. Fill with 1 cup of water, place on stove low heat. Put all green beans in pan with the lid on (season as desired). Let sit for 10 minutes or until green beans are soft.
5. Get out 10 containers and fill each with 1-2 handfuls of greens.
6. Open 3 mushroom cans and disperse evenly among salad bowls.
7. When salmon is done take out and let completely cool. Then divide salmon evenly among 4 main salads (I eat all salmon by Thursday).
8. When green beans are done let green beans completely cool and evenly divide among 10 salads.
9. Once sweet potatoes are soft, cut them in chunks and place evenly among 10 salads.

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humor at home by tracie grimes

Cleanliness is next to IMPOSSIBLE

If a woman scrubs her house from top to bottom but nobody outside the family sees, is it still clean?

Next to the deep philosophical questions of "if a tree falls in the woods and nobody's there to hear it, does it make a sound?" and "why are we here?" I think the question of what constitutes a "clean" house will keep philosophers debating in university think-tanks for decades.

After all, as every Mom can attest, we can spend hours upon hours scrubbing, scraping, mopping, dusting, and shampooing while the kids are in school, but about five minutes after they walk in the door, it looks as though the house was at "ground zero" when the nuclear war began.

My own idea of cleanliness has changed drastically over the years. When I was single and without kids, I would shudder at the thought of dusty light fixtures and corners filled with piles of papers. Now I just keep all the lights turned off when people come over and place colorful blanket-throws over any corner overflowing with paperwork. Yes, my house looks like an indoor "tent city," and while most people switch the lights on when company arrives, I scramble to turn off the lights at the sound of the doorbell, but I've found that my changed view of what constitutes a clean house helps maintain my sanity. I mean when you're just barely able to take the trash out often enough to keep the house from smelling like a

landfill; the laundry washed, folded and put away before everyone runs out of clean underwear; that's good enough, right? And if you spray a little Fabreze and use a little Pine Sol on the floors and counters, at least your house will smell fresh and clean (which is half the battle). Besides, the people who see your house most of the time (husbands and children) really could not care less if the glass and chandeliers sparkle and gleam in dust-free radiance. The only



"Sure, you can help me bake in my nice clean kitchen! What harm could that possibly do?"

thing that occurs to a child who sees a streak-free window or glass door is, "oh boy, I can make a perfect imprint of my nose, mouth, both hands and maybe even my feet!"

So as you're going through the annual ritual of spring cleaning, don't set yourself up for despair by thinking your efforts will be acknowl-

edged or lasting. Invite a few of your fellow Moms over to help you bask in the glow of your spotless home if you really need tribute, but don't think for a minute that your house will stay clean for even an hour after the kids get home. It might help to remember the old adage, "cleaning a house with children in it is like shoveling snow during a snow storm." Keeping this truth in mind may help save yours as you watch your children spill powdered sugar all over the counter you've just cleaned or throw up on the sofa you've just shampooed.

And as you scour, sluice and polish this spring, repeat this mantra, "cleanliness is next to impossible; cleanliness is next to impossible..."

The Shirt, the Garage, and the Kitchen Floor

The Shirt: A 10-year-old child went up to his mother and interrupted her while she was preparing breakfast for the family. He said to her, "Mom, can you iron my shirt for me? I have a choir rehearsal today, and we are supposed to wear a white shirt." His mother smiled and said, "Please, wait just one minute, and I'll be right there." Soon after, his mother walked him into a room with an iron and ironing board. She took the shirt and explained to him just how to iron it. "First, you do the sleeves," she said as she placed the iron on it. "All right, now you try this side," she said to him. The boy performed the same task on the other sleeve. Then she took the shirt, laid it out, and explained what to do next as she did one side of the front of the shirt. Then, she instructed the boy to perform the same on the other side of his shirt. "Doing it this way," she said, "you can iron the front and the back at the same time." Then, mother showed him how to iron the collar, instructed him to finish what she started, smiled again at him, and said, "So, now, you know how to iron a shirt." The boy did indeed know how to iron a shirt and never again asked for assistance in that task.

The Garage: Saturday morning while everyone was eating breakfast, Father announced this was the day everyone was going to help clean out the 3-car-garage. Groaning, the children said, "Uh, can't we do that another time?" and "Gee, Dad, that will take forever!" Father responded, "Have to do it today," and "Yes, it will probably take forever." Father instructed the children as to what needed to be done. What, at first, was a group of complaining and unhappy individuals soon turned into a group of contributing members working together to complete a necessary family

task. The children were often immersed in the excitement of finding objects from when they were younger. Then, they would reminisce and share memories of events that led into other memories, and soon the garage was clean. By working altogether, everyone benefited by learning to do something difficult. Father taught the children how to perform and complete a task. A life lesson that was not lost on the children as they all grew up and recognized what their father had taught them on that day and many others regarding the merits of a hard day's work.

The Kitchen Floor: Father told his ten-year-old son that they were going to wash the kitchen floor that morning. The typical, "Awww, come on, Dad. It's not that dirty," came out of the child's mouth. Father said, "It doesn't need to be that dirty to wash it, Son. Come on." So, father and son moved out all the kitchen furniture and swept the floor. They retrieved the mop bucket and filled it with soapy water. Soon, they were both down on their knees, side by side, scrubbing the kitchen floor. The floor looked so good when it was clean, thought the boy. Performing the task side-by-side with his father was quite enjoyable, as well. Following several more episodes of washing the floor together, Father determined that his son was capable of completing the task on his own. So, one day, Father stated it was his turn to perform the task by himself. The son willingly did so and was quite proud of his achievement: a shiny, clean kitchen floor. As the son grew up, he discovered the lesson he had been taught while learning to wash a kitchen floor allowed him success in other areas of his life that required effort and persistence.

Michael E. Kirk, PhD, a local clinical psychologist, is a father and grandfather who specializes in working with families, adolescents, and children.

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By Jennifer



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CHILDREN'S ART CLASS (GRADES 1-6): All classes include instruction in a variety of art skills, including drawing, painting, sculpture, printing and crafts. 330-2676 or 869-2320.

MOVIE MONDAY AT BEALE MEMORIAL LIBRARY: Join us for family-friendly movies on the first Monday of every month in the children's room! 4- 6PM. 868-0701.

PARTY TIME AT H.E.A.R.T.S. CONNECTION PLAYGROUP: Games and speech & language activities for children birth to 5

years of age, free. 3101 Sillect Ave #115, Bakersfield. 10AM-11:30AM. 328-9055, ext. 257.

TUESDAY MAY 2ND

ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. If you love to sing, please join us on Tuesdays! 350 Calloway Drive Bldg A 3rd Floor, Bakersfield. 6:30-9:30PM. 661-497-SING.

CHESS CLUB AT SOUTHWEST BRANCH LIBRARY: Come play a game of chess at the library against your fellow neighbors and friends. Don't know how to play? No problem, we'll teach you. 4PM. 664-7716.

DO THE MATH: Math help for students grades 4-12. Every Tues. & Wed., tutors are available from 3:30-5:30pm. Bakersfield: 636-HELP or in other areas call toll free: 866-636-MATH.

FREE ACTING CLASS: For children 5-17 years old who have never attended before. This is a fun opportunity for kids in Kern County to express themselves even if they do not have that much income. 2001 Westwind Drive, #8, Bakersfield. 4:30 PM. 323-539-7522.

ICE CENTER OF BAKERSFIELD: Family Nights at the Ice Center! Get the whole family together for tons of fun. 852-7400.

KNITTING 101 AT SOUTHWEST BRANCH LIBRARY: Everyone can knit, we promise Learn the lingo, how to pick yarn, and more during our beginner's class. 4PM. 664-7716.

LAUGHTER YOGA AT THE ART AND SPIRITUALITY CENTER: Lift your body, mind and spirit with

a weekly dose of hearty laughter. 2215 Truxtun Ave, Bakersfield. 8:30 AM. 632-5357.

LEGO CLUB AT FRAZIER PARK BRANCH LIBRARY: Build anything you can imagine! 5PM. 245-1267.

MOPS -CALVARY BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 327-5921.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 2801 Bernard Street, Bakersfield. 6-7:30 PM. 871-5000.

PROJECT LINUS BLANKET MAKING: Our mission is to provide love, a sense of security, warmth and comfort to children with items created by volunteers (blanketeers). 549-4967.

STORYTIME AT FRAZIER PARK BRANCH LIBRARY: An all ages storytime for the whole family. 11:30 AM. 245-1267.

YARN CLUB AT CALIFORNIA CITY LIBRARY: All ages are welcome. Just bring your own yarn and needles. 1-3PM. 760-373-4757.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): This class includes instruction on drawing, painting, mixed media and sculpture. Contact Casey Hibbard at 661-301-2195 or getcasey@gmail.com or Miss Casey's Art Classes FB page. 1607 19th Street, Bakersfield. 4-6PM. 869-2320.

MOMMY AND ME YOGA AT SOUTHWEST BRANCH LIBRARY: Experience a relaxing, fun yoga class with your children, crawlers up to age 4. Bring yoga mat. Taught by a certified yoga instructor. 10:30 AM. 664-7716.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Stories and activities suitable for ages 3-5. 11AM. 868-0701.

WEDNESDAY MAY 3RD CHESS CLUB AT FRAZIER PARK LIBRARY: Learn to play Chess or play Chess with friends. 3:30 PM. 245-1267.

HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. This can include parents, grandparents, aunts and uncles etc. 410-1010.

KIDS CONNECT 2 CHRIST: Kids will have a great time learning Bible Stories, making crafts, singing

and playing games. 3700 Stine Rd, Bakersfield. 7- 8PM. 342-2078.

MOMnext - OLIVE KNOLLS NAZARENE CHURCH: A group for mothers of school-age kids. At MOPS International we believe Better Moms Make a Better World. 6201 Fruitvale Ave, Bakersfield. -399-3303.

OPEN CALL DAY FOR ACTORS AND ACTRESSES: All ages welcome for talent agency representation in commercials. Actors and models must bring headshot and/or resumes. 2001 Westwind Drive, Suite #8, Bakersfield. 1-3PM. 348-4396.

PRESCHOOL STORYTIME AT BORON BRANCH LIBRARY: Stories, songs, rhymes, activities, and educational play. 4-5PM. 760-762-5606.

PRESCHOOL STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, and fun for your 3 to 5 year old. 11AM. 664-7716.

SIP N' SIT: Come on by and find out what's really going on in Taft. Everyone is invited to attend and to speak. 765-2165.

SPECIAL FRIENDS, JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 4500 Buena Vista Road, Bakersfield. 6-7PM. 665-7815.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 10-11AM. 631-2575.

YOUTH GROUP: Westside Church of Christ is proud to offer a family-friendly, drug-free environment for junior high and high school students in Kern County! 7300 Stockdale Hwy, Bakersfield. 5:30-8PM. 831-4460.

BILINGUAL STORYTIME AT DELANO BRANCH LIBRARY: Storytime and activities in Spanish and English. 12PM. 725-1078.

DRAWING & PAINTING CLASS FOR ADULTS: All classes include instruction in a variety of art skills, including drawing, painting, sculpture, printing and crafts. 330-2676. 869-2320.

FIRST WEDNESDAY AT THE BMOA: Join the discussion with Education Coordinator Andrew Hawley and current ArtWorks students to hear how this program prepares them for a career in the arts. Free to members: \$5 non-members. 10-11AM. 323-7219.

PRESCHOOL STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, and fun for your 3 to 5 year old. 11 AM. 664-7716.

TODDLER TIME AT BEALE



80s Dancing Day

Wednesday, May 3rd

Get out those leg warmers! Come and learn popping, locking, breaking, and more. The 1980s gave us some of the most colorful and energetic music and dancing! Dress in your '80s finest, and meet us on the dance floor! A live DJ will spin your favorite hits! \$10. Kern Pioneer Village: 3801 Chester Ave, Bakersfield. 6-9PM. 437-3330.

MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old children for music, nursery rhymes, stories and play. 11AM. 868-0701.

**THURSDAY MAY 4TH
BABY BOUNCE AT SOUTH-WEST BRANCH LIBRARY:** Play, sing, and rhyme with our interactive storytime for infants, caregivers, and parents. 10:30 AM. 664-7716.

CHILD CAREGIVER SUPPORT GROUP: Anyone can benefit from fresh ideas on how to care for their children. This support group allows parents to share their own experiences and learn from each other. 393-5836.

HOFFMANN HOSPICE - CHILDREN AND TEENS GRIEF SUPPORT: If you have experienced grief in your life, please come to this safe place to talk and listen to others. 410-1010.

MENTAL HEALTH SUPPORT: Fresh Hope is a peer to peer wellness approach to mental health recovery based on 6 tenets that empower people to connect both their faith and recovery principles. 871-1150.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): This class includes instruction on drawing, painting, mixed media and sculpture. For additional information or questions, contact Casey Hibbard at 661-301-2195 or getcasey@gmail.com or Miss Casey's Art Classes FB page. 1607 19th Street, Bakersfield. 4-5PM.

LEGO CLUB AT BEALE MEMORIAL LIBRARY: Come build with us! All materials provided by the library. 5:30 PM. 868-0701.

SENSORY STORYTIME AT BEALE MEMORIAL LIBRARY: Join us for hands-on learning as we engage all of the senses through music, movement, stories and play. This program is ideal for children with autism or sensory processing issues. 868-0701.

TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY: Fun activities for teens 13 and up! 5PM. 725-1078.

TODDLER TIME AT SOUTH-WEST BRANCH LIBRARY: Bring your toddler, ages 1-3, and foster a lifelong love of reading while enjoying age-appropriate stories, songs, and activities. 9:30 AM. 664-7716.

**FRIDAY MAY 5TH
N.A.M.I PEER SUPPORT GROUP:** The National Alliance on Mental Illness (NAMI) offers support for families, friends, and individuals living with mental illness. 247-5426.

PRESCHOOL STORYTIME AT CALIFORNIA CITY LIBRARY: Join us for some singing, rhymes, and stories. 10:30 AM - 11AM. 760-373-4757.

PRESCHOOL STORYTIME AT ROSAMOND BRANCH LIBRARY: Stories, songs, rhymes, and activities. 10AM. 256-3236.

PRESCHOOL STORYTIME AT TEHACHAPI BRANCH LIBRARY: Join us for stories, singing, and rhymes. 10-10:30 AM. 822-4938.

TODDLER TIME AT SOUTH-WEST BRANCH LIBRARY: Bring your toddler, ages 1-3, and foster a lifelong love of reading while enjoying age-appropriate stories, songs, and activities. 9:30 AM. 664-7716.

32ND ANNUAL PRCA STAMPEDE DAYS RODEO: Join us for the rip-roarin, 32nd annual PRCA Stampede Days Rodeo! The purpose of our rodeo is to raise funds for training and equipment for the Kern County Reserve Deputies. 1142 South P Street, Bakersfield. 6PM.



8TH ANNUAL LEAGUE OF DREAMS GOLF TOURNAMENT: Join us for our 8th Annual Golf Tournament! The 4- man Texas Shamble (each player plays the best drive through to the green) is a fun tournament with lunch, raffles, and other opportunities. 5201 Riverlakes Dr, Bakersfield. 11AM - 5PM. 616-9122.

A NIGHT OF SYMPHONIC DELIGHT: A magical mix of eclectic tunes from the fabulous Monty Byrom and the amazing Bakersfield Symphony Orchestra. Friday and Saturday showtimes at 7:30PM and Sunday showtime at 3:30PM. Doors open 30 minutes prior to show. 2131 R Street, Bakersfield. 864-1701.

ART SHOW AT THE BAA ART CENTER: Showcasing "Inner & Outer Space," abstract art by Phyllis Oliver, Julie Fleming and Norma Eaton will be featured art throughout May. 6-8PM. 869-2320.

FAMILY STORYTIME AT MO-JAVE BRANCH LIBRARY: Come on out with your children and enjoy some stories, songs, rhymes, activities and more! 11:30 AM. 824-2243.

FIESTA CARNIVAL-SHIRLEY LANE ELEMENTARY: Family fun Event-Games, Food, Raffle, Crafts, Cow Plop, Auction and more. 5-8PM. 363-7552.

FIRST FRIDAY ART WALK: The ArtWalk is a family friendly arts event that showcases our county's best artists. 5-9PM. 324-9000.

FIRST FRIDAY CRUISE NIGHTS: People are encouraged to come downtown, bring a chair and some friends and watch as classic cars cruise downtown Taft. 765-2165.

FREE FRIDAY AT BMOA: Join us at Bakersfield Museum of Art for free Friday! 323-7219.

HOME SCHOOL CERAMICS CLASS (GRADES K-12): Students will learn step-by-step instruction of inventive hand built projects from the simple coil built pot to complex slab built sculpture. 301-2195

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Come into the Children's room any Friday from 3-5pm to work on the craft for the month. 868-0701.

TEEN NIGHTS IN TAFT: Come in and bowl, play in the gym or just hang out with friends in a fun and safe environment. 500 Cascade Place, Taft. 8PM. 765-6677.

**SATURDAY MAY 6TH
SAN EMIGDIO AT WIND WOLVES:** Catch a ride with us to see more of our beautiful canyon. 858-1115.

A.S.C.E.N.D. FREE YOUTH MENTORING PROGRAM: Alpha Kappa Alpha Sorority, Inc., Kappa Omega Omega Chapter, launches A.S.C.E.N.D., a free mentoring program for high school students. 331-6137.

FAMILY DAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY: Museum opens at 10am. 2 adults and up to 6 children admission only \$20. 324-6350.

KIDS' TOOL SAFETY WORKSHOP: Teaches children do-it-yourself skills and tool safety. The Home Depot. Info: 835-1133, Gosford Rd. ; 872-2041, Mount Vernon Avenue ; 587-1545, Rosedale Hwy.

LEGO CLUB AT NORTHEAST BRANCH LIBRARY: Join us for a LEGO free-for-all! 1-3PM. 871-9017.

A WONDERLAND BIRTHDAY AT SOUTHWEST BRANCH LIBRARY: Don't be late for this very important date, Alice's birthday! Celebrate the beloved character from Alice's Adventures in Wonderland with Alice-themed activities and crafts. 2PM. 664-7716.

AN ACCESSIBLE DAY AT THE VILLAGE: We set this date aside for kids with special need to enjoy programs just for them. 3801 Chester Ave, Bakersfield. 1-3 PM. 437-3330.

BRAVE WOMEN'S CONFERENCE: Brave is not something you feel. We feel lost in our pain, our daily struggle, and our weaknesses that have become all too familiar to us. But our identity is not in the past. Our identity is not in your faults. Our identity is in Christ! Cost: \$25/ticket. 368-1477.

FAMILY STORYTIME & CRAFT AT DELANO BRANCH LIBRARY: Come with your whole family to enjoy stories, activities and songs! 2:30 PM. 725-1078.

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Learn math or get assistance with your math homework; Open to learners of all ages. Sign up at the Reference Desk or call 868-0701.

RELAY FOR LIFE BAKERSFIELD: American Cancer Society Fund Raiser. Relay For Life is the signature fundraiser for the American Cancer Society, helping communities across the globe to raise money and save lives. 1142 South P Street, Bakersfield. 327-7827.

**SUNDAY MAY 7TH
ONYX FAMILY FARMS:** Locally grown fruits and vegetables, no chemicals used, just veggies grown the old fashioned way. 377-7460.

HAGGIN OAKS FARMERS MARKET: The Haggin Oaks Farmers Market is the place to be. Check out the best selection of seasonal and fresh vegetables, fruit, local honey, eggs, hummus, and just about everything. 9 AM - 2PM. 334-2033.

MURRAY FAMILY FARM FUN: Come by Murray Family Farm and have fun picking your own fresh and local fruit! 8AM - 8PM. 330-0100.

BEGINNING CERAMICS CLASS (GRADES K-12 & ADULTS): Learn how to build your own ceramics. 301-2195 1607 19th Street, Bakersfield. 3:30-5:30 PM. 869-2320.

SCRAPBOOKING CLUB FOR GRADES K-12 & ADULTS: Having trouble blocking out time to scrap book? Join the fun with others and share all kinds of tips and laughs with family and friends in the club! 301-2195/869-2320.

**MONDAY MAY 8TH
LEARN AMERICAN SIGN LANGUAGE AT TEHACHAPI BRANCH LIBRARY:** All are welcome to learn ASL! 4:30 PM - 5:30 PM (Teens). 5:30 PM - 6:30 PM (Adults). 822-4938.

THE CHRISTIAN JOURNEY: 12 step Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464.

TROOP 712 BOY SCOUTS OF AMERICA MEETING: New/future Scouts welcome to see what it's like. 832-8011.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Each week will feature skill development in drawing and painting using a variety of materials. Cash only. 330-2676/869-2320.

E-BOOK EXPERIENCE AT BEALE MEMORIAL LIBRARY: One-on-one session with a librarian on how to download Kern County Library e-books onto your tablet, smart phone or laptop. 868-0701.

LA LECHE LEAGUE: Free information and support group for pregnant and breastfeeding mothers. 10AM. 438-1518.

**TUESDAY MAY 9TH
ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** Alliance Human Services



Look for us, Kern County Family, for great goodies!

KIDSFEST

Sunday, May 7th

KidsFest is a fun-filled day for babies, toddlers, children, tweens, and families to play and learn about all the important aspects of raising happy, healthy kids. 3801 Chester Ave, Bakersfield. 12PM. 437-3330.

will be holding weekly orientations for families interested in becoming foster families. Orientations are available in Spanish upon request. 325-6939.

KIDS YOGA CLUB (AGES 4-10): Yoga helps kids to: Develop body awareness, learn how to use their bodies in a healthy way, manage stress through breathing, awareness, meditation and healthy movement. 374-8693.

LEGO CLUB AT FRAZIER PARK BRANCH LIBRARY: Build anything you can imagine! 5PM. 245-1267.

YARN CLUB AT CALIFORNIA CITY LIBRARY: All ages are welcome. Just bring your own yarn and needles. 1-3PM. 760-373-4757.

INFANT & TODDLER STORYTIME AT ROSAMOND BRANCH LIBRARY: Infants and toddlers will enjoy stories, songs, rhymes, activities, and educational play. 11AM. 256-3236.

MOPS - OLIVE KNOLLS NAZARENE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 399-3303.

WARMLINE MOM & TODDLER GROUP: All parents are encouraged to bring their children for a fun play session and interact with other moms in the community. 9AM - 11AM. 323-3531.

SIDE BY SIDE ART AT BMOA: The Museum welcomes children ages 3-5 and their parent/guardian for an experimental, hour-long workshop. A BMOA instructor presents a variety of art projects that promote fine motor skills

using mediums such as painting, drawing, collage and printmaking. 10AM. 323-7219.

WARMLINE MOM & BABY GROUP: For moms with babies birth through one year. Great place to meet other moms & get your new mom questions answered. Located inside Room 104. Meeting starts at 11:15 am. 323-3531.

ASL PLAYGROUP AT SOUTHWEST BRANCH LIBRARY: Learn ASL with your child through stories, songs, and by interacting with other families. All ages and ASL language skills are welcome. 11AM. 664-7716.

FULL MOON BIKE RIDE: All rides begin at Beach Park and end at the Marketplace. They are free to attend and organized by Bike Bakersfield, a non-profit organization. Remember to wear reflective clothing or reflective plates on your bike. 8PM. 321-9247.

MEMORIAL DAY STORYTIME AT BEALE MEMORIAL LIBRARY: Our guest reader will be veteran Joe Acosta. 11AM. 868-0701.

WEDNESDAY MAY 10TH CHESS CLUB AT FRAZIER PARK LIBRARY: Learn to play Chess or play Chess with friends. 3:30 PM. 245-1267.

KIDS CONNECT 2 CHRIST: Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 7-8 PM. 342-2078.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (LAKE ISABELLA): FREE Grief Support Group open to anyone in the community who has suffered a loss. 760-379-5038.

PRESCHOOL STORYTIME AT BORON BRANCH LIBRARY: Stories, songs, rhymes, activities, and educational play. 26967 4- 5PM. 760-762-5606.

PRESCHOOL STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, and fun for your 3 to 5 year old. 11AM. 664-7716.

SIP N' SIT: Come on by and find out what's really going on in Taft. Please contact Taft Chamber of Commerce for location. 765-2165.

ALZHEIMER'S SPOUSE SUPPORT GROUP: Come and share your experiences in a safe place to talk and listen to others. 5500 Olive Drive, Bakersfield. 1:30 PM. 393-8871.

BILINGUAL STORYTIME AT DELANO BRANCH LIBRARY: Storytime and activities in Spanish and English. 925 12PM. 725-1078.

COMPUTER COACHING AT DELANO BRANCH LIBRARY: Get one-on-one assistance with your computer needs. 2PM. 725-1078.

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old children for music, nursery rhymes, stories and play. 11AM. 868-0701.

INFANT & TODDLER STORYTIME AT BORON BRANCH LIBRARY: Infants and toddlers will enjoy stories, songs, rhymes, activities, and educational play. 10AM. 760-762-5606.

LEGO CLUB AT MOJAVE BRANCH LIBRARY: It's a LEGO free-for-all! Join us in building LEGO creations. Go wild and build anything you can imagine! 2PM. 824-2243.

THURSDAY MAY 11TH OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP: FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

CHILD CAREGIVER SUPPORT GROUP: Anyone can benefit from fresh ideas on how to care for their children. 2001 N. Chester Ave, Bakersfield. 1PM - 2PM. 393-5836.

MATH MADNESS AT ROSAMOND BRANCH LIBRARY: K-6th graders practice math-fact flashcards and receive prizes just for trying. 4PM. 256-3236.

MOPS - VALLEY BAPTIST CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 4800 Fruitvale Avenue, Bakersfield. 387-6352.

ALZHEIMER'S DISEASE ASSOCIATION OF KERN COUNTY CAREGIVER CLASSES: Alzheimer's & Dementia education,

behaviors, stages, challenges, communication & more. 5500 Olive Drive, Bakersfield. 1:30 PM. 393-8871.

BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY: Play, sing, and rhyme with our interactive storytime for infants, caregivers, and parents. 10:30 AM. 664-7716.

LEGO CLUB AT BEALE MEMORIAL LIBRARY: Come build with us! All materials provided by the library. 5:30 PM. 868-0701.

TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY: Fun activities for teens 13 and up! 5PM. 725-1078.

BAKERSFIELD JOB FEST: Connect with Kern County employers at the Bakersfield Job Fest 2017. There will be free admission & parking, a variety of jobs, and application/resume assistance. 1001 Truxtun Avenue, Bakersfield. 9AM - 12PM. 631-6000.

FANDOM UNITE CLUB AT BEALE MEMORIAL LIBRARY: Create your own Comics. We'll discuss our favorite things, our newest discoveries and our latest obsessions. 4:30-6PM. 868-0701.

JEFF DUNHAM PERFECTLY UNBALANCED TOUR: Join Peanut, Walter, Achmed, Jose and Bubba J as they crack jokes with the famous entertainer, Jeff Dunham. 6:30 on the 11th; 7:30 on the 12th. 1700 20th Street, Bakersfield. 489.4369

FRIDAY MAY 12TH BABY CAFE: Need help breastfeeding? Bring the baby and get your questions answered. 2216 17th Street, Bakersfield. 10AM - 1PM. 747-5195.

BAKERSFIELD MINERAL MITES: Rock & mineral club for ages 7-18 yrs. Special activities monthly. 324-5907.

HEART CENTERED HEALING: Join us in the CBCC Chapel to learn how to heal ourselves by experiencing the presence of peace, grace and ease within our bodies. 1-2PM. 862-7136.

PRESCHOOL STORYTIME AT CALIFORNIA CITY LIBRARY: Join us for some singing, rhymes, and stories. 10:30-11AM. 760-373-4757.

PRESCHOOL STORYTIME AT ROSAMOND BRANCH LIBRARY: Stories, songs, rhymes, and activities. 10AM. 256-3236.

PRESCHOOL STORYTIME AT TEHACHAPI BRANCH LIBRARY: Join us for stories, singing, and rhymes. 10AM - 10:30 AM. 822-4938.

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY: Bring your toddler, ages 1-3, and foster a lifelong love of reading while enjoy-

ing age-appropriate stories, songs, and activities. 9:30 AM. 664-7716.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY: Come on out with your children and enjoy some stories, songs, rhymes, activities and more! 11:30 AM. 824-2243.

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Come into the Children's room any Friday from 3-5pm to work on the craft for the month. 868-0701.

SATURDAY MAY 13TH FAMILY STORYTIME & CRAFT AT DELANO BRANCH LIBRARY: Come with your whole family to enjoy stories, activities and songs! 2:30 PM. 725-1078.

FREE DAY at the MARTURANGO MUSEUM: Entrance to the museum exhibit areas is FREE for everyone on the second Saturday of each month. Come in and explore the exhibits, art gallery and our new Museum Gift Shop. 100 East Las Flores Ave, Ridgecrest. 10AM - 5PM. 760-375-6900.

SATURDAY STUDIO AT BMOA: During the school year, weekends are the perfect time for children ages 6-8 to make art at the Museum. 10-11AM. 323-7219.

VOLUNTEER ORIENTATION AND TRAINING: M.A.R.E. provides therapeutic equine-assisted activities for the benefit of people living with special needs and disabilities. M.A.R.E. is a non-profit organization and volunteers are essential to the success of the program. 589-1877.

YOKUTS PARK FUN RUN: In cooperation with the Bakersfield Parks and Recreation Department, the Bakersfield Track Club presents the Yokuts Park Fun Runs. Absolutely Free! Choose from a 2, 3, or 5 mile run. 7AM.

BSO CONCERT: WORDS OF MUSIC: Poetry and music are two powerful art forms on their own but when combined, they are unstoppable. 323-7928.

CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTH CARE PROVIDER: Red Cross training combines discussions and video with hands-on skills training. Please call the Kern Chapter at 324-6427 or visit our website for info on all Red Cross classes.

LIVING HISTORY DAY: Volunteers will be dressed in costume and will demonstrate games and chores from the 1800s. Docents will lead guided tours of some of our exhibits. 3801 Chester Ave, Bakersfield. 1- 3PM. 437-3330.

MOTHER'S DAY CRAFT AT SOUTHWEST BRANCH LIBRARY: Join us in making a craft for mom. 2PM. 664-7716.



MOTHER DAUGHTER TEA

Saturday, May 13th

Mother and daughter tea party to celebrate Mother's Day! For mothers and daughters of all ages. Ladies, wear your Sunday best! (Party hat, white gloves & dress.) Call 871-7221 or 565-2374 for ticket information. East Bakersfield High Senior Park, 2200 Quincy St., Bakersfield 12:30-3:00pm

WE TECH SO YOU TICK WORK-SHOP AT BEALE MEMORIAL LIBRARY: Become familiar & feel comfortable with email communication. Learn how to set up an email address through Outlook, send an email, & access your new email inbox. Located on the 2nd floor. 11AM - 12PM. 868-0701.

SUNDAY MAY 14TH

ONYX FAMILY FARMS: Grab your friends and drive up the hill for a great afternoon in the Kern River Valley, where your children can pet the local animals and sit at a picnic table to eat. 9AM - 4PM. 377-7460.



SAN EMIGDIO AT WIND WOLVES: Catch a ride with us to see more of our beautiful canyon. 858-1115.

HAGGIN OAKS FARMERS MARKET: The Haggin Oaks Farmers Market is the place to be. 334-2033.

MURRAY FAMILY FARM FUN: Spend your Sunday at the Farm! 8AM - 8PM. 330-0100.

MONDAY MAY 15TH ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday at different times for different ages. 348-4396.

C.A.L.M. SENIOR DISCOVERY DAY: Seniors will receive a 50% discount on their admission and a 10% discount in the Gift Store. 9AM - 4PM. 872-2256.

GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS: Open to all men who enjoy singing. 871-6268.

MATH MADNESS AT BORON BRANCH LIBRARY: K-6th graders practice math-fact flashcards and receive prizes just for trying. 4PM. 760-762-5606.

MOPS - NORTHSIDE COMMUNITY CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 589-3535.

TEEN ADVISORY BOARD MEETING AT BORON BRANCH LIBRARY: Teen Advisory Board (TAB) monthly meeting. 5PM. 760-762-5606.

THE CHRISTIAN JOURNEY: 12 step Christian recovery group for people who struggle with compulsive or obsessive behavior. 7PM. 832-7464.

E-BOOK EXPERIENCE AT BEALE MEMORIAL LIBRARY: One-on-one session with a librarian on how to download Kern County Library e-books onto your tablet, smart phone or laptop. By appointment only. 868-0701.

TUESDAY MAY 16TH

BABY CAFE: Need help breastfeeding? Bring the baby and get your questions answered. 2216 17th Street, Bakersfield. 10AM - 1PM. 747-5195.

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. If you love to sing, please join us on Tuesdays! 350 Calloway Drive Bldg A 3rd Floor, Bakersfield. 6:30-9:30 PM. 661-497-SING (7464).

ESPAÑOL CON NANCY: My mission is to teach Spanish through play. With fun and effective activities including music, crafts and conversations during each session. 3825 Riverlakes Dr., Bakersfield. 9AM-10AM. 889-2734.

ICE CENTER OF BAKERSFIELD: Family Nights at the Ice Center! Get the whole family together for tons of fun. 852-7400.

KNITTING 101 AT SOUTHWEST BRANCH LIBRARY: Everyone can knit, we promise! Learn the lingo, how to pick yarn, and more during our beginner's class. 4PM. 664-7716.

LAUGHTER YOGA AT THE ART AND SPIRITUALITY CENTER: Lift your body, mind and spirit with a weekly dose of hearty laughter. 2215 Truxtun Ave, Bakersfield. 8:30 AM. 632-5357.

LEGO CLUB AT FRAZIER PARK BRANCH LIBRARY: Build anything you can imagine! 5PM. 245-1267.

MOPS - CALVARY BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 327-5921.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (TEHACHAPI): FREE Grief Support Group open to anyone in the community who has suffered a loss. Please call ahead if you have a child in need. 1-888-597-6115.

PARENTS 4 KIDS: Support for parents by parents raising kids with special needs. FREE and open to the public. 811 Roberts Lane, Bakersfield. 11AM. 862-0783.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 6-7:30 PM. 871-5000.

PROJECT LINUS BLANKET MAKING: Our mission is to provide love, a sense of security, warmth and comfort to children with items created by volunteers (blanketeers). 549-4967.

TEEN ADVISORY BOARD MEETING AT ROSAMOND BRANCH LIBRARY: Teen Advisory Board (TAB) monthly meeting. 5PM. 256-3236.

YARN CLUB AT CALIFORNIA CITY LIBRARY: All ages are welcome. Just bring your own yarn and needles. 1-3PM. 760-373-4757.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): This class includes instruction on drawing, painting, mixed media and sculpture. 301-2195

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Stories and activities suitable for ages 3-5. 11AM. 868-0701.

WEDNESDAY MAY 17TH WOMEN'S SELF DEFENSE WORKSHOPS: Learn to defend yourself. Workshops are FREE and open to the public. 1921 19th St, Bakersfield. 6PM. 322-0931.

CHESS CLUB AT FRAZIER PARK LIBRARY: Learn to play Chess or play Chess with friends. 3:30 PM. 245-1267.

HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. 410-1010.

KIDS CONNECT 2 CHRIST: Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 342-2078.

MOMnext - OLIVE KNOLLS NAZARENE CHURCH: A group for mothers of school-age kids. At MOPS International we believe Better Moms Make a Better World. 399-3303.

PRESCHOOL STORYTIME AT BORON BRANCH LIBRARY: Stories, songs, rhymes, activities, and educational play. 4-5PM. 760-762-5606.

PRESCHOOL STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, and fun for your 3 to 5 year old. 11AM. 664-7716.

SPECIAL FRIENDS JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. We have a Bible story time, craft, and snack. Other family members are also welcome to join. 4500 Buena Vista Road, Bakersfield. 6-7:30 PM. 665-7815.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 10 - 11AM. 631-2575.

WEDNESDAY NIGHT YOUTH GROUP: Each Wednesday, we eat dinner together from 5:30-6:15pm. Starting at 6:15 we open up our Teen Activity Room with foos-

ball, video games, ping pong, air hockey and pool. We also have a full-size gymnasium for basketball, volleyball, dodgeball, etc. Then from 7:15-8:00pm we have a small group Bible study. 831-4460.

BILINGUAL STORYTIME AT DELANO BRANCH LIBRARY: Storytime and activities in Spanish and English. 12PM. 725-1078.

CHILDREN'S ART CLASS (GRADES 1-6): All classes include instruction in a variety of art skills, including drawing, painting, sculpture, printing and crafts. Cash only. 869-2320.

COMPUTER COACHING AT DELANO BRANCH LIBRARY: Get one-on-one assistance with your computer needs. 2PM. 725-1078.

PRESCHOOL STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, and fun for your 3 to 5 year old. 11AM. 664-7716.

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old children for music, nursery rhymes, stories and play. 11AM. 868-0701.

BARKS & BOOKS AT MOJAVE BRANCH LIBRARY: Build your reading skills & enhance self-esteem by reading aloud to an affectionate furry friend. 3:30 PM. 824-2243.

PHOTO SAFARI: "Photo Safari" is a program designed for tweens and teens. Students come to the museum for a photography class with a professional photo artist and learn how to take great pictures

with their phones and/ or tablets. 3801 Chester Ave, Bakersfield. 8AM. 437-3330.

THURSDAY MAY 18TH BARKS AND BOOKS AT ROSAMOND BRANCH LIBRARY: Alliance of Therapy Dogs, Inc. and HiDOC bring you Barks and Books at the Rosamond Library. Read with a furry friend! 3:30 PM. 256-3236.

MOPS - LAURELGLEN & THE BRIDGE BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 833-2800 (Laurelglen). 587-2010 (The Bridge).

OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP: FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY: Play, sing, and rhyme with our interactive storytime for infants, caregivers, and parents. 10:30 AM. 664-7716.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): This class includes instruction on drawing, painting, mixed media and sculpture. 301-2195

TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY: Fun activities for teens 13 and up! 5PM. 725-1078.

CRAFTY TEEN AT BEALE MEMORIAL LIBRARY: Are you crafty? Do you like to make stuff? Feel free to bring any crafts you want to work on! Or do the craft project offered. 4:30-6PM. 868-0701.



MEDIEVAL CALIFORNIA FESTIVAL

Saturday, May 20th

A family friendly festival featuring a professional jousting team, 40-foot pirate ship and crew doing sword battles, Over 50 medieval Warriors doing live demonstrations, Medieval Kids Corner, 14 spectator events, Food vendors, Craft vendors, Armory vendors, Live Band, and a Medieval Village. 1142 South P Street, Bakersfield. 11AM-8PM. 316.8792.

THIRD THURSDAY CONCERTS AT THE CREEK: Vendors, Music and More. Ran by the Downtown Business Association. 18th Street, Bakersfield. 5:30- 8:30 PM. 325-5892.

VISUAL ARTS FESTIVAL 2017: The Visual Arts Festival is a biannual statewide fine art small works competition where California artists have the opportunity to showcase new or recent works of art in an accredited fine art Museum. 1930 R Street, Bakersfield. 10AM - 11AM. 323-7219.

FRIDAY MAY 19TH CITY OF BAKERSFIELD ANIMAL CARE CENTER: Vaccine and licensing clinic. 201 South Mt Vernon, Bakersfield. 10AM. 832-7387.

N.A.M.I PEER SUPPORT GROUP: The National Alliance on Mental Illness (NAMI) offers support for families, friends, and individuals living with mental illness. FREE and Drop-in's Welcome. 3-4:30 PM. 247-5426.

PRESCHOOL STORYTIME AT CALIFORNIA CITY LIBRARY: Join us for some singing, rhymes, and stories. 10:30-11AM. 760-373-4757.

PRESCHOOL STORYTIME AT ROSAMOND BRANCH LIBRARY: Stories, songs, rhymes, and activities. 10AM. 256-3236.

PRESCHOOL STORYTIME AT TEHACHAPI BRANCH LIBRARY: Join us for stories, singing, and rhymes. 10-10:30 AM. 822-4938.

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY: Bring your toddler, ages 1-3, and foster a lifelong love of reading while enjoying age-appropriate stories, songs, and activities. 9:30 AM. 664-7716.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY: Come on out with your children and enjoy some stories, songs, rhymes, activities and more! 11:30 AM. 824-2243.

HOME SCHOOL CHILDREN'S ART CLASS (GRADES K-12): Beginning Drawing, Painting, Mixed Media and Sculpture Art Class. Cost is \$10 per hour and includes all art supplies. Contact Casey Hibbard at 301-2195.

SATURDAY MAY 20TH A.S.C.E.N.D - YOUTH ENRICHMENT PROGRAM: A.S.C.E.N.D. is a free mentoring program designed to prepare high school students for college life or vocational careers, while promoting achievement, providing guidance and introducing them to the arts and related cultural activities. 331-6137.

FREE MEDITATION CLASS: Meditation is a practice of concentrated focus upon a sound, object,

visualization, the breath, movement, or attention itself in order to increase awareness. 5301 Office Park Dr. Ste. 420, Bakersfield. 8:30-9:30 AM. 374-8693.

FAMILY STORYTIME & CRAFT AT DELANO BRANCH LIBRARY: Come with your whole family to enjoy stories, activities and songs! 2:30 PM. 725-1078.

MUSICAL SHOWCASE AT BEALE MEMORIAL LIBRARY: Come enjoy a day of music with outstanding local young musicians! Free Admission! 868-0701.

OTAKU CLUB AT SOUTHWEST BRANCH LIBRARY: Join us for all things anime and manga. 2PM. 664-7716.

PASTE: ART WORKSHOP FOR AGES 7-9: Students ages 7-9 work with magazines, newspaper, glue, and scissors to create collages inspired by artists. Pre-registration is required as space is limited. 2005 Eye St., Bakersfield. 10- 11AM. 204-1098.

SUNDAY MAY 21ST ONYX FAMILY FARMS: Locally grown fruits and vegetables, no chemicals used, just veggies grown the old fashioned way. 760- 377-7460.

HAGGIN OAKS FARMERS MARKET: Check out the best selection of seasonal and fresh vegetables, fruit, local honey, eggs, hummus, and just about everything. 9AM - 2PM. 334-2033.

VBS KICK-OFF: Free event for families and kids to see what fun activities their children can enjoy at Calvary Chapel of Bakersfield. 1212 Brentwood Dr, Bakersfield. 11:30AM. 363-8553.

MONDAY MAY 22ND C.A.L.M. SENIOR DISCOVERY DAY: Each Monday is Senior Discovery Day at the California Living Museum for those 60 years and older. 872-2256.

LEARN AMERICAN SIGN LANGUAGE AT TEHACHAPI BRANCH LIBRARY: All are welcome to learn ASL! 4:30 PM - 5:30 PM (Teens). 5:30 PM - 6:30 PM (Adults). 822-4938.

THE CHRISTIAN JOURNEY: 12 step Christian recovery group for people who struggle with compulsive or obsessive behavior. 7PM. 832-7464.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Each week will feature skill development in drawing and painting using a variety of materials. 869-2320.

TUESDAY MAY 23RD ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. If you love to sing, please join us on Tuesdays! 497-SING (7464).

FREE ACTING CLASS: For children 5-17 years old who have never attended before. This is a fun opportunity for kids in Kern County to express themselves even if they do not have that much income. 2001 Westwind Drive, #8, Bakersfield. 4:30 PM.

ICE CENTER OF BAKERSFIELD: Get the whole family together for tons of fun. 852-7400.

KNITTING 101 AT SOUTHWEST BRANCH LIBRARY: Everyone can knit, we promise Learn the lingo, how to pick yarn, and more during our beginner's class. 4PM. 664-7716.

LAUGHTER YOGA AT THE ART AND SPIRITUALITY CENTER: Lift your body, mind and spirit with a weekly dose of hearty laughter. 2215 Truxtun Ave, Bakersfield. 8:30 AM. 632-5357.

LEGO CLUB AT FRAZIER PARK BRANCH LIBRARY: Build anything you can imagine! 5PM. 245-1267.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (BAKERSFIELD): FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 2801 Bernard Street. 6- 7:30 PM. 871-5000.

WARMLINE MOM & TODDLER GROUP: All parents are encouraged to bring their children for a fun play session and interact with other moms in the community. FREE, Walk-ins Welcome! 323-3531.

STORYTIME AT FRAZIER PARK BRANCH LIBRARY: An all ages storytime for the whole family. 11:30 AM. 245-1267.

YARN CLUB AT CALIFORNIA CITY LIBRARY: All ages are welcome. Bring your own yarn and needles. 1-3PM. 760-373-4757.

INFANT & TODDLER STORYTIME AT ROSAMOND BRANCH LIBRARY: Infants and toddlers will enjoy stories, songs, rhymes, activities, and educational play. 11AM. 256-3236.

MOPS - OLIVE KNOLLS NAZARENE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 399-3303.

PROJECT LINUS BLANKET MAKING: Our mission is to provide love, a sense of security, warmth and comfort to children with items created by volunteers (blanketeers). 549-4967.

WARMLINE MOM & BABY GROUP: For moms with babies birth through one year. Great place to meet other moms & get your new mom questions answered. 323-3531.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Stories and activities suitable for ages 3-5. 11AM. 868-0701.

CALIFORNIA CONNECTIONS ACADEMY HOSTS FREE FAMILY INFORMATION SESSION: California Connections Academy @ Central, a tuition-free online public school, will host a free information session in Bakersfield for families interested in learning about its program and individualized approach to education. 1-800-382-6010

WEDNESDAY MAY 24TH CHESS CLUB AT FRAZIER PARK LIBRARY: Learn to play Chess or play Chess with friends. 3:30 PM. 245-1267.

HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. This can include parents, grandparents, aunts and uncles etc. 5:30 PM. 410-1010.

KIDS CONNECT 2 CHRIST: Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 342-2078.

OPEN CALL DAY FOR ACTORS AND ACTRESSES: All ages welcome for talent agency representation in commercials. Actors and models must bring headshot and/or resumes. 1-3PM. 348-4396.

PRESCHOOL STORYTIME AT BORON BRANCH LIBRARY: Stories, songs, rhymes, activities, and educational play. 4-5PM. 760-762-5606.

PRESCHOOL STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, and fun for your 3 to 5 year old. 11AM. 664-7716.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 10-11AM. 631-2575.

INFANT & TODDLER STORYTIME AT BORON BRANCH LIBRARY: Infants and toddlers enjoy stories, songs, rhymes, activities, and educational play. 10AM. 760-762-5606.

BILINGUAL STORYTIME AT DELANO BRANCH LIBRARY: Storytime and activities in Spanish and English. 12PM. 725-1078.

BARKS & BOOKS AT BEALE MEMORIAL LIBRARY: Children in K-8th grade are invited to read with therapy dogs. 4PM. 868-0701.

LEGO CLUB AT MOJAVE BRANCH LIBRARY: It's a LEGO

ALIZA MCCRACKEN



Peaceful Moments

Creative Affirmations for Your Heart & Soul

WOMEN OF WISDOM & WINE

Wednesday, May 31st

Please join us at WOW where ladies come together to deepen their faith and build friendships. Msgr. Craig will give a Talk from 6-7pm with a Reception to follow. Aliza McCracken will share her NEW inspirational art book, Peaceful Moments from 7-9pm. Proceeds benefit fine arts, educational and humanitarian programs. We hope to see you. 900 H St., Bakersfield, CA. 6-9PM. 327-4734.

free-for-all! Join us in building LEGO creations. Go wild and build anything you can imagine! 2PM. 824-2243.

SUMMER VOLUNTEER ORIENTATION AT THE LIBRARY: If you wish to volunteer during the summer, please join us for this informational session on how you can become a volunteer at the library. 8301 Ming Ave, Bakersfield. 5:30 PM. 664-7716.

WINE AND PAINT NIGHT: 21+ only. A resident artist will be on hand to teach a painting class that is sure to be a great time. 437-3330.

THURSDAY MAY 25TH BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY: Play, sing, and rhyme with our interactive storytime for infants, caregivers, and parents. 10:30 AM. 664-7716.

CHILD CAREGIVER SUPPORT GROUP: Anyone can benefit from fresh ideas on how to care for their children. 2001 N. Chester Ave, Bakersfield. 1PM - 2PM. 393-5836.

HOFFMANN HOSPICE - CHILDREN AND TEENS GRIEF SUPPORT: If you have experienced grief in your life, please come to this safe place to talk and listen to others. 410-1010.

MENTAL HEALTH SUPPORT: Fresh Hope is a peer to peer wellness approach to mental health

recovery based on 6 tenets that empower people to connect both their faith and recovery principles. 871-1150.

MATH MADNESS AT ROSAMOND BRANCH LIBRARY: K-6th graders practice math-fact flashcards and receive prizes just for trying. 4PM. 256-3236.

MOPS - ST. ELIZABETH ANN SETON & VALLEY BAPTIST CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 587-3626 (St. Elizabeth). 387-6352 (Valley Baptist).

BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY: Play, sing, and rhyme with our interactive storytime for infants, caregivers, and parents. 10:30 AM. 664-7716.

SENSORY STORYTIME AT BEALE MEMORIAL LIBRARY: Join us for hands-on learning as we engage all of the senses through music, movement, stories and play. This program is ideal for children with autism or sensory processing issues. 868-0701.

TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY: Fun activities for teens 13 and up! 5PM. 725-1078.

FRIDAY MAY 26TH BABY CAFE: A drop-in breastfeeding center providing information, education, and support

for breastfeeding moms and their babies. Relax and join us for refreshments, support and information. 2216 17th Street, Bakersfield. 10AM - 1PM. 747-5195.

PRESCHOOL STORYTIME AT CALIFORNIA CITY LIBRARY: Join us for some singing, rhymes, and stories. 10:30-11AM. 760-373-4757.

PRESCHOOL STORYTIME AT ROSAMOND BRANCH LIBRARY: Stories, songs, rhymes, and activities. 10AM. 256-3236.

PRESCHOOL STORYTIME AT TEHACHAPI BRANCH LIBRARY: Join us for stories, singing, and rhymes. 10-10:30AM. 822-4938.

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY: Bring your toddler, ages 1-3, and foster a lifelong love of reading while enjoying age-appropriate stories, songs, and activities. 9:30 AM. 664-7716.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY: Come on out with your children and enjoy some stories, songs, rhymes, activities and more! 11:30 AM. 824-2243.

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Come into the Children's room any Friday from 3-5pm to work on the craft for the month. 868-0701.

SATURDAY MAY 27TH KIDS FREE DAYS AT C.A.L.M.: The last Saturday of each month, kids up to 12 years old are FREE with a paying adult. 872-2256.

MOBILE & EBOOK HELP AT SOUTHWEST BRANCH LIBRARY: This course will resemble traditional one-on-one events and eBook help, but will be conducted in a group setting. 9-10AM. 664-7716.

BAKERSFIELD CARS & COFFEE: We know that all kids, young and old are obsessed with cars. Come out to look at some fancy cars and talk to their owners. NW Promenade on Rosedale Hwy, Bakersfield. 7-9AM.

FAMILY STORYTIME & CRAFT AT DELANO BRANCH LIBRARY: Come with your whole family to enjoy stories, activities and songs! 2:30 PM. 725-1078.

VOLUNTEER ORIENTATION AT BEALE MEMORIAL LIBRARY: Sign up to be a Beale volunteer, with training included. Meets on the first floor. 10AM. -868-0701.

STEAM SATURDAY AT KERN

PIONEER VILLAGES: Enjoy fun science, technology, engineering, art, and math in Lori Brock Discovery Center. 8AM. 437-3330.

SUNDAY MAY 28TH

ONYX FAMILY FARMS: Locally grown fruits and vegetables, no chemicals used, just veggies grown the old fashioned way. 760-377-7460.

SAN EMIGDIO AT WIND WOLVES: Catch a ride with us to see more of our beautiful canyon. 858-1115.

HAGGIN OAKS FARMERS MARKET: Check out the best selection of seasonal and fresh vegetables, fruit, local honey, eggs, hummus, and just about everything. 8800 Ming Ave, Bakersfield. 9AM - 2PM. 334-2033.

MURRAY FAMILY FARM FUN: Come by Murray Family Farm and have fun picking your own fresh and local fruit! There's also a petting zoo, hay rides, Corn Cannons, Barnyard Ball Toss, Bounce Pillow, Slide N'Ride and an Animal Train. 330-0100.

VBS KICK-OFF: Free event for families and kids to see what fun activities their children can enjoy at Calvary Chapel of Bakersfield. 1212 Brentwood Dr, Bakersfield. 11:30AM. 363-8553.

MONDAY MAY 29TH



TUESDAY MAY 30TH

ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. If you love to sing, please join us on Tuesdays! 661-497-SING (7464).

CHESS CLUB AT SOUTHWEST BRANCH LIBRARY: Come play

"The month of May was come, when every lusty heart beginneth to blossom, and to bring forth fruit."

-Thomas Malory

a game of chess at the library against your fellow neighbors and friends. Don't know how to play? 4PM. 664-7716.

LEGO CLUB AT FRAZIER PARK BRANCH LIBRARY: Build anything you can imagine! 5PM. 245-1267.

YARN CLUB AT CALIFORNIA CITY LIBRARY: All ages are welcome. Just bring your own yarn and needles. 1-3PM. 760-373-4757.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Stories and activities suitable for ages 3-5. 11AM. 868-0701.

WEDNESDAY MAY 31ST ONE-ON-ONE COMPUTER ASSISTANCE AT TEHACHAPI BRANCH LIBRARY: Sign-up for one-on-one computer training. 822-4938.

OPEN CALL DAY FOR ACTORS AND ACTRESSES: All ages welcome for talent agency representation in commercials. Actors and models must bring headshot and/or resumes. 348-4396.

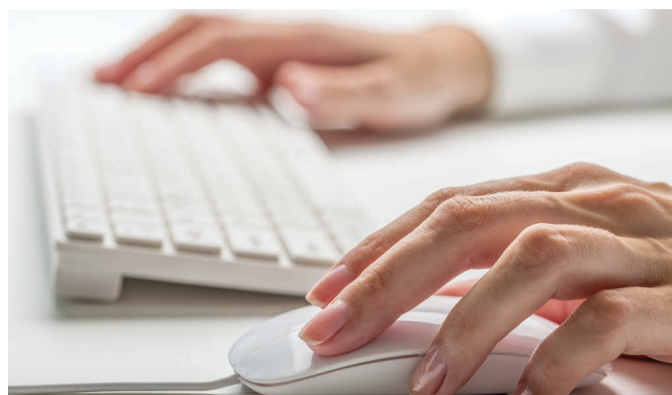
PRESCHOOL STORYTIME AT BORON BRANCH LIBRARY: Stories, songs, rhymes, activities, and educational play. 4-5PM. 760-762-5606.

PRESCHOOL STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, and fun for your 3 to 5 year old. 11AM. 664-7716.

BILINGUAL STORYTIME AT DELANO BRANCH LIBRARY: Storytime and activities in Spanish and English. 12PM. 725-1078.

CHILDREN'S ART CLASS (GRADES 1-6): All classes include instruction in a variety of art skills, including drawing, painting, sculpture, printing and crafts. 330-2676.


TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old children for music, nursery rhymes, stories and play. 11AM. 868-0701.



SUBMIT YOUR EVENTS! Our daily happenings section is dedicated to bringing the most current events to you, but in order to do so, we need your help! You can submit your calendar events online at kerncountyfamily.com by putting your mouse over Calendar on our website's menu bar and clicking the pull down tab, "Submit Calendar Event." Please submit calendar events by the 10th of each month prior to ensure we have enough time to consider your event. We are happy to have your events as part of our Daily Happenings section and best of all, it's FREE! All events are printed well in advance of distribution each month and are subject to change. Please contact the event coordinator ahead of attendance for dates and times.

MAY worship GUIDE

SPONSORED BY

SOUTHWEST CHRISTIAN CENTER
Church of God, Cleveland, TN
3700 N. Stine Rd.
Sun: Encounter Service 9:00 a.m.
Community & Children's Worship 10:30 a.m.
Small Group Studies/Promise Keepers 6:00 p.m.
Mon: Women's Bible Study 7:00 p.m.
Wed: Adult, Youth & Children's Bible Studies
KC2C (Kids Connected to Christ)
& Choir Practice @ 7:00 p.m.
Dr. Robert Proctor, Pastor
661.588.4111 - www.swcc.us.com

CALVARY BIBLE CHURCH
www.goCBC.org

Sunday Mornings
Traditional Service at 8:00
Classes for all ages at 9:30
Contemporary Service at 10:45

Wednesday Nights
5:00 Community Dinner
6:00 Worship Time
KIDS INVEST program (for kids 3 years - 6th grade)
6:30 Jr. High and High School Youth Group and Adult Bible classes

Thursday Nights
6:00 Celebrate Recovery

VACATION BIBLE SCHOOL
MAKER FUN FACTORY
June 12 - 16
9 AM - noon
STORIES, SNACKS FREE!
CRAFTS & FUN!
Created by GOD
Builds for a Purpose
For kids ages 3 yrs - 6th grade (in the fall)
48 Manor Street • Bakersfield CA 93308 • 661-327-5921



TRINITY ANGLICAN CHURCH

Father Karl Dietze
Service Times:
8:00 AM & 10:00 AM
Sunday School and Child Care available during 10:00 AM
11300 Campus Park Drive
Bakersfield CA 93311
NW Corner of Buena Vista & Campus Park
661-861-6020
www.trinitybakersfield.com

Wesley United Methodist Church

Happy Mother's Day

Warm hearts & smiles every Sunday!
Worship at 10:30am
Surprise Mom for Mother's Day...
Bring her to Church!
Special Music Sunday May 14th
Includes: Choir, Bells, Solos, & more

1314 Oswell Street (corner of Oswell & Niles) • 871-3030
<http://wesleybakersfield.org/>

3001 Stine Rd • Bakersfield • CA • 93309
661-833-4345
www.myfellowshipbaptist.com
Rick Prevost, Senior Pastor

Fellowship Baptist Church

Vacation Bible School 3yrs-Adult
GALACTIC STARVEYORS
June 4-8 (6pm)

Sunday
9:30 am - Bible Studies for all ages (English & Spanish)
10:45 am - Worship Celebration (English & Spanish)
5:00 pm - Enrichment Classes, Youth Ra's, Ga's & Mission Friends

Wednesday
6:00 pm - Awana, Bible Study & Prayer

Hillcrest Seventh-Day Adventist Church

Join us for Saturday Sabbath Worship!
Classes for All Ages : 9:30 am
Divine Worship: 10:45 am

2600 Kenwood Rd.
Bakersfield 93306
871-5000
<https://hillcrest.adventistfaith.org/>

Senior Pastor: Daniel Petsch
Associate Pastor: Stephen Hicks
Prayer & Praise Service Wednesday: 6:30 pm

To become like Jesus and reveal Him through service

Taking a Beach Vacation with **TODDLERS** By Sarah Lyons

Sunshine, blue sky, warm sand between your toes, and the calming sound of ocean waves hitting the shore. Doesn't it sound wonderful and relaxing? Add a toddler or preschooler to the picture and it may not sound quite as relaxing, but a beach vacation with young children can still be wonderful with some patience and a little bit of planning.

Choose the right location for your family

When picking a spot to set up for a day at the beach, choose wisely. Make sure that the area is family friendly. It is also wise to make sure there are public restrooms available. Picnic areas, public showers, and restaurants nearby are also a bonus.

Bring the basics

When packing up for the beach make sure you have the essentials--a stocked diaper bag, lots of water, snacks, towels, extra swimsuits, and sunscreen. If you are transporting little ones along with a lot of beach gear, figure out what stroller or wagon that would work best to drag across the sand. Use makeshift sand toys such as cups, plastic containers, or inflatable items that are easy to travel with.

Sun protection

Apply a high level of sunscreen to protect everyone from sunburn and reapply frequently. Use hats and protective swimsuits so that a sunburn doesn't ruin the rest of your vacation. Find a place with shade or set up umbrellas or tents to create a shady spot. This will make the day more pleasurable for everyone. Try putting a inexpensive baby pool in the shade to keep little ones out of direct sunlight.

Have a backup plan

Plan alternative things to do in the area in case weather doesn't allow for a beach day. Families may also choose to take one day out of the sun and sand. Many beach vacation destinations have other options for entertainment such as an aquarium, mini golf, shopping, go-carts, or water parks.

The type of vacation you take may change quite a bit after you become a parent, but it doesn't have to stop you from traveling. Plan ahead, be flexible, and make the most of the time together. Whether your beach vacation is relaxing or not, it is sure to be memorable.



Bio: Sarah Lyons is a mother of six children, including two year old triplets. Her family took a vacation to the beach this summer and while it wasn't relaxing, it was a lot of fun.

totsshots

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The Park at Riverwalk

Tuesday, May 2nd
11298 Stockdale Hwy.
(Area 1 parking lot)
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Walgreens

Wednesday, May 3rd
40 Chester Avenue,
Bakersfield, 9 am to 2 pm

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Thursday, May 4th
3301 Panama Lane,
Bakersfield, 9 am to 2 pm

**Benton Park Center/
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Monday, May 8th

2705 So. H Street, Bakersfield, 9 am to 2 pm

Mercado Latino

Tuesday, May 9th
2105 Edison Highway,
Bakersfield, 9 am to 2 pm

**Kern County Dept. of
Human Services**

Wednesday, May 10th
100 E. California Avenue,
Bakersfield, 9 am to 2 pm

Walmart

Thursday, May 11th
2601 Fashion Plaza,
Bakersfield, 9 am to 2 pm

Wai-Mart Supercenter

Monday, May 15th
5075 Gosford Rd.,
Bakersfield, 9 am to 2 pm

San Joaquin Community

Hospital (Between 28th St. & 29th St.)

Wednesday, May 17th
2800 Chester Avenue,
Bakersfield, 1 pm to 6 pm

NOR-Riverview Park

Monday, May 22nd
437 Willow Drive,
Bakersfield, 9 am to 2 pm

Walmart

Tuesday, May 23rd
401 Central Avenue,
Wasco, 9:30 am to 2 pm

New Life Church

Wednesday, May 24th
4201 Stine Rd.,
Bakersfield, 9 am to 2 pm

Vallarta Market

Tuesday, May 25th
600 Bear Mountain Blvd.,
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*Please note that according to Vaccine for Children (VFC) guidelines, vaccines are FREE of charge to children under the age of 18 who meet one of the following criteria: •No health insurance •Eligible for Medi-Cal (must present Medi-cal card at each visit) •American Indian or Native Alaskan. The mobile unit continues to take its services right to the families who need them the most. No appointment necessary, but immunization cards are required. We may stop registration 30 minutes before closing time. We also offer the Hemoglobin test FREE of charge to children, expecting and post-partum mothers, but require a WIC, school or doctor referral; regardless of health insurance criteria. Please be aware, children under 5 years of age and their siblings will be given priority due to First 5 Kern funding. Mobile Immunization clinics will close for lunch between 11:30 am – 12 pm, except the third Wednesday of the month which will close from 3 pm – 3:30 pm. For more information, call (661) 869-6740.

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- Autism Spectrum Seminar Series, #4 SCERTS Model-Full Day Seminar Speaker Emily Rubin MS, CCC-SLP, Marcus Autism Ctr. EOP Dir Thursday, May 11, 9am-3pm
- Remember to Give Big Kern... Don't Forget Us on May 2nd!!
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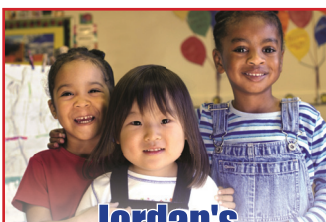
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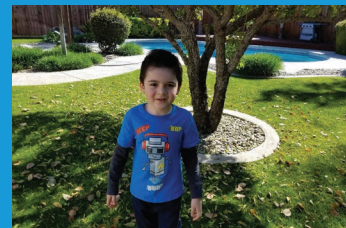
E-mail photos to kcfm@kerncountyfamily.com*



Heaven Nariah, 3



Jeannie Marie, 8



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Di'Hanalynn, 5

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

Crossword:

Across:

1. Beginner 5. Avid
 6. You 7. Linen
 8. Is 9. Energy
- Down

1. Bicycle 2. Genuine
3. Nearing 4. Riders



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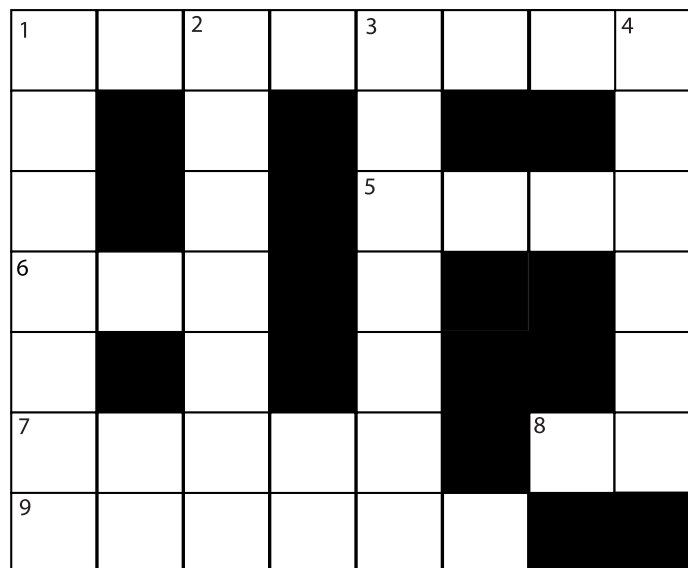
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M	G	N	C	W	G	W	E	N	X	C	B
A	O	U	U	Y	M	R	Z	Q	E	C	K
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R	O	T	C	O	D	K	I	M	Q	L	B
T	R	O	U	B	L	E	P	O	E	V	S

Crossword Puzzle



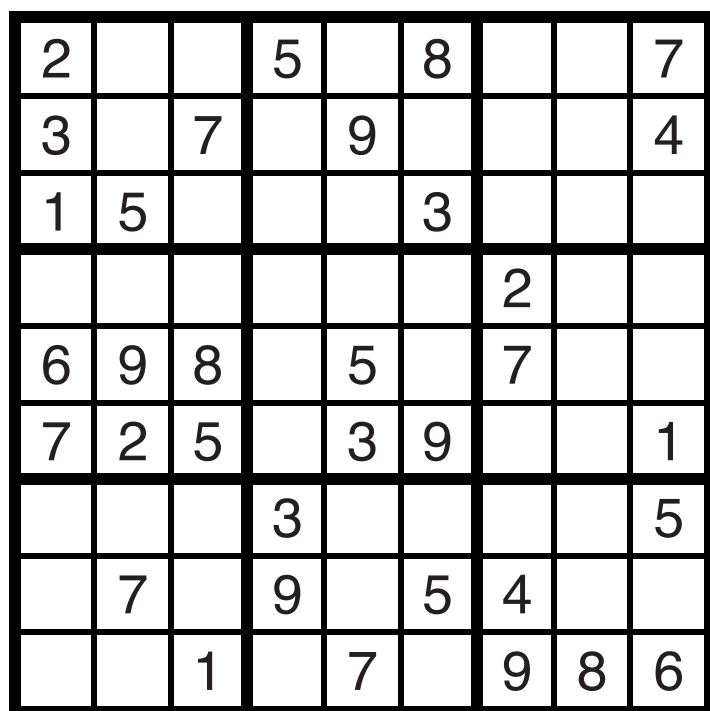
ACROSS

- Novice
- Showing an interest in
- Not me
- Natural fabric
- Form of "be"
- Fuel or force

DOWN

- Two-wheel device
- Real
- Getting closer
- People who ride

Sudoku



Level: Beginner

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

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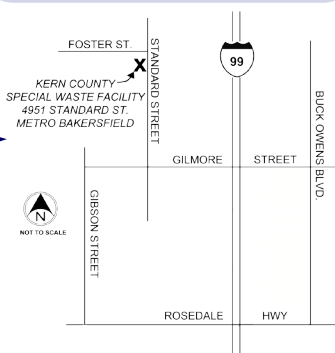
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If your business generates less than 220 pounds of hazardous waste per month, we can dispose of your waste !

BY APPOINTMENT ONLY

CALL (661) 862-8900

A cost effective option for disposing of hazardous waste from your business !

For more information, call 862-8900 or visit us on the web at www.KernCountyWaste.com

SUMMER
GYMNASTICS



SUMMER
DAY CAMP



SUMMER
TAEKWONDO



Your Summer **"I'm Bored"** Solution

SUMMER
SWIM
LESSONS



SUMMER
NINJA ZONE CAMP



SUMMER
DANCE



American Kids has you covered 7 days a week this summer! Beat the "I'm bored" summer syndrome. If you're searching for something more engaging for your kids than another hour glued to a screen, look no further than American Kids! We've got the activities that will keep your children **Active, Healthy, and Happy!** Ask us about our many Summer Specials as well as our Parties and Parent's Night Out events.

**SUMMER
FUN!
HEADQUARTERS**