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AUGUST 2017

Back *to* SCHOOL Time!
Are YOU READY?

Dr. Kirk:
Raising **KIDS** to be **SUCCESSFUL ADULTS**

TALK ABOUT IT!

Teen Suicide

Signs & How to Help

NEW Guidelines for Concussions



who says germs are bad?

p.7

why attendance matters (for you and your kids)

p.12

12 tips for school success

p.33



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Featured on this month's cover/right is **Josiah Cobar**. The 2-year-old is the son of Ken and CeCe Cobar, of Bakersfield, and the grandson of Angelo and Mary Mazzei.



He is the second of the Mazzei's grandchildren to be featured on our cover—his sister, Amelia, 4, was on our cover when she was just a baby.

Josiah is a happy-go-lucky little boy who enjoys preschool and swimming and gymnastics. "He's fearless," Mary Mazzei said. "He's not afraid of anything."



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



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Vaun Thygeron,
Contributing Writer

Confession time: Buying back-to-school supplies for me or my children is my favorite kind of shopping – even more than buying clothes, makeup or jewelry.

I have always enjoyed brand-new paper products, pens, pencils and all the necessary accessories that come with a new school year.

Office Max and Office Depot are some of my go-to stores when I just want to peruse the aisles. Kind of weird, I know!

In fact, most people know that the way to my heart is through some kind of writing utensil and I've collected them my entire life. My friend, Renee, just brought me a novelty pencil from her trip to Montana and it was the best souvenir I could have received!

Recently, my youngest son, Zane, wanted to find out what was the best pencil in the world so he could buy it for me. After some research, he concluded that it was the Palomino Blackwing 602, which promises to deliver half the pressure and twice the speed with its smooth graphite core. He saved his pennies and bought me a whole box of these beauties. Not only did

I love the pencil, but I was so impressed with him taking the time to find me the perfect gift. And, it's a pretty sweet pencil, too!

August brings with it all kinds of new adventures, including new challenges adjusting to the back-to-school routine of schedules and homework.

Dr. Kirk says routine and consistency is an important part of life and sticking to it makes for more productive adults. In his column on page 21, he writes about how letting your kids' chores slide can have negative repercussions in their future lives. He says it's important to have patience with your children and ensure they complete their tasks on deadline. If you do this consistently, your children will be better suited for their future careers as reliable and hardworking employees.

Tracie Grimes, in her Humor at Home article, writes about how hard it can be to stop the four-letter verbal



explosions escaping your mouth, especially when you're in pain. She explains that it is oh-so-important not to corrupt the little ones around you. So, the next time you feel the need to curse, she has come up with an old-timey list of G-rated zingers that you can shout to your lungs' delight.

My favorite non-swear-word-swear-word is "Shiitake" (like the mushroom) when I am tempted to say the naughtier shorter version. To find out what other substitutes she recommends, turn to page 20.

Whether you get excited about buying school supplies or finding the perfect first day of school outfit complete with brand-new shoes, it's that time of year again! Hard to believe that summertime is coming to a close and it's back to school; and more so, back to the routine of a structured schedule that involves early-morning alarm clocks, homework, carpools, lunches and all that goes into a school new year.

So, remember to practice a lot of patience and when you're really frustrated, you can non-curse all you want!

Happy back-to-school time!

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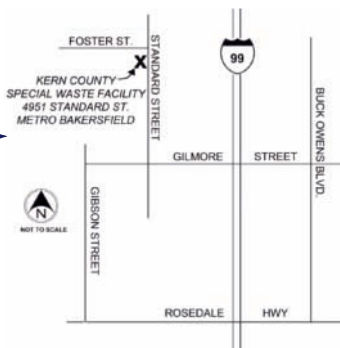
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Washington Middle School Students Get Lesson in Financial Literacy

California State University, Bakersfield, recently partnered with Bank of America to teach Better Money Habits to students from Washington Middle School of the Bakersfield City School District.

Two CSUB students from the School of Business and Public Administration taught the younger students valuable lessons on saving, investing and banking. "I think this Financial Literacy Program benefits our accounting and finance students since it offers them opportunities to apply the knowledge that they learned in the classrooms," said Dr. Dan Zhou, CSUB department chair, accounting and finance. "Financial literacy is critical to the local community's economic growth. Our university does a great job by actively promoting and participating in this program."



Students at Washington Middle School discuss money matters during a program on better money habits.
Photo courtesy Bakersfield City School District

The class was provided with materials from the "Your Financial Future" curriculum from the Network for Teaching Entrepreneurship. Lessons were designed with elementary, middle school and high school students in mind.

The curriculum encompassed real-world importance of various financial topics; actions that students can apply to their knowledge; opportunities for self-reflection; personal and professional goal-setting opportunities; the reality, importance and viability of financial and entrepreneurial activities, and achievements; and encouragement for future achievement.

"Our students learned so much and were highly engaged throughout the whole program," said Deanna Clarke, the after school program coordinator for Bakersfield City School District. "When I visited the class I was so impressed to hear the finance language they were using and their knowledge of financial literacy. I hope we can continue this next year in all of our middle schools."

Free Backpacks and Supplies

Ready, Set, Back to School! The Kern County Department of Child Support Services will be distributing free backpacks and school supplies to children in grades Pre-K through 12 on Thursday, Aug. 3 at the Kern County Fairgrounds. Available while supplies last. **For more information, please contact Tracy Salerno at tsalerno@co.kern.ca.us.**



Chalk Festival Coming Soon

Tehachapi's Chalk on the Walk festival will be held on Saturday, Aug. 12, from 7:30 a.m. to 3 p.m. This fun day of coloring on the sidewalks in downtown Tehachapi is for all ages and talent levels. The \$15 entrance fee includes a T-shirt, set of professional chinks, a space to draw and a chance to win one of several prizes. All proceeds benefit local area schools to buy art supplies. **For more information, contact tehachapicandleco@gmail.com.**



Valley Fever Walk

Coccidioidomycosis – or Cocci for short – is a Valley Fever diagnosis can be devastating, so it's important to know the signs and symptoms for early treatment for you, your children, and even your animals. The 6th Annual Valley Fever Walk will be held on Saturday, Aug. 19, from 7 to 10 a.m. at Pioneer Village where participants can walk, run, or even just sit to show support and increase awareness about this disease. The official lap is just once around the approximately 1/8-mile paved path surrounding the Gazebo/Band Stand area. **For more information, contact info@valleyfever.com or visit www.valleyfever.com.**

STEAM Day

Learn about Science, Technology, Engineering, Art and Math at the Lori Brock Discovery Center on Saturday, Sept. 2 from 1 to 3 p.m. Explore the science exhibits and experiments, create innovative structures

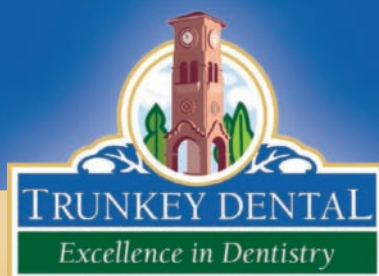


Children and parents enjoy STEAM Day at Lori Brock Discovery Center at Pioneer Village

with different building sets, discover the basics of robotics or show your creativity through an art project. Other STEAM days are Sept. 16, Oct. 7, Oct. 21 and Nov. 4. STEAM events are \$10 admission to Pioneer Village or free for members. **For more information, visit www.kernpioneer.org or call 661-437-3330.**

Back-to-school Celebration and Family BBQ

It's that time of year again to send the kids back to school. Celebrate this milestone at the Back to School Celebration and Family Barbecue at The Links at Riverlakes Ranch, 5201 Riverlakes Drive, on Sunday, Aug. 13 from 11 a.m. to 2 p.m. The event will include a bounce house, food, a vendor fair and much more. BBQ tickets are \$15 for adults and \$10 for children 12 and younger. **For more information and ticket sales, call 587-3801.**



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New Guidelines for Young Athletes with Concussions

As we get ready to send the kids back to school, parents of athletes may worry about things like sports injuries, particularly concussions. Concussions can be very scary for any parent. Important new research is changing the game plan for how to respond to and treat concussions in children and adolescents.

As concussions in adolescent athletes have grown over the past few decades, there has been a good bit of debate over the best way to treat them. In the past, guidelines recommended that young athletes who sustained a concussion should rest and avoid all physical activity until their concussion symptoms were gone, or what is referred to as “cocooning”. Cocooning is stopping any type of physical activity or activities that stimulate the brain, to include reading, watching television, or using other electronic devices. However, new research indicates that moving more after a concussion can actually result in a faster and even better recovery.

If your child has suffered a concussion, their symptoms could include headaches, fatigue, confusion, dizziness, and so forth. These usually go away after a couple of days, and most young athletes have no further issues from the concussion. The doctor would recommend several days of rest and no activity to allow the brain to heal. However, new guidelines are reversing this advice.



But new guidelines, published in the “British Journal of Sports Medicine,” challenge the old method of cocooning. According to the new research, the brain actually heals faster through stimulation, activation and physical activities. The new research indicates that extended rest time may prolong the concussion and cocooning may even be harmful.

“The brain benefits from movement and exercise, including after a concussion,” said John Leddy, a professor of orthopedics at the Jacobs School of Medicine and Biomedical Sciences at the University at Buffalo, and one of the co-authors of the new guidelines.

The guidelines still advise a 24-72 hour period of modified but not total rest and monitoring of symptoms, but not longer. The children should not immediately jump back into strenuous activity, but should start by simple daily exercise that is enough to encourage healing, like taking walks, but does not add too much stress, until the symptoms are gone. Once they do return to normal activity, parents should continue to monitor their children for signs of lingering issues. As with all brain injuries, parents should consult with a neurologist throughout this process.

Kids Need a Little Dirt for their Health

Research shows that some germs found inside are actually good for your kids. YES! This is a win for parents who don't like to spend all of their time cleaning. For parents who spend a lot of time disinfecting their homes, while you may be ensuring that viruses that may linger on cupboard doors are all disinfected away, you are also killing good germs with the bad germs.



So, experts are now saying a little bit of dirt is not only OK, it's actually GOOD for your little ones. Some germs actually help our bodies and scientists have been trying to understand the impact of the indoor microbiome (the ecosystem of microbes inside the built environment) and how it impacts our health. Jack Gilbert, a professor of surgery and faculty director of the

Microbiome Center at the University of Chicago and co-author of the new book, the new book “Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System,” explains the microbiome as the bacteria, fungi and viruses that live and breed in indoor spaces. “The exposures to microbes that we get from that environment are likely crucial to our health and wellness,” he said. “Our immune systems are trained as children based on the microbes we are exposed to.”

So why is maintaining a less than sterile environment good for your kids? Research published in the “New England Journal of Medicine” showed that children who grow up in environments that are rich in microbial exposures had lower allergy and asthma rates and the exposure to these “germs” is most important in the first six months of life. Having animals in the house, particularly dogs, is also helpful.

Joan W. Bennett, a fungal geneticist and professor of plant biology and pathology at Rutgers University-New Brunswick. Bennett is chairing a National Academies of Sciences, Engineering, and Medicine, warns that in our attempt to keep everything super clean, we are actually doing the opposite of what we need to be doing. “To develop a robust human microbiome, we have to be surrounded by an appropriate microbiome in our environment.”

However, that doesn't mean that a clean house is unhealthy and certainly a really dirty home is hazardous to your health. While scientists are trying to figure out how to harness the positive effects of the microbiome, a good solution – keep a clean home with a dog!

Middleschoolers Brains Are Too Immature for Social Media

If you're looking for a reason to say “no” to your ‘tween's request to set up a social media account, here is food for thought: In an article on PsychologyToday.com, Melanie Hempte, founder of Families Managing

Media, explains that ‘tweens use social media differently than teens and adults and their immature brains are not prepared for the world of social media. Their frontal cortex is not developed and continues to need stimulation. There is no learning involved with social media since it is pure entertainment. Social media negatively impacts social development, Hempte said. It replaces the important social element of face-to-face interaction and connection with peers and their family. ‘Tweens still need strong attachment to their family for social development.



Social media is addictive. The average teen spends nine hours a day on social media. During this time when their brain should be learning new things, this time spent on social media is literally a brain drain.

You choose the entertainment in your home, so delay the smart phone and social media as long as you can to help your child develop both socially and mentally.

TEEN SUICIDE

Should you worry?

By Andrea Rose

It's something most parents don't want to think about and they sure don't want to talk about it. **But chances are, their children are talking about suicide.**

Last year in Kern County, seven youth under age 18 died by suicide, according to Ellen Eggert, program support supervisor for Kern Behavioral Health and Recovery Services. "It's a public health problem and it's preventable," Eggert said.

According to the Centers for Disease Control, suicide was the second leading cause of death nationwide for children and young adults ages 10 to 24. Suicide has been on the minds of many teenagers across the county, state and nation, thanks to a Netflix series, "13 Reasons Why."

Drama goes viral

The Netflix show, which is scheduled to return for a second season, tells the story of Hannah Baker, a high school student who kills herself and leaves behind 13 cassette tapes detailing how some of her classmates contributed to her death.

The show, co-produced by pop star Selena Gomez, is based on Jay Asher's 2007 novel.

Those affiliated with the show say the series can help teens who may be struggling with thoughts of suicide. However, critics raise concerns that teenagers who binge-watch the show without adult guidance may be affected by some of the topics, including bullying, rape and drunk driving, as well as be encouraged by the characters on the show, who fail to tell adults about what is going on.

The series has raised concerns among mental health professionals, school officials and parents over whether it glamorizes suicide. "I would never let my kids watch it alone," Eggert said of the show.

She said the show is fiction, not reality. "You

never depict a suicide scene—it's not pretty and it's not painless," she said, although a scene in the series may suggest otherwise. "And a school counselor would never handle it that way."

But there is one benefit to the show, Eggert admitted. "The best thing that has come out of it is it got people talking about suicide," she said.

Lots of factors

According to the National Association of School Psychologists, both schools and parents play a role in preventing youth suicide by being aware of potential risk factors.

Odds are watching the TV series won't lead a healthy student to consider suicide, but those who have anxiety and depression issues could be vulnerable. "Ninety percent of people who die by suicide have a diagnosable mental illness," Eggert said. "Most don't ask for help because of the stigma and because it's taboo."

Depression, anxiety and suicide often go hand-in-hand and parents are urged to be vigilant about their child's behavior.

"Teens have not lived the life and experiences and failures that [their parents] have. Most things they experience are pretty major in their eyes. It's usually a combination of things that lead to suicide," Eggert said. "A lot of these things were there when we were growing up, but it's very different today. Social media makes so many things worse."

Recent legislation under the California Education Code mandates every local educational agency that

serves students in grades 7-12 adopt a policy on pupil suicide prevention, intervention and postvention. But it's also up to parents to make sure they know what's going on in their children's lives.

Don't be afraid to ask

Eggert suggests parents talk to their children about suicide. "The students know a lot about suicide and are usually willing to talk about it," she said.

And if kids want to talk about feelings of depression or anxiety, parents need to listen with a sympathetic ear.

"It's no different than if you child broke his leg and complained of pain, you'd want to do something to get him help. Just because you can't see it doesn't mean it's not there," Eggert said. "We have to get rid of the stigma. Depression and anxiety are real medical illnesses that anybody could get. Parents need to be open and let their children know they can talk to them about anything, even if it's something they don't want to hear."

Eggert said parents shouldn't shy away from talking with their children for fear of being a bad parent or blaming themselves if their kids aren't happy.

And Eggert disputed the idea that bringing up suicide will give kids ideas. "There is no evidence that talking about it plants the idea. All the research shows people usually won't come to us and tell us what they are thinking about suicide.

"Parents must have the courage to speak up. Ask, 'Are you thinking about suicide? Are you thinking about killing yourself?' Use those terms," she said.

"If we are non-judgmental and ask in a caring way, they will tell you. And you may have to ask more than once."

Eggert said knowledge is the first step in prevention. "You don't have to solve the problem. You don't have to handle it on your own. You just have to ask and then get them help."

continued on pg. 9

continued from pg. 8



HOW TO HELP

The National Association of School Psychologists offers the following guide for families:

1. Ask your child if they have heard or seen the series 13 Reasons Why. While we don't recommend that they be encouraged to view the series, do tell them you want to watch it, with them or to catch up, and discuss their thoughts.
2. Don't be afraid to ask if they have thought about suicide or if someone is hurting them. **Raising the issue of suicide does not increase the risk or plant the idea.** On the contrary, it creates the opportunity to offer help.
3. Ask your child if they think any of their friends or classmates exhibit warning signs. Talk with them about how to seek help for their friend or classmate. Guide them on how to respond when they see or hear any of the warning signs.
4. Listen to your children's comments without judgment. Doing so requires that you fully concentrate, understand, respond, and then remember what is being said. Put your own agenda aside.
5. Get help from a school-employed or community-based mental health professional if you are concerned for your child's safety or the safety of one of their peers.

For more information or if you know someone thinking about suicide, call 1-800-273-TALK.

Smile, it's Back to School Time!



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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2017 Fall Enrichment GUIDE

Kern County Family's Enrichment Guide offers a directory of local programs designed to help your family members learn, excel, and add value to their lives beyond basic academics. Visit kerncountyfamily.com for the online guide.

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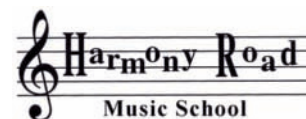


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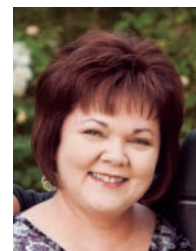
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Harmony Road Music School offers group piano classes for children from tots to teens. Early childhood music classes are for little ones ages 16m- 4 yrs and include movement, singing, playing with rhythm instruments, finger games, rocking/cuddling songs, activities with balls, scarves, and hoops, and keyboard introduction. A parent participates in each class.



Alexandra Hawley, Owner

Group piano classes are for ages Pre-K and up that feature singing, solfege, ear training, note reading, rhythm and keyboard ensembles, and eventually, composing and improvisation. Recitals are twice yearly. A parent participates in all classes. Advanced students have the opportunity to participate in adjudicated events such as Certificate of Merit, Guild, Jazz/Pop Festival, and much more!

New fall classes begin the week of September 11. Check out our website for the complete schedule. We are also having a *FREE* Demo Class on Saturday, August 26. Space is limited, reservations required. Call us today!

New Hope Christian Academy

Dr. Elandra B. Perry, Founder & Educational Director
1003 Stine Road
Bakersfield, California 93309
(661) 473-1777



New Hope Christian Academy is taking applications for grades K-5, Tuesday, August 1 thru Friday, August 11 (9am-3pm). Closed Sat & Sun. Limited space availability. We provide Christ-centered values and excellence in Christian education. We are an On-campus virtual-hybrid school that offers a teacher & student-centered curriculum.

Check us out at newhopechristianacademybak.org

Valley Achievement Center

1721 Westwind Drive
Bakersfield, CA 93301
661-431-1466
www.autism-vac.org



As the number of children diagnosed with autism continues to rise, and the number of adults with autism and developmental disabilities who require ongoing services and support increases each year, having effective programs in the community that meet this growing need has become increasingly important. Since 1998, Valley Achievement Center (VAC) has helped children and adults with autism and other developmental disabilities in Bakersfield and the surrounding communities reach their full potential and lead more fulfilling lives.

Utilizing Applied Behavior Analysis (ABA) and other evidence based methods, VAC offers a full range of education, social skills, and adaptive skills programs for children, and supported employment, supported living, and a behavioral management adult day program for adults, to meet the needs of children and adults with autism and other developmental disabilities. Whether intervening early to enable a preschool age child to communicate with his or her parents and others, providing a teenager with the social skills to connect with his or her peers, or giving an adult a safe place to learn new skills and enjoy activities and community outings with peers in VAC's behavioral management adult day program, these are just a few examples of how VAC's programs make it possible for children and adults with autism and other developmental disabilities to achieve their goals, participate fully in their community, and attain their highest quality of life. For more information, please visit VAC's website.

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Chronic School Absenteeism: Days Off Add Up—and *Subtract* From Their Future

By Andrea Rose

When children don't attend school, they can't learn. That seems pretty simple. Yet absenteeism and truancy are problems for schools across the nation. A recent analysis from the U.S. Department of Education shows that chronic absenteeism impacts students in all parts of the country and is prevalent among all races, as well as students with disabilities.

The first-ever national comprehensive data collected on chronic absenteeism found more than 6 million students—or 13 percent of all students—missed at least 15 days of school in the 2013-14 school year.

"Chronic absenteeism is a national problem," said U.S. Secretary of Education John B. King Jr. "Frequent absences from school can be devastating to a child's education. Missing school leads to low academic achievement and triggers drop outs. Millions of young people are missing opportunities in postsecondary education, good careers and a chance to experience the American dream."

Kern County Schools wants to head off an upward trend of absenteeism by kicking off Attendance Awareness Month to remind parents the importance of keeping kids in school and the importance of attendance.

"Attendance has been brought to the forefront as correlational studies have shown that students who miss school tend to have lower grades, lower test scores and lower graduation rates," explained Bryan Campoy, supervising administrator, innovative programs at Kern High School District.

Doing the math

School attendance is essential to academic success, but too often students, parents and schools do not realize how quickly absences — excused as well as unexcused — can add up to academic trouble.

According to the California Education Code, chronic absence is missing 10 percent of the school year, or about two to three days every month.

"For most Kern County schools, including Kern high schools, that is 18 or more days of missed school," Campoy explained.

Frequent absences can translate into third-graders unable to master reading, sixth-graders failing courses and ninth-graders dropping out of high school. The impact hits low-income students, who most depend on school for providing opportunities to learn, particularly hard.

This year will be the first year that California Longitudinal Pupil Achievement Data System will collect attendance data, as well as provide schools and districts comparable data. This collection will give local districts a common definition for chronic absenteeism. "As educators, we want students to reach their full potential and graduate with a diploma, while being college and career ready," Campoy said. "High school graduates, on average, make over a million dollars more than a dropout in their lifetime."

Making the grade

Truancy isn't just a product of parent irresponsibility or neglect. It can be a result of even the most well-intended parent. Those "mental health days" you allow your middle-schooler to take, as well as multiple family vacations? They can add up before you know it.

"The school year is only 180 days, please plan accordingly," Campoy said. "We must make school attendance a top priority in order to ensure high academic success for all students. Bottom line is every day counts."

Campoy is so passionate about keeping kids in school because he has seen the research that has shown attendance in eighth grade is a better predictor of high school graduation than test scores.

"High school chronic absenteeism is the leading warning sign that a student will drop out of school," he said. "That is why it is particularly important that students should only miss school because they have a fever or a contagious illness, and a doctor has deemed a student to stay home and recover."

Attendance Awareness Month, set for mid-August through September, will include evening meetings with parents and students for a Truancy Orientation.

Support will continue through the year as well. "We have an outreach team that goes out door-to-door to follow up on chronically absent students and their families to connect them to additional resources that will lead the student back to school," Campoy said.

"We provide intervention referrals for parent meetings, such as Parent Project and Parents on a Mission, while also encouraging families to access other services such as health services, housing information, transportation and nutrition assistance."

Campoy said the Student Attendance Review Team meets on school sites to support families and provide intervention to get their student to come to school. Cooperation extends throughout the school community, Campoy said.

"We helped bring Kern County's first Truancy Conference to town through partnerships with Kings County and Kern County Superintendent of Schools," he said. "The three-day summit featured state and local expert speakers, panelists, trainings and breakout sessions with an ultimate goal of providing attendees the resources and tools to help reduce truancy and chronic absenteeism in Central Valley schools."

In the end, it's all about student success. "The mission of the KHSD is to graduate students prepared to succeed in the workplace and the post-secondary level," Campoy said. "Attendance is a priority in achieving our mission and we are seeing positive results."



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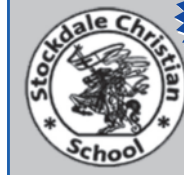
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Mike Schwartz,
Principal

Volunteers are a significant part of our success. Several are helping to transform one of our buildings into a new preschool scheduled to open in January. We continue to upgrade technology with SMART Boards throughout the elementary and 1-to-1 Chromebooks for grades 3-12.

The WASC Visiting Committee recently commended BAA for, "The emphasis on critical thinking skills by K-12 teachers." They also noted the solid preparation for college and career with more than 95 percent of graduates going on to college and alumni serving their communities around the world.

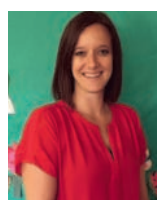
Brilliant Minds Academy

Shy Perera, Administrator
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661-833-3114

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Amy Miller,
Director

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Myka Peck,
Principal

The mission of Garces Memorial is to educate students to fulfill the mission of Christ by developing students to become spiritually connected, academically prepared, and socially responsible. Garces has an exceptional teaching staff and is a Project Lead the Way STEM partner school with an Engineering tract to complement its Science, Technology and Math programs. Over the past five years, our students have had some of the highest SAT test scores and AP passing rates in Kern County, with 100% of graduates eligible for college. Our 2017 graduates will be attending several US top schools including UCLA, Cal Poly, UC Berkeley, Notre Dame, Brown University and West Point Military

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www.heritageschools.us



Daniel Barrett,
Principal

Heritage Christian Schools provides an outstanding education in a Christ-centered environment. Since 1967, HCS has consistently addressed the spiritual, academic, emotional, and physical needs of children, through a qualified teaching staff. HCS are accredited through Association of Christian Schools International and the Western Association of Schools and Colleges.

Readyland (2 yrs -TK) offers: a stable, loving staff nurturing your child in a Christian setting. Academic skills and socialization are integrated into a developmentally-appropriate curriculum, with unique music and physical education classes.

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Gustavo Luna,
Founder &
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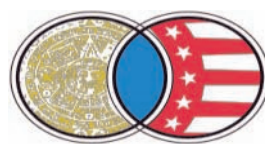
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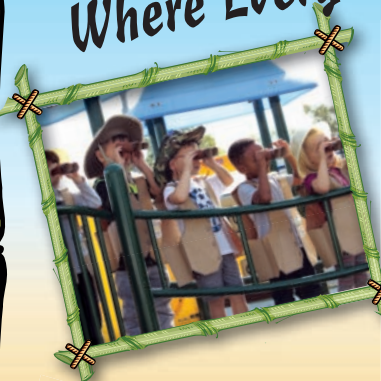
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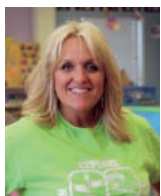


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Olive Knolls Christian School

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www.okcs.us



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OKCS was established in 1979 with both ACSI and WASC accreditations.

Ridgeview Christian Preschool

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661-834-9796
ridgeviewchristianpreschool.com
Lic# 153808073



Ridgeview Christian Preschool is a Christ-centered, state-licensed program for children ages 2-6, that operates Monday-Friday 7am-6pm. Our center offers a safe and encouraging environment as we strive to help each child in their academic, social, physical, and spiritual development.

Our center provides hands on learning activities. Many of these activities emphasize academics and kindergarten readiness. Additional activities include children's chapel, music and movement, art projects, science, and indoor & outdoor play time for social and motor development. Included in our curriculum is Amazing Athletes which is a developmental sport and fitness program that teaches children the basic fundamentals and mechanics of different sports while enhancing their overall education experience. Ridgeview Christian Preschool is a ministry of Ridgeview Community Church, and was created out of our sincere love for children and their families within our community. It is our goal and desire to bring excellence to Early Childhood Christian Education.

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Sparkling Hibiscus Tea with Grapes and Mint

Servings: 8

Ingredients

6 c. water, divided
1 Tbsp. honey
6 hibiscus tea bags
2 c. green California grapes, divided
10 mint leaves
1 navel orange, sliced
ice
16oz. sparkling water

Preparation

1. Using tea kettle or saucepan, bring 3 cups water and honey to boil. Add tea bags, turn off heat and steep 6-8 minutes. Remove tea bags and allow remaining liquid to cool 15 minutes.
2. In martini shaker or bowl, muddle 1 cup grapes with mint leaves. Add muddled grape and mint mixture to 48-60 ounce pitcher along with remaining water and orange slices. Stir in hibiscus tea mixture. Refrigerate at least 30 minutes. Strain before serving.
3. To serve, add ice to 8-ounce glass. Top with 3-4 grapes, 2 ounces sparkling water and hibiscus tea mixture.



Zahtar Shrimp and Grape Kabobs

Servings: 6

Ingredients

2 Tbsp. zahtar
1 clove garlic, minced
1 tsp. chopped fresh thyme
2 Tbsp. white balsamic vinegar
1 tsp. honey
1/8 tsp. sea salt
1/8 tsp. pepper
2 Tbsp. extra-virgin olive oil
36-40 large shrimp (about 2 lbs.), shelled and deveined
1 c. whole green California grapes
1 c. whole red California grapes

Preparation

1. In medium bowl, combine zahtar, garlic, thyme, vinegar, honey, salt, pepper and olive oil. Whisk to combine. Add shrimp and toss to coat. Cover and refrigerate at least 30 minutes or up to 4 hours.
2. Thread shrimp and grapes onto skewers. Heat grill or grill pan to medium-high.
3. Grill skewers, turning once, until shrimp are lightly charred and cooked through and grapes are caramelized but firm, about 2-3 minutes per side.

Nutritional information per serving: 190 calories; 20 g protein; 12 g carbohydrate; 6 g fat (28% calories from fat); 1 g saturated fat (5% calories from saturated fat); 180 mg cholesterol; 870 mg sodium; 1 g fiber.

Find more delicious recipes to make healthy eating easy at GrapesfromCalifornia.com.



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Curb Your *Cursing*

I was walking through the kitchen the other day when BAM! – I stubbed my toe on a kitchen chair. I swear I saw stars swirling around my head, just like in a Road Runner cartoon where an anvil drops on the head of the coyote. Hopping around the perimeter of the kitchen grasping my throbbing toe, I found that all sorts of expletives were running through my mind. And oh, how I wanted to just scream them out at the top of my lungs!

You can probably relate. Something happens, you're mad (or in pain), and cursing like a sailor seems like just the release of pent-up frustration you need. I truly felt that releasing these words would help ease the pain surging through my body, and that somehow the unleashing of these four-letter beauties would act like salve to my injured soul.

But even through the haze of pain I saw my young nieces watching me with growing alarm, and I knew that uttering these ugly words, as relieving as it may have been, was not the answer. I jammed a dishcloth in my mouth to keep the vile words from being unleashed on the delicate ears of the young girls.

As if saving innocent children from an onslaught of less-than-polite language weren't enough of a good reason to watch your mouth, consider this; if you use curse words a lot, they will become part of your normal speech pattern. Hence, you will start using curse words without consciously thinking about it. You don't want to become known as the Potty Mouth Person, right?

But I know there are times when you just have to yell something at the top of your lungs. What's a fine, upstanding member of society to do? Well, I did a little research into how to get creative with words, thus keeping the innocence of young children and the sensibilities of polite company intact. Here's a list of old-fashioned "burns" from bygone eras you can use to censor yourself:



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Sufferin' succotash
Fiddle sticks
Horse pucky
Jiminy Crickets
Shiitake mushrooms

Bricklayer
Awww pickles
Shoot a monkey
Shapoopie
My stars
Fiddle fiddle
Frak
Shazbot
Great Scott
Geewillakers

And if you're looking for clever one-liner insults, try these on for size:

Fopdoodle
Cow-handed
Would Thou Wert Clean
Enough To Spit Upon
Thou Dost Infect My Eyes

They just don't make insults like these G-rated zingers anymore, am I right?

The Chicks *Come Home* to Roost

Brother, age 12, has decided that he would put off doing his assigned chores of house cleaning to play his football video game. He has had plenty of time to complete these chores, and knows that his parents do expect it to be done. However in the past, his parents would initially chastise him for his lack of effort, and eventually make a deal with him and allow to complete some, but not all of his assigned chores. "Okay," says, father, "...but you better finish it all tomorrow, or else!" Father's attitude is so forgiving, that brother doesn't seem to worry at all about what he had not done. Brother smiles believing that he has gotten away with something. "Great," he grins, "...now I can keep playing my video game."

Sister has some expected responsibilities such as cleaning her room on a regular basis, helping with the kitchen and oft times putting some of the used dinner dishes in the dishwasher. Tonight, as mother comes to retrieve her to tell her that dinner is ready, the bedroom door can hardly be opened.

Mother attempts to secure an answer, "Why is it that I cannot even open this door?" To which sister replies, "...Come on Mom, I'm busy, just bring me my dinner in here, I'll eat while I'm working." But sister is not working, as much as she is enjoying all her free time by corresponding with peers on her phone.

Mother, so strongly exasperated with her daughter says, "Come on you are supposed to come help me with dinner on Tuesdays, I thought we had a deal, ...and perhaps you should get this room cleaned up." Sister retorts, "Aww...Mom, don't worry about it, geez." And with a suppressed groan, "Just bring me my dinner in here, would ya?" Mother then asks, "What about the flower seeds you were going to plant for me this afternoon?" Sister irritatingly replies, "I can't find them." Mother asks, "Well, where are they?" Sister retorts, "On my desk SOMEWHERE! I can't find them."

Mother walks away back to the kitchen with a frustrated stance, talking out loud to herself, "Where did my child ever learn to talk to me like that?" and heads back in to get her daughter's dinner plate ready for her to eat in her room. Mother and father eventually take their plates into separate rooms as well, resigning to the fact that their children do not seem to understand the need for

them to be together as a family and to contribute together as a family.

Years later, brother continues to have difficulty understanding why his supervisor seems to be upset with him. Brother often complains to his friends that he never can get that promotion that he wants. He never is considered for a raise in his pay, and sometimes is told, "You really need to be more conscientious about your job performance, if you are to continue working here." Typically brother just smiles his smirky smile that he was so practiced with while dealing with his parents. Eventually, he is informed that he is being "let go," due to poor job performance. He heads home, wondering how he should try to tell his wife that he has yet lost another job. "What is she going to do this time, blow her top?" he wonders as he meanders home.

Years later, Sister too appears to be experiencing some level of difficulty with her job as an adult; her desk area is so messy that she cannot ever find a thing on it. Her supervisor is standing over her, requesting for a third time, "That collection of data about ongoing category distribution of our competitors products...?" Sister eventually gives up, her supervisor tapping her foot aggressively on the floor, as sister scornfully chastises herself, in a half kidding manner, "My mother told me to clean up my room when I was a kid, I guess I should have listened to her," and she grins at her supervisor and shrugs, "I guess I can't find it." Her supervisor, clearly aggravated about this "lost" list, replies calmly, "Not a problem, sister, we will have someone else generate the list for us. You can have all the time you need to practice cleaning things up at your apartment, because we are letting you go today for insubordination and poor work product. Clean off your desk of personal items and security will escort you out."

Brother and sister both were products of their upbringing. Both were happy to show others in their adult world just how effective their parents had been helping them grow up to be reliable, serious, competent, hardworking, and empathic individuals. Their success clearly rests on how effective and resolute their parents were in helping them learn to be the "successful" adults they are today. All it takes is patience and everyone will see what happens when the kids grow up.

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



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TUESDAY AUGUST 1ST

ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:

Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

BABY CAFE: NEW LOCATION. Need help breastfeeding? Bring the baby and get your questions answered. 2416 Bay Street, Bakersfield. 10AM - 1PM. 747-5195.

BAKERSFIELD BIRTH NETWORK: THE NEST: The Nest is a community gathering, focusing on topics related to pregnancy, birth, breastfeeding and babies. 9280 Rosedale Hwy. 6:30 PM.

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

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

FREE ACTING CLASS: For children 5-17 years old who have never attended before. 348-4396.

KERN RIVER VALLEY BOY SCOUT TROOP 690 MEETING: Want to be a part of Boy Scouts? Call and Register today! 760-812-7082.

KIDS YOGA CLASS (AGES 4-10): Feel part of a healthy, non-competitive group. 374-8693.

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

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

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

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

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

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

NATIONAL NIGHT

OUT AT THE KERN COUNTY SHERIFF'S OFFICE 2017: Free food, demonstrations, K-9 unit, BOMB squad, SWAT team, Child ID Cards, Tours of Air Support Unit and helicopters, fun raffles, and so much more! Come enjoy a night of safety and crime prevention with us. 1350 Norris Rd, Bakersfield. 6-8PM. 391-7559.

SUMMER ART CLASSES (GRADES 7-12 & ADULTS): Two hour art classes for teenagers and adults. Register with Casey Hibbard at 301-2195.

WEDNESDAY AUGUST 2ND ALZHEIMER'S CAREGIVER SUPPORT GROUP: Come and share your experiences in a safe place to talk and listen to others. 393-8871.

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.

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

MOMnext - OLIVE KNOLLS NAZARENE CHURCH: A group for mothers of school-age kids. 399-3303.

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

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. Everyone is invited to attend and to speak. 765-2165.

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

BALLROOM & SWING DANCING AT KERN COUNTY MUSEUM: Enjoy dancing with your significant other! Events are included with paid admission and Free to Members. 437-3330.

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

FIRST WEDNESDAY AT BMOA: Free to members, \$5 non-members. Join us for a discussion with curator Rachel Magnus and painter Tina Dille to discuss her exhibition Mysterious Muse. 10-11AM. 323-7219.

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: Sign up at the Reference Desk or call to reserve session with a volunteer coach for one-on-one computer learning. 868-0701.

SUMMER ART CLASS (GRADES 1-6): Class instruction includes a variety of art skills, focusing on drawing, painting, sculpture, printing, ceramics and crafts. Register with Casey Hibbard at 301-2195.

THURSDAY AUGUST 3RD OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP: FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

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

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

SQUARE DANCING CLASSES: Square dancing is for everybody! Come as you are, meet fun friendly people, get great exercise-an inexpensive way to make friends! 301-2808.



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

CONCERTS BY THE FOUNTAIN: FREE. Pop-Rock Originals and Covers with Therese Muller. 7-9PM..

SUMMER ART CLASS (GRADES K-12): Learn a variety of art techniques. Register with Casey Hibbard at 301-2195.



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FRIDAY AUGUST 4TH
CITY OF BAKERSFIELD ANIMAL CARE CENTER: Vaccine and licensing clinic. 201 South Mt Vernon, Bakersfield. 10AM. 832-7387.

THRESHOLD CHOIR: We are part of a network of acappella choirs, a community of singers whose mission is to sing gentle songs for and with those at the threshold of life. 9:30-11:30AM. 632-5747.

FRIENDS OF THE LIBRARY BOOKSALE AT FRAZIER PARK BRANCH LIBRARY: Find some summer reads before the school year starts. 245-1267.



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

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

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

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

SUMMER CERAMICS CLASS (GRADES K-12): Students will learn step by step Instruction of inventive hand-built projects from simple coil built pot to complex slab built sculpture. Register with Casey Hibbard at 301-2195.

SATURDAY AUGUST 5TH
FARMERS MARKET: Looking for the freshest fruits and vegetables? Come to the Farmer's Market and we'll have what you're looking for. 3201 F St, Bakersfield. 8AM - 12PM.

QUILTERS AND CROCHETERS: Women and Men that enjoy making quilts and crocheting will enjoy this morning gathering. 398-1971.

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

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

FREE DO-IT-YOURSELF CLASSES FOR WOMEN BY WOMEN: Free use of tools, free materials. Bring your own lawn chair. 310-975-4905.

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

CREATIVE JOURNALING: In this four part workshop, you will learn a variety of methods to find the wisdom and power of using the non-dominant hand to explore self. 2215 Truxtun Avenue, Bakersfield, CA 93301. 661-632-5747.

FULL MOON NIGHT HIKE AT WIND WOLVES: Naturalists will discuss nighttime wonders including nocturnal animals, eye shine, and constellations. Ages 6 and up (no strollers). 858-1115.

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

SUNDAY AUGUST 6TH
SENSORY SENSITIVE SUNDAYS: Early entry with minimal crowds at Chuck E. Cheese. 397-7855.

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

CESAR CHAVEZ COMMUNITY CELEBRATION: FREE Admission. Concert, Health Fair, Car Show and Goalie competition for kids. 837-0745.

MONDAY AUGUST 7TH
ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday at different times for different ages. Please call to reserve space. 348-4396.

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

C.A.L.M. SENIOR DISCOVERY DAY: Seniors (60 yrs+) will receive a 50% discount on their admission and a 10% discount in the Gift Store. 872-2256.

COUNTRY LINE DANCING: Join us for some Boot Scootin' Fun! 392-2010.

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

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

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

TROOP 712 BOY SCOUTS OF AMERICA MEETING: New/future Scouts welcome. 832-8011.

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

FULL MOON BIKE RIDE: Join us for a family-friendly, all-ages

cruise starting at Beach Park and following the bike path to the Marketplace. 321-9247.



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.

SUMMER ART CLASS (GRADES 1-6): Class includes instruction in a variety of art skills. Register with Charlotte White at 330-2676.

TUESDAY AUGUST 8TH
ESPAÑOL CON NANCY: My mission is to teach Spanish through play. 889-2734.

HOFFMANN HOSPICE- ADULTS GRIEF SUPPORT GROUP: If you or someone that you love has suffered a loss we encourage you to try to locate a support group in your area. 410-1010.

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

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (TEHACHAPI): FREE Grief Support Group open to anyone in the community who has suffered a loss. 1-888-597-6115.

EVENING CAREGIVER SUPPORT GROUP: Come and share your experiences with people who understand what you're going through. 393-8871.

FAUNA FOR THE FUTURE REPTILE CLUB MEETING: Families, children and reptiles welcome! For anyone with an interest in herpetology (zoology emphasizing reptiles and lizards). 2018 Chester Ave, Bakersfield. 7PM.

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

N.A.M.I. FAMILY SUPPORT GROUP: The National Alliance on Mental Illness (NAMI) is a non-profit organization which offers support for families, friends, and individuals living with mental illness. 398-8907/858-3255.

SIDE BY SIDE ART AT BMOA: The Museum welcomes children ages 3-5 and their parent/guardian for an experimental, hour-long workshop. 1930 R Street, Bakersfield. 10AM. 323-7219.

WARMLINE MOM & BABY GROUP: For moms with babies birth through one year. Great place to meet other moms & get your

new mom questions answered. 323-3531.

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. Room 104. 4301 Calloway Dr, Bakersfield. 9AM - 11AM. 323-3531.

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

CENTRAL VALLEY EPILEPSY SUPPORT GROUP: An education and support group for those with epilepsy and families. 589-3181.

WEDNESDAY AUGUST 9TH
HOFFMANN HOSPICE- HEALING HEARTS: There is nothing like losing a child and Hoffmann understands that as we care for sick children and their families who are a part of our Starlight Pediatric Program. 410-1010.

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

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: For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 631-2575.

ALZHEIMER'S SPOUSE SUPPORT GROUP: Come and share your experiences in a safe place to talk and listen to others. 393-8871.

CHESS CLUB AT FRAZIER PARK LIBRARY: Learn to play Chess or play Chess with friends. 3:30 PM. 661-245-1267.

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: Sign up at the Reference Desk or call to reserve session with a volunteer coach for one-on-one computer learning. 868-0701.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY: Celebrate reading by enjoying eclipse themed stories, songs & crafts. Fun for the whole family. 2PM. 824-2243.

HISTORICAL LECTURE SERIES AT KERN COUNTY MUSEUM: Learn about the two days that shook Kern County, the 65th Anniversary of the 1952 Earthquakes. 437-3330.

THURSDAY AUGUST 10TH
CHILD CAREGIVER SUPPORT GROUP: Anyone can benefit from



READY-SET BACK 2 SCHOOL

Thursday, August 3rd

Free back to school supplies, children's haircuts, children's immunizations and education about health and school. Come see KCFM! 1142 South P Street, Bakersfield. 9AM-12PM. 868-2912.

fresh ideas on how to care for their children. 393-5836.

WORD POETRY/OPEN MIC

NIGHT: Come relax, unwind and listen to what's on the mind. 703-6911.

MOPS - VALLEY BAPTIST

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

BARKS & BOOKS AT FRAZIER

PARK BRANCH LIBRARY: Build your reading skills & enhance self-esteem by reading aloud to an affectionate furry friend named Ginger Snap. 245-1267.

ALIZA MCCRACKEN BOOK

SIGNING: Aliza McCracken will be signing her new book, Peaceful Moments, an illustrated and poetic text by a local artist and author. 1330 Truxtun Avenue, Bakersfield. 324-9000.

CONCERTS BY THE FOUNTAIN:

FREE. R&B and Classic Rock with Lost Vinyl. 7-9PM.

MOVIES IN THE PARK (TE-

HACHAPI, CA): Grab your blankets, chairs, friends and family for a summer night under the stars! 822-3228.

FRIDAY AUGUST 11TH

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

OPEN ART STUDIO:

Short on Studio Space? Bring your latest project and supplies to the Bakersfield Art Center! 869-9320.

BAKERSFIELD MINERAL

MITES: Rock & mineral club for ages 7-18 yrs. Special activities monthly. Call for more details. 324-5907.

SATURDAY AUGUST 12TH

FREE MEDITATION CLASS:

Meditation reduces stress, promotes relaxation, and enhances personal and spiritual growth. 374-8693.

LAKESHORE FARMER'S MAR-

KET-WOFFORD HEIGHTS: We have some great farmer's markets in Kern County, and this is another one. 760-417-9575.

MATH CLINIC AT BEALE ME-

MEMORIAL LIBRARY: Learn math or get assistance with your math homework. Open to learners of all ages. 868-0701.

SATURDAY SCIENCE AT FRA-

ZIER PARK BRANCH LIBRARY:

Explore the world of science with fun hands-on experiments! Topics vary every week. 245-1267.

CPR/AED FOR THE PROFES-

SIONAL RESCUER AND HEALTH

CARE PROVIDER: Red Cross training combines discussions and video with hands-on skills training.

Please call the Kern Chapter at 324-6427.

FREE DAY at the MARTURAN-

GO MUSEUM: Entrance to the museum exhibit areas is FREE for everyone on the second Saturday of each month. 100 East Las Flores Ave, Ridgecrest. 10AM - 5PM. 760-375-6900.

VOLUNTEER ORIENTATION

AND TRAINING: No experience is necessary to volunteer at M.A.R.E. (Mastering Abilities Riding Equines): barn care, facility maintenance, sidewalker, safety aide, and horse leader. 589-1877.

YOKUTS PARK FUN RUN:

In cooperation with the Bakersfield Parks and Recreation Department, the Bakersfield Track Club presents the Yokut's Park Fun Runs. Absolutely Free! 7AM.

OUTDOOR SURVIVAL PRE-

PAREDNESS AT WIND WOLVES:

Reservations Required. Kids and their parents learn how to stay safe and sound in nature. 858-1115.

SUNDAY AUGUST 13TH

MURRAY FAMILY FARM FUN:

Come by Murray Family Farm and have fun picking your own fresh and local fruit! 330-0100.

SPIRITUAL CINEMA SUNDAY

(ADULTS):

A great film provides insight into our human experience by touching our emotions, causing us to ask questions and stir up provocative conversations. 632-5747.

VOLUNTEER DAYS AT WIND

WOLVES:

We need your help! Our volunteer events are fun and rewarding, allowing you to meet new people, learn and share knowledge, and make a positive difference for the plants and animals that live on the preserve. 858-1115.

MONDAY AUGUST 14TH

ACTING COURSES FOR CHIL-

DREN:

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

C.A.L.M. SENIOR DISCOVERY

DAY:

Seniors (60 yrs+) will receive a 50% discount on their admission and a 10% discount in the Gift Store. 872-2256.

GOLDEN EMPIRE CHORUS:

BARBERSHOP HARMONY SING-

ERS:

Open to all men who enjoy singing. 871-6268.

THE CHRISTIAN JOURNEY:

12

step Christian recovery group for

people who struggle with com-

pulsive or obsessive behavior.

832-7464.

E-BOOK EXPERIENCE AT

BEALE MEMORIAL LIBRARY:

One-on-one session with a librarian

on how to download Kern County

Library e-books onto your tablet,

smart phone or laptop. 868-0701.

MORNING CUP OF TAI CHI:

Tai

Chi is the Chinese Internal art that

invites each participant to gently express meditative movement while experiencing a calm and soothing state of relaxation. 632-5747.

FREE CHILD IDENTIFICATION

CARDS:

A child identification card will include a picture, thumb prints and other identifying information for children. 326-3053.

KERN COUNTY CHAPTER OF

CALIFORNIA TURTLE AND

TORTOISE CLUB:

The California

Turtle and Tortoise Club (CTTC)

was created to promote the preser-

vation, conservation, welfare, study

and dissemination of knowledge

pertaining to all turtles and tortois-

es. 599-8425.

LA LECHE LEAGUE:

Free infor-

mation and support group for preg-

nant and breastfeeding mothers.

9280 Rosedale Hwy, Bakersfield.

10AM. 438-1518.

TUESDAY AUGUST 15TH

ALLIANCE HUMAN SERVICES

RESOURCE PARENTS ORIEN-

TATION:

Alliance Human Services

will be holding weekly orientations

for families interested in becoming

foster families. 325-6939.

BABY CAFE:

Need help breast-

feeding? Bring the baby and get

your questions answered. 747-

5195.

BAKERSFIELD BIRTH NET-

WORK: THE NEST:

The Nest is a

community gathering focusing on

topics related to pregnancy, breast-

feeding and babies. 9280 Rosedale

Hwy, Bakersfield. 6:30 PM.

BAKERSFIELD BLEND CHO-

RUS:

Women Singers Wanted. If

you love to sing, please join us on

Tuesdays! 497-SING (7464).

FAMILY NIGHTS AT THE ICE

CENTER OF BAKERSFIELD:

Get

the whole family together for tons

of fun. 852-7400.

MOPS -CALVARY BIBLE

CHURCH:

MOPS International is

dedicated to meeting the needs

of every mother of preschoolers.

327-5921.

MOVE TO IMPROVE:

Move to

Improve is a low impact, low inten-

sity, semi private training program

for people with physical limitations.

588-8931.

PARENTS 4 KIDS:

Support for

parents by parents raising kids

with special needs. FREE and open

to the public. 811 Roberts Lane,

Bakersfield. 11AM. 862-0783.

PATHFINDERS AND ADVEN-

TURERS:

A program for chil-

dren ages 6-15 through Hillcrest

Seventh Day Adventist Church.

871-5000.

LEGO CLUB AT FRAZIER

PARK BRANCH LIBRARY:

Join

us in building LEGO

creations. 5PM. 245-

1267.

us in building LEGO creations. 5PM. 245-1267.

SUMMER ART

CLASSES

(GRADES

7-12 &

ADULTS):

Two hour art

classes for

teenagers

and adults.

Register

with Casey

Hibbard at

301-2195.

D.O.O.R. (Dis-

covering Our

Own Recovery):

A women's support

group that meets

every month and offers

a safe place to talk about

the many facets of an ongoing

illness. 2215 Truxtun Avenue, Ba-

kersfield. 10AM - 12PM. 632-5747.

WEDNESDAY AUGUST 16TH

KIDS CONNECT 2 CHRIST:

Kids

will have a great time learning Bible

Stories, making crafts, singing and

playing games. 342-2078.

MENTAL HEALTH SUPPORT:

Fresh Hope is a peer to peer

wellness approach to mental health

recovery based on 6 tenets that

empower people to connect both

their faith and recovery principles.

871-1150.

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 min-

istry 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 snacks. 631-2575.

WOMEN'S SELF DEFENSE

WORKSHOPS:

Learn to defend

yourself. Workshops are FREE and

open to the public. 322-0931.

CHESS CLUB AT FRAZIER

PARK LIBRARY:

Learn to play

Chess or play Chess with friends.

3:30 PM. 245-1267.

PERSONAL COMPUTER COACH

AT BEALE MEMORIAL LIBRARY:

Sign up at the Reference Desk

or call to reserve session with a

volunteer coach for one-on-one

computer learning. 868-0701.

ARTIFACTS COME TO LIFE

SERIES AT KERN COUNTY

MUSEUM:

Find out more about

Colonel Thomas Baker, the man

behind the name "Bakersfield."

6PM. 437-3330.

Youth is in a grand flush, like the hot days of ending summer; and pleasant dreams thrall your spirit, like the smoky atmosphere that bathes the landscape of an August day. -Donald G. Mitchell

CRAFTERNOON AT MOJAVE

BRANCH LIBRARY:

Get arts & crafty with an eclipsed themed

craft, all ages welcome. 2PM.

824-2243.

DINNER WITH COLBY LEWIS:

Renegade Baseball and Dr. Mark L.

Schamblin present Dinner with Col-

by Lewis from the Texas Rangers.

Contact Dylan 304-9951 or Tyler

599-6671 for tickets.

THURSDAY AUGUST 17TH

MOVE TO IMPROVE:

Move to

Improve is a low impact, low inten-

sity, 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.

BINGO:

Come down to the Volun-

teer Center of Kern County to play

a great game of Bingo. 395-9787.

CHILD CAREGIVER SUPPORT

GROUP:

Anyone can benefit from

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

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

CONCERTS BY THE FOUNTAIN: FREE. Mr. Trimble & Unique Soul performing classic soul and R&B. 7-9PM.

FRIDAY AUGUST 18TH BINGO: Join the bingo fun, 18+ please. 391-2030.

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

TEHACHAPI MOUNTAIN FESTIVAL: The Festival includes an Arts and Crafts Show, Food, Live Entertainment, Carnival, Mountain Gallop 5K/10K, Mountain Festival Parade, Thunder on the Mountain Car Show, PRCA Rodeo, VFW Dinner and Dance, Pancake Breakfast, Quilt Show and much more. 209 E Tehachapi Blvd, Tehachapi. 822-4180.

SATURDAY AUGUST 19TH MATH CLINIC AT BEALE MEMORIAL LIBRARY: Learn math or get assistance with your math homework. Open to learners of all ages. 868-0701.

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

6TH ANNUAL VALLEY FEVER WALK: An event to save lives through increased awareness and

understanding of the disease also known as Coccidioidomycosis, or Cocci for short. 832-1456.



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.

CONCERT FOR THE YOUTH: The Concert for the Youth is a 2 day music festival including Kutless, Family Force 5, The Afters, Audio Adrenaline, Sanctus Real, KJ-52, plus MANY more! Buy tickets online.

RUBBER DUCKY RACES: A fun family day in the park with kids games, face painting, BBQ lunch, Arts & Crafts vendors & more. 760-376-2629.

SUNDAY AUGUST 20TH 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. 2215 Truxtun Avenue, Bakersfield. 6:30-8:30 PM. 632-5747.

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

HAGGIN OAKS FARMERS MARKET: Check out the best selection of seasonal and fresh vegetables, fruit, local honey, eggs, hummus, and just about everything. 8800

Ming Ave, Bakersfield. 9AM - 2PM. 334-2033.

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

MONDAY AUGUST 21ST C.A.L.M. SENIOR DISCOVERY DAY: Seniors (60 yrs+) will receive a 50% discount on their admission and a 10% discount in the Gift Store. 872-2256.

COUNTRY LINE DANCING: Beginning and intermediate line dancing. 392-2010.

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

LEARN AMERICAN SIGN LANGUAGE AT TEHACHAPI BRANCH LIBRARY (ADULTS): All adults are welcome to learn ASL with us!

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

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

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



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

ECLIPSE VIEWING AT MOJAVE BRANCH LIBRARY: We will have special viewing glasses for you. Come by anytime and pick them up so you won't miss the total solar eclipse. 824-2243.

TUESDAY AUGUST 22ND BAKERSFIELD BLEND CHORUS: Women Singers Wanted. If you love to sing, please join us on Tuesdays! 497-SING (7464).

ESPAÑOL CON NANCY: My mission is to teach Spanish through play. 889-2734.

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

FREE ACTING CLASS: For children 5-17 years old who have never attended before. 348-4396.

HOFFMANN HOSPICE- ADULTS GRIEF SUPPORT GROUP: If you or someone that you love has suffered a loss we encourage you to try to locate a support group in your area. 410-1010.

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

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 (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.

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

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

WARMLINE MOM & BABY GROUP: Come on out and join with other moms to discover the world of mothering together. 323-3531.

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

LEGO CLUB AT FRAZIER PARK BRANCH LIBRARY: It's a LEGO free-for-all! Join us in building LEGO creations. 5PM. 245-1267.

MORNING CUP OF TAI CHI: Tai Chi is the Chinese Internal art that invites each participant to gently express meditative movement while experiencing a calm and soothing state of relaxation. 6:30-7:30 PM. 632-5747.



FAMILY AUTISM SUPPORT GROUP: A support group to help parents who are new to the diagnosis of autism and veteran parents who have been through the journey to learn and share experiences and insight. 489-3335.

SIBLING AUTISM SUPPORT GROUP: A support group for the siblings in the family to share and

interact with other siblings living with autism. 489-3335.

WEDNESDAY AUGUST 23RD 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.

AWANA AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. Ages 3 years to Highschool. 6PM. 833-4345

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

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: For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 631-2575.

EMERITUS SUPPORT GROUP: Come chat and listen to people who are in your same situation. 393-8871.

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

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: Sign up at the Reference Desk or call to reserve session with a volunteer coach for one-on-one computer learning. 868-0701.

SUMMER ART CLASS (GRADES 1-6): Class instruction includes a variety of art skills, focusing on drawing, painting, sculpture, printing, ceramics and crafts. Register with Casey Hibbard at 301-2195.

THURSDAY AUGUST 24TH 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.

PENNY BINGO: Greenacres Community Senior Center. Join the fun! 392-2011.

SQUARE DANCING CLASSES: Square dancing is for everybody! 301-2808.

MOPS - ST. ELIZABETH ANN SETON CHURCH: MOPS International is dedicated to meeting the



PASSION & FASHION

Saturday, August 12

Non-profit charity fashion show benefiting the Autism Society-Kern Autism Network. Cocktail and networking, motivational speaker, live local entertainment. 1930 R Street, Bakersfield. 7-10PM. 489-3335.

needs of every mother of pre-schoolers. 587-3626.

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

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

SUMMER ART CLASS (GRADES K-12): Learn a variety of art techniques. Register with Casey Hibbard at 301-2195.

CONCERTS BY THE FOUNTAIN: FREE. High Octane Motown and Rhythm & Blues with Foster Campbell & Friends. 7 -9PM.

FRIDAY AUGUST 25TH HEART CENTERED HEALING: Join us in the CBCC Chapel to learn how to heal ourselves by experiencing the presence of peace, grace and ease within our bodies. 862-7136.

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

OPEN ART STUDIO: Short on Studio Space? Bring your latest project and supplies to the Bakersfield Art Center! 869-9320.

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.

SUMMER CERAMICS CLASS (GRADES K-12): Students will learn step by step Instruction of inventive hand-built projects from simple coil built pot to complex slab built sculpture. Register with Casey Hibbard at 301-2195.

SATURDAY AUGUST 26TH 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.

KIDS YOGA CLASS (AGES 4-10): Yoga helps kids to develop body awareness, learn to use their bodies in a healthy way and manage stress. 374-8693.

HARMONY ROAD MUSIC SCHOOL FREE DEMO CLASS: Bring your child and participate in a FREE lesson. Ages 16m-12 yrs. Call 665-8228.

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



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

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

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

SUNDAY AUGUST 27TH 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. 330-0100.

GUEST LECTURE SERIES AT KERN COUNTY MUSEUM: Timothy Lemucchi comes to speak about Luigi's 100 years, then and now. 437-3330.

MONDAY AUGUST 28TH ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday at different times for different ages. Please call to reserve space. 348-4396.

ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.): Be encouraged by God's word to overcome addictions. A free, local Christian support group. 323-2851 xt 30.

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

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

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

TUESDAY AUGUST 29TH BABY CAFE: Relax and join us for refreshments, support and information. 747-5195.

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

FREE ACTING CLASS: For children 5-17 years old who have never attended before. 348-4396.

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

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

MORNING CUP OF TAI CHI: Tai Chi is the Chinese Internal art that invites each participant to gently express meditative movement while experiencing a calm and soothing state of relaxation. 632-5747.

WEDNESDAY AUGUST 30TH HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. 410-1010.

AWANA AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. Ages 3 years to High School. 6PM. 833-4345

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

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

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

SPECIAL FRIENDS, JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 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. 631-2575.

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

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: Sign up at the Reference Desk or call to reserve session with a volunteer coach for one-on-one computer learning. 868-0701.

THURSDAY AUGUST 31ST HOFFMANN HOSPICE- ADULTS GRIEF SUPPORT GROUP: If you or someone that you love has suffered a loss we encourage you to try to locate a support group in your area. 410-1010.

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

CHILD CAREGIVER SUPPORT GROUP: Anyone can benefit from fresh ideas on how to care for their children. This support group allows

parents to share their own experiences and learn from each other. 393-5836.

SQUARE DANCING CLASSES: Square dancing is for everybody! Come as you are, meet fun friendly people, get great exercise-an inexpensive way to make friends! 6:30 PM. 301-2808.

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

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



ART AFTER DARK AT THE BMOA: An after-hours art experience featuring fine art, entertainment, and drinks at Kern County's only accredited art museum. 323-7219.

CONCERTS BY THE FOUNTAIN: FREE. Jamaican Ska, Rock, Salsa & Funk with Mento Buru. 7-9 PM.

VOLUNTEER DAYS AT WIND WOLVES: We need your help! Our volunteer events are fun and rewarding, allowing you to meet new people, learn and share knowledge, and make a positive difference for the plants and animals that live on the preserve. 858-1115.



SEND US 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.

AUGUST *worship* GUIDE

SPONSORED BY



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

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E-mail photos to kcfm@kerncountyfamily.com*



Mia, 16; Destiny, 5; Elijah, 3; Nico, 1



Diego, 8



Lucy, 10; Julian, 8



Aimee, 6; Elijah, 4



Lillian, 12; Emmalyn, 1 mo.; Allison, 18mo.; Hannah, 11

*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.

tots

The Park at Riverwalk
Tuesday, August 1st
 11298 Stockdale Hwy.,
 Bakersfield, 9am to 2pm

Walgreens
Wednesday, August 2nd
 40 Chester Avenue, Bakersfield, 9am to 2pm

K. C. Child Support Services Ready Set Back to School Fair
Thursday, August 3rd
 1142 S. P Street, Bakersfield, 9am to 12pm

Walgreens
Monday, August 7th
 4306 Ming Avenue, Bakersfield, 9am to 2pm

Children's Mobile Immunization Program
Tuesday, August 8th
 2800 K Street, Bldg. B, Bakersfield, 9am to 2pm

Children's Mobile Immunization Program
Wednesday, August 9th
 2800 K Street, Bldg. B,

Bakersfield, 9am to 2pm

Walgreens
Thursday, August 10th
 3301 Panama Lane, Bakersfield, 9am to 2pm

Blessing Corner Ministries
Friday, August 11th
 101 Union Ave., Bakersfield, 9am to 12pm

Southside Seventh Day Adventist Church
Sunday, August 13th
 1330 3rd St., Bakersfield, 9am to 2pm

Benton Park Center/ Dollar Tree
Monday, August 14th
 2705 So. H Street, Bakersfield, 9am to 2pm

Orangewood Elementary School
Tuesday, August 15th
 9600 Eucalyptus Drive, Bakersfield, 9am to 2pm

Walmart
Thursday, August 17th
 2601 Fashion Plaza, Bakers-

field, 9am to 2pm

Wal-Mart Supercenter
Monday, August 21st
 5075 Gosford Rd., Bakersfield, 9am to 2pm

La Hacienda Market
Tuesday, August 22nd
 315 James St., Shafter, 9:30 am to 2pm

San Joaquin Community Hospital
Wednesday, August 23rd
 2800 Chester Avenue, Bakersfield, 1pm to 6pm

NOR-Riverview Park
Monday, August 28th
 437 Willow Drive, Bakersfield, 9am to 2pm

New Life Church
Wednesday, August 30th
 4201 Stine Rd., Bakersfield, 9am to 2pm

Fiesta Market
Thursday, August 31st
 9710 Main St., Lamont from 9:30 am to 2pm

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

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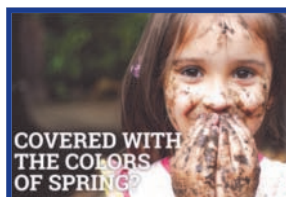
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- Passion & Fashion Charity Show to benefit the Autism Society-Kern Autism Network at the Bakersfield Art Museum Aug 12, 7-10PM Cocktails and Networking followed by a Motivational Speaker, Live Entertainment, and Fashion Show
- Disney Theme LEGO Workshop Saturday Sept 9, 10am-12:30pm Canyon Hills Assem. of God Church Gym

Monthly Support Groups:
Family Support & Sibling Autism Support Groups
Tuesday, Aug 22, 6-7:30PM
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Call or visit our website for event details.



EARLY SIGNS OF AUTISM:

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

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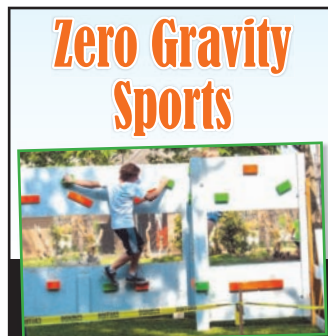
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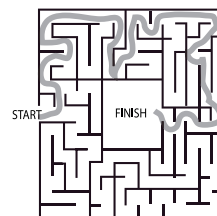


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 2. Advice
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 4. Astound

Maze Craze:



Sudoku:

2	6	1	9	8	4	5	3	7
8	3	4	1	5	7	6	2	9
9	5	7	6	3	2	4	8	1
1	4	9	5	2	3	8	7	6
5	2	8	4	7	6	9	1	3
3	7	6	8	9	1	2	5	4
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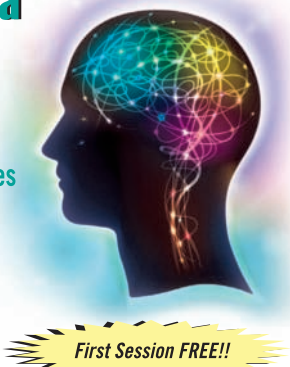
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12 Tips to help your student succeed

By Lara Krupicka

There is no magic formula for school success, but there are plenty of things you can do to improve your child's performance at school. Such as:

1. Keep a consistent bedtime for your child. Being well-rested enables kids to better focus in school.
2. Serve a healthy breakfast. A protein-rich breakfast, such as eggs, or cereal with milk will give your child fuel for his body and brain.
3. Initiate regular communication with her teacher. Let her know of any concerns you have or if there are any irregular circumstances at home. Ask for her feedback on how your child is doing.
4. Read regularly with your child. Not only does reading provide a good parent/child bonding time, it also encourages development of reading skills.
5. Take a look at her take-home folder or assignment notebook on occasion. Review deadlines and your child's plan for meeting them.
6. Encourage your child to explore deeper into topics that interest her. Learning is a lifelong skill and kids need to see that they can find enjoyment in it.
7. Ask open-ended questions about what your child is studying in school. Let him teach you. Passing along skills and information is a good way to reinforce what they're learning.
8. Buy them books. Buy yourself books. Children raised in a print-rich environment are shown to be more proficient readers, according to Educational Testing Service.
9. Praise growth rather than achievement. Psychologist and researcher Carol Dweck emphasizes a growth mindset that values learning for its own sake as a better predictor of success than "talent" or IQ.
10. When working with your child on homework, guide them in strategies for completing it without doing the work for them.
11. Talk about current events as a family. Awareness of the world around them and thinking critically about what is happening make children better learners.
12. Get involved in your child's school when you are able. Interacting with other parents can offer insights on what happens in your child's school day and alert you to upcoming big deadlines.



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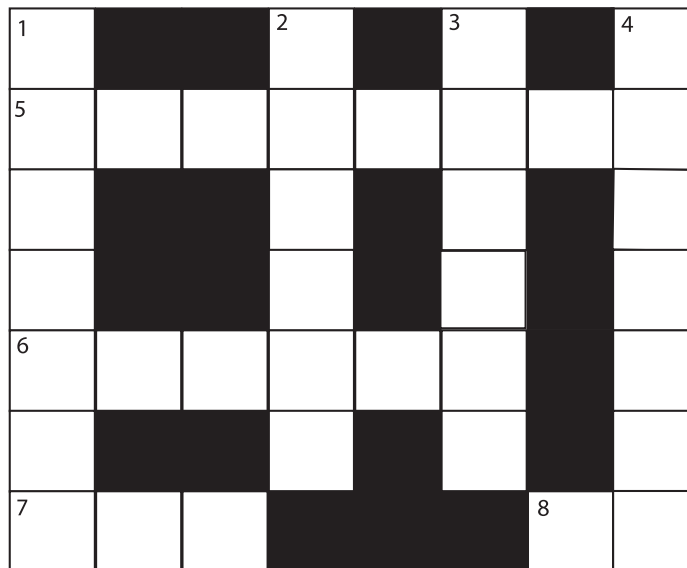
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M	M	R	G	O	R	H	D	T	T	P	N
K	T	G	C	A	L	J	N	H	Y	W	N
G	L	T	P	U	Y	C	G	O	M	I	U
E	W	Q	N	M	S	U	M	D	S	G	F
G	O	O	F	Y	A	F	A	T	S	E	P
M	G	T	L	L	K	I	K	L	V	D	R
X	H	R	V	L	N	G	E	F	C	O	P
D	X	V	X	E	A	T	U	K	A	R	O
A	C	R	O	B	A	T	P	B	D	L	F
L	A	X	U	S	C	I	T	N	A	B	N

Crossword Puzzle

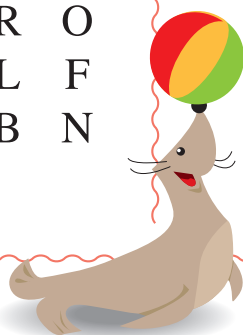
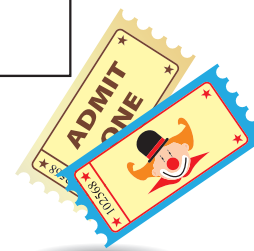


ACROSS

- 5. Driving areas
- 6. Bird of prey
- 7. Vehicle
- 8. Advertisement (abbrev.)

DOWN

- 1. Lots of cars
- 2. Guidance
- 3. Matching speed
- 4. Greatly surprise



Sudoku

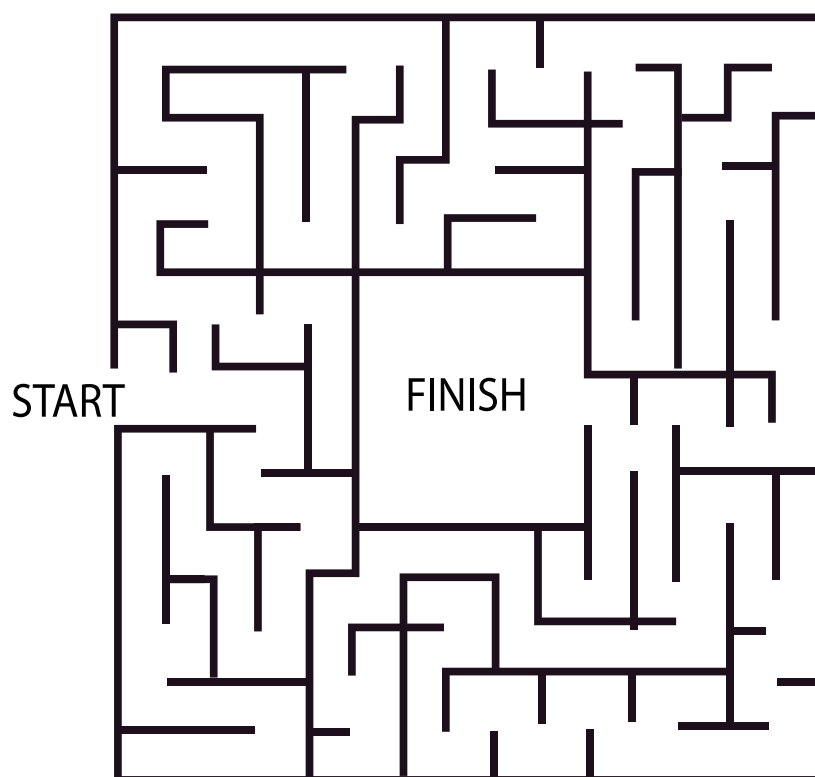
	6	1			4	5	3	
8	3		1			6		9
	5		6	3		4		
		9	5	2				
5	2	8			6			3
		6	8		1		5	4
	8					1		
6			2	4	8	7		5

Level: Beginner

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

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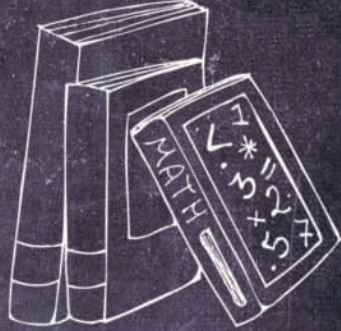
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