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JULY 2017

6 ways to **BEAT** the **SUMMER HEAT**

DRY DROWNING

Should you worry?

Fun
THINGS TO DO
in Kern County

ALSO INSIDE JULY

Our Summer Camps & Education Sections

vaccine fear
leads to measles

p.7

dr. kirk
focus on family time

p.17

4th of july
barbeque fun

p.15



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(661) 861-4939

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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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ON OUR COVER/RIGHT:
Abigail Chang, 7 years old, is our July cover girl. She's pictured here, with her older sister, Sarah. Mom Lisa, Dad Daniel, and their girls are from Bakersfield.

Cover Photo by Lorie Chambless. For more of her family photography, visit www.loriechambless.com.



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dear reader



Vaun Thygerson,
Contributing Writer

Fidget spinners, and sticks, and cubes, oh my! When I was growing up, my parents would tell me not to fidget and yet here I am, searching all over town for my boys to find toys to help them fidget.

We were making almost daily stops to the local gas stations because a friend of a

friend's brother told us they had some — and they were sold out at every stop. Then, we hit the motherlode and found them at a local boutique.

Apparently, we weren't the only ones looking for them because the line at the boutique was out the door. Thanks to this local entrepreneur who saw the demand and met it, I finally have two happy, happy, boys, who can now fidget to their hearts' content!

Fads are funny things. You never know what's going to stick and have staying power. I know the fidget gadgets will probably be gone soon, especially because many schools have already banned them, but they are enjoying them for now.

As a product of the '80s, I grew up with a lot of fads and I was suckered into buying each one: leg warmers, acid-washed jeans, and rubber bracelets were a few I really liked.

Maybe it's because of this that I give into my children's faddish whims. I thoroughly enjoy being active in popular culture and experiencing its changes.

One thing that will never go out of style is making family memories and spending time together. In Dr. Kirk's article, "Celebrating Family Time," on page 17, he writes about how family time is a commitment and a benefit. The legacy of what grandchildren can learn from grandparents is invaluable. He recommends enjoying each other and giving mutual respect and patience because you are teaching the next generation how this family operates.

For your monthly dose of humor, check out Tracie Grimes's Humor at Home article, "A Whole New World," on page 16. She writes about how the childhood we



Who can forget this gem?
Every generation has a
fidget spinner. We had
the Rubik's Cube!

dreamed of giving our children is a lot different than the actual one they get. It is a whole new world from when we were children where we have a lot more safety restrictions for unbelted car rides and Slip-N-Slides; and where even "Sesame Street" has evolved and Elmo has a Smart phone.

Also this month, learn out about "dry drowning" and how

to protect your children from any kind of drowning when around water on page 8.

I love July because we get to celebrate this amazing nation we call home and get to thank those people who made our way of life possible. Our freedom gives us the chance to do everything we do, including buying any crazy faddish product we want, so as your kids are fidgeting with their gadgets, don't forget to be thankful!

Happy Birthday, America!

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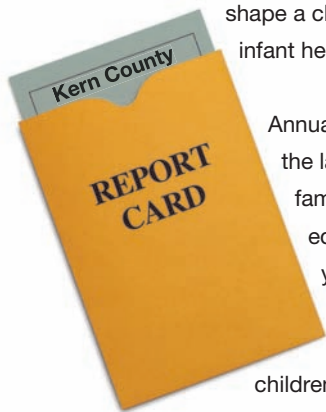
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How is Kern Doing?

A recent study shows that Kern County has made significant progress in areas that shape a child from birth to adulthood such as birth to teen moms, infant health, child maltreatment and college readiness.

The Kern County Network for Children released its 19th Annual Edition, 2017 Kern County Report Card, which analyzes the latest available data on Kern County children and their families including child demographics, family economics, education, child/adolescent health, child safety and at-risk youth behavior.

The KCNC annual analysis gauges how well the county takes care of its children and is similar to reports cards your children receive at the end of the year to measure their performance and progress in school. To view the complete report, visit www.kern.org/kcnc/reportcard/.



"The Voice" Semi-finalist Braiden Sunshine Performs at Bakersfield Music Hall of Fame

NBC's "The Voice" Semi-Finalist Braiden Sunshine will perform a concert at the Bakersfield Music Hall of Fame during his U.S. Tour on Sunday, July 9, at 5:30 p.m.

In 2015, Sunshine released his first three songs digitally with enthusiastic reactions from his followers and fans on YouTube and hitting the Top 50 on iTunes with his single, "Reality."

Still working hard in the studio and touring, his new single, "Heartbeat," is available now, as well as his first self-titled EP. For more information, visit www.bakersfieldmusichalloffame.com.

Free Healthy Summer Meals

Many families have a hard time filling their kids hungry tummies during summertime, because when school lets out, kids lose access to healthy school meals. Free, healthy meals are available to kids and teens 18 and under at thousands of summer meals sites across the country. **Find a**

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Celebrating Peaceful Moments

Mark your calendar for an inspirational art exhibit, "Celebrating Peaceful Moments," featuring Aliza McCracken at the Access Centre Gallery, 1330 Truxtun Avenue, to run during August 1 and September 29. Presented by the Arts Council of Kern, the artist and author will host a book signing at the exhibit of her new book, "Peaceful Moments: Creative Affirmations for Your Heart & Soul," on Thursday, August 10 from 5 to 6:30p.m.

As a Vietnamese orphan, Aliza was adopted by a loving American family and raised in New York. She began painting at just four years old and become a professional artist by age 15. With a long and distinguished art career, she is currently the Creative Director of an international studio based in Bakersfield. Her work brings a refreshing and contemporary vision to the fine arts as she embraces vibrant artistry with universal themes of love, hope, and faith.

To learn more about her, please visit www.alizamccracken.com. If you would like to become an Art Angel and help sponsor her work, you can email her at alizamccracken@yahoo.com.

California Better Together Teachers' Summit at CSUB

Registration is now open for the third annual California Better Together teachers' summit, which will be held on Friday, July 28 from 8 a.m. to 12:30 p.m. at the Icardo Center on the California State University Bakersfield campus.

The Summit brings together teachers from 40 locations across the state and allow them to share ideas, join a teacher network and learn effective strategies for implementing the new California Standards in their classrooms.

"This event is unique. The purpose is to celebrate teachers, to thank them for the incredibly important work that they do and to inspire them to make a positive impact on the lives of kids and families," said

Dr. Kristina LaGue, chair of CSUB's Department of Teacher Education.

"Over 2,000 teachers have already signed up to participate in one of the 40 locations across California. Each year, our event at CSU Bakersfield grows, and we are hoping to reach 500 future and current educators this year. It is so rewarding to see our former credential students return year after year to reconnect with one another and with faculty."

The Summit is free to all California PreK-12 teachers, teacher candidates, school administrators, and other educators. To register or learn more about the Summit, visit <http://cateacherssummit.com/register>.



Free Yoga in the Garden

Samsara Wellness Center has joined with the Bakersfield Museum of Art to offer free community yoga sessions in the museum sculpture garden on the first Friday of every month during the summer. The next session will be held on Friday, July 7, from 6:15 to 7:30 p.m. and will feature live music from local band, Healing Properties. These community classes are accessible to all levels of practitioners and are free, but donations are welcome. For more information, visit www.bmoa.org or www.samsarawellnesscenter.com.



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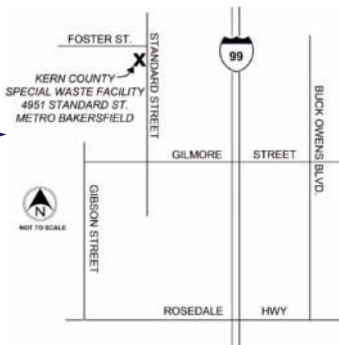
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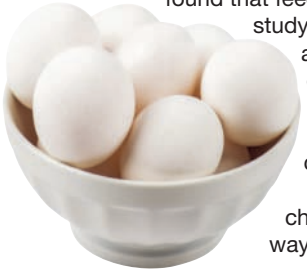
An Egg a Day for Great Growth

Who would guess, but there is a connection between eating eggs and growing taller. Scientists have found an interesting connection between eggs and stunted growth in children. Stunted growth is impaired growth and development from poor nutrition in the first 1,000 days of life. The World Health Organization states: "Children are defined as stunted if their height-for-age is more than two standard deviations below the WHO Child Growth Standards median."

While stunted growth is declining, it still affects almost 1 in 4 children under the age of 5 years old worldwide. A new study conducted at the Brown School at Washington University in St. Louis, MO, led by Lora Iannotti found that feeding one egg per day to young children for six months may reduce stunting. The study used to randomly assigned groups of children. The control group was not fed eggs and the other group was fed one egg a day for six months. Those that ate an egg each day were much higher in length and weight-for-age scores.

"Eggs can be affordable and easily accessible. They are also a good source of nutrients for growth and development in young children. Eggs have the potential to contribute to reduced growth stunting around the world," said Iannotti.

This is not the first study showing the connection that the introduction of eggs to children in developing countries could reduce stunting. Eggs are an easy and low cost way to make sure your children grow as expected.



Overactive Bladder: Causes, Symptoms and Treatments

Bedwetting is a normal occurrence of children until they are about 5 or 6 years of age, although most outgrow it by the age of 3. If bedwetting doesn't stop after that age, it could be overactive bladder or urinary incontinence. Overactive bladder isn't related to age, but it can be outgrown.

The causes of overactive bladder vary greatly from one child to the next. But here are some of the most common causes:

- Not enough production of the hormone ADH, a chemical that slows down the production of urine
- Caffeine – because it is a diuretic, which means it forces fluids out of the body, it can cause muscle spasms in the bladder
- Allergies – yep, can cause overactive bladder
- Anxiety – triggers the bladder
- Bladder structure – could be too small or indicate abnormalities
- Bladder wall irritation

When to visit the doctor:

Before you get too concerned that your child has overactive bladder, the first step is to cut out caffeine and make sure they are not drinking within a couple of hours of bed. If this does not help, it's time to see the doctor.

If your child still has an overactive bladder at age 7, it's time to talk to the doctor, who will test for the causes of the overactive bladder. There are a variety of treatment options, which include pelvic floor exercises to strengthen the muscles that stop urine flow, and bladder retraining. The bladder retraining will help retrain the bladder to hold more and more urine.

It may be uncomfortable to have this conversation, but it's important to acknowledge the possibility that there may be something else going on with your child.



Vaccine Fear Leads to Expensive and Dangerous Measles Outbreaks

Measles is a very serious infectious virus that spreads rapidly. Measles can be deadly and often results in hospitalization. Ninety percent of people who are not vaccinated will catch the virus once exposed, and scarily, it can remain in a room for up to two hours after an infected person has been in the room. Measles can cause encephalitis, brain damage, blindness, deafness, and permanent lung damage.

Due to aggressive vaccination programs, measles was eliminated in the U.S. in 2000. However, the CDC reports 61 people from 10 states (California, Florida, Michigan, Minnesota, Nebraska, New Jersey, New York, Pennsylvania, Utah, and Washington) as having contracted measles so far in 2017.

In 2016, 70 cases were reported and 2014 was a record year with 667 cases. While in some cases, the disease can be brought to the U.S. from travelers from other countries, it will only spread to people who have been unvaccinated.

If we've eradicated the measles in the U.S., why is this happening? In Minnesota, which is experiencing one of the worst outbreaks of measles in nearly 30 years, 47 of the 50+ cases were confirmed to be unvaccinated and one had only received one of two recommended doses of the vaccination. It severely impacted a Somali immigrant community who had been targeted by anti-vaccine activists, who told them the measles, mumps, and rubella (MMR) vaccine was dangerous and they should refuse it. Some anti-vaccine groups believe MMR causes autism, but this

has been debunked by many medical studies. Medical professionals have very carefully studied the vaccination schedule and want to assure parents it is not a cause of autism.

It's worth noting there are additional benefits to the measles vaccination. Researchers at Emory University found that measles essentially wipes your body's immune system memory. Measles is not, as some would believe, a relatively harmless disease that can strengthen the immune system; it actually suppresses your immune system for years.

If you have concerns about the MMR vaccination, discuss it with your healthcare provider before deciding not to vaccinate your child.



4th of July Safety Tips for Kids of All Ages

Did you know that around the 4th of July, about 1900 children will suffer from a fireworks-related burn or other injury? In fact, between mid-June to mid-July each year about 200 people will visit the emergency room each day due to firework-related injuries, according to the U.S. Consumer Product Safety Commission. Many of those are to children, and over half of the injuries are burns from fireworks. It may surprise you that many of these injuries come from sparklers – the "child-friendly" firework. Keep in mind they are only child-friendly if they are being used properly, and even then, still pose a threat. Those little sparklers can reach 1,800°F (982°C) – hot enough to melt gold. Yikes!

In case you didn't realize, California law prohibits private citizens from buying and exploding dangerous fireworks (which is almost all of them). California state law allows for "Safe and Sane Fireworks" which are defined as any that do not come within the definition of "dangerous fireworks," and that are labeled as safe and sane. (Visit California Health & Safety Code § 12529 for a full description of dangerous fireworks.) Once you know what is "safe and sane," you can employ these tips while using them.

Sparkler Safety tips:

- Use only ONE at a time.
- Keep them at arm's length from the body, and certainly keep them far from the face
- Many burns come from stepping on a still hot burned out sparkler. Be sure to pour water over extinguished sparklers to avoid burns.
- Do not throw sparklers.
- Do not let little ones hold them unsupervised.

General fireworks safety tips:

- Firecrackers, rockets and other fireworks are not safe for children to use. Do not let them play with them.
- Keep a bucket of water nearby.
- Wear eye protection and never hold them in your hand while lighting them.
- Kids should not pick up pieces after fireworks are done. Some may still be ignited and can explode at any time.
- Stay away from homes and any other flammable areas, like trees and brush. On average, the National Fire Protection Association estimates fire departments respond to more than 50,000 calls each year to homes from accidents with fireworks.
- Don't buy illegal fireworks and certainly don't try to make your own.
- Don't try to relight a "dud" firework. Soak it in a bucket of water after waiting 20 minutes.

Generally speaking, if you have small children, your best bet is to attend a fireworks show and leave it to the professionals. However, if you use them and there is an injury, go immediately to the hospital.





Swimming SAFETY

*Keep your little fish safe
in and around water.*

By Andrea Rose

*Y*ou may have heard about the recent story trending on social media about a 4-year old Texas boy who died after “dry drowning” or secondary drowning.

Dry drowning occurs when someone inhales water into their lungs but isn't affected until after the person has left the water they were swimming in. This causes the heart to slow and lungs to swell as the swimmer's blood oxygen level drops and can lead to cardiac arrest. **But is dry drowning something to worry about?**

Deep breaths

According to Dr. Kian Azimian, an emergency medicine physician for Dignity Health at Bakersfield Memorial Hospital, dry drowning may be sweeping social media, but it's not a common occurrence.

“For most parents, dry drowning is a red herring,” Azimian said. “If you look at the total number of deaths from drowning – as say 100 – dry drowning problems are less than one. You shouldn't be worried that you are going to contract dry drowning. In all honesty, most kids are dying from drowning.”

Azimian said a child won't come home from swimming and seem normal and then suddenly die. “Kids will have other symptoms,” he said. “That child will appear sick.”

Azimian said while “dry drowning” may be getting attention, there are more prevalent drowning concerns.

“Like many other things that get sensationalized, the dry drowning has probably become sensationalized,” he said. “Ultimately, how you drown doesn't matter. It's preventing it that is, by far, the best way to take care of it.”

Keep watch

Azimian said he sees drowning cases come into the emergency room all year long.

“Unfortunately, every spring summer when the weather changes it's the peak time we see it,” he said. “We'll still see kids in the winter ... the back door is left open and a child wanders out and nobody is paying attention.”

Azimian said his heart goes out to the families of children who fall victim.

“Drowning cases are really sad. It's horrible to see these kids come in,” he said. “The majority of the time, what ends up happening is the responsible adult thinks they are monitoring the kid when in reality, they aren't. Most parents will say, ‘I just went in to grab a soda.’ They think they are gone 30 seconds, but we've seen security videos where you actually measure how long the parent was gone and it's easily 5 to 10 minutes. Your brain only tolerates not having oxygen for 2 to 3 minutes, tops.”

And it's not just swimming pools in which children are drowning. Kids are drowning in bathtubs and even buckets of water. “Wherever you have water, you can have the possibility of drowning. Most people don't think of a bucket of water as something that's gonna be a problem,” Azimian said. “Some curious toddler can come and dunk their head in. It can be the end of the story there.”

Anytime there is water around, children must be protected from the dangers.

"You have to have somebody there all the time," Azimian said. "There has to be some kind of guard in place to protect the children. Whether it is having a gate to having alarms on the back doors is a must. And if a parent needs to walk away for even a minute, they need to get everybody out of the pool and pool area and shut the gate.

Swim lessons

Making sure your child knows how to swim is no guarantee a drowning won't occur, but it can help, especially with older children.

Swimming lessons are available for ages 6 months to adults at the McMurtrey Aquatic Center in Bakersfield.

"For ages 6 months to 2-and-a-half, the parent is in the water with the child," said Becky Nickell.

Lessons are offered in June and again July 10-20 and July 24-August 3. For more information, call the center at 661-852-7430.

Nickell said according to the American Academy of Pediatrics, participation in swim lessons could reduce the likelihood of drowning by 88 percent. But common sense helps, too.

"It all really comes down to supervision," she said. "It's water. You have to watch your kid."

Water Safety Tips



Here are some tips provided by the USA Swimming Foundation and the McMurtrey Aquatic Center:

- Maintain constant supervision of children in and around water.
- Learn CPR. This can save a life in the event of a water-related accident.
- Don't leave pool toys in the pool area when not in use. They are enticing.
- Never assume someone else is watching your child in a pool area and don't use flotation devices as a substitute for supervision.
- Appoint a designated watcher to monitor children during social gatherings at or near pools or water.
- Have a telephone close by when you or your family are using a pool or spa.
- Secure your pool or hot tub with appropriate barriers.
- Keep children away from pool drains, pipes and other openings to avoid entrapments.
- Wear a U.S. Coast Guard-approved life vest. Other flotation devices can shift or malfunction and should not be used as a safety device.
- If a child is missing, check the water first. Seconds count in preventing death or disability.

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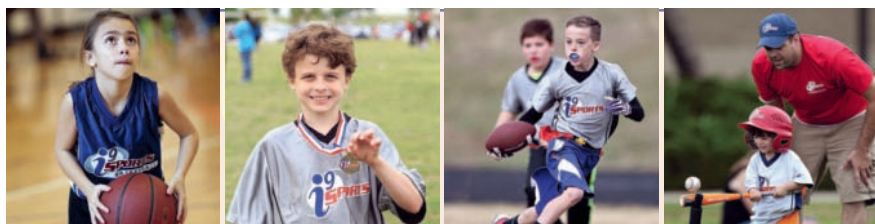
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6 ways to have fun despite the heat

By Anna Marie Frank

We love summer, but face it, some days it can be too hot to be outside. When the heat index is maxed-out, try some of these fun activities to keep your mind sharp, body moving, and kids entertained.



1 Play a card game or board game, but add a fitness challenge to the game. My kids and I play UNO a lot and we agree upon little exercise challenges throughout the game. For example: If someone lays a draw-four card, that person also has to do four push-up as well as draw four cards. Or if you lay a draw-two card, that person has to also do two burpees. You can be creative and add any physical challenge. Do this with any game. Card games and board games are great ways for kids to learn how to be strategic and provide a fun alternative to watching TV.

2 Get a ping-pong ball and paddles. You can practice great hand-eye coordination with your kids without having to buy a big ping-pong table. My 4-year-old and I practice passing the ping-pong ball back and forth in the kitchen. Ping-pong balls are so light and you will not have to worry that they could break something. We count how many times we can do it without letting the ball hit the floor. (Four is a good number for us. Five is a challenge at this point.) Give it a try. You can get paddles and balls for under \$20 at most sporting goods stores, Target or Walmart.

3 Put in a fitness video or make a family fitness video. Just ask your child to show you an exercise and copy what they do. I promise you will smile, be challenged and it will be fun. Just start off with trying three to five exercises on your first family video. If you choose to play an exercise video, a 10 to 15 minute video is a great start.

4 Build a fort. Remember when you used to do this using your family dining table and some sheets from your bedroom? You could even use some of those Amazon boxes you have in your garage and connect them. Building a fort with your child is so much fun, plus it is a good workout, especially if you are crawling in and out of the fort with them.

5 Create an indoor scavenger hunt. This takes a little bit of planning but get creative and plan for this ahead of time. If you know the weather is going to be brutal in a few days, take 30 minutes and plan out a fun hunt.

6 Get the kids scrubbing your baseboards. Yes, this can be fun! I give my kids a wash cloth and an old toothbrush with a small cup of water. I turn up music and we scrub away. I know this may not seem fun to you, but something about giving the kids an old toothbrush with their own cleaning solution works. My kids are between 4 and 8 years old and they usually go to it for about 15 minutes.

Anna Marie Frank is a Bakersfield lifestyle and wellness coach. Find her at www.happywholeyou.com.



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Let Summer Camp be the Start of Something *great!*

By Andrea Rose

Choosing a summer camp for your child can be tricky. You want to find something that he will enjoy and maybe learn a thing or two from. And you hope she will meet new friends, too! Whether it is a music camp or sports camp or academic camp, there are plenty of choices out there.

Keep 'em active

If your children like to be busy, American Kids Sports Center's EPIC! Sports Camp may be the ticket. The all-inclusive sports/activity camp led by trained staff offers lots of activity and variety.

"Every week is a different theme," said Megan Boozer, executive coordinator for the Bakersfield camp. "Throughout the week, they change activities every 30 to 40 minutes."

Boozer said activities include gymnastics, martial arts, swimming, dancing, yoga, soccer, volleyball, baseball and basketball, as well as arts and crafts and science fun.

"They can expect a full day of activities," Boozer said. "Lots of socialization, making friends and building life skills such as self-confidence."

Keep 'em learning

For kids who enjoy a less physical experience, Pioneer Village Summer Camp at Kern County Museum is a great option.

"We offer multiple subjects of education through

play, crafts and activities," said Stephanie Love education manager for Kern County Museum. "The themes we have this summer are earth, health, culture, science and arts. Each week is different and do cross over into other subjects."

Love said the camp is an enrichment camp, so not only will children have fun, they will learn new things, too. "We have special guests that come in on a regular to present a lesson on a subject or special skill," she said.

After camp lessons

One of the many benefits of summer camp is that children will not only take away memories from camp, they will take away skills as well.

"Many children will build self-esteem by getting a chance to try lots of different things they wouldn't otherwise get to do," Boozer said.

And there's also the life lessons. "The campers will have a summer full of enriched learning that can relate to everyday life or something they may learn in school," Love said.



Here are some quick tips for kids heading off to summer camp:

Get a good night's rest the night before you head off to camp. Have a healthy breakfast on camp morning. Dress appropriately for camp activities. Be open to new experiences and be ready to try new things. Look for new friends. You never know what you may have in common! Have fun!

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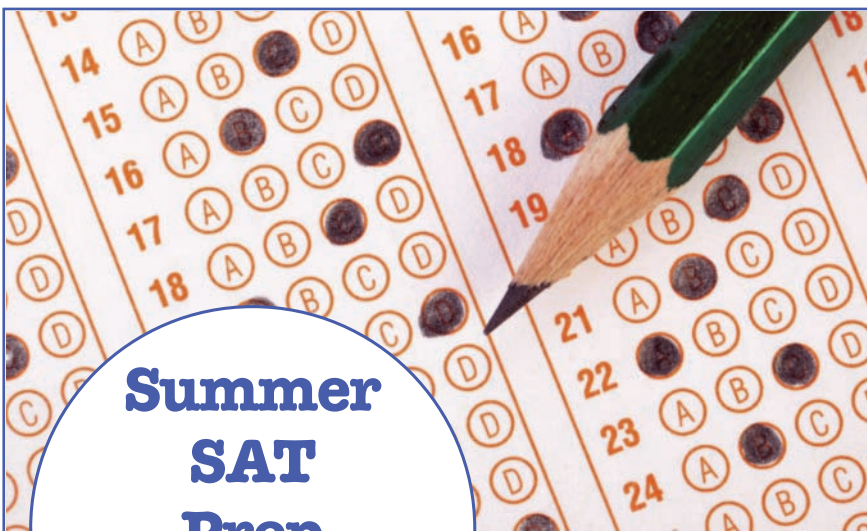
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EDUCATION NEWS

285+ Suggestions for Summer Reading

By Andrea Rose

Do your kids love to read or be read to? Or is it a struggle to get them to sit down with a book? Either way, there is a book for that!

Tom Torlakson, state superintendent of public instruction, recently unveiled an additional 285 award-winning titles to the "Recommended Literature: Prekindergarten Through Grade Twelve" list.

The list is a collection of more than 8,000 titles of recommended reading for children and adolescents. Reflecting contemporary and classic titles including California authors, the online list provides a range of literature that students should be reading at school and for pleasure— perfect for summer reading.

Works include fiction, nonfiction, poetry and drama, which will ensure that there is something to be found to excite even the pickiest reader.

The additional titles in the list offer an increase in the stories of diverse peoples and lifestyles, giving California's students the opportunity to engage with works that represent both themselves and others and encourages 21st century literacy that prepares students for career, college and the world beyond high school.

"The books our students read help broaden their perspectives, enhance their

knowledge, and fire their imaginations," Torlakson said. "The addition of these award-winning titles represents the state's continued commitment to the interests and engagement of California's young readers."

The recent additions also include multilingual authors, which offer students in California more opportunities to celebrate multilingualism and see the contributions of those who speak and write in multiple languages..

Visitors may search the interactive database by author, title, annotation, illustrator, translator, subject, grade span, and language. Local school officials and teachers are encouraged to use this list as a resource in designing standards-based instructional programs.

The Recommended Literature: Prekindergarten Through Grade Twelve list is coordinated by the California Department of Education and developed with the assistance of teachers, library consultants from school and public libraries, administrators, curriculum planners and college professors. For more information about the literature list, visit www.cde.ca.gov/ci/cr/rl/index.asp.



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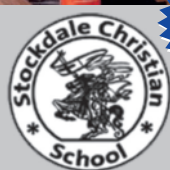
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Fire up

THE 4th OF JULY

with tasty backyard recipes!



Fireworks, family and food are what the 4th of July is all about. This year, add some spark to backyard staples like grilled chicken and potato salad with a little help from tangy condiments, smoky rubs, and your cast-iron skillet. Round out the meal with the festive cake recipe found on page 18 that looks as impressive as it tastes! Happy Independence Day!

Grilled and Loaded Smashed Potatoes

Prep: 15 minutes | Cook: 25 minutes | Servings: 12

Ingredients

- 1 1/2 lbs. medium Yukon gold potatoes
- 1 Tbsp. vegetable oil
- 5 tsp. McCormick Grill Mates Bacon Chipotle Seasoning, divided
- 6 slices Applewood smoked bacon, cut into 1/4-inch pieces
- 1 c. chopped yellow onion
- 1/2 c. chopped red bell pepper
- 1/2 c. shredded cheddar cheese
- 2 Tbsp. finely chopped green onions
- 1/4 c. sour cream

Preparation

1. Heat grill to medium.
2. Place potatoes on microwavable plate. Pierce potatoes with fork several times. Microwave on high 5-6 minutes, or until fork-tender but still firm. Let stand until cool enough to handle. In large bowl, toss potatoes, oil and 3 teaspoons seasoning until well coated.
3. Place potatoes on grill and cook, turning frequently, 4-5 minutes or until skin is crispy. In large cast-iron skillet on grill, cook and stir bacon 8-10 minutes, or until crisp. Add yellow onion and bell pepper; cook and stir 2-3 minutes, or until tender-crisp.
4. Push bacon mixture to one side of skillet. Add potatoes to other side of skillet. Smash each potato with heavy spatula, bottom of small sturdy bowl or meat pounder. Sprinkle potatoes with remaining seasoning. Spoon bacon mixture over potatoes. Sprinkle with cheese.
5. Cover pan or close grill. Cook 3-5 minutes, or until cheese is melted. To serve, sprinkle with green onions and dollops of sour cream.



White Barbecue Sauce with Smoky Chicken

Prep: 15 minutes | Cook: 45 minutes | Servings: 6

White Barbecue Sauce:

- 1 c. mayonnaise
- 1/2 c. cider vinegar
- 2 Tbsp. Zatarain's Creole Mustard
- 1 tsp. prepared horseradish
- 1/2 tsp. McCormick Coarse Ground Black Pepper
- 1/2 tsp. McCormick Garlic Powder
- 1/4 tsp. salt

Smoky Chicken:

- 1 c. hickory wood chips
- 2 lbs. bone-in chicken parts
- 2 T. McCormick Grill Mates Applewood Rub

Preparation

1. To make sauce: In medium bowl, mix mayonnaise, vinegar, creole mustard, horseradish, black pepper, garlic and salt until well blended. Cover. Refrigerate at least 2 hours before serving to blend flavors.
2. To make chicken: Cover wood chips in water and soak 30 minutes. Season chicken with rub. Drain wood chips. Fill smoker box with wet wood chips. Place smoker box under grill rack on one side of grill before lighting. Close grill.
3. Prepare grill for indirect medium heat (350-375 F). Heat grill by turning all burners to medium. Once cooking temperature is reached, turn off burner(s) on one side. Place chicken on unlit side of grill. Close grill cover.
4. Grill, turning occasionally, 30-40 minutes, or until internal temperature of thickest part of chicken is 165 F. Move chicken to lit side of grill with skin side down. Turn lit side of grill to high.
5. Grill, uncovered, 3-5 minutes longer, or until chicken is charred. Serve chicken with White Barbecue Sauce.

Tip: Refrigerate any leftover sauce and use as salad dressing, condiment for burgers or dipping sauce for pretzels and vegetables.

Find more recipes and ideas to fire up your fourth at McCormick.com.

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A Whole New World



Giving our kids a fantastic childhood – that’s what we all want to do as parents, right? I had an amazing childhood. Playing outside from dawn (if you consider 10 a.m. dawn, that is) until dusk all summer long; watching “Sesame Street”; appearing on the threshold of my childhood BFF Roseann’s house just before noon so we could watch “All My Children” at her house (my mom wouldn’t let me watch soap operas – spoiler alert, Mom; you thought I was going over to play Monopoly) ... my childhood was AWESOME!

I had dreams of sharing this awesomeness with my children – big dreams.

I couldn’t wait until they were old enough to go to Vacation Bible School. I was champing at the bit to take them to Disneyland for the first time (“Can we go now?” I would ask my husband practically every six months until our oldest was about 3).

I bought Slip-N-Slides, hula hoops, badminton sets and Hippity-Hops for them to play with outside. I was so caught up in wanting my kids to have all the same experiences I had that made my childhood so cool, it never occurred to me that things may have changed a bit over the years. It didn’t take long for reality to hit me in the face and make me realize that the world we live in today is about 20 bazillion times more terrifying than the world of my youth.

Now that I was the mom, I realized that Slip-N-Slides are actually Slip-N-Go to the Emergency Room devices; hula hoops are weapons of mass internal injuries; and Hippity-Hops are basically inflated brain

injury inducing contraptions. When push came to shove, I realized that many of the things I did as a kid are things I would never in a million years let my kids do.

For instance, riding in the back of a truck. Heellllloooo?! I love you mom and dad, but how did this ever seem like a good idea to you? Oh, and the time you let me ride in the “chariot” Uncle Dirk made himself and attached to the back of his motorcycle? Were you thinking, “Eh, it’s OK if we lose one. We’ve got two more back-ups, and can always make another one”? Walking to school unattended by an adult? Nope. The streets of Bakersfield are a little different than they were back in the day.

Even the beloved TV program “Sesame Street” we all learned our ABCs and 123s from has changed. It’s gone from showing Cookie Monster smoking a pipe and Grover protesting with hippies to Elmo having a Smart phone (Smartie) and introducing a new character, Alex, a young Muppet whose father is in prison.

There is a prison on Sesame Street? Muppets commit crime? Crimes big enough to warrant extensive jail time? What the heck? And Elmo has a Smart phone? Are you kidding me right now?

It is, indeed, a whole new world out there. My children may not be slipping and sliding in the back yard or hippity-hopping their way to concussions, but I guess I’ll let them keep up with the kids on the Sesame Street block. I’m kinda interested in finding out Bert and Ernie’s sexual orientation myself.

Celebrating Family Time

Grandfather has just finished giving his youngest granddaughter her dinner at the island cottage. With Grandmother's assistance, they complete the bath routine and get ready for bedtime.

Her mother and father are out for the evening celebrating their anniversary. The rest of the extended family, more children and grandchildren, spouse and significant others, are at the cottage, here, on a family getaway to a faraway island escape. Why? Well of course, they are Celebrating Family Time.

They all occasionally make this grand gesture to celebrate family because they enjoy spending time with one another.

Everyone has a family, to be sure, but to make the time to spend with one another in a cozy, generous and loving way, is something that makes the family the most that it can be.

The act of "interacting" is what makes the experience so rich for everyone.

To create an opportunity to take time off from school or work is the ultimate challenge and the effort for everyone to make it happen is the magic. Working out a way to attend a family gathering displays the commitment everyone has for making the family work, and to work well together.

The grandchildren reign, of course, at these gatherings and receive an abundance of adult attention for all their glorious interactive efforts. "Hey Poppa, watch this." "Hey Mema, can we go for a walk to the park?" and "Mema and Poppa, will you take us to the beach?" and, the favorite, "Poppa, will you read me a book?"

Putting the youngest grandchild to bed, and laying there on the accompanying bed with Grandmother while both are singing and or humming to the granddaughter, the now classic bedtime song that they sang to their children when they were young, is the epitome of Family Time. Handing down traditions takes time, as it is an effort that is only learned by the younger ones through ongoing acts with family members, again and again.

Having arrived at the family destination with gifts for the children, Grandmother pulled out two surprise books for the youngest granddaughter, as her mother exclaimed, "Oh, my gosh! We forgot to bring her any books!" But that is how family works, someone is

always at the ready to help, guide, offer, to give and forgive. Today half the group was off on a golf cart tour of the secluded area, some went golfing, and others went swimming, with new goggles and fins from Grandmother, and some just wandered.

Eventually, all of the group gathering once again at the cottage for meal time, which was prepared together. Putting a meal together for over a dozen people is an activity in itself, everyone working in sync, and with all eventually enjoying the meal.

Celebrating Family Time is a commitment as well as benefit. The legacy of what one has learned can only be of value if the lessons can be passed on in such a way as the lessons are learned by those who come along later. Granddaughters learning from Grandfathers, mothers teaching daughters, grandsons learning from Grandmothers, each experience a moment for teaching the younger generation something that can

be helpful for him or her to succeed as one grows, creating a family legacy.

The most important function being that everyone, especially the child, feels loved, by grandparents, by aunts and uncles and by one's parents. This gift can only be accomplished by spending positive and patient time with the members of the family, especially the

children and then, the grandchildren.

A family get-together is thing in itself, a phenomenon, that portrays what the family is, and it translates how everyone feels about one another. Consideration of one another, being patient and respectful with one another, makes for an enjoyable and memorable family event because of how it functions. To be able to care for one another, listen to one another, enjoy one another, and learn from one another, is the way a successful family works. How we listen, how we care and how we learn is what matters, because as we interact we are passing the baton of how this family operates to the next generation. We are, in fact, teaching this next generation how to treat the next generation.

Celebrating Family Time is what makes everything else worthwhile, because everything else is done for the family. To be able to celebrate, enjoy, interact, support and care for one another is certain something worth celebrating about.



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

Happy Fourth of July!



How does mouth breathing affect my child's development?

Unfortunately, many parents are not aware that habitual mouth breathing can cause changes in the way their child's face and teeth develop. This can result in crooked teeth, a narrow jaw, a receding chin and a constriction of the airways in the nose and throat.

It is not possible to breathe through the mouth and have the tongue rest in the palate simultaneously. This is problematic, particularly for growing children, as the tongue can no longer provide the "mold" for the upper jaw and teeth to form around. It is quite characteristic of mouth breathers to have a narrow, high arched palate and small underdeveloped top jaw, and subsequently display a narrow face structure, overcrowding of teeth and jaw misalignment.

During nasal breathing the jaws and mouth tend to naturally remain closed. For chronic mouth breathers though, it is necessary the mouth remains open for extended lengths of time. This causes the downward backward movement of the lower jaw and further contributes to jaw misalignment and long-faced growth patterns. Not surprisingly, mouth breathing is commonly associated with orthodontic abnormalities. The best time to address any of these issues is early in development, before the facial development is largely completed. For this reason, an orthodontic evaluation at the age of 7 is recommended.

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Red, White and Blue Cake

Prep: 25 minutes | Cook: 30 minutes | Servings: 12

Ingredients

- 1 pkg. (2-layer size) white cake mix
- 2 tsp. McCormick Pure Vanilla Extract
- 1/2 tsp. Blue McCormick Assorted Neon Food Colors & Egg Dye
- 2 Tbsp. unsweetened cocoa powder
- 2 tsp. McCormick Red Food Color
- nonstick spray
- 1 container (16 ounces) white frosting
- 1 c. raspberries
- 1/2 c. blueberries

More
4th of July
Recipes on
Page 15!

Preparation

1. Heat oven to 350 F.
2. Prepare cake mix as directed on package, adding vanilla. Transfer 1 1/2 cups batter to small bowl and tint with neon blue food color. Tint remaining batter red by adding cocoa powder and red food color. Pour each color batter into separate 9-by-5-inch loaf pans sprayed with nonstick cooking spray.
3. Bake blue-tinted cake 20-25 minutes; red-tinted cake 30-35 minutes. Cool cakes in pans 10 minutes. Remove from pans; cool completely.
4. Trim cakes to remove rounded tops and edges. Slice red cake in half horizontally to form two thin layers. Place one layer on platter. Slice remaining red cake layer in half lengthwise. Slice blue cake in half lengthwise. (Blue and red cakes should be same dimensions.)
5. Frost red cake layer on platter with 1/3 frosting. Top with lengthwise slices of red and blue cake side-by-side. Frost with 1/3 frosting. Repeat cake layer and frosting.
6. Garnish with raspberries and blueberries to resemble flag.

Source: McCormick Spice

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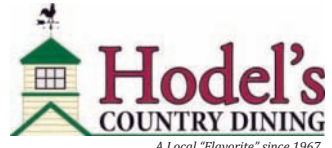
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DAILY HAPPENINGS JULY 2017

kern county
family magazine

The BEST
local calendar
of events!

SATURDAY JULY 1ST

BAKERSFIELD TRAIN ROBBERS BASEBALL GAME: Cheer on our local baseball team as they play against the Hollywood Stars. 4009 Chester Avenue, Bakersfield. 7:30 PM. 520-1714.

VOLUNTEER DAYS AT WIND WOLVES: We need your help! 858-1115.

SUNDAY JULY 2ND

GATHERING OF MEN: This is a gathering for men who are interested and willing to venture into the depths of self-exploration and discover new strategies for living and celebrating their masculine worth. 6:30-8:30 PM. 632-5747.

MURRAY FAMILY FARM FUN: Come by Murray Family Farm and have fun picking your own fresh and local fruit! 6700 Gen. Beale Rd., Bakersfield. 330-0100.

OVEREATERS ANONYMOUS: Overeaters Anonymous (OA) is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive eating. 588-4811

MONDAY JULY 3RD

ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday at different times for different ages. Please call to reserve space. 348-4396.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 1PM. 824-2243.

LEARN AMERICAN SIGN LANGUAGE AT TEHACHAPI BRANCH LIBRARY: Teens & Adults are welcome to learn ASL with us! 4:30- 6:30PM. 822-4938.

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

TROOP 712 BOY SCOUTS OF AMERICA MEETING: New and future Scouts who have completed 5th grade are welcome to see what it's like. 832-8011.

CRAFT TIME AT WILSON BRANCH LIBRARY: Celebrate Independence Day with a themed craft the whole family can enjoy. 3PM. 834-4044.

CRAFTY KIDS AT WASCO BRANCH LIBRARY: Celebrate Independence Day with a themed craft the whole family can enjoy. 2PM. 758-2114.

FREE FLIX BEFORE 6 AT BEALE MEMORIAL LIBRARY: See classic and recent films, suitable for the whole family. Tejon Room. 4PM. 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.

TEENS GET CRAFTY AT BAKER BRANCH LIBRARY: Teens create their choice of blackout poetry, bookend designs, & bookmarks! 1-5PM. 861-2390.

TUESDAY JULY 4TH



WEDNESDAY JULY 5TH

ALZHEIMER'S CAREGIVER 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 LAMONT BRANCH LIBRARY: Spanish/English storytime for the entire family. 2:30-3:00 PM. 845-3471.

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

CONVERSATION CIRCLES AT ARVIN BRANCH LIBRARY: Do you speak English or Spanish as a second language and want to improve your speaking skills? 5-6PM. 854-5934.

GAME DESIGN AT HOLLO-WAY-GONZALES LIBRARY: Think, create, innovate, & have fun learning game design. 2PM. 861-2083.

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

MENTAL HEALTH SUPPORT: Fresh Hope is a peer to peer wellness approach to mental health recovery based on 6 tenets. 871-1150.

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.

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. 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. 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.

XBOX KINECT 360 AT ARVIN BRANCH LIBRARY: Can you perform the challenge better than everyone else? 12:30-1:30 PM. 854-5934.

ARTSY KIDS AT WILSON BRANCH LIBRARY: Create & personalize a unique t-shirt with supplies from the library. 3PM. 834-4044.

GAME ON WITH FAMILY AT WASCO BRANCH LIBRARY: Enjoy games for the whole family, including strategic games for teens and adults. 10AM-6PM. 758-2114.

HEAD TO TOES WORKSHOP AT BEALE MEMORIAL LIBRARY: Kids learn the basics of living a healthy lifestyle through fun games & hands-on activities. Ages 7-11. Registration required. 868-0701.

JR. THEATRE PROGRAM SUMMER CAMP SESSION 2: Full and Half-Day options include singing, dancing, theater arts, ethics and theater production. 864-1701.

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

TWEEN CRAFTERNOON AT MOJAVE BRANCH LIBRARY: Get arts & crafty with fellow tweens. 1PM. 824-2243.

THURSDAY JULY 6TH

MOVE TO IMPROVE: Move to Improve is a low impact, low intensity, semi private training program for people with physical limitations. 588-8931.

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

BARKS & BOOKS AT FRAZIER PARK BRANCH LIBRARY: Build your reading skills & enhance self-esteem by reading aloud to an affectionate furry friend. 3:30 PM. 245-1267.

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. 5:30 PM. 410-1010.

LEGO CLUB AT ARVIN BRANCH LIBRARY: Create your best LEGO design to display in the library for others to see for the week. 12:30-1:30 PM. 854-5934.

ART FOR TEENS AT SOUTHWEST BRANCH LIBRARY: Join us for a weekly teen art program. 3PM. 664-7716.

CONCERTS BY THE FOUNTAIN: FREE. Your favorite Classic Rock & Blues with The Left Coast Grooves. The Marketplace. 7-9PM.

LUNCH AT THE LIBRARY (BEALE MEMORIAL): Children ages 2-18 eat free; parents & caregivers can eat for \$3. Features a different activity each day. 868-0701.

MOVIES IN THE PARK: Grab your blankets, chairs, friends and family for a summer night under the stars! Movies begin at Dusk. 21750 Westwood Blvd, Tehachapi. 822-3228.

POKEMON CLUB AT RATHBUN BRANCH LIBRARY: Create a tote of your favorite Pokemon characters to carry all your library books home. 3PM. 393-6431.

STONE PAINTING AT LAMONT BRANCH LIBRARY: Share your creativity and paint a stone. 2:30-3:30 PM. 845-3471.

SUMMER ART CLASS FOR GRADES K-12 & ADULTS: A beginning drawing, painting, mixed media and sculpture art class. Call or text 301-2195.

FRIDAY JULY 7TH

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

HEART CENTERED HEALING: Join us in the CBCC Chapel to learn how to heal ourselves. 6501 Truxtun Extension, Bakersfield. 1-2PM. 862-7136.

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

STORYTIME DANCE PARTY AT SOUTHWEST BRANCH LIBRARY: Listen to fun, interactive stories and get your groove on with fun dance music. 10:30-11AM. 664-7716.

XBOX KINECT AT LAMONT BRANCH LIBRARY: It's a different Kinect challenge every week. 2:30-3:30PM. 845-3471.

FAMILY STORYTIME AT WASCO BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 2PM. 758-2114.

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Come into the Children's room to work on the craft for the month. 3-5PM. 868-0701.

XBOX BEATLES ROCK BAND AT WILSON BRANCH LIBRARY:

daily happenings JULY 2017

Rock out with your friends with Beatles Rock Band! 3PM. 834-4044.

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.

TEEN NIGHTS IN TAFT: Come in and bowl, play in the gym or just hang out with friends in a fun and safe environment. Grades 6-12 invited. 765-6677.

FREE FRIDAY AT BMOA: In participation with downtown Bakersfield's First Friday events, BMOA offers FREE admission with extended hours until 8PM. 323-7219.

SPECTRUM MOVIES IN THE PARK 2017: Bring your picnic gear, lawn chairs and blankets. Showing Trolls at dusk. Central Park. 326-3866.

SUMMER CERAMICS CLASS FOR GRADES K-12 & ADULTS: Students will learn step-by-step instruction of inventive hand built projects. Text/Call 301-2195.

SATURDAY JULY 8TH KIDS YOGA CLASS (AGES 4-10): Yoga helps kids to increase their confidence and positive self-image. 374-8693.

LEGO CLUB AT LAMONT BRANCH LIBRARY: Create your best LEGO design to display in the library for other to see for the week. 2:30-3:30PM. 845-3471.

MOUNTAIN MUSIC FESTIVAL AT FRAZIER PARK BRANCH LIBRARY: Enjoy local music at the library! 11AM. 245-1267.

TEEN ACTING WORKSHOPS AT BEALE MEMORIAL LIBRARY: Fascinated by the performing arts? 10AM. 868-0701.

ALIZA MCCrackEN'S NEW BOOK CELEBRATION, PEACEFUL MOMENTS: The community is invited to an exciting new book launch, featuring the beloved and respected artistry of Aliza McCracken. 4001 California Ave., Bakersfield. 2-5PM. 631-2575.

FULL MOON BIKE RIDE: All rides begin at Beach Park and end at the Marketplace. 321-9247.

FULL MOON NIGHT HIKE AT WIND WOLVES: Reservations Required. This two-hour moonlit hike will start just before sunset and end after dark. 858-1115.

SATURDAY SCIENCE AT FRAZIER PARK BRANCH LIBRARY: Explore the world of science with fun hands-on experiments! Topics vary every week. 10AM. 245-1267.

STONE SOUP THEATER AT SOUTHWEST BRANCH LIBRARY: Enjoy an interactive storytelling experience with laughter, dancing, and more. 3PM. 664-7716.

THE GOONIES AT THE FOX: Bakersfield Fire Department presents The Goonies. 12PM. 324-1369.

WILD CHILD ADVENTURES AT RATHBUN BRANCH LIBRARY: Big bubbles, little bubbles, lots of bubbles! 2PM. 393-6431.

SUNDAY JULY 9TH BRAIDEN SUNSHINE CONCERT: 2015 sensation Braiden Sunshine from NBC's The Voice will be coming to Bakersfield. 864-1701.

MEGA SPORTS CAMP: Westside Church of Christ in Bakersfield is offering kids pre-school through sixth grades one awesome time. westsidelife.org. 831-4460.

SPIRITUAL CINEMA SUNDAY (ADULTS): Showing "I am Sam," a movie about how a mentally handicapped man fight for custody of his 7 year old daughter. 2215 Truxtun Avenue, Bakersfield. 2PM. 632-5747.

MONDAY JULY 10TH COUNTRY LINE DANCING: Ages 13 and up. Join us for some Boot Scootin' Fun! 2014 Calloway Dr, Bakersfield. 5:30-7:30 PM. 392-2010.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 1PM. 824-2243.

GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS: Open to all men who enjoy singing. 350 Calloway Drive, Bakersfield. 7-9PM. 871-6268.

LEARN AMERICAN SIGN LANGUAGE AT TEHACHAPI BRANCH LIBRARY: Teens & Adults are welcome to learn ASL with us! 4:30- 6:30PM. 822-4938.

FREE CHILD IDENTIFICATION CARDS: A child identification card will include a picture, thumb prints and other identifying information for children. Set up an appointment at 326-3053.

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

BAKERSFIELD FIRE STATION 4 AT BAKER BRANCH LIBRARY: Meet Bakersfield Fire Station 4 Firefighters! Enjoy a fun storytime & explore a Firetruck! 1:30 PM. 861-2390.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Each week will feature skill development in drawing and painting using a variety of materials. Contact Charlotte White at 330-2676.

CHILDREN'S ART CLASS (GRADES 1-6): Class includes instruction in a variety of art skills, focusing on drawing and painting, sculpture, printing ceramics and crafts. Contact Charlotte White at 330-2676.

MAGIC OF CHRISTOPHER LOPEZ AT WILSON BRANCH LIBRARY: Be amazed! Enjoy a phenomenal & interactive magic show. 3PM. 834-4044.

SOUTHWEST CHRISTIAN CENTER'S VBS: MAKER FUN FACTORY: A world where curious kids realize they were created by God. Snacks, games and more! 9AM - 12PM. 342-2078.

SPY CAMP OBSTACLE COURSE AT ARVIN BRANCH LIBRARY: Careful of the lasers! 12:30-1:30PM. 854-5934.

TUESDAY JULY 11TH ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. RSVP 325-3639.

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. 497-SING (7464).

BILINGUAL STORYTIME AT ARVIN BRANCH LIBRARY: Spanish/English storytime for the entire family. 12:30 - 1PM. 854-5934.

FAMILY STORYTIME AT FRAZIER PARK BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for the whole family. 11:30 AM. 245-1267.

FREE ACTING CLASS: For children 5-17 years old who have never attended before. 2001 Westwind Drive, #8. 4:30 PM.

LAUGHTER YOGA AT THE ART AND SPIRITUALITY CENTER: Lift your body, mind and spirit with a weekly dose of hearty laughter. 632-5357.

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. 871-5000.

YARN CLUB AT CALIFORNIA CITY LIBRARY: 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 pre-schoolers. 399-3303.

N.A.M.I. FAMILY SUPPORT GROUP: An organization which

offers support for families, friends, and individuals living with mental illness. 398-8907/858-3255.

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

SIDE BY SIDE ART AT BMOA: Parents/Guardians and their child explore each project at their own pace. 10AM. 323-7219.

WARMLINE MOM & TODDLER GROUP: Bring the toddler. Let's talk about life with little ones underfoot. Room104. 4301 Calloway Dr, Bakersfield. 9-11AM. 323-3531.

WARMLINE MOM & BABY GROUP: Don't sit at home alone with your baby; come on out and join with other moms to discover the world of mothering together. 11:15AM. 323-3531.

BMOA COMES TO SOUTHWEST BRANCH LIBRARY: The Bakersfield Art Museum will present an introduction to art and an art project to children. 664-7716.

GENEALOGY FOR CHILDREN AT BEALE MEMORIAL LIBRARY: Kern County Genealogical Society will teach children about their family tree. 868-0701.

MAGIC OF CHRISTOPHER LOPEZ AT RATHBUN BRANCH LIBRARY: Be amazed! Enjoy a phenomenal & interactive magic show. 3PM. 393-6431.

SUMMER ART CLASS FOR GRADES 7-12 & ADULTS: A beginning drawing, painting, mixed media and sculpture art class. Call/Text 301-2195.

WORKING WILDLIFE AT FRAZIER PARK LIBRARY: Steve Martin's Working Wildlife, a professional animal training company, will come and present at the library. 2PM. 245-1267.

WEDNESDAY JULY 12TH BILINGUAL STORYTIME AT LAMONT BRANCH LIBRARY: Spanish/English storytime for the entire family. 2:30 - 3PM. 845-3471.

LEGO CLUB MANIA AT HOLLOWAY-GONZALES LIBRARY: Unleash your creative side & design your best LEGO creation. 1:30 PM. 861-2083.

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.

SIP N' SIT: Come on by and find out what's really going on in Taft. 765-2165.

SPECIAL FRIENDS, JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 665-7815.

FIREWORKS & FUN!

More FUN online! www.kerncountyfamily.com

JULY 1

FIREWORKS EXTRAVAGANZA & STARS & STRIPES CELEBRATION:

The stars and stripes celebration at Tank Park in Kernville kicks off our Independence Day celebration. Fireworks are launched over Lake Isabella at 9PM. 760-376-2629.

FREEDOM FEST 2017: Performances by local artists Vince Galindo, Lions Named Leo, Ill Tiempo, and headlined by Rear View Mirror. 7401 White Lane, Bakersfield. 6PM - 2AM.

SALUTE TO AMERICA AT KERN COUNTY RACEWAY: A great night of NASCAR racing with late models, mini stocks, bandoleros, mini dwarfs and ending in a fireworks show. Gates open at 5:30pm and Opening Ceremony at 7pm. 13500 Raceway Blvd, Bakersfield. 835-1264.

JULY 4

ALL AMERICAN 4TH OF JULY HOTDOG FESTIVAL: A grand old fashioned "All American" Fourth of July with fun for the whole family. East E Street, Tehachapi. 7:30AM - 10PM. 822-2200.

FOURTH OF JULY CELEBRATION AT OLD FORT TEJON: The celebrations will begin at noon sharp with a 31 gun salute from the fort's canons in honor of each state in the Union (1856) for the national holiday. 4201 Fort Tejon Road. 248-6692.

TAFT FIREWORKS SHOW: This event will have bounce houses, food, drinks, arts, crafts, and vendors, as well as live music on the stage and a beer garden. Main Street, Taft. 4-10PM. 765-2165.



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.

XBOX KINECT 360 AT ARVIN BRANCH LIBRARY: It's a different Kinect challenge every week! Can you perform the challenge better than everyone else? 12:30-1:30 PM. 854-5934.

FAMILY STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. 11AM. 868-0701.

PHILOSOPHY FOR TEENS WORKSHOP: In CSUB's Teen Philosophy Workshop series, teens learn how to respond, reflect, reason, and reevaluate thoughts and ideas. 664-7716.

BARKS & BOOKS AT BEALE MEMORIAL LIBRARY: Build your reading skills & enhance self-esteem, by reading aloud to an affectionate furry friend. Ages K-8th. 868-0701.

CRAFTY KIDS AT BAKER BRANCH LIBRARY: Create musical instruments like a guitar or kazoo with recycled materials & make some music! 3PM. 861-2390.

LEGO CLUB AT MOJAVE BRANCH LIBRARY: Unleash your creative side & design your best LEGO creation. 2PM. 824-2243.

LIBRARY KARAOKE AT WILSON BRANCH LIBRARY: Show off your singing talent during Library Karaoke. 3PM. 834-4044.

RANDEL MCGEE & GROARK THE DRAGON AT FRAZIER PARK LIBRARY: Songs that will keep you singing for days, this high energy ventriloquist and puppet duo will have you cheering for more! 2PM. 245-1267.

WHITEWATER WEDNESDAY: A fun-filled day of sunshine, water fights, and action packed rapids. 10:30 AM. 760-376-2629.

THURSDAY JULY 13TH MOVE TO IMPROVE: A low impact, low intensity, semi private training program for people with physical limitations run by the non-profit, Foundation for Movement. 588-8931.

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. 393-5836.

LEGO CLUB AT ARVIN BRANCH LIBRARY: Create your best LEGO design to display in the library for others to see for the week. 12:30 - 1:30 PM. 854-5934.

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

ART FOR TEENS AT SOUTHWEST BRANCH LIBRARY: Join us for a weekly teen art program. Each week we will be going over a new art concept. 3PM. 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. 10:15AM. 868-0701.

SUMMER ART CLASS FOR GRADES K-12 & ADULTS: A beginning drawing, painting, mixed media and sculpture art class. Text or call 301-2195.

CONCERTS BY THE FOUNTAIN: FREE. Contemporary Jazz Fusion with The Jay Smith Group. The Marketplace in Bakersfield. 7-9PM.

SPY CAMP OBSTACLE COURSE AT LAMONT BRANCH LIBRARY: Try to get through the laser field faster than everyone else. 2:30-3:30PM. 845-3471.

TEEN THURSDAYS AT BEALE MEMORIAL LIBRARY: Crafts, Otaku and more. 4:30-6PM. 661-868-0701.

VOLUNTEER DAYS AT WIND WOLVES: Working alongside rangers, you have the opportunity to save endangered species, remove invasive plants and more. 8-11AM. 858-1115.

FRIDAY JULY 14TH LIVE MUSIC: Join us for fun and relaxation while listening to some great live music! 1718 Chester Avenue, Bakersfield. 8PM. 703-6911.

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.

XBOX KINECT AT LAMONT BRANCH LIBRARY: It's a different Kinect challenge every week. 2:30-3:30 PM. 845-3471.

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

FREE FLIX BEFORE 6 AT BEALE MEMORIAL LIBRARY: See classic and recent films, suitable for the whole family. Tejon Room. 4PM. 868-0701.

SUMMER ART CLASS FOR GRADES K-12: A beginning drawing, painting, mixed media and sculpture art class. Call or text Casey Hibbard at 301-2195.

BAKERSFIELD TRAIN ROBBERS BASEBALL GAME: Cheer on our local baseball team as they play against the Monterey Amberjacks. 520-1714.

CALIFORNIA GOLD WITH JIM COGAN AT FRAZIER PARK LIBRARY: Jim Cogan will explain the Gold Rush in family friendly terms. 2PM. 245-1267.

LEGO CLUB AT WILSON BRANCH LIBRARY: Build anything you can imagine! 3PM. 834-4044.

LET'S CODE TOGETHER AT SOUTHWEST BRANCH LIBRARY: Beginners learn how to code with Google CS First lessons and tutorials. 664-7716.

MOVIE DAY AT WASCO BRANCH LIBRARY: Enjoy a movie at the library. 11AM. 758-2114.

ROAMING REPTILES AT HOLLOWAY-GONZALES LIBRARY: Discover snakes, lizards, & other reptiles with an engaging, interactive reptile show. 3PM. 861-2083.

SPECTRUM MOVIES IN THE PARK 2017: Bring your picnic gear, lawn chairs and blankets. Showing Moana at dusk. Silver Creek Park. 326-3866.

YOUTH BOOK CLUB AT MOJAVE BRANCH LIBRARY: Discuss your favorite books, manga, or graphic novels with other tweens & teens. 3PM. 824-2243.

SATURDAY JULY 15TH LEGO CLUB AT LAMONT BRANCH LIBRARY: Create your best LEGO design to display in the library for other to see for the week. 845-3471.

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Learn math or get assistance with your math homework. 868-0701.

MOUNTAIN MUSIC FESTIVAL AT FRAZIER PARK BRANCH LIBRARY: Enjoy local music at the library! 11AM. 245-1267.

CRAB FEED: Come and join us for a night of Cajun Crab Feed, drinks, live music, dancing, live auctions and good company. 201-7920.

ECOKIDZ AT WIND WOLVES: Reservations Required. Parents come out and enjoy a free outdoor activity with your kids. 858-1115.

OTAKU CLUB AT SOUTHWEST BRANCH LIBRARY: Anime fans

unite! Grades 6-12. 2:30 PM. 664-7716.

SUNDAY JULY 16TH HAGGIN OAKS FARMERS MARKET: Check out the best selection of seasonal and fresh vegetables. 9AM - 2PM. 334-2033.

MURRAY FAMILY FARM FUN: Spend your Sunday at the Farm, petting the animals in the petting zoo, enjoying a hay ride, playing with the corn cannons, bouncing on the giant pillow and riding the train. 8AM-8PM. 330-0100.



EXOTIC ANIMAL AND PET EXPO: Exotic Bird & Animal Expo provide organized shows, related item sales events, huge venues, and fun activities! 1142 South P Street, Bakersfield. 9AM-3PM. 916-882-9486.

MONDAY JULY 17TH TEEN ADVISORY BOARD MEETING AT BORON BRANCH LIBRARY: Teen Advisory Board (TAB) monthly meeting. 5PM. 760-762-5606.

C.A.L.M. SENIOR DISCOVERY DAY: Seniors (60 yrs+) will receive a discount. 872-2256.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 1PM. 824-2243.

GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS: Open to all men who enjoy singing. 350 Calloway Drive, Bakersfield. 7-9PM. 871-6268.

LEARN AMERICAN SIGN LANGUAGE AT TEHACHAPI BRANCH LIBRARY: Teens & Adults are welcome to learn ASL with us! 4:30- 6:30PM. 822-4938.

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

MORNING CUP OF TAI CHI: Tai Chi is the Chinese Internal art that invites each participant to gently express meditative movement. 632-5747.

ARTSY TEENS AT WASCO BRANCH LIBRARY: Create & personalize a unique t-shirt with supplies from the Library. 3PM. 758-2114.

MEMORY MATCH AT ARVIN BRANCH LIBRARY: Try to collect

as many matches to win the game. 12:30-1:30PM. 854-5934.

TUESDAY JULY 18TH PARENTS 4 KIDS: Support for parents by parents raising kids with special needs. 862-0783.

ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: For families interested in becoming foster families. 325-6939.

BAKERSFIELD BIRTH NETWORK: THE NEST: Community gathering on topics related to pregnancy, birth, breastfeeding and babies. 9280 Rosedale Hwy, Bakersfield. 6:30 PM.

BILINGUAL STORYTIME AT ARVIN BRANCH LIBRARY: Spanish/English storytime for the entire family. 12:30-1PM. 854-5934.

FAMILY STORYTIME AT FRAZIER PARK BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for the whole family. 11:30 AM. 245-1267.

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

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.

SUICIDE SURVIVORS SUPPORT GROUP: This group is open to anyone who has lost a loved one to suicide. 868-1552.

GAME ON WITH THE FAMILY AT BEALE MEMORIAL LIBRARY: Enjoy games for the whole family, including strategic games for teens & adults. 4PM. 868-0701.

SUMMER ART CLASS FOR GRADES 7-12 & ADULTS: A beginning drawing, painting, mixed media and sculpture art class. Call/ Text 301-2195.

ASL PLAYGROUP AT SOUTHWEST BRANCH LIBRARY: Learn ASL with your child through stories, songs, and by interacting with other families. 11AM - 12PM. 664-7716.

CRAFTY KIDS AT RATHBUN BRANCH LIBRARY: Design & craft your own wooden project. Presented & sponsored by Home Depot. 3PM. 393-6431.

D.O.O.R. (DISCOVERING OUR OWN RECOVERY GROUP): A women's support group that meets every month and offers a safe place to talk about the many facets of an ongoing illness. 632-5747.

WEDNESDAY JULY 19TH BILINGUAL STORYTIME AT LAMONT BRANCH LIBRARY: Spanish/English storytime for the entire family. 2:30-3PM. 845-3471.

CHESS CLUB AT FRAZIER PARK BRANCH LIBRARY: Don't know how to play? No problem, we'll teach you. 3:30 PM. 245-1267.

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

XBOX KINECT 360 AT ARVIN BRANCH LIBRARY: It's a different Kinect challenge every week! 12:30-1:30 PM. 661-854-5934.

FAMILY STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. 11AM. 868-0701.

STEM WORKSHOP AT SOUTHWEST BRANCH LIBRARY: Join us for a weekly children's program of Science, Technology, Engineering, and Math. 8yrs+ 11AM-12PM. 664-7716.

BARKS & BOOKS AT MOJAVE BRANCH LIBRARY: Build your reading skills and enhance self-esteem by reading to a dog. 3:30PM. 824-2243.

GAME ON AT WILSON BRANCH LIBRARY: Enjoy games for the whole family, including strategic games for teens & adults. 5PM. 834-4044.

KIDS PAINT NIGHT AT BAKER BRANCH LIBRARY: Get lost in a paint-filled world & create a fun colorful masterpiece during kids paint night! 3PM. 861-2390.

MAGIC OF CHRISTOPHER LOPEZ AT HOLLOWAY-GONZALES LIBRARY: Be amazed! Enjoy a phenomenal & interactive magic show. 3:30 PM. 861-2083.

RECIPE SWAP AT WASCO BRANCH LIBRARY: To cook or not to cook-swap recipes with fellow library lovers who share your passion for cooking. 3PM. 758-2114.

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. 399-3303.

SIP N' SIT: Come on by and find out what's really going on in Taft. 765-2165.

SPECIAL FRIENDS, JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 665-7815.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:

We'll have a great time with stories, coloring or crafts, and some snacks. 631-2575.

THURSDAY JULY 20TH KERN RIVER ASTRONOMY CLUB: Come up the hill to see the stars with a group of enthusiasts. 760-376-1291.

MOPS - THE BRIDGE BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 587-2010.

THIRD THURSDAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY: Third Thursday \$2.00 admission! 324-6350.

BARKS AND BOOKS AT ROSAMOND BRANCH LIBRARY: Alliance of Therapy Dogs, Inc. and HiDOC bring you Barks and Books at the Rosamond Library. 3:30 PM. 256-3236.

MOPS - LAURELGLEN BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 833-2800.

BARKS & BOOKS AT FRAZIER PARK BRANCH LIBRARY: Build your reading skills & enhance self-esteem by reading aloud to an affectionate furry friend. 3:30 PM. 245-1267.

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.

LEGO CLUB AT ARVIN BRANCH LIBRARY: Create your best LEGO design to display in the library for others to see for the week. 12:30-1:30PM. 854-5934.

SQUARE DANCING CLASSES: Square dancing is for everybody! 115 E. Roberts Ln, Bakersfield. 6:30 PM. 301-2808.

ART FOR TEENS AT SOUTHWEST BRANCH LIBRARY: Join us for a weekly teen art program. 3PM. 664-7716.

SUMMER ART CLASS FOR GRADES K-12 & ADULTS: A beginning drawing, painting, mixed media and sculpture art class. Call/text 301-2195.

BOOKS IN MOTION AT BEALE MEMORIAL LIBRARY: Combining Common Core Standards with well-known children's books. 2PM. 868-0701.

CONCERTS BY THE FOUNTAIN: FREE. Rockin' the Blues, Ripplin' Guitar with Brad Wilson. 7-9PM.

MEMORY MATCH AT LAMONT BRANCH LIBRARY: Try to collect as many matches as you can to win the game. 2:30-3:30PM. 845-3471.

MOVIES IN THE PARK (TEHACHAPI, CA): Grab your

blankets, chairs, friends and family for a summer night under the stars! 21750 Westwood Blvd, Tehachapi. 822-3228.

SHADOW PUPPET THEATRE AT RATHBUN BRANCH LIBRARY: Have fun with shadow puppets and create your own! 12PM. 393-6431.

FRIDAY JULY 21ST

PRESCHOOL STORYTIME AT CALIFORNIA CITY LIBRARY: 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 - 10:30AM. 822-4938.

XBOX KINECT AT LAMONT BRANCH LIBRARY: Can you perform the challenge better than everyone else? 2:30-3:30 PM. 845-3471.

FAMILY STORYTIME AT WASCO BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 2PM. 758-2114.

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Come into the Children's room to work on the craft for the month. 3-5PM. 868-0701.

SUMMER ART CLASS FOR GRADES K-12: A beginning drawing, painting, mixed media and sculpture art class. 301-2195.

23RD ANNUAL BATTLE OF THE BADGES: The 23rd Annual Battle of the Badges is at the Icardo Center at Cal State Bakersfield, benefiting the Bakersfield Police Activities League. Tickets available at 283-8880.

BAKERSFIELD TRAIN ROBBERS BASEBALL GAME: Cheer on our local baseball team as they play against the Hollywood Stars. 7:30 PM. 520-1714.

BUCKAROOS W/BUCKARETTE KIM MCABEE: The Buckaroos & Buckarette Kim McAbee are performing at the world famous Buck Owens Crystal Palace. 7-9PM. 328-7560.

SPECTRUM MOVIES IN THE PARK 2017: Bring your picnic gear, lawn chairs and blankets. Showing Finding Dory at dusk. Wilson Park. 326-3866.

STEAM PROJECT AT HOLLOWAY-GONZALES LIBRARY: Design & build a LEGO race car. 3PM. 861-2083.

TACTILE OPEN PLAY AT SOUTHWEST BRANCH LIBRARY: Explore your senses with our interactive open play for infants, toddlers, caregivers, and parents. 11:30 AM. 664-7716.

I always have the most fun on the Fourth of July. You don't have to exchange any gifts. You just go to the beach and watch fireworks.

It's always fun.

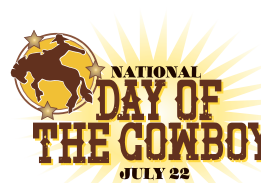
James Lafferty,
American actor, director
and producer

SATURDAY JULY 22ND

LIVE MUSIC: Join us for fun and relaxation while listening to some great live music! 8PM. 703-6911.

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.

BAKERSFIELD CARS & COFFEE: Come out to look at some fancy cars and talk to their owners. NW Promenade, Rosedale Hwy. 7-9AM.



TEEN ACTING WORKSHOPS AT BEALE MEMORIAL LIBRARY: Fascinated by the performing arts? 10AM. 868-0701.

SATURDAY SCIENCE AT FRAZIER PARK BRANCH LIBRARY: Explore the world of science with fun hands-on experiments! Topics vary every week. 10AM. 245-1267.

BLACKOUT NIGHT HIKE AT WIND WOLVES: Reservations Required. Contrary to the Full Moon hike, this two-hour hike during the new moon offers a very dark environment, and is ideal for star gazing. 858-1115.

MAGIC WITH CHRIS LOPEZ AT LAMONT BRANCH LIBRARY: A family friendly and professional children's entertainer will delight the library's guests with his magic. 11-11:30AM. 845-3471.

STUFFED ANIMAL SLEEPOVER AT SOUTHWEST BRANCH LIBRARY: Drop off your stuffed animal to spend the night at the library. 2PM. 661-664-7716.

SUNDAY JULY 23RD

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: The Haggin Oaks Farmers Market is the place to be. 334-2033.

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

MONDAY JULY 24TH ACTING COURSES FOR CHIL-

DREN: Professional classes are Monday-Friday at different times for different ages. 348-4396.

LEARN AMERICAN SIGN LANGUAGE AT TEHACHAPI BRANCH LIBRARY: Teens & Adults are welcome to learn ASL with us! 4:30- 6:30PM. 822-4938.

GAME ON WITH THE FAMILY AT WASCO BRANCH LIBRARY: Enjoy games for the whole family, including strategic games for teens and adults. 758-2114.

KIDS DO COOL STUFF AT BAKER BRANCH LIBRARY: Do you have a special talent you want to share? You can sing, dance, perform a magic trick, or tell a joke! Whatever your talent is we want to see it! 861-2390.

MAUI SUMMER NIGHTS GOSPEL CONCERT: Maui Summer Nights is an annual event featuring a buffet dinner and Gospel concert with the Roberts and Cornell Trio. 204-9500

ROAMING REPTILES AT WILSON BRANCH LIBRARY: Discover snakes, lizards, & other reptiles with an engaging, interactive reptile show. 3PM. 834-4044.

WOVEN BUTTERFLY STICKS AT ARVIN BRANCH LIBRARY: Create a butterfly using Popsicle sticks, yarn and beads. 12:30-1:30 PM. 854-5934.

TUESDAY JULY 25TH

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

BILINGUAL STORYTIME AT ARVIN BRANCH LIBRARY: Spanish/English storytime for the entire family. 12:30-1PM. 854-5934.

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

FAMILY STORYTIME AT FRAZIER PARK BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for the whole family. 11:30 AM. 245-1267.

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

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

INFANT & TODDLER STORY-TIME 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.

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. 5121 Stockdale Hwy, Bakersfield. 6-7:30 PM. 247-5426.

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. 323-3531.

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.

GAME ON WITH THE FAMILY AT BEALE MEMORIAL LIBRARY: Enjoy games for the whole family, including strategic games for teens & adults. 4PM. 868-0701.

SUMMER ART CLASS FOR GRADES 7-12 & ADULTS: A beginning drawing, painting, mixed media and sculpture art class. 301-2195.

CREATE A ZINE AT RATHBUN BRANCH LIBRARY: Teens share artwork, photography, writing & more with fellow teens to publish in their own e-zine. 3PM. 393-6431.

MOMMY AND ME YOGA AT SOUTHWEST BRANCH LIBRARY: Experience a relaxing, fun yoga class with your children, crawlers up to age 4. 10:30-11AM. 664-7716.

WEDNESDAY JULY 26TH BILINGUAL STORYTIME AT LAMONT BRANCH LIBRARY: Spanish/English storytime for the entire family. 2:30-3PM. 845-3471.

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. 342-2078.

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.

XBOX KINECT 360 AT ARVIN BRANCH LIBRARY: It's a different Kinect challenge every week! Can you perform the challenge better than everyone else? 12:30-1:30PM. 854-5934.

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

YOUTH CHAT GROUP-ALZHEIMER'S: Come and share your experiences in a safe place to talk and listen to others. 5500 Olive Drive, Bakersfield. 6PM. 393-8871.

BARKS & BOOKS AT BEALE MEMORIAL LIBRARY: Build your reading skills & enhance self-esteem, by reading aloud to an affectionate furry friend. 868-0701.

CRAFTY KIDS AT BAKER BRANCH LIBRARY: Design & create fun bookmarks! 3PM. 861-2390.

ROAMING REPTILES AT WASCO BRANCH LIBRARY: Discover snakes, lizards and other reptiles with an engaging, interactive, reptile show. 3PM. 758-2114.

WILD CHILD ADVENTURES AT WILSON BRANCH LIBRARY: Fun with bubbles! 1PM. 834-4044.

THURSDAY JULY 27TH BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY: Play, sing, and rhyme with our interactive storytime for infants, caregivers, and parents. 10:30 AM. 664-7716.



BARKS & BOOKS AT FRAZIER PARK BRANCH LIBRARY: Build your reading skills & enhance self-esteem by reading aloud to an affectionate furry friend. Grades K-8. 3:30 PM. 245-1267.

CHILD CAREGIVER SUPPORT GROUP: Anyone can benefit from fresh ideas on how to care for their children. 393-5836.

LEGO CLUB AT ARVIN BRANCH LIBRARY: Create your best LEGO design to display in the library for others to see for the week. 12:30-1:30 PM. 854-5934.

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 CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 587-3626.

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

WORD POETRY/OPEN MIC NIGHT: Come relax, unwind and listen to what's on the mind. 1718 Chester Avenue, Bakersfield. 7PM. 703-6911.

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. 868-0701.

SUMMER ART CLASS FOR GRADES K-12 & ADULTS: A beginning drawing, painting, mixed media and sculpture art class. 301-2195.

CONCERTS BY THE FOUNTAIN: FREE. The Akoustiks coming at you with a twist of flavor and soul. The Marketplace. 7-9PM.

FAMILY FLIX BEFORE 6 AT RATHBUN BRANCH LIBRARY: Come see Big Hero 6! 5PM. 393-6431.

WOVEN BUTTERFLY STICKS AT LAMONT BRANCH LIBRARY: Create a butterfly using Popsicle sticks, yarn and beads. 2:30-3:30PM. 845-3471.

FRIDAY JULY 28TH PRESCHOOL STORYTIME AT CALIFORNIA CITY LIBRARY: 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.

STORYTIME DANCE PARTY AT SOUTHWEST BRANCH LIBRARY: Listen to fun, interactive stories and get your groove on with fun dance music. 10:30-11AM. 664-7716.

FREE FLIX BEFORE 6 AT BEALE MEMORIAL LIBRARY: See classic and recent films, suitable for the whole family. Tejon Room. 4PM. 868-0701.

SUMMER CERAMICS CLASS FOR GRADES K-12 & ADULTS: 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.

BAKERSFIELD TRAIN ROBBERS BASEBALL GAME: Cheer on our local baseball team as they play against the California City Whiptails. 520-1714.

LEGO CLUB AT WILSON BRANCH LIBRARY: Build anything you can imagine! 3PM. 834-4044.

MOVIE DAY AT WASCO BRANCH LIBRARY: Enjoy a movie at the library. 11AM. 758-2114.

SPECTRUM MOVIES IN THE PARK 2017: Spectrum and the City of Bakersfield present FREE movies in the park! Showing The Lego Batman Movie. 11200 Stockdale Hwy, Bakersfield. 326-3866.

SUMMER READING GRAND FINALE AT MOJAVE BRANCH LIBRARY: Celebrate the end of the Summer Reading Challenge! 1PM. 824-2243.

SUNSET WALK AT WIND WOLVES: The Sunset Walk is a great opportunity for photographers, and anyone who enjoys the beautiful golden light that the last hour of the day brings! 858-1115.

SATURDAY JULY 29TH FREE MEDITATION CLASS: Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or reduce stress. 5301 Office Park Dr. Ste. 420, Bakersfield. 8:30-9:30 AM. 374-8693.

TEEN ACTING WORKSHOPS AT BEALE MEMORIAL LIBRARY: Fascinated by the performing arts? Teens enjoy a fun morning of learning different acting techniques

through improvisation & fun games. 10AM. 868-0701.

BACKCOUNTRY SAFARI AT WIND WOLVES: Reservations Required. Some of our Safari themes are: Birds of Wind Wolves Preserve, Animal Sightings, Natural History, Native American History, Wildflowers (seasonal) and much more! 858-1115.

END OF THE SUMMER READING CHALLENGE CELEBRATION AT LAMONT BRANCH LIBRARY: Be the first to call "Bingo!" 11AM - 12PM. 845-3471.

SUMMER READING CHALLENGE FINALE AT FRAZIER PARK LIBRARY: With music, prizes and more, the library will see if you completed the challenge. 11AM. 245-1267.

SUNDAY JULY 30TH FUN AT WIND WOLVES: Catch a ride with us to see more of our beautiful canyon or hike on our natural trails. 858-1115.



MONDAY JULY 31ST ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.): Be encouraged by God's word to overcome addictions. 323-2851 xt 30.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 1PM. 824-2243.

ACRYLIC PAINTING: Let our facilitator guide you through a process that will lead to satisfying, beautiful art-making and greater self-awareness. 1-3:30 PM. 632-5747.

SUMMER READING CHALLENGE GRAND FINALE AT WASCO BRANCH LIBRARY: Celebrate the end of the Summer Reading Challenge with fun library activities. 2PM. 758-2114.



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.

JULY *worship* GUIDE

SPONSORED BY



Southwest Christian Center's
Vacation Bible School
 July 10-14
 9AM - 12PM
\$5 Registration
 3700 New Stine Road, Bakersfield
 Sunday Service 10:30 AM

More Information: 661-342-2078 • 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

Monday Nights (1st & 3rd)
 5:00 Men's Monday Meet'n

Tuesday Nights
 6:30 High School Activities

Wednesday Nights
 6:30 Jr. High Activities

Thursday Nights
 6:00 Celebrate Recovery

Bakersfield's Youth featured through drama, dance & song!

COMMUNITY Fine Arts Camp **FREE!**
 Friday, July 28 7:00 PM
 Saturday, July 29 5:00 PM

LESSONS FROM THE BARNYARD LIVE!
Fun for the whole family!

48 Manor Street • Bakersfield CA 93308 • 661-327-5921

READER QUICK PIX

Have a photo of your kid that will tug at our heartstrings or make us laugh?

Send your photos and you may see them here or on our website next month!!

E-mail photos to kcfm@kerncountyfamily.com*

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

TRINITY ANGLICAN CHURCH

Wesley United Methodist Church

Let's Worship God Together
 All are Welcome!
Worship 10:30 every Sunday
 For the Summer, try our Café-Style Worship in the Fellowship Hall
 1314 Oswell Street (corner of Oswell & Niles) • **871-3030**

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

Fellowship Baptist Church

Sunday
 9:30 am - Bible Studies for all ages (English & Spanish)
 10:45 am - Worship Celebration (English & Spanish)

Wednesday
 6:00 am - 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

To become like Jesus and reveal Him through service

Prayer & Praise Service Wednesday: 6:30 pm



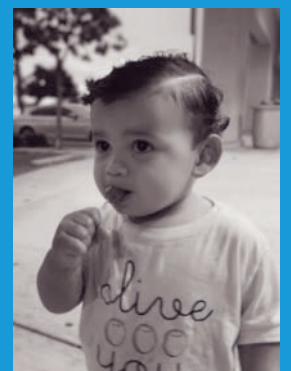
Ava, 4



Emma, 2



Jamila, 11



Aiden Joel, 1



Aayden, 5



Ellie Mae, 4



Kayne, 5

*In the subject line of your e-mail, please type "QuickPix." Files (.tif or .jpg) should be less than 1 MB in size and have a 300 dpi resolution. The 72 dpi .jpg files used for screen viewing WILL NOT reproduce properly, and photos printed with inkjet printers are also unacceptable for the same reason. Please identify everyone in the photo, along with ages, and a brief description.

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Monday, July 10th
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The Park at Riverwalk (Area 1)
Tuesday, July 11th
11298 Stockdale Hwy., Bakersfield, 9 am-2 pm

Kern County Dept. of Human Services
Wednesday, July 12th
100 E. California Avenue, Bakersfield, 9 am-2 pm

Walmart
Thursday, July 13th
2601 Fashion Plaza, Bakersfield, 9 am-2 pm

Benton Park Center/ Dollar Tree
Monday, July 17th
2705 So. H Street, Bakersfield, 9 am-2 pm

Mercado Latino
Tuesday, July 18th
2105 Edison Highway, Bakersfield, 9 am-2 pm

San Joaquin Community Hospital (Across from Human Resources Lot)
Wednesday, July 19th
2800 Chester Avenue, Bakersfield, 1 pm-6 pm

K.C.S.O.S – Child Development Center
Thursday, July 20th

931 Belle Terrace, Bakersfield, 9 am-2 pm

Wal-Mart Supercenter
Monday, July 24th
5075 Gosford Rd., Bakersfield, 9 am-2 pm

Walmart
Tuesday, July 25th
401 Central Ave, WASCOCO, 9:30 am-2 pm

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Wednesday, July 26th
4201 Stine Rd., Bakersfield, 9 am-2 pm

Vallarta Market
Thursday, July 27th
600 Bear Mountain Blvd., ARVIN, 9:30 am-2 pm

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Monday, July 31st
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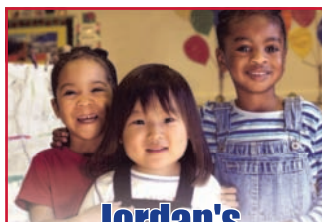


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Crossword:
 Across:
 1. Outdoors
 5. Trace
 6. Ill
 7. Tiff
 9. Enjoy
 10. ND

Down:
 1. Outside
 2. Trail
 3. Overtly
 4. Rec
 5. Fun

Get Scrambled:
 Fireworks Display

Get the Picture:
 Fireworks
 Candied Apple

Sudoku:

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

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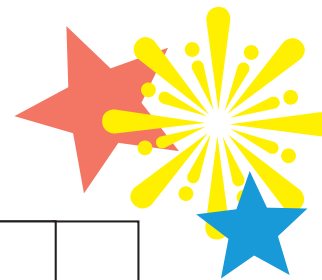
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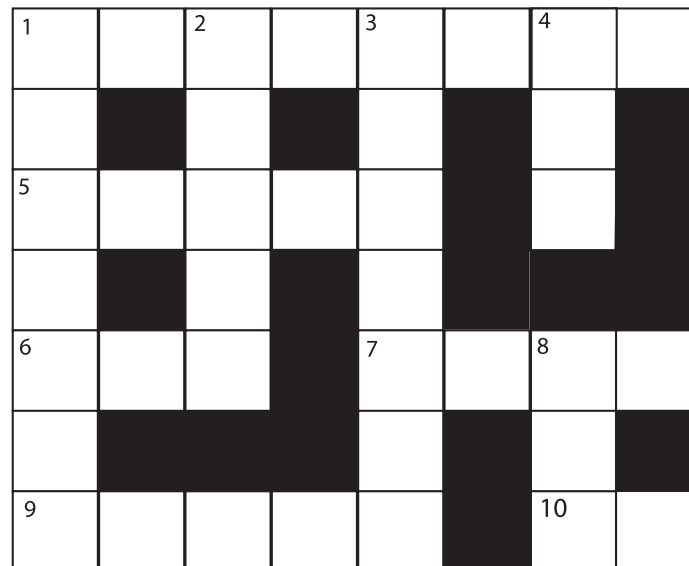
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Y	C	L	S	N	T	K	H	U	X	L	S
V	A	A	E	H	O	H	D	P	J	K	T
Q	T	D	G	B	Z	I	L	E	Y	R	I
S	S	I	I	L	R	O	S	Z	C	A	V
G	R	H	J	L	D	A	M	Y	R	P	A
B	Y	K	S	E	O	H	T	U	O	S	L
L	I	G	H	T	I	H	N	E	W	Q	N
X	R	R	I	B	K	Y	F	P	D	U	M
W	S	E	C	Y	G	Q	T	C	Q	D	Q
S	L	F	C	L	C	Y	B	K	V	Z	N

Crossword Puzzle



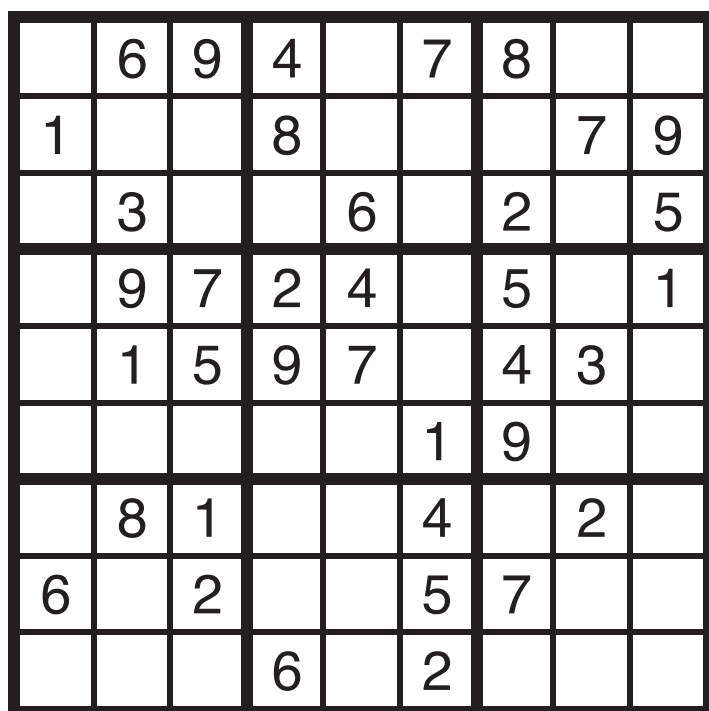
ACROSS

- In nature
- Small amount
- Sick
- Small fight
- Take delight in
- Above South Dakoka (abbr.)

DOWN

- Not in the house
- Walking path
- Done in the open
- Recreation
- Enjoyable

Sudoku



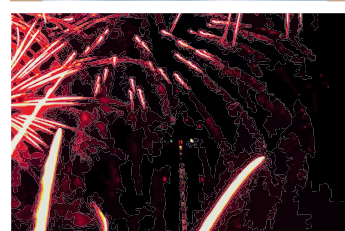
Level: Beginner

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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ANSWER: FIREWORKS



Can you guess what the bigger picture is?

ANSWER: CANDIED APPLE



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We asked our very own Product Specialist, Alex Soto, what his top 5 features would be from the 2017 Buick Envision. Let's take a closer look:

ENVISION'S TOP 5 FEATURES FROM PRODUCT SPECIALIST ALEX SOTO

1. The available **surround vision camera** provides a bird's-eye view of what's around you during low-speed maneuvering. Multiple cameras help avoid obstacles and reduce blind spots and navigate even the tightest spaces with clarity and confidence.
2. A nimble SUV with ingenious technologies such as **automatic park assist**. Available automatic park uses sensors and clear driver cues to steer Envision into parallel and perpendicular parking spaces.
3. A very nice feature is the **hands-free power liftgate**, which opens and closes automatically to make life a little easier.
4. The interior of the vehicle makes for a comfortable ride due to its **premium soft-touch materials** throughout the vehicle, rich trim, quiet tuning and ice-blue ambient lighting.
5. The exterior style of the vehicle makes for a **professional yet sleek** option.

*Envision 5-Star Overall Vehicle Score applies to vehicles with all-wheel drive (AWD). U.S. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov)

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SWIM SCHOOL

Kern County's #1
Learn to Swim School



3 to 1 Student Teacher Ratio

In-door Climate Controlled
Parent Viewing Area

12 Hours a Day & 7 Days a Week

SUMMER DANCE
WORKSHOP
FROM TOTS TO TEENS

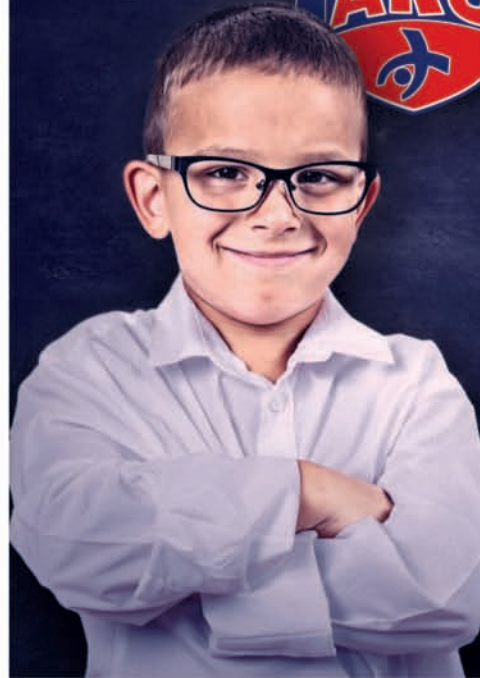
DANCE ALL SUMMER
AS MUCH AS YOU WANT*

for \$159

Call for details and restrictions.
Subject to class availability.



**BRIGHT IDEAS
IN EDUCATION**



Educational
Opportunities
for your
TK - 6th
Grade Students

**ENROLL
NOW!**

EPIC!
SUMMER CAMP

New Theme Every Week
Huge Variety of Activities
Programs for All Ages
Half & Full Days + Flex Pass

Kids Already Bored?
EPIC! is the Answer!

