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MARCH 2018



**18 GREEN**

*Spring*  
**CLEANING HACKS**

*It's*  
**PLAY TIME!**

**Why It's SO Important for Babies & Toddlers**

*Benefits of*  
**SUMMER CAMP**

**2018 Camp Guide** *p.14*

*plus:* march is national nutrition month *p.6*  
candy-free easter egg filler ideas *p.28* saint patrick's day fun *p.18*





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<https://trf.kern.org>

Pre-registered applicants will be admitted to the event at their scheduled times. Non-registered attendees should arrive at 11:00 a.m. Admittance will be determined by occupancy at 11:30 a.m.

dear reader .....



Vaun Thygerson,  
Contributing Writer

Managing a home is hard work. The amount of energy that goes into the daily tasks such as cleaning, shopping, cooking, scheduling, chauffeuring and so much more can be overwhelming.

My husband helps out a lot, but I couldn't wait for my kids to be old enough to lend a hand.

But I've learned to be careful what I wish for because sometimes their "help" can actually cause more work.

I can't tell you how many times I've had to clean up behind them or just smile at a sloppily-made bed. But, that's the job, we have to grin and bear it through their learning curve.

Laundry is probably my least-favorite household task because just when I finish a load, another mound of dirty clothes magically appears. It literally never ends. And the sock sorting...don't even get me started on this one!

I decided that I would pay my kids piecework - I gave them a negotiated price for every pair of socks they matched up. My youngest son was the master sorter and made quite a bit of money one afternoon with a basketful of neatly folded socks. But as the days went on, we realized he really didn't know how to match the socks. We kept finding pair after pair of completely mismatched socks in our drawers. And I'm not talking about two black socks with different logos, but completely different socks, colors, sizes and designs. He can't live it down to this day as it became an inside joke at our house.

But don't give up. There will come a day when your little ones become great at their chores and sometimes even do it without being asked.

It's worth the growing pains because what they can learn to contribute is so worth it. For kid-safe, Spring Cleaning hacks the whole family can pitch in and help with, turn to page 12.

March is National Nutrition Month. In Alexa Bigwarfe's article, "Go Further with Food" in KCFM's Vital Signs section on page 6, she writes about the importance of keeping a well-balanced diet and making healthy food habits. She also gives six tips on how to make sure your children are eating a healthy diet. Also, in her article, "Kids Should Avoid Energy Drinks," she writes about a new statement released by The American College of Sports Medicine that states these drinks are not safe for children.

The organization discourages energy drink companies from marketing to children and teens.

For your monthly dose of humor, turn to Tracie Grimes's Humor at Home article, "Parents and Technology: Does Not Compute," on page 16. She writes about how challenging it can be to teach your parents about technology. Her parents are smart people with advanced degrees, but the hilarity that ensues while teaching them how to load a new app on their iPad is worth the read.

Winter is fading and March becomes the time where we see the Earth renew with its blossoms and warmer weather.

This season, you can make new memories with your family whether you're teaching them how to clean or making a healthy meal together.

Spring is one of the best times of the year. As Charles Dickens wrote, "It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

*Happy Spring Cleaning!*







## KCFM's Annual Summer Camp & Adventure Fair Set for Thursday, April 12

Save the date for KCFM's Annual Summer Camp and Adventure Fair! The 2018 Fair will be held on Thursday, April 12 from 2 to 6:30 p.m. at the Westside Church of Christ, 7300 Stockdale Highway. Discover fun and enriching summer programs for your kids.

**For more information or to become a vendor, please call 661-861-4939 or visit [www.kerncountyfamily.com](http://www.kerncountyfamily.com).**

## 5th Annual Spring Nature Festival



Wind Wolves Preserve will host its 5th Annual Spring Nature Festival on Saturday, March 3 from 10 a.m. to 4 p.m., and Sunday, March 4 from 10 a.m. to 2 p.m. This event is a free opportunity for the local community to explore and enjoy nature with activities, hikes, guided tours, wildflower displays, restoration projects, and much more. A popular feature film will play Saturday from 5:45 to 7:30 p.m. in the newly renovated, outdoor San Emigdio Sunset Theater, registration is required for the movie (call for film information).

This is a perfect family fun festival you won't want to miss.

For more information, please visit [www.wildlandconservancy.org](http://www.wildlandconservancy.org), email [windwolvespreserve@twc-ca.org](mailto:windwolvespreserve@twc-ca.org), or call 661-858-1115.

## 16th Annual Southern Sierra Council Pinewood Derby

The 16th annual Southern Sierra Council Pinewood Derby will be held on Saturday, March 10, at the Bakersfield California National Guard Armory, 2800 Galaxy Ave., beginning at 8:30 a.m. with the theme, "Race on the Beach."

Sponsored by the Southern Sierra Council and The Army Cadets of Bakersfield, Cub Scouts will race their unique cars against each other throughout the morning.

The event will also include local vendors where you can learn more about things to do in Bakersfield. Spend some time on the Beach Boardwalk where you can play carnival games and eat food. You can sign up for Cub Scouts, camps, and its Baseball League. To sign up or for more information, please call 661-325-9036.

## 2nd Annual Streets of Bakersfield Cruizin-4-Charity Car Show

The 2nd annual Streets of Bakersfield Cruizin-4-Charity, held March 15 through 17, is a three-day car show that raises money for local charities such as Kern County Honor Flight, Mendiburu Magic Foundation, Boys & Girls Clubs of Kern County, and more. Sponsored by KUZZ, the event kicks off Thursday night with a VIP dinner and entertainment at Buck Owens Crystal Palace. Friday night the cars, trucks, and motorcycles will cruise down historic Chester Avenue. Saturday the 1,000 plus cars, trucks and motorcycles will be on display in downtown Bakersfield. The day will also include live music, a treasure hunt, a beer garden, and many more activities.

For more information, please visit [www.cruizin4charity.com](http://www.cruizin4charity.com).

## World Down Syndrome Day: See the Ability

Wear blue and yellow, find some crazy socks, and come out to celebrate the 3rd Annual World Down Syndrome Day: See the Ability on Wednesday, March 21 at 5:30 at The Marketplace's fountain. Sponsored by Kern Down Syndrome Network, this day hopes to promote a voice for advocating rights, inclusion, and health for people with Down Syndrome, both locally and globally. The night will also include a fundraising dinner at Tahoe Joe's. Tickets are on sale now. For more information, please visit [www.kerndsn.org](http://www.kerndsn.org).



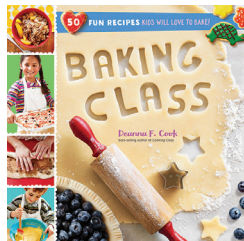
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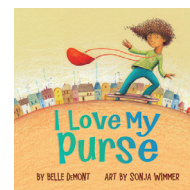
### Get Cooking

Baking Class (\$18.95, [www.storey.com/books/baking-class](http://www.storey.com/books/baking-class), ages 8-12) is a delightful book featuring 50 easy-to-follow recipes. It includes step-by-step photos to teach bakers-in-training how to knead dough, make biscuits, decorate cookies, and produce a perfect pie, along with essential skills like following directions and accurately measuring ingredients.



### Baby Comfort

The versatile Sleepod (\$189, [www.askrembla.com](http://www.askrembla.com), ages birth - 7 months) is easy to use and lightweight. Can be used for co-sleeping, baby lounging, daytime napping or traveling. Manufactured in Los Angeles, it uses organic, natural materials to create a safe, hypoallergenic, and cozy environment for babies.



### Be Unique

I Love My Purse (\$18.95, [www.annickpress.com](http://www.annickpress.com), ages 4-7) is a charming book with a wonderful message - celebrate your unique individuality. Charlie loves his bright red purse. First his father, then his friends and even the crossing guard question him about his "strange" choice. But Charlie is not deterred and thanks to his determination, everyone around him realizes something important - be true to yourself.



### The French Collection

(\$89.99, <http://www.whistlefritz.com/product/the-french-collection/>, ages 2-7) is a boxed set of DVDs and CDs with an entertaining combination of live action, animation and upbeat music to introduce children to a new language. Includes a translation guide, lyrics, and English and French subtitles.





## "Go Further with Food" During National Nutrition Month

The theme of this year's National Nutrition Month, which is celebrated annually in March, is "Go Further with Food," which has a double meaning. It is meant to help us consider not only the numerous benefits healthy eating habits offer, but also encourages reducing food waste by meal planning and preparing food in advance.

Obesity continues to be a major issue in the United States, so nutritionists want to encourage families by letting them know that eating healthy doesn't have to be complicated. Planning ahead really helps the family ensure they are getting a good mix of nutrients and a wide selection from the food pyramid in their diet.



### Some tips to ensure your children are getting a balanced, healthy diet:

1. Know what the proper serving size is for each age. Use MyPlate.org to determine not only what the right serving size is, but what types of food should be on your plate during each meal
2. Include your children in the meal-planning and cooking process, when feasible. Some fun ways to engage the children would be to have "Try It Tuesday" or "Make Something New Monday." Have the kids help pick out the food you'll be trying. Older kids can also help with peeling, cutting, washing and other preparation. If they are part of the prep team, they will likely be more vested in giving the meal a try.
3. Include plenty of prebiotics and probiotics in your diet. Prebiotics include: bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat foods. Probiotics include yogurt, kefir products and aged cheeses, which contain live cultures (for example, bifidobacteria and lactobacilli). Prebiotics and probiotics include plenty of the right kinds of bacteria which keep your gut healthy and digestion functioning properly.
4. Go for a color-wheel approach on the plate. Instead of focusing on healthy vs. not healthy or good food vs. junk food, try to make the dinner experience an adventure with colorful and bright foods. The WebMD FitJr website features tons of tips on making eating fun. Try kid-friendly foods that can be eaten with tiny fingers, cut sandwiches into fun shapes with cookie cutters, play with the overall presentation on cool plates! If you really want to get creative, carve their names out of fruit or cheese blocks; hide the letters of their name in their school lunch.
5. To save money, make sure you check the pantry and the fridge before shopping and don't buy more fruit and vegetables if you already have a good supply at home. If you can't eat it or freeze it within the week, don't buy it at the store.
6. No matter what you are eating, make sure your children have an active enough lifestyle to keep them fit.

For more specific advice for your child or family's health and nutrition needs, reach out to a dietician.

## Double Up for Mumps Protection

The newly released 2018 recommended immunization schedule from the American Academy of Pediatrics (AAP) states that in the case of a mumps outbreak, doctors can provide a third dose of mumps vaccine. Children currently receive two doses of measles-mumps-rubella (MMR), which is highly effective against mumps, but according to the U.S. Centers for Disease Control and Protection (CDC), that protection begins to fade over time.

While mumps is no longer common in the United States, there has been an increase in mumps cases and outbreaks since 2006, including a fairly large outbreak in California over the summer of 2017. Mumps is very contagious and spreads most quickly among people living in close quarters or in social settings. In response to the outbreaks, the AAP has determined that an extra booster of the MMR can be effective in helping children stay protected if there is an outbreak nearby.

Other recommendations in the latest immunization schedule include an annual flu vaccine, two doses of human papillomavirus (HPV) for children ages 11-12, and three doses for those over 15 years of age, and a catch-up schedule for those children who are more than a month behind in vaccines or started late.

The US CDC has extensive information on child and teen vaccinations. Visit [www.cdc.gov](http://www.cdc.gov) if you want to learn more.

## Kids Should Avoid Energy Drinks

A new statement has been released by The American College of Sports Medicine (ACSM) indicating that highly caffeinated energy drinks should not be marketed to children and teens because they are not safe for them to consume. In fact, children are at very high risk for complications from energy drinks, including death.

"Energy drinks are extremely popular, and concerns about their consumption are coming from every sector of society, which is why we've published these recommendations," Dr. John Higgins, associate professor of medicine at the University of Texas McGovern Medical School in Houston, said.

Red Bull and Full Throttle are at the top of the list for younger children and teens to avoid. The ACSM encourages organizations to make the message well known that these drinks are not appropriate for kids. The complications from energy drinks are even more extreme because of their small bodies. The researchers found that the excessive levels of caffeine can have negative impacts on many major areas for children, including cardiovascular, neurological, gastrointestinal, renal and endocrine systems, as well as psychiatric symptoms! There have even been deaths linked to consumption of the energy drinks before, during, or immediately following an intense exercise session.

For more information on how energy drinks can impact your child, please visit The American Academy of Family Physicians at [www.aafp.org](http://www.aafp.org).

Stick with juice, milk, or even better, water!





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# Make Time For Play

## How playtime boosts learning for toddlers and preschoolers

By Malia Jacobson

When Meag Diamond of Tacoma began touring potential preschools for her toddler son, Keats, she saw a number of beautifully laid-out spaces filled with immaculate worktables, inviting book nooks and inspiring art stations. What she didn't see was unstructured, unhurried play—kids completely immersed in activities of their own choosing, absorbed in their own imaginations, creating with peers and engaging with nature.

That underwhelmed Diamond, who spent six years as a Montessori teacher. “Kids aren't getting that long amount of time to enter into play, manipulating materials, learning about balance and cause and effect. It didn't feel right to me to have my son in a program that would limit the amount of play and stop that flow from happening.”

She didn't find a school that fit the bill—so she created one. With her husband, Jose Estrada, Diamond opened Tacoma's Chavitos Nature School, an outdoor Spanish immersion school, in the fall of 2015. In the preschool program for ages 2–5, children spend virtually all of the three-hour class session outdoors, deep in play. They climb trees, build fantastical forts with planks and plastic piping, dig for worms, collect pinecones and engage in the type of uninterrupted play that Diamond views as critical to learning and brain growth.

“We don't call them in until there's a natural break in the play,” she says. When play does

slow down—typically about halfway through each session—the kids gather for snack and journaling.

Within a year of Chavitos' opening, the school had a full roster of children (two preschool classes with eight children in each; and a class for kindergartners through fifth graders). The school maintains a year-round waiting list of families eager to try Diamond and Estrada's model of play-based learning.

But does it work? The short answer: Yes. According to researchers, a child's earliest learning is rooted not in formalized education, but in play.

### Ages 0–2: Sensory scientists

From birth, children are “scientists exploring the world, building their understanding of the world through play,” says Amelia Bachleda, Ph.D., outreach and education specialist with the University of Washington Institute for Learning and Brain Sciences (I-LABS).

Now's the time to dig out all those colorful toys, rattles and mobiles. In the first six months of life, bright, textured, crinkly or noise-making toys help spark brain-building play as infants fine-tune their senses. “Grasping for an exciting toy that's just out of reach during tummy time, feeling different textures, looking at brightly colored things—engaging the senses is important at this point in development when babies are first exploring their world and building fine motor skills and coordination,” says Bachleda.

The best toy in the room? You. During back-and-forth interactions with caregivers in games like peekaboo, infants learn about empathy and social dynamics. During these earliest play sessions, an adult's closeness and attentiveness can help encourage cognitive growth. In a 2017 study published in the journal *Child Development*, 5-month-old infants who spent more time in mutual gaze—i.e., holding eye contact—with their

*“The best toy in the room?  
You.”*

mothers during play had longer attention spans at 11 months old than infants who spent less time locking eyes with Mom.

Child-led play is also important, even in infancy. When children lead their own play, they naturally gravitate toward uncovering something they want to know about, says Bachleda.

But parents may not always realize it. According to Bachleda, “Children are amazing logical thinkers, constantly running their own experiments” and testing newfound knowledge to see if people or objects act the same way consistently—as any parent can attest who's taken part in a baby's repeated experiment of dropping a drinking cup or spoon, then gleefully dropping it again as soon as it's retrieved.

Research from Johns Hopkins University suggests that 11-month-old infants will pay more attention to an object that surprised them—like a ball that's seemingly passed through a solid wall—than one that performs as expected. Another Johns Hopkins study found that when 11-month-olds saw an object presented in an unexpected way—like a toy car flying in midair instead of rolling on the ground—they changed the way they played with that object. Babies who saw a floating car were more likely to replicate this scene in their play, reflecting a new understanding of the world.

Like scientists, babies are always using past discoveries to try to predict future events. In a 2015 study conducted by Andrew N. Meltzoff, Ph.D., a University of Washington psychology professor and an I-LABS co-director, and his colleagues, children as young as 24 months old showed an intuitive understanding of probability.

By watching adults play a game, the tots were able to predict the strategy that would lead to success, even if the strategy was complex. This showed that simply observing adult interactions can help toddlers learn about cause and effect.

### Ages 3–5: Social engineers

As toddlers turn into preschoolers, play becomes more complex in the form of coordinated play with peers. (You'll see more side-by-side or “parallel” play in younger toddlers.)

Coordinated play among preschool-age children helps bridge the gap between the simple back-and-forth game play of babies and the rule-driven play of older children. It also builds a child's

story continues on page 10





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health feature continued from page 8 •••••

prefrontal cortex and offers kids vital lessons about themselves and the world.

"In coordinated play, children are playing imaginative dramatic games, learning how to tell a story through their actions, developing plot through their imaginative play or playing games with rules that require executive functions, like paying attention, flexible thinking, short-term memory and inhibitory skills," says Bachleda.

A prime example of a coordinated play game for the preschool set: "Simon Says," in which players act out a simple command, but only if "Simon says." Players must recall the game's rules and exercise flexible thinking because sometimes they'll have to do the opposite of what's requested or inhibit their reaction.



Research shows that this type of coordinated play helps build vital social skills such as gaining perspective, restraint, emotional regulation and cooperation. In a 2017 study published in the Journal of Experimental Child Psychology, Meltzoff of I-LABS found that coordinated movements during play, such as swinging in sync with another child on a swing set, enhanced cooperation in 4-year-olds. Kids who participated in coordinated physical movement were then more likely to collaborate successfully—in this case, by working together to solve a problem presented by a computer game—immediately after the coordinated physical activity (in this case, the swinging). Researchers don't know exactly why this happens, but the study showed the importance of coordinated play among preschoolers, says Bachleda.

In one 2017 study in the Journal of Experimental Child Psychology, researchers at Cornell University found that children as young as 4 could understand and apply complex social rules in a game setting, deciding when rules could be changed and who could change them. In the study, children determined that a game's rules could be changed by the child who invented the game, but not by other players—only when a game was initiated by the group could the group jointly alter the game's rules. This nuanced view of authority and social boundaries helps expand a child's abilities to navigate the world at large, says Bachleda.

Such complexity among preschoolers doesn't surprise Meag Diamond of Chavitos. Play provides an ideal platform for social education that can't be matched by a formal curriculum, she says. "Social and emotional skills are created through conflict, turn-taking and kids not getting what they want in the moment, and learning to communicate." Play, she adds, is the best way to instill that complex learning.

But perhaps the best part? The simpler pleasures of play: Kids collecting pinecones, digging for worms and exploring the forest, lost in thought.

"When children get to play freely, they'll grow up knowing more about their own passions and interests, and about themselves," Diamond says. "It's a tremendous gift."

*Malia Jacobson is a nationally published journalist specializing in health and family topics.*



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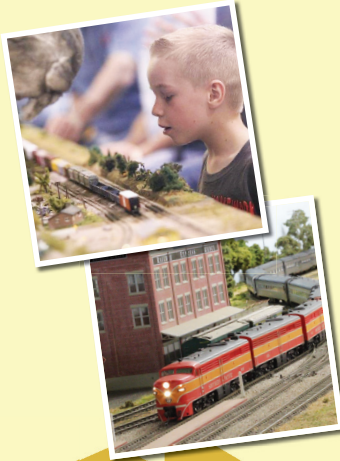
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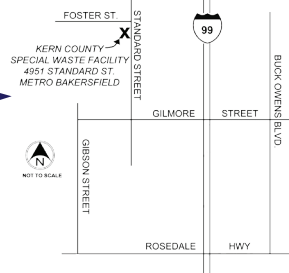
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# Magically Immaculate!

## 18 Green Cleaning Hacks for Spring By Janeen Lewis

What if the microwave cleaned itself, the shower never grew mold, or stains disappeared from clothing in the spring air? The following green cleaning hacks deliver the look and fresh feeling of a spic and span house without the harsh chemicals or hard work it takes to get it that way. In fact, some of these tricks are so effortless, parents can relax and enjoy some self-care time—since there are no caustic cleaners, children can help! Either way, spring cleaning will be a breeze.

### KITCHEN

1. Remove dried on food particles from the microwave without scrubbing. Cut a lemon in half and put both halves in a microwave safe bowl with half a cup of water. Heat for five minutes. When time is up, wait 15 minutes with the microwave door shut. Open and wipe with a dry cloth. Baked on food will slide right off.
2. Disinfect the garbage disposal by sprinkling with baking soda, adding warm water and gently scrubbing the rubber insert with a toothbrush. Rinse. Toss frozen vinegar cubes down the sink and, with the water on, grind the ice in the disposal.
3. Make a stainless steel sink sparkle by sprinkling baking soda in it. Gently scrub with a sponge, then rinse away. Soak dish rags in white vinegar and place in your sink and on the faucets. Wait 15 minutes, then wipe out the sink to remove water spots and leave the sink shiny.
4. Cover refrigerator shelves with food wrap. When there is a spill, peel away the food wrap. No more scrubbing sticky spots out of the fridge.

### BATHROOM

5. Disinfect the toilet by sprinkling baking powder in the bowl. Scrub the bowl and under the rim with a toilet brush at night before going to bed. Pour in a cup of white vinegar, causing a foaming action. While you sleep, let the vinegar and baking soda do the work! Flush in the morning.
6. Keep mildew from growing in a clean shower by wiping it down with a dry hand towel after each use, saving hours of scrubbing later. For a dirty shower, mix equal parts white vinegar and dishwashing liquid and use a sponge to gently scrub the shower with the mixture, then rinse. **However, don't use vinegar on marble or natural stone.**
7. Hate mildew on your plastic shower curtain liner? Wash it in the gentle cycle of your washing machine on warm, then line dry. To keep mildew from growing back, spray the liner with equal parts of water and vinegar.
8. Clean crusty bathroom faucets by soaking cleaning rags with white vinegar. Wrap the rags around the faucets and wait 30 minutes. Scrub hardened water deposits away gently with a toothbrush and rinse.

### FLOORS

9. Add one-half cup of white vinegar to half a gallon warm water to mop your kitchen floor. Don't like the smell of vinegar? Add a few drops of essential oil to the water. Again, don't use vinegar on natural stone or marble, and test an inconspicuous area before mopping a hardwood floor.

### WINDOWS

10. Clean blinds by making a solution with equal parts water and vinegar. Spray solution on an old sock and wipe the blinds with it.
11. Forget scrubbing – use a squeegee to clean windows and mirrors. Put a squirt of dishwashing liquid in approximately half a bucket of water. Use a sponge to apply the soapy water. Squeegee off for streak-free windows.

### FURNITURE AND FIXTURES

12. Squeegees aren't only for windows. Use them to remove embedded pet hair from furniture and carpets.
13. Unsightly water ring on the table? Empty all the water out of your iron. Put it on high heat. Cover the water stain with a white pillowcase. Move the hot iron back and forth over the pillowcase. The spot will disappear.
14. Make dusting easier by using a microfiber mitt that traps dust. When you are done, toss the mitt in the washer, but don't use fabric softener on it.
15. Dust fan blades with a pillowcase. Pull the pillowcase over the entire fan blade and wrap tightly. Pull down and off the blade. The dust clumps will be trapped in the pillowcase instead of falling onto the floor below.

### LAUNDRY

16. Stubborn stains on your favorite white outfit? Wash and then hang the garment out to dry in the sun for a few hours. The sun will bleach the stain and brighten dingy whites.

### TOYS

17. Wash plastic toys in the dishwasher using an eco-friendly dishwashing detergent.
18. Dust dirty stuffed animals with baking powder and put in a pillowcase for an hour. Remove the stuffed animals and vacuum with an attachment tool. Voila! The baking powder deodorizes the toys and soaks up oily spots.

Once the house is spotless in record time, relax, have a latte, and get outside in the spring sunshine!



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# Benefits of Summer Camp

by Christa Melnyk Hines

As 14 million children across the country head off to day and overnight camps this summer, they'll return home with more than just a cute camp t-shirt. The summer camp experience can give kids an advantage in school and in life. Here are some of the best ways camp benefits kids:

**Nurtures social skills.** Camp is a community away from home and school where kids learn to work with each other and adult mentors, build relationships and manage conflict.

"You learn to navigate through group dynamics, to barter, to keep one another happy, to be sensitive and support a friend who's sad," says James Spearin, YMCA senior vice president of youth development. "These skills transfer and build adults with strong character and leadership."

**Models healthy living.** According to the Centers for Disease Control, obesity in children has doubled, and in teens has quadrupled, in the last 30 years. Thanks to the many activities camp offers, kids stay busy and physically active.

More camps are also working to offer healthier food choices for their campers. According to a 2014 study in the American Journal of Health Behavior, camps that offer wholesome foods are more likely to turn out campers who eat more fruits and veggies. Many resident and day camps now offer cooking and gardening tracks where kids learn how to prepare nutritious meals.

**Eases the summer slide.** You know that old saying, "if you snooze, you lose?" In the absence of regular enrichment over summer break, research finds that kids typically lose as much as two months of grade level equivalency in math. Reading comprehension and spelling skills also take a hit during the summer.

To help curb summer learning loss, many specialized camps offer educational opportunities in STEM (science, technology, engineering and math) that make learning and problem-solving fun and interactive. Also look for camps geared toward reading, writing and the arts.

**Provides a sense of achievement.** From rock climbing to whitewater rafting and horseback riding, summer camp gives kids a chance to try activities that they wouldn't ordinarily get to try.

"Trying new things in an encouraging environment creates a greenhouse for growing young leaders," says Garret Perkins, director of Camp Kanakuk, a faith-based camp that offers overnight, day and family camps.

**Enhances self-confidence.** According to an extensive study of camper outcomes conducted by Philliber Research Associates, 70 percent of parents report that their child gained self-confidence while at camp. Whether they work through homesickness or tackle an activity that



pushed them outside of their comfort zone, kids walk away feeling a stronger sense of personal pride and self-reliance.

"We use our activities and facilities as platforms to encourage kids in who they are and equip them to grow in confidence," Perkins says. "With this newfound perspective, they become influencers in their own communities."

**Helps them unplug.** In a distracting digital world, camp offers valuable space where kids can slow down, connect and focus.

"At Kanakuk, we remove the distraction technology offers and give campers the chance to plug into the great outdoors, try new sports and activities, make friends through shared experiences instead of shared online platforms—and we see them come alive," Perkins says.

**Builds friendships.** Away from the pressures, labels and social structure of school, one of the best parts of camp is the opportunity for kids to make new friends.

"Some of the biggest benefits we saw from sending our children to Kanakuk were their new friendships, spiritual growth and just the opportunity for them to spend time with like-minded people away from worldly distractions," says Dianne Shadwick, whose three children began attending Camp Kanakuk at age 9.

**Reintroduces them to nature.** According to a nationwide poll conducted by The Nature Conservancy, only about 10 percent of children spend time outdoors everyday. Why? Kids say they aren't interested, they lack access, and are uncomfortable outside. In the meantime, they're growing more attached to life in cyberspace and further detached from the natural world.

"To connect with our woods and forests, our wildlife, our lakes and streams and oceans, our stars in complete darkness, all while depending

## What Campers Say:

**96%** say camp helped them make new friends

**92%** say people at camp make them feel good about themselves

**74%** did something they were afraid to do at first

Source: ACACamps.org

on other campers and adults to keep one another safe is an experience unlike most others in life," Spearin says.

**Fosters teamwork.** Camp facilitates an environment where kids learn that to succeed they must work together with their peers and their camp leaders.

Whether they're working to build a campfire together, playing a game, or preparing a meal, campers learn to problem-solve to accomplish their goals. Through teamwork, kids learn that they are each an integral part of the community where they feel a sense of acceptance and belonging.

**Encourages personal growth.** While camp may simply seem like a quintessential summer pastime for kids where they might learn to swim, sleep in a cabin and sing around a campfire, they're rewarded with personal development skills that will help them in the classroom, in their relationships and eventually, the board room—or whatever their calling.

"Those tangible experiences lead to building the foundations of stronger children who can lead others, show empathy, navigate through difficult group dynamics, value the differences in everyone, and give of oneself for the benefit of others," Spearin says. "These are skills that the best in our society show throughout life."

Freelance journalist Christa Melnyk Hines' latest book is *Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World*.





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humor@home by tracie grimes .....

# Parents and Technology DOES NOT COMPUTE



I love my mom and dad more than I can say. They've helped us raise our four kids, and frankly, I don't know what I'd do without them. So I'm going to take this opportunity to mock them.

They're both pretty smart people; the kind of people who've earned advanced degrees and have become members of Mensa (a society for bright people, the only qualification for membership of which is a high IQ). That being said, they could sure use a library full of \_\_\_\_\_ for Dummies.

You can fill in the blank with almost anything that has to do with technology. Faxing for Dummies, Changing Channels on the Cable Box for Dummies, Answering a Hands-free Telephone for Dummies, Placing a Call on a Cell Phone for Dummies – all of these titles would come in quite handy for them.

Their latest venture into modern technology took place last week when my mom mentioned that she's watched all the TV she wants to for now and has run out of books to read. (I should interject here that she's been homebound for several weeks because she's recovering from surgery and has a foot that's broken in three places.)

My first mistake was pointing out that she can always get more books. "Seriously?" she said, pointing at the boot on her foot.

I said, "Mom, you don't have to go out of the house or order books and wait for them to get here; you can just download the Kindle app and order books for Kindle on Amazon. It takes about five seconds to download them."

"Oh, how do I get that?" she said excitedly.

"Hand me your phone and I'll help you download the app."

"No, no – my phone screen is much too small. Hugh," she yelled out to my dad, "bring me that pink square thingy." *Translation: "Hugh, bring me the iPad."*

And so, for the next 45 minutes, the three of us went through a series of hand-slaps followed by "I can do it!" and yelling things like, "Well, now your hand's in the way and I can't see what I'm doing," and, "Why does it say my email ends with iCloud? My email doesn't end in that – what does that even mean, iCloud?"

If having four children didn't teach me any patience, getting the Kindle app on my mother's "pink square thingy" certainly did.

After another half hour, we actually had four books downloaded and ready for her reading pleasure. I went home, downed half a bottle of Nyquil, and faded into a blissful state of serene unconsciousness.

I sure hope nobody tells her about iTunes.



# Ethics & Work

Brandon stands in the kitchen and informs his mother that he does not want to clean his room, "Why should I," he asks. "Your room is a mess too."

His mother stands there with her hands on her hips pondering a way to communicate to him just how important it is to learn how to work in the world, but all she comes up with is "Don't talk to me like that, you're being rude."

Brandon, of course, because his mother is continuing to talk to him, retorts, "You guys should pay me to clean my room, other parents do that."

His mother scowls at the boy. "Well, at least empty the trash, maybe you can do that for me."

Brandon replies, "How much will you give me for it?"

Brandon seems to forget that his parents both work eight to nine hour days, then come home and continue to contribute, even though both might be exhausted. Somewhere along the line, his parents were taught about a moral obligation to oneself and one's family that required commitment and often some form of labor.

Learning the ethics of the moral obligation allowed these individuals to learn how to work diligently for payment for what they were receiving. Becoming a contributor to a working system, such as a family home, allows the individual—the child—to learn to give back for what he is being offered in the way of shelter and food.

Allowing the child to learn how to handle this moral obligation prepares him for the brave new world of becoming an adult. Learning to work for your supper allows the child to recognize his need to contribute if he is going to have a successful place in the world.

Brandon has refused to clean his room and wants to be paid for taking out the trash. Perhaps his parents could sit down with him and display for him what they generally pay for his comfort needs each month and should he wish to continue to receive those needs, he can start contributing to the family home duties.

Without the development of a work ethic, Brandon will be lost as an adult in the working world if he is unable to assume a duty and complete it successfully.

His recognition that his ongoing contribution will eventually lead to some form of compensation or remuneration, currently electricity in his room and meals and later perhaps a paycheck, should motivate him to contribute his services to his home. Expecting one's child to learn about this moral obligation requires that the parent assist the child in learning how the system works. This means the child needs to learn to contribute, to perform chores, recognizing that he is indeed being enumerated through his room and board.

Expecting a child to perform chores for the family is an essential expectation for the child. Assisting the child in learning of his moral obligation to assist within the home allows him to learn how to contribute toward other social areas of life.

The ethics of performing any job is that the person does it well. Any attempt at completing the task halfway should be met with the message, "Completing this job well allows you to be considered a contributing member of the family. This then allows you to receive the benefits of being in the family." Allowing the child to perform a less than adequate job and continue to receive the benefits of the family organization, privileges, finance, or car rides, does not prepare him for the real-world expectations and prevents him from developing a self-assured sense of character.

Brandon can start by taking care of the trash and cleaning his room, if he is to expect anything else from his parents. Any less of a lesson will cripple Brandon in learning about his responsibilities in the real world of adults and ethics and the moral expectations of those who reside there.

As we assist our children in learning the ethical necessity of one's contribution in tasks and work, the more they gain a moral and successful place in the world.

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

## Happy St. Patrick's Day



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# 6 Ways to Celebrate SAINT PATRICK'S DAY WITH KIDS

By Sarah Lyons

Each holiday brings the opportunity to participate in unique celebrations with your kids, and Saint Patrick's Day has no shortage of fun festivities. Whether you are lucky enough to be Irish or just love celebrating the holiday, try these fun and educational ideas to bring some luck to your home.

## Eat all things green

Celebrate the day by feasting on all things green. For breakfast, try some green eggs and ham while reading the Dr. Seuss book to your kids, or dye your pancakes green just for fun. For lunch, try serving up a buffet of green foods - broccoli, celery, salad, guacamole, and grapes. Wash it all down with some green juice. Who knows? Maybe your child will try some new foods trying to get good luck on St. Patty's Day.



## Attend a parade

Check your local listings for a Saint Patrick's Day parade and attend as a family. Go green by painting your face or picking up some silly hats or headbands at the local dollar store. See which family member can dress in the most green for the event.

## Set a leprechaun trap

The night of the 16th, have your kids set a leprechaun trap using a box or laundry basket. Put gold coins inside to attract your leprechaun, but remember, leprechauns are very sneaky and do not like to be seen. In the morning, your child may awake to see that the leprechaun has taken their gold coins and left them a small gift or treat.

## Scavenger hunt

Create a scavenger hunt for your kids (or let the leprechaun leave the first clue in the trap). Make it educational by asking kids to answer a question or riddle to figure out the next clue or leave an interesting fact about Saint Patrick to learn more about the holiday. Have your kids follow the clues through the house to find a pot of gold coins at the end.



## Make a rainbow

Saint Patrick's Day wouldn't be complete without a rainbow. Have your kids use watercolors or finger paint to create their own rainbow. Vanilla pudding with food coloring makes for a fun and edible finger paint. Put food coloring in cups of water and let kids experiment by mixing them to see what colors they can create. Using eye droppers and ice cubes trays lets you sneak in a little fine motor practice too. Make sure to offer some Lucky Charms cereal as a snack for a little inspiration.

## Explore the Irish culture

Learn about the Irish culture by checking out books or movies about Ireland and the history of Saint Patrick's Day from your local library. Have the kids watch a video of an Irish dance performance (YouTube is a great place to find one) and have the family try some of the dance moves themselves. This activity will get the whole family moving and probably produce some giggles too. For the crafty, try painting or drawing an Irish flag or four leaf clover. If you are lucky enough to be Irish, make a family tree and discuss your heritage. For dinner, try serving a traditional Saint Patrick's Day meal like corned beef and cabbage. If this isn't a family favorite, Reuben sandwiches may be a good alternative.



There are so many ways to celebrate Saint Patrick's Day that do not involve the stereotypical party we may first think of. Parents can get creative with crafts and activities that are family-friendly and sure to become a well loved tradition in years to come.

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**OPEN SATURDAYS**  
 2 Bakersfield Locations to Serve You  
 El Dentista Habla Español  
 Most Insurance Accepted  
 Medi-Cal for Families or Medi-Cal Program

**Midtown Family Dentistry**

2427 "H" Street  
 Enrollment available on site  
**861-0577**  
 OPEN 6 DAYS A WEEK

**Just for Kids Dentistry**  
 4000 Stockdale Hwy., Suite H  
**327-7668**




**\$\$ Loans \$\$**



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# Kindness Through Empathy

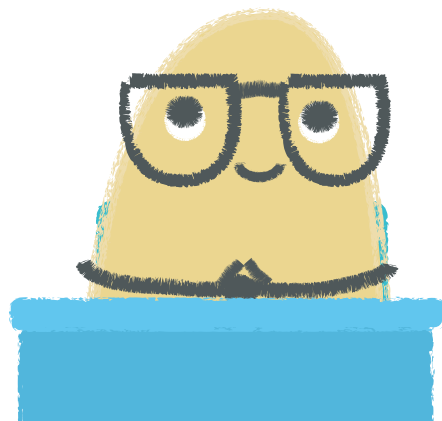
## KIND IS THE NEW COOL

Brought to you by:



**Dignity Health**  
Mercy & Memorial Hospitals

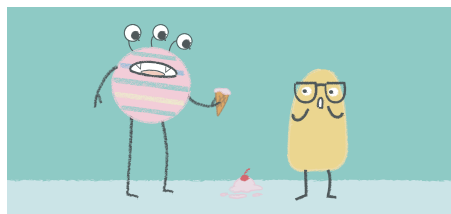
# Em-pa-thy



**When people think of kindness, they often default to examples of kind acts. Expressing gratitude or being courteous to others are certainly forms of kindness, but sometimes the most appropriate forms of kindness aren't obvious to us. Let's take a look at one such facet of kindness: empathy. Empathy can be hard to grasp when we're young. The sooner we learn to empathize, the easier it is for us to spread kindness. It's a powerful skill, and can always be improved upon. That's why we want to focus on empathizing with others this month.**

### What IS Empathy, Anyway?

To begin with, empathy is defined as, "the ability to understand and share the feelings of another." Sometimes, we know exactly how someone else feels, because we've been through the exact same thing. If you've witnessed your favorite sports team lose the big game, then it's probably easy for you to understand what your friend feels like when his favorite sports team loses the big



game. Maybe you've even tossed around the phrase, "I've been there. I understand," when

comforting that friend. Now, what happens when we haven't been through the same thing as someone else?

Here is where our imagination comes into play. We might think the word "imagination" sounds silly or childish, but we all use our imaginations frequently. Have you ever pictured yourself doing something new, like skydiving? How about winning the lottery? You've probably spent more time using your imagination than you think. Now, how often do you imagine yourself in someone else's shoes? Not just during the good times either (like imagining yourself being the president), but during the tough times too. It's precisely those kinds of moments where empathy is needed.

### Tips to Help Us Empathize

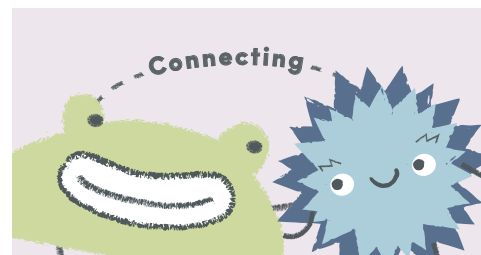
If you're having trouble empathizing with oth-

ers, remember a few helpful strategies.

First, there isn't always an answer to every person's problem. We're quite used to searching for solutions or offering them as quickly as possible. "Car's outta gas? Fill the tank!" or "Lamp went out? Change the bulb!" Some situations aren't so straightforward, so we should be ready to accept when there's no simple solution in sight.

Second, don't focus on helping the other person; instead, focus on connecting with them, and you'll end up helping them as a result. Empathy happens in the moment when we can identify with another person's feelings, so we should strive for that moment.

Third, if you're having a hard time imagining yourself in someone else's shoes, it's okay. Just listening can make a big difference. It's true that often times the best thing to say is nothing at all. We can't expect ourselves, or anyone else for that matter, to be able to accurately imagine a situation we've never been in. The best we can do is try our hardest, and make empathy a constant goal in our lives.



This month's Random Act of Kindness challenge is: let a family member tell you about their day. And remember, **"Kind is the new cool!"**

Visit [www.dignityhealth.org/bakersfield/humankindnessfriends](http://www.dignityhealth.org/bakersfield/humankindnessfriends) to watch this month's episode and to download fun activities.

**Hello humankindness**

Written by Bree and Matthew of LOS, in partnership with Dignity Health—Mercy & Memorial Hospitals



# KERN COUNTY FAMILY MAGAZINE

daily happenings

## THE BEST LOCAL CALENDAR OF EVENTS!

Our printed version of the calendar has been edited for space.  
For more details about these events or activities not listed please visit  
[www.kerncountyfamily.com](http://www.kerncountyfamily.com)

MARCH 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

### Thursday, March 1st

**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054.

**BEACHBODY CARDIO & YOGA AT SOUTHWEST BRANCH LIBRARY:** Tuesday, Wednesday and Thursday. 664-7716.

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800.

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931.

**OPTIMAL HOSPICE CARE-GRIEF SUPPORT GROUP:** Open to anyone in the community who has suffered a loss. Bakersfield: 716-4000. Tehachapi: 1-888-597-6115.

**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dance. 664-7716.

**BEGINNING ART CLASSES (GRADES K THRU 12 AND ADULTS):** Bakersfield Art Center. 869-2320.

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

**HOFFMANN HOSPICE-GRIEF SUPPORT:** If you have experienced grief in your life. 410-1010.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be in Arvin each Thursday afternoon. 326-1907.

**LEGO CLUB AT BEALE MEMORIAL LIBRARY:** Come join us! 868-0701.

**PERSONAL COMPUTER COACH AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**ALZHEIMER'S DISEASE ASSOCIATION OF KERN COUNTY CAREGIVER CLASSES:** 665-8871.

**CINEMA MACABRE AT BEALE MEMORIAL LIBRARY:** "What Ever Happened to Baby Jane". 868-0701.

**MARCH FULL MOON BIKE RIDE:** Join us for a family-friendly, all-ages cruise. 321-9247.

**S.T.E.A.M. ACTIVITY AT SOUTHWEST BRANCH LIBRARY:** Crazy Science Experiments 664-7716.

### Friday March 2nd

**BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195.

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387.

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Friday and Saturday nights from 6:30 to 9:30 pm.

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** Enjoy stories, songs & craft! 824-2243.

**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054.

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Join us for the craft of the month. 868-0701.

**TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:** Celebrate reading and enjoy stories, songs, rhymes & fun. 664-7716.

**ART SHOW AT BAKERSFIELD ART ASSOCIATION:** Opening Reception - "Natural Beauty" featured artist Marsha Black. 869-2320.

**FAMILY MOVIE FRIDAY AT SOUTHWEST BRANCH LIBRARY:** Bring your lawn chair or blanket and enjoy the show! 664-7716.

**FIRST FRIDAY ART WALK:** Family friendly arts event that showcases our county's best artists. 5:00 PM - 9:00 PM. 324-9000.

**FIRST FRIDAY CRUISE NIGHTS:** Come 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 323-7219.

**TEEN NIGHTS IN TAFT:** The first Friday of every month is Teen Night! 765-6677.

**Saturday March 3rd**  
**FAMILY STORYTIME AT DELANO BRANCH LIBRARY:** Enjoy stories, songs & craft! 725-1078.

**FARMERS MARKET:** 3201 F St, Bakersfield, CA 93301. 8:00 AM - Noon

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy reading for the whole family. 664-7716.

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

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

**STORYTIME AT BARNES & NOBLE:** Storytelling time for children and families. 631-2575

**SOCIETY FOR DISABLED CHILDREN SUPER CRUISE CAR SHOW:** Open to all makes of cars, trucks and motorcycles. 345-1629

**ASL JUNCTION AT SOUTHWEST BRANCH LIBRARY:** Storytime, crafts, and sign language. A fun family event! 664-7716.



**CHILDREN'S ART CLASS (GRADES 1-6):** 1st Saturday of each month. Bakersfield Art Center. 869-2320.

**CSUB WOMEN'S BASKETBALL GAME:** Cheer on the Lady Roadrunners. 654-BLUE

**JUST FOR KIDS PRESENTATION:** Science exploration and learning. 1st Saturday of each month. Buena Vista Museum of Natural History and Science. 324-6350.

**SAT PREP AT SOUTHWEST BRANCH LIBRARY:** Get guidance from a test-prep guru on how to excel on the SAT! 664-7716.

**SPAY/NEUTER VOUCHERS AT KERN HUMANE SOCIETY:** Free vouchers given out for dogs and cats. 325-2589.

**UKULELE CLUB AT BEALE MEMORIAL LIBRARY:** Join us for a rousing good time at this Uku-Nanny! 868-0701.

**Sunday March 4th**  
**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

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

**MURRAY FAMILY FARM FUN:** Have fun picking your own fresh and local fruit. 330-0100.

**Monday March 5th**  
**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2029/392-2054.

**ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.):** Free local Christian support group. 323-2851

**CHILDREN'S ART CLASS (GRADES 1-6):** Includes instruction in a variety of art skills. Bakersfield Art Center. 869-2320.

**COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY:** A relaxing stress-free & fun way to socialize. 824-2243.

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

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be at the DreamCenter Bakersfield. 326-1907.

**LITTLE LEARNERS:** Parents and children prepare together for kindergarten readiness. 18 months-5 years. 392-2029/392-2054.



JOIN US THIS SPRING!



Featuring Eddy Aldridge with his impressive sheep herding Border Collies

# DOG DAZE

Bring your dog!

March 10th & 11th

8am - 6pm



- Canine Activities
- Tricks Contest
- Frisbee Fun
- Furbaby Hayrides
- Photo Opportunities!

**\$10.99** per person

**\$4.99** children (age 1-3)

# EASTER FUN

March 31st

8am-6pm



# FARM

**\$10.99** per person

**\$4.99** children (age 1-3)



Featuring

## All Day Easter Egg Hunts!

Bring Your Own Basket!



Visit With The Easter Bunny

**Big Red Barn**  
6700 General Beale Rd.  
Bakersfield, CA 93307  
661-330-0100



Try our world famous  
Okie Meat and Sweet Pies  
....mmm good!



**MURRAYFAMILYFARMS.COM**

# MARCH 2018 *daily happenings*

**MOPS - NORTHSIDE COMMUNITY CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 832-3535.

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

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

**Tuesday March 6th**  
**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2029/392-2054.

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

**AWESOME ART:** Free for children ages 18 mo.-5 yrs. Work with your child. 392-2029/392-2054.

**BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195.

**BAKERSFIELD BIRTH NETWORK: THE NEST:** Focusing on topics related to pregnancy, birth, breastfeeding and babies. 9280 Rosedale Hwy, Bakersfield, CA 93312. 6:30 PM.

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464.

**BEACHBODY CARDIO & YOGA AT SOUTHWEST BRANCH LIBRARY:** Tuesday, Wednesday and Thursday. 664-7716.

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** Beginning Drawing, Painting, Mixed Media and Sculpture class. Bakersfield Art Center. 869-2320.

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800.

**HOFFMANN HOSPICE-GRIEF SUPPORT:** If you have experienced grief in your life. 410-1010.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be on location at the Greenfield Resource Center. 837-3720.

**MOPS-CALVARY BIBLE CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 327-5921.

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931.

**OPTIMAL HOSPICE CARE-GRIEF SUPPORT:** Open to anyone in the

community who has suffered a loss. Bakersfield: 716-4000. Tehachapi: 1-888-597-6115

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

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, songs, rhymes, & fun for your 3 to 5 year old. 868-0701.

**Wednesday March 7th**  
**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054.

**CHILDREN'S ART CLASS (GRADES 1-6):** Includes instruction in a variety of art skills. Bakersfield Art Center. 869-2320.

**ALZHEIMER'S CAREGIVER SUPPORT GROUP:** Come and share your experiences. 665-8871.

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 831-4460.

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

**DRAWING AND PAINTING CLASS FOR GRADES 7 - 12:** Instruction in a variety of art skills. Bakersfield Art Center. 869-2320.

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** For parents who are interested in becoming foster families. 633-1700

**FRESH HOPE MENTAL HEALTH SUPPORT:** A peer to peer wellness approach to mental health recovery. 871-1150.

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

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** It's like VBS every week, for kids 4-12! 342-2078.

**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 representation. 322-2800.

**OPTIMAL HOSPICE CARE-GRIEF SUPPORT (LAKE ISABELLA):** Open to anyone in the community who has suffered a loss. 760-379-5038.

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 868-0701.

**SPINNING TALES:** Join the fun with your child and listen to a new storybook each week. 392-2029/392-2054.

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

**TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:** For toddlers to third grade. 631-2575.

**Thursday March 8th**  
**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054.

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800.

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931.

**OPTIMAL HOSPICE CARE-GRIEF SUPPORT GROUP:** Open to anyone in the community who has suffered a loss. Bakersfield: 716-4000. Tehachapi: 1-888-597-6115.

## Listings of FREE Immunizations

# totshots

**Walgreens**  
**Thursday, March 1st**  
3301 Panama Lane, Bakersfield  
from 9:00 am to 2:00 pm

**Walgreens Pharmacy**  
**Monday, March 5th**  
4306 Ming Avenue, Bakersfield  
9:00 am to 2:00 pm

**Walgreens**  
**Wednesday, March 7th**  
40 Chester Avenue, Bakersfield  
9:00 am to 2:00 pm

**Walmart**  
**Thursday, March 8th**  
2601 Fashion Plaza, Bakersfield  
9:00 am to 2:00 pm

**Benton Park Center/Dollar Tree**  
**Monday, March 12th**  
2705 So. H Street, Bakersfield  
9:00 am to 2:00 pm

**Kern County Dept. of Human Services**  
**Wednesday, March 14th**  
100 E. California Avenue,  
Bakersfield, 9:00 am to 2:00 pm

**Walmart Supercenter**  
**Monday, March 19th**  
5075 Gosford Rd., Bakersfield  
9:00 am to 2:00 pm

**Pioneer School Kinder Blast Off**  
**Wednesday, March 21st**  
1001 Hiatt Avenue, DELANO  
1:00 pm to 6:00 pm

**Vallarta Market**  
**Thursday, March 22nd**  
600 Bear Mountain Blvd., ARVIN  
9:30 am to 2:00 pm

**NOR Riverview Park**  
**Monday, March 26th**  
437 Willow Drive, Bakersfield  
9:00 am to 2:00 pm

**Walmart**  
**Tuesday, March 27th**  
401 Central Ave., WASCO  
9:30 am to 2:00 pm

**New Life Church**  
**Wednesday, March 28th**  
4201 Stine Rd., Bakersfield  
from 9:00 am to 2:00 pm

**Orangewood Elementary**  
**Thursday, March 29th**  
9600 Eucalyptus Dr., Bakersfield  
from 9:00 am to 2:00 pm

\*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.



**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dance. 664-7716.

**BEGINNING ART CLASSES (GRADES K THRU 12 AND ADULTS):** Bakersfield Art Center. 869-2320

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

**HOFFMANN HOSPICE-GRIEF SUPPORT:** If you have experienced grief in your life. 410-1010

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be in Arvin each Thursday afternoon. 326-1907

**LEGO CLUB AT BEALE MEMORIAL LIBRARY:** Come join us! 68-0701

**MOPS - VALLEY BAPTIST CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 387-6352

**PERSONAL COMPUTER COACH AT SOUTHWEST BRANCH LIBRARY:** Get personalized instruction from staff. 664-7716

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

**ALZHEIMER'S DISEASE ASSOCIATION OF KERN COUNTY CAREGIVER CLASSES:** Alzheimer's & Dementia education, behaviors, stages, challenges, communication & more. 665-8871

**FAMILY MOVIE TIME AT BEALE MEMORIAL LIBRARY:** Enjoy watching the movie An American Tail with your friends and family. 868-0701

**LEGO CLUB AT SOUTHWEST BRANCH LIBRARY:** Come join us! 664-7716

**SENSORY STORYTIME AT BEALE MEMORIAL LIBRARY:** Ideal for children with autism or sensory processing issues. 868-0701

**VOLUNTEER DAYS AT WIND WOLVES:** Our volunteer events are fun and rewarding. 858-1115

**Friday March 9th**

**BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Friday and Saturday nights from 6:30-9:30 pm.

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** Celebrate reading by enjoying stories, songs & craft! 824-2243

**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Join us for the craft of the month. 868-0701

**TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:** Celebrate reading and enjoy stories, songs, rhymes & fun. 664-7716

**FAMILY MOVIE FRIDAY AT SOUTHWEST BRANCH LIBRARY:** Bring your lawn chair or blanket and enjoy the show! 664-7716

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

**CONDORS GAME:** Cheer on the Condors. 324-7825

**Saturday March 10th**  
**FAMILY STORYTIME AT DELANO BRANCH LIBRARY:** Celebrate reading by enjoying stories, songs, rhymes, & fun. 725-1078

**FARMERS MARKET:** 3201 F St, Bakersfield, CA 93301. 8:00 AM - Noon

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Celebrate reading for the whole family. 664-7716

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

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115

**STORYTIME AT BARNES & NOBLE:** Storytelling time for children and families. 631-2575

**2nd SATURDAY FILM SERIES AT BEALE MEMORIAL LIBRARY:** 868-0701

**BSO CONCERT: STRINGS WITH A BANG!** Strings with a bang! 323-7928

**COLOR ME HAPPY AT BEALE MEMORIAL LIBRARY:** Stressed out! Join the coloring craze. 868-0701

**CONDORS GAME:** Cheer on the Condors. 324-7825

**CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTH CARE PROVIDER:** Red Cross training. 324-6427

**GOOD SAMARITOTS AT SOUTHWEST BRANCH LIBRARY:** Make cheer signs for League of Dreams Baseball. 664-7716

**2ND SATURDAY AT BIKE BAKERSFIELD:** Stop in for a tune up and lets ride around downtown. 321-9247

**STEAM DAY AT THE KERN COUNTY MUSEUM:** Enjoy Science, Technology, Engineering, Art, and Math 437-3330

**VOLUNTEER ORIENTATION AND TRAINING:** M.A.R.E. provides therapeutic equine-assisted activities for the benefit of people living with special needs and disabilities. 589-1877

**Sunday March 11th**  
**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115

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

**SPIRITUAL CINEMA SUNDAY:** A Showing "A Simple Plan." 632-5747

**WILDFLOWER WALK:** Join a Naturalist to learn about Wind Wolves Preserve, beautiful wildflowers. 858-1115

**MURRAY FAMILY FARM FUN:** Have fun picking your own fresh and local fruit. 330-0100.

**Monday March 12th**  
**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054

**ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday. 322-2800

**ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.):** Free local Christian support group. 323-2851

**CHILDREN'S ART CLASS (GRADES 1-6):** Includes instruction in a variety of art skills. Bakersfield Art Center. 869-2320

**COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY:** A relaxing stress-free & fun way to socialize. 824-2243

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

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

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

**Tuesday March 13th**  
**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054

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

**AWESOME ART:** Free for parents of children ages 18 months-5 years. 392-2029/392-2054

**BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464

**BEACHBODY CARDIO & YOGA AT SOUTHWEST BRANCH LIBRARY:** Tuesday, Wednesday and Thursday. 664-7716



**5th Annual  
SPRING NATURE  
FESTIVAL**

**March 3 & 4**

Wind Wolves Preserve's biggest event of the year, with free educational programs and activities. Exhibit booths, hikes, tours, wildflower displays, restoration projects and more. Great for a family outing! Reservations required. [windwolvespreserve@twc-ca.org](mailto:windwolvespreserve@twc-ca.org) or 858-1115

**BEGINNING ART CLASSES (GRADES K THRU 12 AND ADULTS):** Bakersfield Art Center. 69-2320

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800.

**HOFFMANN HOSPICE-GRIEF SUPPORT:** If you have experienced grief in your life. 410-1010.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be on location at the Greenfield Resource Center. 837-3720.

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931

**OPTIMAL HOSPICE CARE-GRIEF SUPPORT:** Open to anyone in the community who has suffered a loss. Bakersfield: 716-4000. Tehachapi: 1-888-597-6115

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

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

**TUTORING HELP AT SOUTHWEST BRANCH LIBRARY:** 664-7716

**FAUNA FOR THE FUTURE REPTILE CLUB MEETING:** Families, children and reptiles welcome! 324-6350

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be in Wasco. 327-1907

**KERN BRIDGES POST ADOPTION SUPPORT GROUP:** Find out more about Foster Care Adoption. 396-2301

**MOPS-OLIVE KNOLLS NAZARENE CHURCH:** 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 offers support for families, friends, and individuals living with mental illness. 398-8907/858-3255

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

**WARMLINE MOM & BABY/ TODDLER GROUP:** Parents are encouraged to bring their children for fun play sessions. 323-3531

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Celebrate reading by enjoying stories, songs, rhymes, and fun for your 3 to 5 year old. 868-0701

**S.T.E.A.M. POWERED! AT SOUTHWEST BRANCH LIBRARY:** Join your friends for a STEAM themed activity. 664-7716

**Wednesday March 14th 4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054.

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320.

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 831-4460.

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

**DRAWING AND PAINTING CLASS FOR GRADES 7 - 12:** Bakersfield Art Center. 869-2320.

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** 633-1700

**FRESH HOPE MENTAL HEALTH SUPPORT:** A peer to peer wellness approach to mental health recovery. 871-1150.

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

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** It's like VBS every week, for kids 4-12! 342-2078.

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** All ages welcome. 322-2800.

**OPTIMAL HOSPICE CARE-GRIEF SUPPORT (LAKE ISABELLA):** Open to anyone in the community who has suffered a loss. 760-379-5038.

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** Personalized instruction with a volunteer coach. 868-0701.

**SPINNING TALES:** Come join the fun with your child and listen to a new storybook each week. 392-2029/392-2054.

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

**TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:** For toddlers to third grade. 631-2575

**ALZHEIMER'S SPOUSE SUPPORT GROUP:** Come and share your experiences. 665-8871

**LEGO CLUB AT MOJAVE BRANCH LIBRARY:** Design your best LEGO creation. 824-2243

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, movement, songs, and fun with your 18-month-old to 2 years old. 868-0701

**BARKS AND BOOKS AT SOUTHWEST BRANCH LIBRARY:** Practice your reading skills by reading to therapy dogs. 664-7716

**BRAIN INJURY SUPPORT GROUP:** Open to persons with brain injury, family, friends & others affected by brain injury. 872-4903

**CONDORS GAME:** Cheer on the Condors. 324-7825

**Thursday March 15th 4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800.

**MOVE TO IMPROVE:** Low impact, semi private training program for

people with physical limitations. 588-8931

**OPTIMAL HOSPICE CARE-GRIEF SUPPORT GROUP:** Open to anyone in the community who has suffered a loss. Bakersfield: 716-4000. Tehachapi: 1-888-597-6115.

**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dance. 664-7716.

**BEGINNING ART CLASSES (GRADES K THRU 12 AND ADULTS):** Bakersfield Art Center. 869-2320.

**CHILD CAREGIVER SUPPORT GROUP:** 393-5836.

**HOFFMANN HOSPICE-GRIEF SUPPORT:** If you have experienced grief in your life. 410-1010.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be in Arvin each Thursday afternoon. 326-1907.

**LEGO CLUB AT BEALE MEMORIAL LIBRARY:** Come join us! 868-0701.

**PERSONAL COMPUTER COACH AT SOUTHWEST BRANCH LIBRARY:** Get personalized instruction. 664-7716.

**SENSORY STORYTIME AT BEALE MEMORIAL LIBRARY:** 868-0701

**CRAFTY TEEN CLUB AT BEALE MEMORIAL LIBRARY:** 868-0701

**MOPS-LAURELGLEN BIBLE CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 833-2800

**MOPS-THE BRIDGE BIBLE CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 587-2010

**THIRD THURSDAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY:** 324-6350

**Friday March 16th BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195.

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387.

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Friday and Saturday nights from 6:30 to 9:30 pm.

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** Enjoy stories, songs & craft! 824-2243.



## A PIRATE'S LIFE FOR ME MUSICAL

**March 9-11, 16-17**

Get your peg leg tappin' to this eclectic score of rollicking sea shanties and contemporary styles—a surefire audience-pleaser! Proceeds benefit the Kern County Cancer Fund. Shows at Bakersfield Women's Club: 2030 18th St., Bakersfield. 7:00 PM - 9:30 PM. Call 661-330-0423 or visit [www.bgp-show.com](http://www.bgp-show.com)



**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054.

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Join us for the craft of the month. 868-0701.

**TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:** Celebrate reading and enjoy stories, songs, rhymes & fun. 664-7716.

**FAMILY MOVIE FRIDAY AT SOUTHWEST BRANCH LIBRARY:** Bring your chair and enjoy the show! 664-7716

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Join us for the craft of the month. 868-0701.

**CONDORS GAME:** Cheer on the Condors. 324-7825

**UKULELE CLUB AT BEALE MEMORIAL LIBRARY:** Join us for a rousing good time at this Uku-Nanny! 868-0701.

**Sunday March 18th SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

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

**MURRAY FAMILY FARM FUN:** Have fun picking your own fresh and local fruit. 330-0100.

**Monday March 19th 4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2029/392-2054.

**ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday. 322-2800

**ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.):** Free local Christian support group. 323-2851.

**CHILDREN'S ART CLASS (GRADES 1-6):** Includes instruction in a variety of art skills. Bakersfield Art Center. 869-2320.

**COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY:** A relaxing stress-free & fun way to socialize. 824-2243

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be at the DreamCenter Bakersfield. 326-1907

**LITTLE LEARNERS:** Parents and children prepare together for kindergarten readiness. 18 months-5 years. 392-2029/392-2054

**MOPS - NORTHSIDE COMMUNITY CHURCH:** 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

**Tuesday March 20th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** For families interested in becoming foster families 325-6939.

**AWESOME ART:** Free for children ages 18 mo.-5 yrs. 392-2029/392-2054.

**BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195.

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464.

**BEACHBODY CARDIO & YOGA AT SOUTHWEST BRANCH LIBRARY:** Tuesday, Wednesday and Thursday. 664-7716.

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** Bakersfield Art Center. 869-2320.

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800.

**HOFFMANN HOSPICE-GRIEF SUPPORT:** If you have experienced grief in your life. 410-1010.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be on location at the Greenfield Resource Center. 837-3720.

**MOPS-CALVARY BIBLE CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 327-5921.

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931.

**OPTIMAL HOSPICE CARE-GRIEF SUPPORT:** Open to anyone in the community who has suffered a loss. Bakersfield: 716-4000. Tehachapi: 1-888-597-6115.

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

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** 868-0701.

**TUTORING HELP AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** 868-0701.



**DNA FROM IOWA TO KERN COUNTY AT BEALE MEMORIAL LIBRARY:** 868-0701.

**Wednesday March 21st 4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2029/392-2054.

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**ALZHEIMER'S CAREGIVER SUPPORT GROUP:** 665.8871.

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 831-4460.

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

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Bakersfield Art Center. 869-2320.

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** 633-1700.

**FRESH HOPE MENTAL HEALTH SUPPORT:** 871-1150.

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

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** It's like VBS every week. 342-2078.

**MOMnext - OLIVE KNOLLS NAZARENE CHURCH:** 399-3303.

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800.

**OPTIMAL HOSPICE CARE - GRIEF SUPPORT (LAKE ISABELLA):** Open to anyone in the community who has suffered a loss. 760-379-5038.

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 868-0701.

**SPINNING TALES:** Come join the fun with your child and listen to a new storybook each week. 392-2029/392-2054.

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** 868-0701.

**TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:** For toddlers to third grade. 631-2575.

**WOMEN'S SELF DEFENSE WORKSHOPS:** 322-0931.

**PHILOSOPHY FOR KIDS AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**Thursday March 22nd 4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2029/392-2054.

**FREE ACTING CLASS:** For children 5-17 years old who have never attended before. 322-2800.



**Saturday March 17th FAMILY STORYTIME AT DELANO BRANCH LIBRARY:** Enjoy stories, songs & craft! 824-2243.

**FARMERS MARKET:** 3201 F St, Bakersfield, CA 93301. 8:00 AM - Noon

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**MATH CLINIC AT BEALE MEMORIAL LIBRARY:** Learn math or get assistance with your math homework. 868.0701.

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

**STORYTIME AT BARNES & NOBLE:** Storytelling time for children and families. 631-2575

**ASL JUNCTION AT SOUTHWEST BRANCH LIBRARY:** Storytime, crafts, and sign language. 664-7716.

**MOVIES IN THE CANYON AT WIND WOLVES:** 858-1115

# MARCH 2018 *daily happenings*

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931.

**OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP:** Open to anyone in the community who has suffered a loss. Bakersfield: 716-4000. Tehachapi: 1-888-597-6115.

**ALZHEIMER'S SURVIVOR CHAT GROUP:** 665-8871.

**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** Bakersfield Art Center. 869-2320

**CHILD CAREGIVER SUPPORT GROUP:** 661-393-5836.

**HOFFMANN HOSPICE - GRIEF SUPPORT:** If you have experienced grief in your life. 410-1010.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be in Arvin each Thursday afternoon. 326-1907.

**LEGO CLUB AT BEALE MEMORIAL LIBRARY:** 868-0701.

**MOPS - ST. ELIZABETH ANN SETON CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 587-3626.

**MOPS - VALLEY BAPTIST CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 387-6352.

**PERSONAL COMPUTER COACH AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

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

**SENSORY STORYTIME AT BEALE MEMORIAL LIBRARY:** 868-0701.

**LEGO CLUB AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**OTAKU CLUB AT BEALE MEMORIAL LIBRARY:** Anime & Manga Club. 868-0701.

## Friday March 23rd

**BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195.

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387.

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Friday and Saturday nights from 6:30 - 9:30 pm.

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** 824-2243.

**FIT N FUN FRIDAYS:** Free for parents of children 18 months-5years. 392-2029/392-2054.

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Join us to create the craft of the month. 868-0701.

**TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy stories, songs, rhymes & fun. 664-7716.

**FAMILY MOVIE FRIDAY AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** 868-0701.

**GAME ON FAMILY FUN AT BEALE MEMORIAL LIBRARY:** 868-0701.

## Saturday March 24th

**FARMERS MARKET:** 3201 F St, Bakersfield, CA 93301. 8:00 AM - noon

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

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

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

**STORYTIME AT BARNES & NOBLE:** Storytelling time for children and families. 631-2575.

**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.

**COLOR ME HAPPY AT BEALE MEMORIAL LIBRARY:** 868-0701.

**CONDORS GAME:** Cheer on the Condors. 324-7825.

**Sunday March 25th**  
**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

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

**MURRAY FAMILY FARM FUN:** Have fun picking your own fresh and local fruit. 330-0100.

**Monday March 26th**  
**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2029/392-2054.

**ACTING COURSES FOR CHILDREN:** 322-2800.

**CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. Bakersfield Art Center. 869-2320.

**COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY:** 824-2243.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be at the DreamCenter Bakersfield. 326-1907.

**LITTLE LEARNERS:** Parents and children prepare together for kindergarten readiness. 18 months-5 years. 392-2029/392-2054.

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

## Tuesday March 27th

**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2029/392-2054.

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

**AWESOME ART:** Free for parents of children ages 18 months-5 years. 392-2029/392-2054.

**BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195.

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-7464.

**BEACHBODY CARDIO & YOGA AT SOUTHWEST BRANCH LIBRARY:** Tuesday, Wednesday and Thursday. 664-7716.

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** Bakersfield Art Center. 869-2320.

**FREE ACTING CLASS:** For children 5-17 years old who have never attended before. 322-2800.

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931.

**OPTIMAL HOSPICE CARE - GRIEF SUPPORT:** Open to anyone in the community who has suffered a loss. Bakersfield: 716-4000. Tehachapi: 1-888-597-6115.

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

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** 868-0701.

**TUTORING HELP AT SOUTHWEST BRANCH LIBRARY:** Get homework help with math, reading and other subjects. 664-7716.

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

**MOPS - OLIVE KNOLLS NAZARENE CHURCH:** Dedicated to meeting the needs of every mother of preschoolers. 399-3303.

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

**WARMLINE MOM & BABY/ TODDLER GROUP:** All parents are encouraged to bring their children for a fun play sessions. 323-3531.



## PLANETARIUM SHOW at BC

### Thurs. March 22

**Dynamic Earth**, narrated by Liam Neeson, explores the inner workings of Earth's climate system. Audiences will ride along on swirling ocean and wind currents, dive into the heart of a monster hurricane, come face-to-face with sharks and gigantic whales, and fly into roiling volcanoes. Tickets are available at the Bakersfield College Ticket Office and online only. 1801 Panorama Dr., Bakersfield, CA 93306. 7:30 PM and 8:30 PM. 661-395-4326. <https://www.bakersfieldcollege.edu/planetarium>



**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** 868-0701.

**BIKE MAINTENANCE AND BIKE SAFETY DRILLS AT BEALE MEMORIAL LIBRARY:** 868-0701.

**S.T.E.A.M. POWERED! AT SOUTHWEST BRANCH LIBRARY:** Join your friends for a STEAM themed activity. 664-7716.

**Wednesday March 28th**  
**4 and 5 READY TO STRIVE:**  
 Get your child ready for kindergarten 392-2029/392-2054.

**CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 330-2676/ 869-2320.

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 831-4460.

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

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Bakersfield Art Center. 869-2320.

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** 633-1700.

**FRESH HOPE MENTAL HEALTH SUPPORT:** Join us and call for more details. 871-1150.

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

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** It's like VBS every week, for kids 4-12! 342-2078.

**OPTIMAL HOSPICE CARE - GRIEF SUPPORT (LAKE ISABELLA):** Open to anyone in the community who has suffered a loss. 760-379-5038.

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 868-0701.

**SPINNING TALES:** Free for parents of children 18 months-5 years. 392-2029/392-2054.

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** 868-0701.

**TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:** For toddlers to third grade. 631-2575.

**LEGO CLUB AT MOJAVE BRANCH LIBRARY:** 824-2243.

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Let's play and learn together. 868-0701.

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

**BARKS AND BOOKS AT SOUTHWEST BRANCH LIBRARY:** Practice your reading skills by reading to therapy dogs. 664-7716.

**BIKE MAINTENANCE AND BIKE SAFETY DRILLS AT BEALE MEMORIAL LIBRARY:** 868-0701.

**VOLUNTEER DAYS AT WIND WOLVES:** 858-1115

**Thursday March 29th**  
**4 and 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2029/392-2054.

**FREE ACTING CLASS:** For children 5-17 years old who have never attended before. 322-2800.

**MOVE TO IMPROVE:** Low impact, semi private training program for people with physical limitations. 588-8931.

**OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP:** Bakersfield: 716-4000. Tehachapi: 1-888-597-6115.

**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** Bakersfield Art Center. 869-2320.

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

**HOFFMANN HOSPICE - GRIEF SUPPORT:** If you have experienced grief in your life. 410-1010. 410-1010.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Will be in Arvin each Thursday afternoon. 326-1907.

**LEGO CLUB AT BEALE MEMORIAL LIBRARY:** 868-0701.

**PERSONAL COMPUTER COACH AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**SENSORY STORYTIME AT BEALE MEMORIAL LIBRARY:** 868-0701.

**BIKE MAINTENANCE AND BIKE SAFETY DRILLS AT BEALE MEMORIAL LIBRARY:** 868-0701.

**INTERNATIONAL CINEMA AT BEALE MEMORIAL LIBRARY:** 868-0701.

**Friday March 30th**  
**BABY CAFE:** A drop-in breastfeeding center providing information for moms and their babies. 747-5195.

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 832-7387.

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Friday and Saturday nights from 6:30 - 9:30 pm

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** 824-2243.  
**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 392-2029/392-2054.

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY** Join us to create the craft of the month. 868-0701.

**TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:** Celebrate reading and enjoy stories, songs, rhymes & fun. 664-7716.

**FAMILY MOVIE FRIDAY AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

**BIKE MAINTENANCE AND BIKE SAFETY DRILLS AT BEALE MEMORIAL LIBRARY:** 868-0701.



**Saturday March 31st**  
**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Friday and Saturday nights from 6:30 - 9:30 pm.

**FARMERS MARKET:** 3201 F St, Bakersfield, CA 93301. 8:00 AM - 12:00 PM.

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 664-7716.

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

**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

**STORYTIME AT BARNES & NOBLE:** Storytelling time for children and families. 631-2575.

**CONDORS GAME:** Cheer on the Condors. 324-7825.

**VOLUNTEER DAYS AT WIND WOLVES:** Our volunteer events are fun and rewarding. 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](http://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.

**Bakersfield Central SDA Church**  
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Saturday Sabbath School  
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 Saturday Worship Service:  
 10:40am

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 www.bakersfieldcentralsda.adventistfaith.org

**Palm Sunday**  
 March 25

**SouthWest Christian Center**  
 3700 New Stine Rd.  
 WWW.SWCC.US.COM-SWCC@BAK.RR.COM

**EASTER WEEKEND CELEBRATION** March  
 30<sup>th</sup> Good Friday Service 7:00 pm  
 Sat. Breakfast \$5 donation 8-11 am  
 Easter Egg Hunt 11:30 am  
 Resurrection Service 10:30 am

**Good Friday**  
 March 30

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**Easter Sunday**  
 April 1

**Wesley United Methodist Church**  
 Sunday School for Children 10:30am  
**Easter is April 1st • Easter Sunday Schedule:**  
 Breakfast: 9 - 10am  
 Egg Hunt for Toddlers - 6th grade: 10am  
 Celebration Worship: 10:30am

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 www.myfellowshipbaptist.com  
 Rick Prevost, Senior Pastor

**GOOD FRIDAY SERVICE**  
 MARCH 30 - 7PM

**EGG-TRAVAGANZA**  
 MARCH 31 - 10 AM  
 (B-6<sup>TH</sup> GRADES)  
 Egg Hunt

**"HE IS RISEN" SUNDAY SERVICE - APRIL 1**  
 9:30 am - Bible Study For the entire family (English & Spanish)  
 10:45 am - Worship Celebration (English worship center)  
 Spanish Celebration (In Youth Center)

# Best Easter Egg Filler Ideas (That Aren't Candy)

By Sarah Lyons

Our family loves an Easter egg hunt. It is always fun to see the kids running through the yard rushing to find the most eggs. As a mom of a child with food allergies, it is always a challenge to find items to fill all those plastic eggs with that are not candy. Having a variety of egg sizes helps you be able to stuff all your new ideas into the eggs without frustration. Whether, like me, your child has a food allergy, or you would just like to cut down on sugar overload, here are some non-candy ideas to fill all your eggs for the annual hunt.

## Small toys

There are numerous ideas for small toys that you could fill eggs with: bouncy balls, small craft items, play-doh, tiny cars like Micro Machines, Shopkins, whistles, mini kazoo's, hand stamps, Polly Pockets, Barbie accessories, mini rubber ducks or other bath toys, finger skateboards, marbles, jacks and a ball, fake bugs and worms, pirate patches, play money, stickers, tops, Legos, sticky hands, or just for fun - confetti! When choosing small toys to fill your eggs, please consider the age of the children participating in the egg hunt. Small toys may pose a choking hazard for young children.

## Something practical

Practical items can be fun too. Try filling eggs with erasers, pencil sharpeners, key chains, magic towels, cute bandaids, travel size lotion, or hand sanitizer. My kids favorite practical Easter egg filler is money!



## Something to wear

Your kids can have fun and accessorize with these ideas - barrettes, hair ties, socks, nail polish, chapstick, lip gloss, silly shoe laces, bracelets, earrings, rings, temporary tattoos, zipper pulls, or bead necklaces.

## Snacks

If you are avoiding candy due to the sugar rush try these little snacks that are the perfect size for Easter eggs: Goldfish crackers, pretzels, grapes, soup crackers, cuties (oranges), veggie straws, berries, animal crackers, bite size graham crackers, nuts, raisins or other dried fruit.



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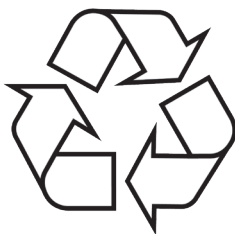


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## KID'S ACTIVITY CORNER ANSWERS

**Crossword:**

Across:	Down:
1. Numbers	1. Notes
5. Tot	2. Beat
6. Exit	3. Retrain
8. Awn	4. Stanza
9. Cadenza	7. Idea

**Find the Difference:**

1. Red twine is cut
2. Hole punch has grips on handles
3. Striped paper missing
4. Extra glue stick

**Sudoku:**

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





CHILDCARE & EDUCATION

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*Mom*  
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★ **KCFM INTEROFFICE STORY NOTE:**  
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- Autism Spectrum Disorders Seminar Series 3: Sat., March 17th, 9am-12pm, with Speaker Alex Plank, Autistic Adult Topic: Adult Transitions-Puberty, Relationships, Bullying, College Adventist Health Med Bldg, 1524 27th St., 2nd Floor, Rio Bravo Rm 1 & 2
- Pirates of the Caribbean LEGO Workshop Sat, April 14th, 10am-12:30pm Canyon Hills Assem. of God Church Gym

**Monthly Support Groups:**

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- Preoccupation with object parts
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## Sudoku

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

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!

## What's the Difference?

There are four things different between picture A and picture B.

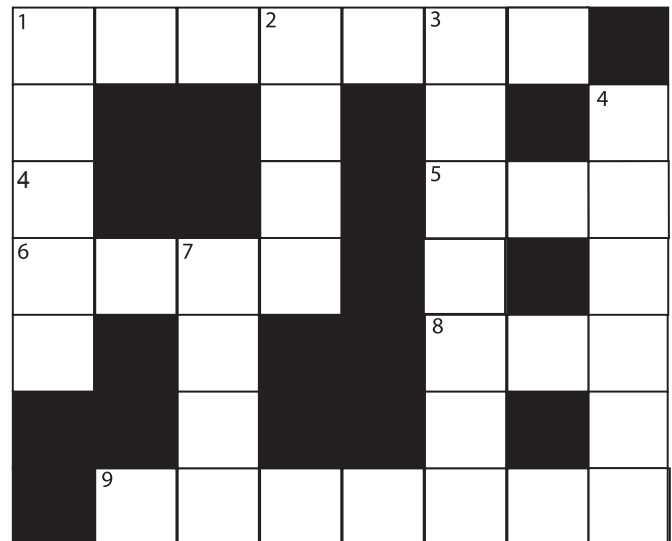
Can you find them all?



4. EXTRA GIVE STICK



## Crossword Puzzle



### ACROSS

- Musical pieces
- Small child
- Way out
- Stiff bristle on many grasses
- Virtuoso solo

### DOWN

- Pitches in music
- Rhythmical sound
- Teach again
- A verse
- Thought or suggestion

## Healthy Food Word Find

Find the hidden words in the puzzle

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CONSUME  
DRINK  
EXERCISE

FAT  
FIBER  
FOOD  
HEALTH

MEAL  
NUTRITION  
PORTION  
SODIUM

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