

KCFM's 22nd ANNUAL CAMP & ADVENTURE FAIR APRIL 12 (see pg. 12)



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APRIL 2018

Be **S.M.A.R.T.** to keep your kids **SAFE**

Celebrate **EARTH DAY** *p.23* 

## Summer ADVENTURES Start HERE!

2018 Camp Guide *p.14* 

*plus:* allergy-free sugar cookies *p.21*

helping students master finances *p.10* to clean or not to clean *p.18*

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MEMBERS OF



13

**Camp Feature:**  
How to Choose?  
Picking a Summer  
Camp Your Kids-  
and You-Will Love



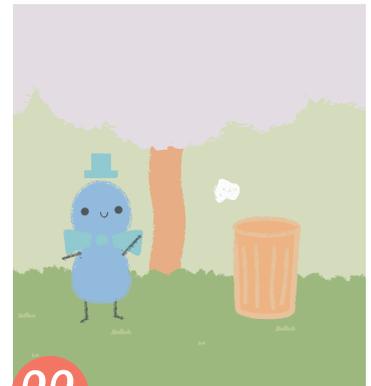
10

**Local Feature:**  
Junior Achievement  
Teaches Finances



21

**You Can Do It**  
Allergy-Free Sugar  
Cookies



23

**Kind is the New Cool:** Kindness to the Earth

**PLUS**

**Don't miss  
the FUN, the  
FEATURES,  
and the  
FACTS!**



- 4 Dear Reader: April Foolin'!
- 5 Refrigerator Door: Local Voices, News & Trends
- 6 Vital Signs: Healthy News to Use
- 14 Camp Guide: Summer Adventures Start Here
- 18 Humor@Home: Cleanliness is in the Eye of the Beholder
- 19 Dr. Kirk's Advice: Just Say "No"
- 24 Happenings™: Calendar of Local Events
- 32 Worship Guide
- 33 Family Shopper
- 34 Education Update: Career Technical Education Center Groundbreaking
- 38 Activity Corner: Sudoku, Word Find & More



Vaun Thygerson,  
Contributing Writer

On April Fool's Day don't trust anyone and believe nothing! Being gullible by nature, I have forgotten this advice on more than one occasion. I believe everything! This year, Easter falls on April 1st so get ready for the Easter Bunny to spread some mischief. You can start planning some epic Easter pranks: wrap grapes in chocolate candy wrappers, fill Marshmallow Peeps with hot sauce, super glue candy-filled eggs, or come up with your own idea. Make this year's candy-filled baskets ones they'll remember!

There are the fun pranks that make you laugh, like believing your sister won the lottery and is going to buy you a new car or a news reporter that says a bear was seen wandering down Rosedale Highway. Then, there's the not-so-funny ones that make you cringe. I remember playing an April Fool's joke on my mom that made her cry, and not in a happy, that-was-so-cool kind of way, but in a don't-you-ever-do-that-to-me-again way. I try to teach my kids that funny pranks are okay, but it's a learning curve. It's important to teach children the gravity of their jokes and to make sure they don't hurt anyone's feelings on this legendary prankster day.

After all, as parents, Dr. Kirk reminds us each month in his column that our children are adult(s)-in-training (AIT) and it's up to us to teach them how to become productive and compassionate members of society. In his article, "Just Say 'No'" on page 19, he writes about how consistency is key in raising children. If you say, "No," but then give in to their demands, you are teaching them that when you say, "No," you really mean, "Yes." He says the best thing you can do for your children is to teach them consequences for their actions and follow through it.

I can relate to this month's Humor at Home article, because like Tracie Grimes, I have redefined my own idea of a "clean" house since having my three children. In her article, "Cleanliness is in the Eye of the Beholder," on page 18, she writes about how life gets in the way of her desire to clean. She admits she's not on a Hoarder's level, but says she probably won't be winning any housekeeping awards.

April 22nd celebrates Earth Day and gives us a chance to appreciate the beauty all around us. In the article, "Kindness to the Earth," on page 23, you can learn about ways you and your family can take care of our planet. Some tips include saving water, throwing away trash, reusing items, and making sure you find time to enjoy being outdoors.

Also this month, mark your calendars in bright, bold ink for **KCFM's Summer Camp and Adventure Fair** on Thursday,



April 12 from 2 p.m. to 6:30 p.m. at the Westside Church of Christ, 7300 Stockdale Highway. To find out more about what you need to know to pick the best summer camp experience for your child, turn to page 13, and read, "How to Choose? Picking a Summer Camp Your Kids-and You-Will Love," by Kimberly Blaker.

This is a fun month where we start off with an Easter prank and end with a nod to Mother Earth thanking her for her abundance and wonders, all the while appreciating it all. Take the time to make memories with your children – put googly eyes on the food in the fridge or take a nature walk. We have a lot to cherish in our lives. Happy Spring!

**Come say, "Hi!" at KCFM's Camp Fair! See more on page 12. See you April 12th!**

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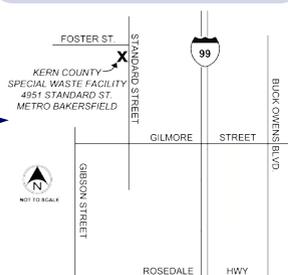
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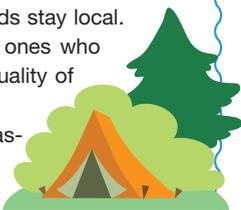
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## Campout Against Cancer

Join the Kern County Cancer fund for its 5th Annual Campout Against Cancer on Friday, April 6 and 7 at the Kaiser Permanente Sports Village, 9001 Ashe Road, from 5 p.m. to 3 p.m., where 100% of net proceeds stay local.

This 24-hour event honors survivors, remembers loved ones who have lost the battle, and raises money to improve the quality of life for cancer patients and their families.

Your generous contributions and fundraising efforts assists with medical costs associated with cancer care, including prescriptions, insurance premiums, Cobra, deductibles, co-pays, and co-insurance. To find out more information, visit [www.kerncountycancerfund.org](http://www.kerncountycancerfund.org).



## Willow K Donates Owlet Smart Socks

Willow K. Struve recently passed away from SIDS, and to honor her memory, her parents, Michael and Sydney, and her three-year-old sister, Piper, started

the Willow K Foundation. Partnering with Owlet Smart Sock Company, the organization hopes to bring awareness to SIDS and to raise funds to gift Owlet Smart Socks to families with little ones in order to help keep babies safe and give new parents a little peace of mind.

For every Smart Sock donated by Willow K, Owlet Smart Socks will generously match the donation and give away one more product in Willow's name. Owlet Smart Socks track your infant's heart rate and oxygen levels while he or she sleeps. For more information about this product, visit [www.owletcare.com](http://www.owletcare.com). To donate to the Willow K Foundation, please visit [www.willowk.com](http://www.willowk.com).



image courtesy owletcare.com

## Shop 'Til You Drop

Shop 'til you drop at Dress For Success's Spring Clearance Sale, April 3 through 6 from 10 a.m. to 5 p.m., at 1416 17th Street, Bakersfield in the Haberfelde Building. Not only will you find super savings with prices ranging from \$1 to \$20 for gently used name brand clothing, shoes, and accessories, but proceeds will support their Suiting Program, Career Center, and EmPower Programs for women in Kern County. For more information, please visit [www.bakersfield.dressforsuccess.org](http://www.bakersfield.dressforsuccess.org).

## Junior Police Academy Looking for Recruits

The Bakersfield Police Department, in partnership with the Bakersfield Police Assistance League, will be holding four summer Junior Police Academy sessions and is looking for recruits. The mission of the Academy is to provide the recruits with a foundation for Law Enforcement, while enhancing their social skills to become more productive students and members of the community. Structured with a Police Academy format, these four sessions will be held June 11 through July 9 and July 16 through August 7 at the Bakersfield Police Activities League, 301 East 4th Street, and Bridge Church, 12000 Stockdale Highway.

If you know someone between the ages of 11-17, who you think would benefit from this dynamic learning experience, have them apply. All applications must be received by Friday, April 27, 2018 by 3 p.m. at the Bakersfield Police Activities League office. For more information, visit [www.bakersfieldpal.org](http://www.bakersfieldpal.org).

## 5th Annual Macaroni and Cheese Festival

Who makes the best mac & cheese in town??? Find out for yourself at the 5th Annual Macaroni and Cheese Festival on Saturday, April 21st from 2 p.m. to 6 p.m. at CSUB's Ampitheatre. The event will include live music, gourmet mac & cheese, beer, and wine.

Guests must be 21 and older, and tickets can be purchased on their website at [www.themacand-cheesefestival.com](http://www.themacand-cheesefestival.com). For more information to participate as a restaurant, beer, or winery, please email [events@americangeneralmedia.com](mailto:events@americangeneralmedia.com).



## CASA Superhero Run

Calling all Superheroes! Join CASA for its annual Superhero Run 2k, 5k, and 10k on Saturday, April 7 at The Park at Riverwalk at 7 a.m. where you can join masked and caped runners and chase Villians, take incredible photos, and participate in a costume contest. This family-friendly event helps benefit CASA, a non-profit that recruits and trains volunteers to advocate on the behalf of abused and neglected foster children in Kern County. You can register for the event at [www.active.com](http://www.active.com). For more information about CASA, visit [www.kerncasa.org](http://www.kerncasa.org).

## PRODUCTS YOU'LL LOVE



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The CarGo Seat (\$59.95, <http://www.cargoseat.com/>, ages 5-8, depending on child's weight for booster seat) is perfect for little travelers. This booster seat can also stow magazines, books, crayons and snacks. It's overhead bin friendly and has rollers for easy transit.



### Play Anywhere

Join Rosie on a play date with Jinja's House Portable Playset (\$29.99, [sagomini.com](http://sagomini.com), ages 3+). Featuring the beloved characters from the Sago Mini apps, this adorable little house folds up and stores everything inside. The handle makes it easy to grab and go.



### Pack a Healthy Snack

The Perfect Granola (\$5.99, [www.theperfectgranola.com](http://www.theperfectgranola.com), for the whole family) is healthy and delicious and made with superfood ingredients without added refined sugars, corn syrups, chemicals or preservatives -- making it a great snack when on the go. Available in bags and bars in a variety of flavors.



### Pack Light

The mifold Grab-and-Go Booster Seat (\$44.99, <http://www.mifold.com/>, ages 4+ depending on weight requirements for booster) is a compact and portable booster seat that's more than 10x smaller than a traditional booster. mifold works in the exact opposite way to a traditional booster seat. Instead of lifting the child up, mifold brings the seatbelt down.



### Enjoy the Outdoors

Sunblockz Baby+Kids (\$23.99, [olencosmetics.com](http://olencosmetics.com), for the whole family) is a patent protected, all-natural, mineral sunscreen that offers sunburn protection for babies and children with sensitive skin. The formula contains the highest percent of Zinc Oxide (non nano) in a base of natural and anti-oxidant ingredients.

# Be S.M.A.R.T. to Keep Your Kids Safe



**O**ur biggest priority as parents is keeping our children safe. In the past few years, accidental deaths by guns have risen tremendously in the United States, and according to stats by the Be SMART organization, nearly 300 children age 17 and under gain access to a gun and unintentionally shoot themselves or someone else each year. Even more disturbing, nearly 500 more teens and children die by suicide with a gun. In over 80% of these incidences, the gun was found in their home, according to beSMARTforkids.org. Their current research shows that nearly 1.7 million American children live in homes with guns that are not stored responsibly.

In early March 2018, these were just SOME of the headlines relating to accidental death and injury of children from guns:

“A 6-year-old girl was critically injured after her 11-year-old brother unintentionally shot her in the head with a handgun.” The children were unattended in the home, where several guns were not secured properly.

“A four-year-old girl was shot unintentionally when her 2- and 7-year-old brothers gained access to an unsecured loaded handgun in their family’s apartment.”

“1-year-old boy killed in accidental shooting.” He was shot by his 2-year-old brother.

To combat the number of injuries and deaths by gun amongst children, the BeSMARTforkids.org nonprofit organization was established to provide tips, tools, resources, and other information to help parents and caregivers keep their children safe. The BeSMART organization recognizes that the first step in reducing the number of injuries and death from guns is awareness about responsible storage. Storing guns responsibly can make a huge difference in reducing accidental injuries and deaths from guns.

Talking about gun safety should be part of all regular safety discussions you have with your children, caregivers of your children, family members, and even places your children spend a lot of time, such as neighbors or friends’ houses.

Be SMART operates around the SMART framework developed by Moms Demand Action for Gun Sense in America to help parents and adults prevent child gun deaths and injuries. By following these five steps, we can protect kids.

- S**ecure guns in homes and vehicles
- M**odel responsible behavior
- A**sk about unsecured guns in other homes
- R**ecognize the risks of teen suicide.
- T**ell your peers to be SMART

## General tips for parents for keeping kids safe and educating them:

- Children are curious and if they find a gun, they will likely try to play with it. “Out of reach” is not good enough and not responsible storage.
- Make sure your children cannot access firearms, by storing them locked, unloaded, and separate from ammunition.
- Have the safety conversation regularly. A study conducted showed that children who had only been warned about guns one time were just as likely to pick up a gun as children who had never been warned. Gun safety should be a regular part of safety discussions.
- BeSmart.org, aided by Marjorie Sanfilippo, Ph.D., professor and expert on children’s behaviors around firearms, developed some guidelines for talking to children about guns to help parents.

## Tips for Talking to Young Children

- Make guns and the danger of them part of the normal safety conversation you have with your children.
- Use simple language
- Tell the children not to ever touch a gun, and to tell an adult right away
- Make sure they know they’ll never get in trouble for telling an adult they’ve seen a gun
- Have the conversation regularly

## Tips for Talking to Adolescents

- Include it in regular general safety conversations about topics like drugs, alcohol, and drunk driving.
- Make sure they know to immediately leave any situation where there is a gun present
- Assume all guns are loaded, even if a friend says it’s unloaded or safe; and leave immediately
- Help your teen come up with strategies to get out of situations where there is a gun, like “My mom just texted and I need to go home”.
- Let them know it’s okay to ask about guns in places they frequent, but if they are nervous to ask, be willing to do so for them

Doctors and healthcare professionals can also play a role in this process.

*Resources: 1. Marjorie S. Hardy (Sanfilippo), Teaching Firearm Safety to Children: Failure of a Program, Journal of Developmental & Behavioral Pediatrics, Vol. 23 No. 2, April 2002. 71-76.*

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## World Health Organization Declares "Gaming" an Official Disorder

Have a tween or teen that is obsessed with gaming? The World Health Organization, the public health division of the United Nations, released a draft of the newest diseases in 2018, and "gaming disorder" is on the (unfinalized) list. WHO describes the "gaming disorder" as a "pattern of persistent or recurrent gaming behavior" online or offline.



The gaming disorder includes the following behaviors: "1) impaired control over gaming (e.g., onset, frequency, intensity, duration, termination, context); 2) increasing priority given to gaming to the extent that gaming takes precedence over other life interests and daily activities; and 3) continuation or escalation of gaming despite the occurrence of negative consequences."

The reason it made the list is that the WHO says people with the gaming disorder can see an impairment (to a significant degree) to their personal or professional lives, caused by neglecting their personal activities and responsibilities and the potential mental health consequences related to obsessive gaming. For teens and tweens, a decline in social and academic activities can occur.

In an interview with the BBC News Organization, Dr. Richard Graham, technology addiction specialist, approved of the decision to make this a recognized disease. "It is significant because it creates the opportunity for more specialized services. It puts it on the map as something to take seriously," he said. But he is also concerned it could lead to "confused parents whose children are just enthusiastic gamers."

Parents of teens and tweens who are enthusiastic about gaming should bring up any concerns to their child's doctor, follow screen time guidelines, and watch for signs of social deterioration due to over gaming.

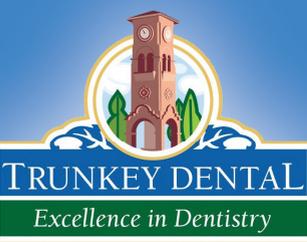
## Prebiotics and Your Infant's Memory

While the breast versus bottle argument is always ongoing, researchers agree that breastmilk contains enzymes and nutrients that should be mimicked in infant formula, to provide the best nutritional profile to bottle-fed babies.

Breast milk naturally contains prebiotics. You've probably heard of probiotics and how they contribute to gut health. Prebiotics are small, indigestible fiber molecules which help colonize healthy bacteria in the gut. Studies have shown that adding prebiotics to infant formula helps improve a baby's intestinal function and provide a defense against allergies.

Now, a new study is showing that prebiotics may also improve memory function. Previous studies have provided evidence that gut health has an impact on brain function, as well. This study was done on piglets because the brain development of pigs is more similar to humans than other animals are. Piglets were given a novel recognition test, in which they were given a new toy and a toy they had played with before. Piglets that received prebiotics spent more time playing with a new toy than piglets that didn't, showing that the piglets recognized the toy as new, an indication that learning and memory were improved.

Researchers were also curious about whether prebiotics had a positive effect on behavior, but this was not borne out in the study.




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# Junior Achievement Helps Local Students Master Finance

By Andrea Rose



Students across Kern County are getting lessons that will help carry them through life, thanks to Junior Achievement of Bakersfield.



Junior Achievement volunteers share financial tips with local students

Junior Achievement (JA) Bakersfield offers a variety of in-school programs designed to inspire and empower more than 4,000 young people through entrepreneurship, workforce readiness and entrepreneurship education.

Business leaders, educators and other volunteers partner with the local schools to deliver classroom-based programs to students in kindergarten through grade 12.

Yes, you read that right—even kindergarten students get lessons in financial management.

“A lot of what young people need to know should start at home, but a lot of parents don’t know how to manage their own money, so they’re not gonna share that with their children,” explained Kathleen McNeil, district manager of Junior Achievement of Bakersfield. “We tell them to get a good education and a good job, but if we’re not telling them how to manage the money they are making from that job, it could be for naught.”

Springtime is when the programs gear up, with JA Economics for Success at Freedom Middle School and JA Personal Finance at South High School.

Each program is led by trained volunteers from the business community.

“At the middle school and high school levels, we do what we call traditional delivery. A businessperson goes into the classroom and provides instruction on the topics,” McNeil explained.

When April rolls around with Financial Literacy Month, registration gets underway for JA’s sixth annual Stock Market Challenge held in October at CSUB.

The signature fundraising event is a virtual investment competition for Kern County middle

and high school students, offered at no charge to students.

“It’s an amazing event,” McNeil said. We recruit instructors from middle and high schools. It primarily is business or economics teachers. We’ll partner with a teacher and usually what happens is they’ll bring their entire class with four or five students per team.

“The first half of the day is “Investing 101” and they get an overview of the stock market—why it exists, why it operates, how it benefits businesses and shareholders.”



“A lot of what young people need to know should start at home, but a lot of parents don’t know how to manage their own money, so they’re not gonna share that with their children,” explained **Kathleen McNeil**. “We tell them to get a good education and a good job, but if we’re not telling them how to manage the money they are making from that job, it could be for naught.”

McNeil said the afternoon is set up like a trading floor. “The students strategize. It’s very competitive,” she said.

Teams that finish with the highest portfolio net worth are deemed the stock market champion.

But the learning isn’t limited to secondary students. In May, JA Day will be held at Hort and Stella Hills. Each classroom is matched with a trained volunteer to deliver five back-to-back lessons and activities during the first half of the school day.

“We’re teaching kids about jobs, business and money,” McNeil said.

And even the littlest learners can benefit.

“In first grade, they learn the difference between needs and wants,” she explained. “We are very conditioned to spend. You think of money, you think ‘What am I gonna buy?’ Let’s rethink that.”

Money management is really not a difficult concept to teach if you make it relatable.

“I tell the kids, ‘What do you think when you hear about a movie star or professional athlete that says they’re broke?’ You think they have millions of dollars, how can that be? But whether you have a million or a hundred dollars, if you spend it all, you’re broke.”

McNeil said teaching the basics at a young age is critical for a variety of reasons.

“We met with Cal State-Bakersfield... the powers that be that build prisons look at third grade math scores to determine how many prisons to build,” she said. “Up to third grade, you are learning to read. When you get to third grade, you are reading to learn. We have to reach them young. High school is too late.”

McNeil said the learning is sequential.

“Each year, it’s building on what they learned the previous year. Our goal is to have a long-term relationship with each school site.”

Not only do the students reap the rewards, so do the volunteers.

“It’s an opportunity for our volunteers to be a mentor and a role model in the classroom and share their work,” McNeil explained.

“We always need volunteers,” McNeil said. For more information on Junior Achievement, visit [www.jabakersfield.org](http://www.jabakersfield.org). “The work we do is really important. Our volunteers are valuable. It’s not just going in and reading a storybook,” McNeil said.

What moves you?



# Exploration.

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# Kern County Family Magazine's 22nd Annual **SUMMER CAMP** & **ADVENTURE FAIR**

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# How to Choose?

## Picking a Summer Camp Your Kids—and You—Will Love

By Kimberly Blaker



Whether you're looking for enrichment for your child, a way to keep your child occupied and supervised while you work, or a short reprieve from parenting, there's a summer camp out there that's just right for every family.

### THE BENEFITS OF SUMMER CAMP

Summer camp offers plenty of benefits, and many kids thrill at the idea of going away to summercamp. But for some kids, particularly those who are shy, introverted, or homebodies, the thought of going away for a night, let alone a week or more, can be cause for considerable anxiety. For kids who are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are more than eager – or at the very least willing to give it a shot without too much fuss – summer camp offers lots of opportunities kids aren't likely to experience at home or anywhere else.

#### If you're not familiar with the benefits, summer camp:

- fosters independence
- is a place to develop new and lasting friendships
- helps kids develop new skills
- leads kids to discover new interests and hobbies
- provides the opportunity for creative expression
- gives kids a break from being plugged-in
- offers daily exercise
- improves their self-esteem

- teaches kids to work with others
- makes kids feel part of a community
- prevents or reduces summer learning loss

### GETTING STARTED IN YOUR SEARCH

Before you begin looking into summer camps, first create a list of the criteria you're looking for. **Here are some initial things to consider:**

- What is your budget for summer camp?
- What is the purpose of sending your child to summer camp?
- Do you want a resident (overnight) or a day camp?
- Are you looking for a short-term (week or two) or summer-long program?
- Do you want a camp that's very structured or one that provides your child lots of freedom and choices?
- What are your child's interests, such as a particular sport, hobby, or other interest?

Once you've narrowed down some of the criteria, you can begin your search. You can visit [www.summercamps.com](http://www.summercamps.com) where you can search by zip code or category. Also visit local camp fairs, such as the 22nd Annual KCFM Summer Camp & Adventure Fair (see opposite page for info).

The American Camp Association (ACA) accredits summer camps, so [www.acacamps.org](http://www.acacamps.org) is another excellent place to look for a camp. The ACA educates camp owners and directors in health and safety for staff and campers as well as program quality. It then accredits camps that meet the organization's standards.

### NEXT STEPS TO FINDING THE PERFECT SUMMER CAMP

Once you've selected a few summer camps that meet your primary criteria and that fit your child's interests, share the choices to see what excites your child. Let your child know up front that you still need to thoroughly investigate the camp(s) before making a final decision. But do keep your child's choices in mind to ensure your child gets the most out of summer camp.

Once you and your child have narrowed the list to a manageable selection, you'll want to investigate the camps further. There are several things you'll want to consider.

#### What are the staff's qualifications?

Many summer camps use teens to staff the camps. Teens make excellent mentors and can bring liveliness to summer camp programs. However, the programs themselves should be developed by professionals and have professional oversight to ensure kids are getting the most from the camp programs.

#### How does the camp ensure your child's safety?

Find out what kind of safety training the camp provides its staffers. Also, is there staff on hand at all times that knows CPR? What are the camp's procedures in the event your child becomes ill, has an accident, or there's an emergency?

#### What is the daily schedule for campers?

Ask for a daily itinerary, so you know your child will be getting everything you and your child anticipate from the program.

#### What are the rules?

Each camp has its own set of rules. So, find out whether your child is allowed to call you. If it's a summer-long residential camp, can parents come and visit? Can your child bring along a cell phone or electronics? Also, how much money should your child bring, and how is your child's money managed?

TURN THE PAGE FOR LOCAL CAMPS



# Summer Adventures START HERE!



From sports to science and everything in between, Kern County is home to summer camps for all ages, interests, and budgets. Check out some of our recommendations below, and let the summer fun begin!

## American Kids Sport Center

NW: 3622 Allen Rd. • SW: 4401 Ride St.  
Bakersfield, CA  
(661) 589-2100  
<http://www.aksc.com>



Mike Williams,  
Owner

American Kids Sports Center (AKSC) has been a staple of children's sports and fitness for 34 years in Bakersfield. Local owners Mike and Sheri Williams developed AKSC with Kern County families in mind. Growing up and raising their own families in Bakersfield, shaped their mission of Building Healthy Kids. Our programs are diverse and for all ages (we start them as young as 6 weeks old). AKSC offers all levels of sports from competitive to recreational and just plain old fun! Our facilities are state of the art, with an indoor pool, in-ground trampolines and tumbling pits, spring floors, air conditioned facilities and spacious parent viewing areas.

We offer a multitude of camps with different flexible scheduling options. Our EPIC! Sports Day camp is all summer long, and allows children to try all the different activities we offer at AKSC. Campers participate in team building, arts and crafts, games, science, engineering and don't forget the sports! Your camper will be ready to hit the hay when they get home! This camp is our most popular and so enroll early.

Our Ninja Camp program is built around our fun and exciting Ninja Zone program! With constant motion and ninja skills we guarantee that your camper will love it. Students will learn the art of movement using gymnastic, parkour and martial arts technique. Its an all day obstacle course! Maybe your student is the next American Ninja Warrior!

Next is our Tumbling Camp, one of our most sought after skill building camps for cheerleaders, gymnasts and tumblers alike! Camps are organized according to your tumbling skills to create the best learning environment for all athletes.

Use this summer to build your skills and impress your coaches this fall with everything you learned here at AKSC! Visit us at [www.AKSC.com](http://www.AKSC.com).

## CAU AeroCamp

California Aeronautical University  
1450 Boughton Dr.  
Bakersfield, CA 93308  
(661) 615-5915  
[www.calaero.com](http://www.calaero.com)



Pete Van Dyke  
Director

Pete Van Dyke has been serving on the CAU Flight Operations Staff since 2015 and has a very technical aviation instructional background. His experience and expertise in aviation along with the other staff and faculty at California Aeronautical University (CAU) will provide the youth with an excellent instructional experience during the CAU AeroCamp as they explore the world of Aviation and Aerospace! Pete has been a Rated Pilot since 1967 and his experience includes US Naval Aviator (Jet), Instructor Pilot US Naval Air Training Command (Basic Jet), Commercial, Instrument, Glider (PVT), and Air Science Faculty at ERAU Prescott AZ, Instructor Pilot at ATCA Goodyear AZ (Lufthansa) and Training Director at IFTA Bakersfield CA. Pete also travels with the CAU Outreach Team providing STEM-based curriculum classes to the youth throughout California. We are looking forward to this year's 5-day Summer AeroCamp. Please go to [www.calaero.com/AeroCamp](http://www.calaero.com/AeroCamp) for more information!

## Bakersfield Swim Academy

3311 Allen Rd  
Bakersfield, CA 93314  
(661) 637-1403  
[www.bakersfieldswimacademy.com](http://www.bakersfieldswimacademy.com)



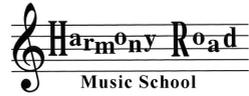
Gabe Woodward,  
Founder &  
Olympic Medalist

BSA is a trusted local Swim School and Swimwear Store founded by Bakersfield native Olympian Gabe Woodward & his family. We set out to lower drowning rates, but our passion far exceeds ordinary water safety. BSA is a place where children learn to swim and families make lasting memories! We're about building character through hard work & commitment, challenging swimmers daily, and encouraging local families to live healthy and active lifestyles.

Learning to swim is important for all ages. We offer a range of levels, from infants to adults, with group lessons available for varying swimming abilities. Starting with basic familiarization and water safety, then learning new skills and techniques, gradually building on confidence to progress until our swimmers are competent at all strokes. Our goal is to provide a platform for swimmers to follow their path 'from infants to Olympians,' offering a bright & happy future. Visit BSA today!

### Harmony Road Music School

5381 Truxtun Ave, Bakersfield, CA 93309  
(661) 665-8228  
harmonyroadbakersfield.com



Alexandra Hawley, Owner

Want a fun musical activity for your child this summer? We offer music classes for children ages 16m-12 years: **'Toddler Classes'** feature singing, moving to music, finger games, playing with rhythm instruments, activities with balls, scarves and hoops, and piano introduction. Ages 16m-3 years, with parents participating. **'Junior Music Camp'** is our creative arts/crafts musical morning camp for 4-6 year olds. Each day features a different theme: Dinosaurs, Teddy Bears, The Nutcracker, Peter & the Wolf, and Carnival of the Animals. Kids learn about famous musical works and make an instrument!

**'Intro to Piano'** lets kids try our piano program with 4 lessons before starting regular piano class in the fall. Book included. Parents & children 4 1/2-12 years.

For those with more time this summer for learning piano, we offer an 8-10 week beginning piano program for children 3rd-6th grade, teens, & adults. Check website for schedules and enrollment!

### Kern County Museum

3801 Chester Avenue  
Bakersfield CA 93301  
(661) 437-3330  
www.kerncountymuseum.org



Stephanie Love  
Director of Edu.

Kern County Museum Campers will embark on a summer full of enrichment and fun. Science, culinary, culture, art, exciting guest presenters, and much more is expected of this camp! Explore something different every day at the Kern County Museum Summer Camp. Call (661) 437-3330 or visit [www.kerncountymuseum.org/education](http://www.kerncountymuseum.org/education) to enroll!

### Kids & Critters Day Camp

3000 Gibson Street,  
Bakersfield, CA 93308  
(661) 323-8353  
www.bakersfieldspca.org



Chuck Nordstrom  
PR Director

We provide kids the opportunity to learn about pet responsibility. Children get to "adopt" one of our animals for the week and are taught the importance of spay/neutering, microchipping, grooming and basic training. Plus, children work on fun animal-related projects such as making cat toys, dog quilts, animal treats, etc.

### Richie Grant Soccer & All Sports Camp

9001 Stockdale Hwy, 8 Gym  
Bakersfield, CA 93311  
(661) 654-2598  
Gcleary@csub.edu



Richie Grant,  
Head Coach

We aim for every child to have a fantastic time at CSUB. Campers have great fun meeting new friends and working with excellent role models. CSUB camps have a tradition of success and excellent standards designed for kids to experience a variety of activities supervised by expert players and coaches.

**MORE CAMPS ON PAGE 16**

**SCS Summer Program**  
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[www.HARMONYROADBAKERSFIELD.com](http://www.HARMONYROADBAKERSFIELD.com)

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 Gcleary@csub.edu  
 for info

**SUMMER ADVENTURE CAMPS CONTINUED FROM PAGE 15**

PAID ADVERTISING SECTION

**Stars School of the Performing Arts  
 Bakersfield Music Theatre Summer  
 Workshop 2018**



Rehearsals held at Rosedale and Downtown Locations:  
 Rosedale: 2756 Mosasco St. • Downtown: 1931 Chester Ave.  
 Bakersfield, CA  
 (661) 325-6100  
 bmtstars.com/summerworkshop



Bakersfield Music Theatre (aka Stars) summer workshop allows children to experience the production of a Broadway-style musical. This year, children 6 yrs. will fly high in Mary Poppins Jr., beat the status quo in High School Musical Jr. and bring Charles Schulz's comic strip to life in You're a Good Man, Charlie Brown. Our highly qualified staff includes enthusiastic, well-trained and experienced educators and performers! Call or visit us online for more information!

Sheryl Cleveland  
 Director

**Stockdale Christian School**

4901 California Ave, Bakersfield, CA 93309  
 (661) 327-3927  
 stockdalechristianschool.com



Leslie Manning  
 Summer Program  
 Director

Stockdale Christian School is hosting our annual Summer Program from Monday, June 4th, to Friday, August 10th, 2018 for students who have completed Grades K-6! The program will include Language Arts, Math, Bible Lessons, Arts and Crafts, and P.E. Join us for a summer of learning and fun!

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 www.BakersfieldSylvan.com



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Delia Navarro

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**(661) 325-6100 | bmtstars.com/SummerWorkshop**

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# Cleanliness IS IN THE Eye of the Beholder

"My garage is so clean, you can eat off the floor," I overheard one woman telling another over coffee not too long ago. I discreetly looked in the direction of the voice because I needed to make sure I knew what the woman looked like; I never want to make the mistake of inviting her over to my house. Or even give her a ride in my car.

My husband used to call me a "neatnik." That was way back in 1988 BC (Before Children). I used to spend hours upon hours scrubbing, scraping, mopping, dusting, and making beds before and after going to work, and even after the first three kids I'd get the house all neat and tidy while they were in school. But when the fourth one came along, I found that I had to change my definition of clean drastically or be in a constant state of angst and overload. Where once I would shudder at the thought of dusty light fixtures, now I just keep them turned off until I work up enough energy to clean them.

I guess that as the years have passed, and the duties of mothering and running a household (not to mention working a full-time job) have left me burning the candle at both ends, I've lost my will to clean. Don't get me wrong; I'm not on the level of any of those folks you see on a show like Hoarders. I do have my standards. For instance, if walking across the kitchen floor feels like a walk on the beach, it's probably time to get out the ole vacuum. If the papers I'm grading stick to the kitchen counter, it might be time to give the countertop a good "once-over" with a rag and good dousing of "Daily Granite." And even though I won't be winning any awards from the American Cleaning Institute, I do pride myself on the fact that I take the trash out often enough to keep the house from smelling like a landfill, and get the laundry washed, folded and put away before everyone runs out of clean underwear (most weeks, anyway).

As far as those who have garage floors clean enough to eat from go, I'm thinking they must live alone, don't have pets, and never serve food or drink when entertaining. Let's face it, about five minutes after any life form walks through the door, your floors will be soiled with dust, dirt, food particles, and anything else it/he/she has on the bottom of its/his/her feet.

So, when it comes to housework, do yourself a favor and reevaluate your definition of "clean." Also, keep these words of the great Erma Bombeck in mind: "My theory on housework is, if the item doesn't multiply, smell, catch on fire or block the refrigerator door, let it be. No one cares. Why should you?"

Good News!!

**No Housework Day April 7**



# Just Say "NO"



A mother was picking up her son's toys and claiming, "I will be throwing all these toys out in the trash." Her son glances over at her and says, "Come on Mom. I'll get them in a minute." The mother responds with, "All right, but last time, I had to nag you all day just to pick up some toys." Her child glances at her with a smirk and returns to his iPad game. Mother walks off in a huff, talking under her breath. "These kids never listen to me." A father tells his child he is not taking him to soccer practice today because he hasn't cleaned up his room yet. His child begins the begging process, the whining course of action, the "I promise" to do it later routine. Dad finally retreats and says, "Okay, but you'd better do it when you get back from soccer." The child smiles as he is putting on his soccer leggings.

What might be considered here is the long-term effect of what your child is learning. You say "NO" but eventually you mean "YES." You think you are saying NO to your child. But, he remembers from past encounters that if he cries, promises, or whines, his parent eventually relents, backs down, and gives in. What happens when other people in your child's life say NO? Will your child respect that person's authority? Will your child recognize, whether he is fifteen or twenty-five, that what the adult says is the rule?

Your child is actually considered to be an adult-in-training (AIT). Your parental duty is to prepare your AIT child for the complex and oft time difficult world in which we live. When you decide to say NO, mean it. Your job is to assist your child in learning that should she want something, then she should learn to comply with authority figures. When your child's boss says, "Sure you can have Monday off, just make sure all your work is completed first," the boss means it. If your child has not learned to comply with authority, she may try to take advantage of what she thinks she can and leave work on Friday without finishing all her work. She figures she can show up on Tuesday and explain why she could not get it all completed. What the boss may say to her first is, "You're fired."

Perhaps missing a soccer game or losing iPad privileges until all work is completed will allow your 9- or 10-year-old child to begin to realize how the real world works. Then, he can actually respect what you are saying to him, which is: Do your job first. Do it well. Then, you can have other privileges. Having your child catch onto this truth will help him be more successful as he responds appropriately to boundaries that people set for him. Be here at 8:00 sharp! Be sure to clean up the back stockroom as well. Count the money twice and then deposit it all before closing the office. Take a one-half hour lunch break. Your child's future success will likely depend on your ability to effectively instruct him about how the world really works.

The mother who puts up the iPad until she views her child being respectful is doing her job as a training parent. The father who continues to watch golf and does not take his child to sports because of the child's unwillingness to be respectful is doing the right thing. Say NO to your child and mean it. Allow your child to see and experience the consequences of her behavior. These parental techniques may help her to be able to say YES to the work world and end up being successful...something we all want for our children.

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

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



Daniel Cook

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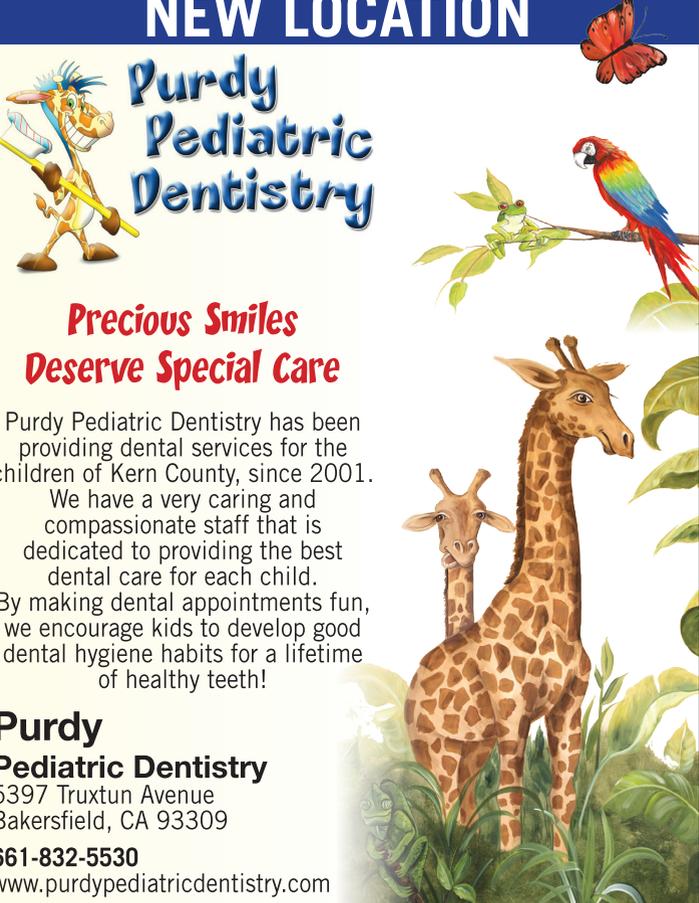
**NEW LOCATION**

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you can do it .....

# COOKIES FOR ALL

Hit a Home Run with these *Allergy-free* Sugar Cookies!

Lauren Cook loves to bake. “I’ve baked my whole life,” she said. Her cookies have become sought-after not only among friends and family, but by everyone who is lucky enough to sample one. (Just look at those decorations! They look as great as they taste!) As her family circle expanded to include a variety of dietary challenges—like her cousin, Lindsay Cook, who’s vegan and couldn’t come for Thanksgiving—Lauren, a kindergarten teacher at Zepher Elementary and local CSUB graduate, decided to tweak her recipes to be allergy-friendly.

“My mom, Cherie Payne, and sister, Morgan Demkey, have severe food restrictions and allergies,” she said. “I felt bad bringing over cookies for everyone that they couldn’t eat. I started researching ways I could substitute in allergy-free ingredients so they could have them too.”

## Allergy Free Sugar Cookies

Recipe courtesy Lauren Cook | Makes 2 Dozen

### Ingredients:

- 1 c. vegan butter (Lauren uses earth balance soy free)
- 1 c. sugar
- 2 oz. vegan cream cheese (Lauren uses Kite-Hill for soy free)
- 1 tsp. vanilla extract
- 1 tsp. almond extract
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 egg

(for egg free mix 2 Tbsp. of water, 1 tsp. of vegetable oil, and 2 tsp. of baking powder in a separate bowl)

- 3-4 cups all-purpose allergy free flour blend (3 cups brown rice flour, 1 c. arrowroot flour, 1/2 c. white rice flour, 1/2 c. tapioca flour, and 2 tsp. xanthan gum. You should mix this beforehand.

### Directions:

1. In a large bowl mix together the butter and sugar until its light and fluffy, about 3 minutes. Add in the egg (or egg replacement) and mix until incorporated. Add in vegan cream cheese and mix for about 1 minute. Scrape down the sides and add in vanilla and almond extract and mix.
2. Add baking powder and salt and mix. Slowly add flour mixture, 1 cup at a time, until you are able to create a ball of soft dough.
3. Divide the dough in half and wrap each half in plastic wrap and refrigerate for 12-24 hours.
4. When you are ready to use the dough allow 1-2 hours to thaw slightly, but still be cold.

5. Roll your dough on a floured surface about 1/4 - 1/2 inch thick and place on a parchment paper lined cookie sheet.
6. Bake at 350 for 10-12 minutes.

**BAKING TIP:** when rolling and cutting your dough, you want your dough to be chilled. This keeps your cookies from losing their shape in the oven.

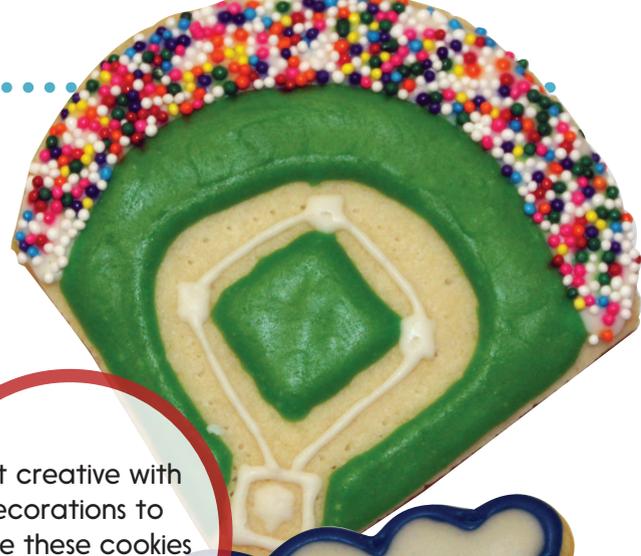
### For the Frosting:

- 3 Tbsp. aquafaba (the brine from a can of chickpeas)
  - 2 oz. vegan cream cheese
  - 1 Tbsp. vanilla extract
  - 4 - 5 c. powdered sugar
  - about 1/4 c. water
1. Whisk the aquafaba until it begins to foam. Add in the cream cheese and the vanilla extract and mix together, about 1-2 minutes.
  2. Slowly add in the powdered sugar, one cup at a time, scraping the sides after each mix. The amount of powdered sugar and water will depend on the consistency you want your icing. If you need it stiff for details, add more powdered sugar. If you need it thinner to fill in large spaces, add more water.

**NOTE: You should allow frosted cookies at least 12-24 hours to set and stiffen before stacking or packing them. Cherie said cookies like the baseball can take up to three days to frost because her frostings, depending on how each is used, have different consistencies. So you have to wait for each layer of frosting to dry before applying the next layer.**



Get creative with decorations to make these cookies perfect for ANY occasion!





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# Kindness to the Earth

## KIND IS THE NEW COOL

Brought to you by:



**A**pril 22nd is Earth Day this year! There are many ways to celebrate this unique holiday, but we don't have to limit kindness to our planet to just one day out of the year. The Earth is a pretty popular place to live; literally everyone we know lives here! This month, let's explore the symbiotic relationship between us and the planet we call home.

### The Earth Takes Care of Us

You probably think of fruits and vegetables when you think of food coming from the Earth. However, the produce section isn't the only thing for which to be thankful for our planet. All kinds of ingredients in your favorite foods are first grown from the Earth. Even junk food relies on many ingredients that are grown from good ol' soil. Basically, if you're a fan of food, you're a fan of the Earth.



Ever thought about the air you breathe? You probably know that our planet's trees, among other green plants, produce much of our oxygen. What you might not know is that half of

our planet's oxygen is actually produced via our oceans! Tiny phytoplankton produce as much oxygen as the trillions (yes, trillions) of trees on our planet.

The least we can do is return the favor, right?

### How Do We Take Care of the Earth?

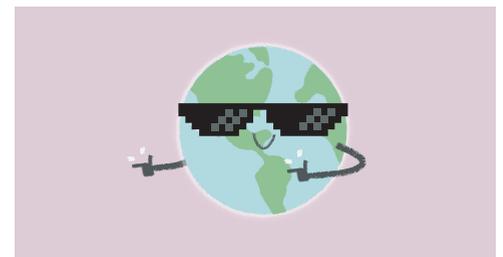
Earth may be covered mostly with water, but that doesn't mean water is unlimited. It's easy to get carried away with our water usage, but there are a few ways we can keep it in check. Make sure you turn the faucet off when you're brushing your teeth, don't dilly-dally in the shower, and embrace new technologies that are more efficient with their water usage. Some home irrigation systems send a notification to your phone when it's raining, and give the sprinklers the day off.

Like any home, Earth looks best when it's nice and clean. One of the most impactful ways we can keep Earth clean is by being responsible with our waste. Littering isn't as

commonplace as it was in decades past, but just throwing away our trash isn't reducing the amount of trash on Earth — it's just moving it to a designated place. Going the extra mile means finding ways to reuse common items in our lives, rather than going the "quick and disposable" route.

Taking care of the Earth doesn't have to be boring. Find a reusable water bottle with a design or pattern that says something about yourself. For years, we've all been walking around with the same cups and bottles from the same places and companies. It's time to express ourselves! Generations of people have packed their lunches in brown paper bags, but now is as good a time as any to find a reusable lunch pail! Are you making a trip to a store to buy something? Bring a reusable bag that is comfy to carry around and makes you smile every time you see it. If that means drawing a big, funny face on the side of it, then so be it!

Lastly, take some time to appreciate the Earth outdoors. It's actually good for you! In 2016, the University of Derby found that interacting with nature every day for 30 days resulted in, "increases in happiness, health, connection to nature and pro-nature behaviours." From lowering hypertension to improving general mood, there's a multitude of reasons to spend time interacting with our Earth. Show kindness to the Earth, because it shows kindness to you!



This month's Random Act of Kindness challenge is: use a reusable water bottle. 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.

# 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)

APRIL 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
29	30					

### Sunday, April 1st



### Monday, April 2nd

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

**LITTLE LEARNERS:** MONDAY THRU THURSDAY Parents and children prepare together for kindergarten readiness. 18 mo.-5 yrs. 392-2029/392-2054

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

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

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

**SEWING CLASS:** This is a class intended for kids and adults who are familiar with their sewing machine. 246-7144

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

### Tuesday April 3rd

**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

**BAKERSFIELD BIRTH NETWORK: THE NEST:** Focusing on topics related

to pregnancy, birth, breastfeeding and babies. 757-287-7943

**DO THE MATH:** Math help for students grades 4-12. Every Tues. & Wed., tutors are available from 3:30-5:30pm. 636-HELP (4357)

**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

**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

**PROJECT LINUS BLANKET MAKING:** Our mission is to provide love, warmth and comfort to children 549-4967

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

**TINKERGARTEN-OUTDOOR LEARNING:** Develop and grow through outdoor play-based learning activities. TUESDAYS and THURSDAYS throughout April. 860-6106

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

**INNOVATION IN PASTELS AT THE ART & SPIRITUALITY CENTER:** Learn to let go and enjoy the process of making art with pastels. 632-5747

**LEGO CLUB:** Come join us for LEGO club and bring your imagination. 1102 Seventh St., Wasco, CA. 4:00 PM - 5:30 PM. 758-2114.

**Wednesday April 4th 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.

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

**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

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 661-868-0701

**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:** Enjoy stories, movement, songs, and fun with your 18-month-old to 2 years old. 868-0701

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

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

**CRAFT CORNER:** Create a new craft, work on on-going projects, or bring a craft from home. 868-0701

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

**Thursday April 5th BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dance. 664-7716

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

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

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

**WORD POETRY/OPEN MIC NIGHT:** Come relax, unwind and listen to what's on the mind. 703-6911

**GAME ON!** Game day at the library. 1102 Seventh St., Wasco, CA 93280. 4:00 PM - 7:00 PM. 758-2114.

**LEGO CLUB:** Come build with us! 868-0701.

**SCULPTING AT THE ART & SPIRITUALITY CENTER:** Create sculptural art. 632-5747

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

### Friday April 6th

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

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

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

**FIRST FRIDAY ART WALK:** A family friendly arts event that showcases our best artists. 5:00 PM - 9:00 PM. 324-9000

**FIRST FRIDAY CRUISE NIGHTS:** Bring a chair and some friends and watch as classic cars cruise downtown Taft. 765-2165



# Celebrating Mothers

## GIVEAWAY

### **ENTER-TO-WIN A \$500 SHOPPING SPREE**

Tell us in 300 words or less why your mom is special to you and deserves a \$500 shopping spree at The Marketplace.

### Winners

Three winners will be selected at random and notified on May 5, 2018. Winning submissions will be on display in the kiosk by the center's main fountain from May 5 – 13, 2018.

### Submit Entry

Submit your entry in one of two ways:

1. **Email:** [TheMarketplace@dsrc.com](mailto:TheMarketplace@dsrc.com)
2. **Mail:** 200 Baker St. E., Suite 100, Costa Mesa, CA 92626

**Entry Period:** March 18, 2018 – April 23, 2018

Include your name, phone number, and "Celebrating Mothers Giveaway" with your submission. Participants under 18 years of age require submission by a parent or legal guardian. One entry per household. See website for Official Rules.



**[TheMarketplaceBakersfield.com](http://TheMarketplaceBakersfield.com)**  
Ming Ave. and Haggin Oaks Blvd.

**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

**YOGA IN THE GARDEN:** Samsara Wellness Center has joined with BMOA to offer free community yoga sessions. 323-7219

**FIRST FRIDAY AT THE BAKERSFIELD FOX THEATER:** E.T. the Extra Terrestrial. We hope to see you and your family for a very fun night. 324-1369

**GREASE AND GEARS FOR GIRLS:** Bike Bakersfield is hosting a bike maintenance workshop dedicated to helping women 321-9247

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

**STORYTIME & CRAFT:** Fun for the whole family. 1102 Seventh St., Wasco. 3:30 PM. 758-2114.

**Saturday April 7th**

**BIKE ARVIN:** We roll out at 3 p.m. and

ride around town. 2:30 PM - 3:30 AM. 854-3577

**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, and rhymes. 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

**TINKERGARTEN-OUTDOOR LEARNING:** Develop and grow through outdoor play-based learning activities. TUESDAYS and THURSDAYS throughout April. 860-6106

**A.S.C.E.N.D. YOUTH PROGRAM:** a free mentoring program for high school students. Contact Sharon at 331-6137

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

**JUST FOR KIDS PRESENTATION:** Just For Kids Science exploration and learning for kids! 324-6350

**KIDS' TOOL SAFETY WORKSHOP:** The Home Depot. Info: 835-1133, Gosford Rd. ; 872-2041, Mount Vernon Avenue ; 587-1545, Rosedale Hwy.

**BSO & BAKERSFIELD MASTER CHORALE CONCERT:** Concert Begins at 7:30PM. 323-7928

**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320  
**COLOR ME HAPPY:** Stressed out? Join the coloring craze. 868-0701

**MOVIE TIME!** Come watch a movie at the library. 1102 Seventh St., Wasco, CA 93280. 12:00 PM. 758-2114.

**PHILOSOPHY FOR CHILDREN AT BEALE MEMORIAL LIBRARY:** 868-0701

**SKILLZ DAY:** Learn and play through skills relating to child development. 437-3330

**WATERCOLOR ART WITH BMOA** 758-2114

**Sunday April 8th**

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

**HAGGIN OAKS FARMERS MARKET:** 8800 Ming Ave, Bakersfield, CA 93309. 9:00 AM - 2:00 PM. 334-2033

**SPIRITUAL CINEMA SUNDAY:** "The Kid." 2215 Truxtun Avenue, Bakersfield, CA 93301. 2:00 PM. 632-5747.

**STRAWBERRY FEST AT MURRAY FAMILY FARMS.** Berry Contests, Berry Fun! 330-0100

**Monday April 9th**

**4 and 5 READY TO STRIVE:** MONDAY THRU THURSDAY Get your child ready for kindergarten. M-T 10AM-11AM. 392-2029/392-2054.

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

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

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

**SEWING CLASS:** This is a class intended for kids and adults who are familiar with their sewing machine. 246-7144

**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

**ART CLASS (GRADES 7-12):** "Oriental Brush Painting" \$10 per class and includes materials. 330-2676.

**COLOR YOUR HEARTS OUT:** Coloring day at the library. 1102 Seventh St., Wasco, 758-2114.

**KERN COUNTY CHAPTER OF CALIFORNIA TURTLE AND TORTOISE CLUB:** 599-8425

**KIDS' PLAYGROUP:** Join us for a once a month themed play date. Cost is \$2 per child each month, 831-4460

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

**Tuesday April 10th**

**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

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

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

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

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

**BAKERSFIELD CAMERA CLUB MEETING:** Whether you're into photography as a profession or a hobby 324-9484

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



**CSUB FAB FEST**

**Saturday, April 7**

The Fab Fest is calling for wood workers, metal workers, knitters, crafters, artists and those who make just about anything. The day is a family affair with activities for all ages. Student clubs will host many activities, including building a crash cart, make-your-own rock candy kits, and hands-on, interactive displays for children. Registration is available at [www.csub.edu/fabfest](http://www.csub.edu/fabfest). CSUB Campus 10AM - 2PM. 661-654-CSUB.



**EDIBLE SCHOOLYARD 5th Annual Plant Sale**

**Saturday, April 7**

Seedlings, veggies and olive oil all produced on-site will be available for purchase. Pizza, made in the kitchen's wood-fired oven, will be offered by the slice, as well as fresh salad and homemade baked bread and cookies. Iced tea made with home-grown lemon verbena and mint will also be available for purchase. The event will feature children's games, crafts and raffle prizes! 6520 Buena Vista Road, Bakersfield, CA 93311. 9AM - 1:30PM

**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

**PROJECT LINUS BLANKET MAKING:** Our mission is to provide love, warmth and comfort to children 549-4967

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

**INNOVATION IN PASTELS AT THE ART & SPIRITUALITY CENTER:** 632-5747

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

**PUZZLE MANIA!** 1102 Seventh St., Wasco. 4:00 PM - 7:00 PM. 758-2114

**Wednesday April 11th**  
**ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Enjoy an evening of crafts & conversation. 868-0701

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

**FRESH HAPPY BELLY CLASS: STRESS-MANAGEMENT AND FOOD COMBO THEORY:** 808-0811

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

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** Sessions with a volunteer coach for one-on-one computer learning. 868-0701.

**READER ADVISORY BOARD AT SOUTHWEST BRANCH LIBRARY:** Wondering what to read next? 5:00 PM. 664-7716.

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

**SPINNING TALES:** Come join the fun with your child and listen to a new storybook each week. 11:00 AM - 11:30 AM. 392-2029/392-2054.

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Parents, accompany your 18mo- 2yr-old for

music, nursery rhymes, stories and play. 868-0701

**TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:** For toddlers to third grade. 10:00 AM - 11:00 AM. 631-2575.

**LEGO CLUB AT MOJAVE BRANCH LIBRARY:** Unleash your creative side and design your best LEGO creation. 2:00 PM. 824-2243.

**CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 4:00 PM - 5:00 PM. 869-2320.

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Includes instruction in a variety of art skills. 5:30 PM - 6:30 PM. 869-2320.

**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 as they play! 324-7825.

**TEEN ADVISORY BOARD:** Join us for some brain storming for future teen programs. 1102 Seventh St., Wasco. 4:30 PM - 6:00 PM. 758-2114.

**Thursday April 12th**  
**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dances as a way to bond. 11:00 AM. 664-7716.

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 4:00 PM - 5:00 PM. 869-2320.

**CHILD CAREGIVER SUPPORT GROUP:** Anyone can benefit from fresh

ideas on how to care for their children. 1:00 PM - 2:00 PM. 393-5836.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Mobile Unit will be in Arvin each Thursday afternoon. 2:00 PM - 5:00 PM. 326-1907.

**PERSONAL COMPUTER COACH AT SOUTHWEST BRANCH LIBRARY:** Get personalized instruction from staff in 30 minute increments. 664-7716.

**WORD POETRY/OPEN MIC NIGHT:** Come relax, unwind and listen. 7:00 PM. 703-6911.

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

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

**LEGO CLUB:** Come build with us! 5:30 PM. 868-0701.

**SENSORY STORYTIME:** Join us for hands-on learning as we engage all of the senses. 10:00 AM. 868-0701.

**FAMILY MOVIE NIGHT:** Enjoy watching the movie, Smurfs: The Lost Village (2017, PG) with your friends and family. 5:00 PM. 868-0700.

**LEGO CLUB:** Join us for some lego fun. 1102 Seventh St., Wasco, CA 4:00 PM - 7:00 PM. 758-2114.

**SCULPTING AT THE ART & SPIRITUALITY CENTER:** 1:00 PM - 4:00 PM. 632-5747.

**Friday April 13th**

**BABY CAFE:** A drop-in breastfeeding center providing information, education, and support. 10:00 AM - 1:00 PM. 747-5195.

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 10:00 AM. 832-7387.

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Public skating FRIDAY AND SATURDAY nights from 6:30 PM - 9:30 PM.

**FAMILY MOVIE FRIDAY AT SOUTHWEST BRANCH LIBRARY:** A great place to get together for family-friendly movie nights! 3:00 PM. 664-7716.

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** Celebrate reading by enjoying stories, songs & craft! 11:30 AM. 824-2243.

**FIT N FUN FRIDAYS:** Play activities followed by a simple science, creative, and/or hands-on-activity in this class. 392-2029/392-2054.

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

**KIDS GET CRAFTY:** Attend monthly craft projects and get creative. 3:00 PM. 868-0701.

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

**STORYTIME & CRAFT:** Enjoy stories, songs, rhymes and fun for the whole family. 1102 Seventh St., Wasco. 3:30 PM. 758-2114.



Kern County Family Magazine's 22nd Annual

# SUMMER CAMP & ADVENTURE FAIR

April 12, 2018 • Westside Church of Christ



SPONSORED BY:






**Saturday April 14th**

**BIKE ARVIN:** Bike Arvin is proud to host a weekly bike ride, Saturday, 2:30 p.m. 854-3577.

**FARMERS MARKET:** Looking for the freshest fruits and vegetables? 3201 F St, Bakersfield. 8:00 AM - 12:00 PM.

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy stories, songs, rhymes & fun for the whole family. 10:30 AM. 664-7716.

**MATH CLINIC AT BEALE MEMORIAL LIBRARY:** Learn math or get assistance with your homework. 2:00 PM - 4:00 PM. 868-0701.

**STORYTIME AT BARNES & NOBLE:** Join the local Barnes & Noble for a storytelling time for children and families. 11:00 AM. 631-2575.

**FREE DAY at the MARTURANGO MUSEUM:** 100 East Las Flores Ave, Ridgecrest, CA 93555. 10:00 AM - 5:00 PM. 760-375-6900.

**SECOND SATURDAY AT BIKE BAKERSFIELD:** Hosting a quick safety tips lesson before heading out on our ride. 10:00 AM - 2:00 PM. 321-9247.

**YOKUTS PARK FUN RUN:** Bakersfield Parks and Recreation



**2nd SATURDAY FILM SERIES**

**Saturday, April 14**

In honor of Shakespeare, who was born in April 1564, Beale Memorial Library will be showing the 1993 movie *Much Ado About Nothing*. The film begins at 12pm and the auditorium doors open at 11:45 am. Children under 12 must be accompanied by an adult. Auditorium. 701 Truxtun Avenue, Bakersfield, CA 93301. 12:00 PM. 661-868-0701.

Department and the Bakersfield Track Club presents the Yokut's Park Fun Runs. 7:00 AM.

**BLUEBERRY FEST AT MURRAY FAMILY FARMS.** Berry Contests, Berry Fun! 330-0100

**CONDORS GAME:** Cheer on the Condors as they play! 661-324-7825.

**LEGO WORKSHOP:** Pirates of the Caribbean. 7001 Auburn St., Bakersfield 10:00 AM - 12:30 PM. 489-3335.

**GET MESSY EVENT:** The Bakersfield Kids Directory is hosting the 5th Annual Bakersfield Kids Gets Messy at the Kern Pioneer Village. 3801 Chester Ave, Bakersfield, CA 93301. 1:00 PM - 3:00 PM. 661-437-3330.

**RC SAILING:** Bakersfield Model Yacht Club will be racing RC sailboats today. 2:00 PM - 4:00 PM. 477-1806.

**Sunday April 15th HAGGIN OAKS FARMERS MARKET:** 8800 Ming Ave, Bakersfield, CA 93309. 9:00 AM - 2:00 PM. 334-2033

**Monday April 16th 4 and 5 READY TO STRIVE:** MONDAY THRU THURSDAY Get your child ready for kindergarten. M-T 10AM-11AM. 392-2029/392-2054.

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

**CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 4:00 PM - 5:00 PM. 869-2320

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Mobile Unit will be at the DreamCenter Bakersfield 3:30 PM - 6:30 PM. 326-1907

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

**SEWING CLASS:** This is a class intended for kids and adults who are familiar with their sewing machine. 3:30 PM - 5:00 PM. 246-7144.

**TROOP 712 BOY SCOUTS OF AMERICA MEETING:** New/future Scouts welcome to see what it's like. 7:00 PM - 8:30 PM. 832-8011.

**ACRYLIC PAINTING AT THE ART & SPIRITUALITY CENTER:** 3:30 PM. 632-5747.

**Tuesday April 17th**

**FREE ACTING CLASS:** For children 5-17 years old who have never attended before. 4:30 PM. 322-2800.

**ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** 6:00 PM - 8:00 PM. 325-6939.

**AWESOME ART:** Free for parents of children ages 18 months-5 years. 11:00 AM - 11:30 AM. 392-2029/392-2054.

**BABY CAFE:** A drop-in breastfeeding center providing information, education, and support. 10:00 AM - 1:00 PM. 747-5195.

**BAKERSFIELD BIRTH NETWORK: THE NEST:** Focusing on topics related to pregnancy, birth, breastfeeding and babies. 757-287-7943

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Mobile Unit will be on location at the Greenfield Resource Center. 9:00 AM - 12:00 PM. 837-3720.

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

**PATHFINDERS AND ADVENTURERS:** A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church 6:00 PM - 7:30 PM. 871-5000.

Listings of FREE Immunizations

**totshots**

**Walgreens Pharmacy**  
**Monday, April 2nd**  
4306 Ming Avenue, Bakersfield  
9:00 a.m. to 2:00 p.m.

**Walgreens**  
**Wednesday, April 4th**  
40 Chester Avenue, Bakersfield  
9:00 a.m. to 2:00 p.m.

**Walgreens**  
**Thursday, April 5th**  
3301 Panama Lane, Bakersfield  
9:00 a.m. to 2:00 p.m.

**Benton Park Centera**  
**Monday, April 9th**  
2705 So. H Street, Bakersfield  
9:00 a.m. to 2:00 p.m.

**Kern County Dept. of Human Services**  
**Wednesday, April 11th**  
100 E. California Avenue,  
Bakersfield, 9:00 a.m. to 2:00 p.m.

**Walmart**  
**Thursday, April 12th**  
2601 Fashion Plaza, Bakersfield  
9:00 a.m. to 2:00 p.m.

**Walmart Supercenter**  
**Monday, April 16th**  
5075 Gosford Road, Bakersfield  
9:00 a.m. to 2:00 p.m.

**Adventist Health Bakersfield**  
**Wednesday, April 18th**  
2800 Chester Avenue, Bakersfield  
1:00 p.m. to 6:00 p.m.

**Taft Health Fair**  
**Saturday, April 21st**  
900 North 10th Street, TAFT  
8:00 a.m. to 12:00 p.m.

**La Hacienda Market**  
**Tuesday, April 24th**  
315 James Street, SHAFTER  
9:30 a.m. to 2:00 p.m.

**New Life Church**  
**Wednesday, April 25th**  
4201 Stine Rd., Bakersfield  
9:00 a.m. to 2:00 p.m.

**Fiesta Market**  
**Tuesday, April 26th**  
9710 Main Str, LAMONT  
9:30 a.m. to 2:00 p.m.

**NOR Riverview Park**  
**Monday, April 30th**  
437 Willow Drive, Bakersfield  
9:00 a.m. to 2:00 p.m.

\*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.

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, songs, rhymes, & fun for your 3 to 5 year old. 11:00 AM. 868-0701.

**PROJECT LINUS BLANKET MAKING:** Provide love, warmth and comfort to children with items created by volunteers. 549-4967

**TUTORING HELP AT SOUTHWEST BRANCH LIBRARY:** Get homework help with math, reading and other subjects. 3:30 PM. 664-7716.

**GAME ON WASCO LIBRARY:** Game day at the library. 4:00 PM - 7:00 PM. 758-2114.

**Wednesday April 18th**  
**CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 4:00 PM - 5:00 PM. 869-2320.

**ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Enjoy an evening devoted to the joy of crafts & conversation. 5:00 PM. 868-0701.

**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. 6:00 PM. 833-4345.

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** 6:00 PM - 7:30 PM. 633-1700.

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** It's like VBS every week, for kids 4-12! 7:00 PM - 8:00 PM. 342-2078.

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

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** Sessions with a volunteer coach for one-on-one computer learning. 868-0701.

**READER ADVISORY BOARD AT SOUTHWEST BRANCH LIBRARY:** Wondering what to read next? 5:00 PM. 664-7716.

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

**SPINNING TALES:** Come join the fun with your child and listen to a new storybook each week. 11:00 AM - 11:30 AM. 392-2029/392-2054.

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

**TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:** For toddlers to third grade. 10:00 AM - 11:00 AM. 631-2575.

**WOMEN'S SELF DEFENSE WORKSHOPS:** Learn to defend yourself. Workshops are FREE and open to the public. 6:00 PM. 322-0931.

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Includes instruction in a variety of art skills. 5:30 PM - 6:30 PM. 869-2320.

**CELEBRATE EARTH DAY:** Join us for some family friendly activities and events in honor of Earth Day. 4:30 PM. 868-0701.

**Thursday April 19th**  
**BEABOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dances. 11:00 AM. 664-7716.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Mobile Unit will be in Arvin each Thursday afternoon. 2:00 PM - 5:00 PM. 326-1907.

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

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

**MOPS - THE BRIDGE BIBLE CHURCH:** Most MOPS groups vary in size from 10 to 200 women. 587-2010.

**PERSONAL COMPUTER COACH AT SOUTHWEST BRANCH LIBRARY:** 11:00 AM. 664-7716.

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

**WORD POETRY/OPEN MIC NIGHT:** Come relax, unwind and listen to what's on the mind. Takes places every Thursday. 7:00 PM. 703-6911.

**LEGO CLUB:** Come build with us. 5:30 PM. 868-0701.

**SENSORY STORYTIME:** Join us for hands-on learning as we engage all of the senses. 10:00 AM. 868-0701.

**CELEBRATE EARTH DAY:** Celebrate Earth Day. Join us for some family friendly activities and events in honor of Earth Day. 4:30 PM. 868-0701.

**CRAFTY TEEN CLUB:** Find your inner craftiness Join our club that meets

once a month for snacks, a small craft, and lots of fun. 4:30 PM. 868-0701.

**PLANETARIUM SHOWS AT BAKERSFIELD COLLEGE:** The William M. Thomas Planetarium will host popular Astronomy shows. 395-4326

**PUZZLE MANIA!:** 1102 Seventh St., Wasco, CA 93280. 4:00 PM - 7:00 PM. 661-758-2114.

**Friday April 20th**

**BABY CAFE:** A drop-in breastfeeding center providing information, education, and support. 10:00 AM - 1:00 PM. 747-5195.

**CITY OF BAKERSFIELD ANIMAL CARE CENTER:** Vaccine and licensing clinic. 10:00 AM. 832-7387.

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Public skating FRIDAY AND SATURDAY nights from 6:30 PM - 9:30 PM.

**FAMILY MOVIE FRIDAY AT SOUTHWEST BRANCH LIBRARY:** 3:00 PM. 664-7716.

**FIT N FUN FRIDAYS:** Free for parents of children ages 3-5 years. 9:00 AM - 10:00 AM. 392-2029/392-2054.

**OPEN ART STUDIO:** Short on Studio Space? 869-9320.

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

**KIDS GET CRAFTY:** Join us to create the craft of the month. 3:00 PM. 868-0701.

**CELEBRATE EARTH DAY:** Join us for some family friendly activities and events in honor of Earth Day. 4:30 PM. 868-0701.

**BUSTER KEATON'S THE GENERAL:** with live organ accompaniment. 7pm. FREE. First Presbyterian Church 1705 17th St.

**GAME ON FAMILY FUN:** Are you ready to game? 3:30 PM. 868-0701.

**Saturday April 21st**

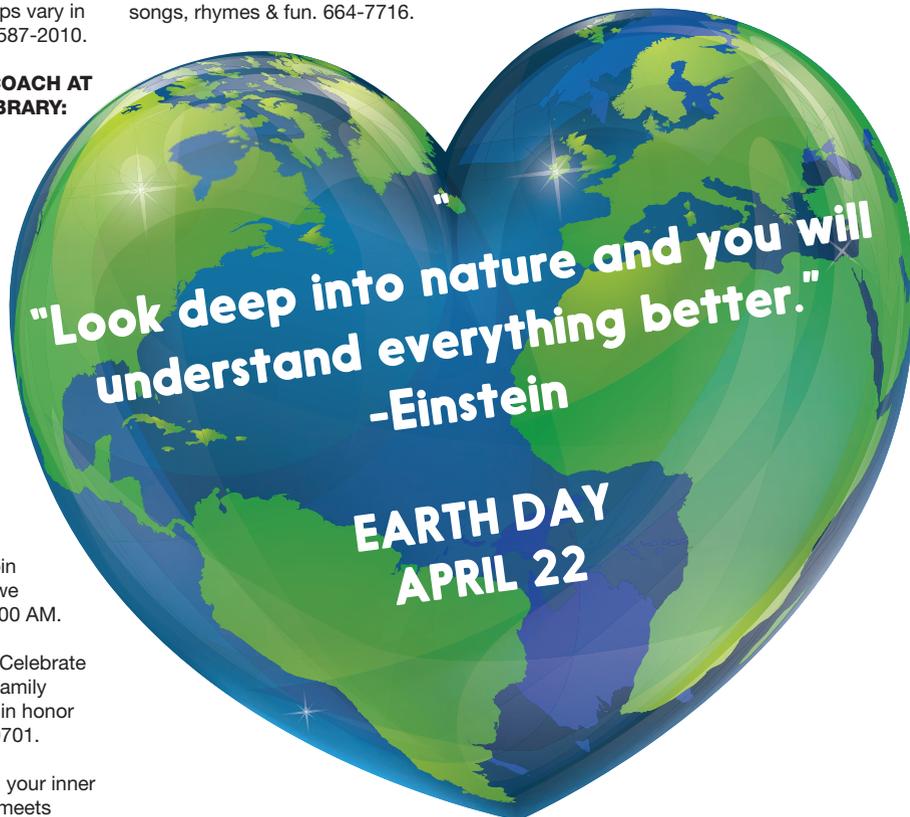
**BIKE ARVIN:** Bike Arvin is proud to host a weekly bike ride, Saturday, 2:30 p.m. at Bike Arvin. 854-3577.

**FAMILY STORYTIME AT DELANO BRANCH LIBRARY:** Enjoy stories, songs, rhymes, & fun for the whole family. 2:30 PM. 725-1078.

**FARMERS MARKET:** Looking for the freshest fruits and vegetables? 3201 F St, Bakersfield. 8:00 AM - 12:00 PM.

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy stories, songs, rhymes & fun for the whole family. 10:30 AM. 664-7716.

**MATH CLINIC AT BEALE MEMORIAL LIBRARY:** Learn math or get assistance with your math homework. 2:00 PM - 4:00 PM. 868-0701.





## CONES WITH A COP

**Saturday, April 28**

Celebrating Autism Awareness month with our special needs citizens and their families, the Sheriff's Office invites the community to come and enjoy a FREE ice cream cone at Freddy's Frozen Custard. 10:30am -12:30pm, 2649 Calloway Dr. Call (661) 391-7559 for more information.



## VAC NEON FUN RUN

**Saturday, April 28**

Come celebrate Valley Achievement Center's 20th Anniversary and Autism Awareness month with us at our Neon Fun Run. Proceeds will help VAC purchase SMART boards and playground equipment. We will have an obstacle course, raffle, DJ, cake walk, face painting and other fun games! Registration is \$15 and includes a T-shirt, neon sunglasses and food. For tickets and info, contact Jodi Graham 661-473-1747 or 661-565-7500. 1721 Westwind Dr., Bakersfield, CA 93301. 10AM-1PM. 431-1466.

### SAN EMIGDIO EXPRESS AT WIND

**WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

### STORYTIME AT BARNES & NOBLE:

Join the local Barnes & Noble for a storytelling time for children and families. 11:00 AM. 631-2575.

### BSO POPS CONCERT: ROCK

**REWIND:** Celebrate rock legends that changed the course of rock and roll. Doors open at 6pm, 323-7928.

### CELEBRATE EARTH DAY:

Join us for some family friendly activities and events in honor of Earth Day. 4:30 PM. 868-0701.

### CHILDREN'S POETRY OPEN MIC:

Children can sign up to read and share their original poetry to celebrate National Poetry Month. 3:00 PM. 868-0701.

### COLOR ME HAPPY:

Join the coloring craze with a relaxing morning of conversation and coloring. 10:30 AM. 868-0701.

## Sunday April 22nd

### SAN EMIGDIO EXPRESS AT WIND

**WOLVES:** Express runs start at 8:30AM, 12:30PM, and 3:30PM. 858-1115.

### HAGGIN OAKS FARMERS MARKET:

8800 Ming Ave, Bakersfield. 9:00 AM - 2:00 PM. 334-2033.

### BLACKBERRY FEST AT MURRAY

**FAMILY FARMS.** Berry Contests, Berry Fun! 330-0100

## Monday April 23rd

### 4 and 5 READY TO STRIVE:

MONDAY THRU THURSDAY Get your child ready for kindergarten. M-T 10AM-11AM. 392-2029/392-2054.

### LITTLE LEARNERS: MONDAY THRU

THURSDAY Parents and children prepare together for kindergarten readiness. 18 mo-5 years. 392-2029/392-2054

### CHILDREN'S ART CLASS (GRADES

**1-6):** Class includes instruction in a variety of art skills. 1607 19th Street, Bakersfield, 869-2320.

### SEWING CLASS:

This is a class intended for kids and adults who are familiar with their sewing machine. 3:30 PM - 5:00 PM. 246-7144.

### TROOP 712 BOY SCOUTS OF

**AMERICA MEETING:** New/future Scouts welcome to see what it's like. 7:00 PM - 8:30 PM. 832-8011.

## Tuesday April 24th

**ALLIANCE HUMAN SERVICES RESOURCE PARENTS**

**ORIENTATION:** 5329 Office Center

Ct. Suite 120, Bakersfield. 6PM - 8PM. 325-6939.

**AWESOME ART:** Work together with your child on an age appropriate activity. 392-2029/392-2054.

**BABY CAFE:** A drop-in breastfeeding center providing information, education, and support. 747-5195.

### BAKERSFIELD BLEND CHORUS:

Women Singers Wanted. 6:30 PM - 9:30 PM. 497-SING .

### IMAGE CLEAR ULTRASOUND

**MOBILE UNIT:** Mobile Unit will be on location at the Greenfield Resource Center. 837-3720.

### PATHFINDERS AND

**ADVENTURERS:** A program for children ages 6-15 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.

### TUTORING HELP AT SOUTHWEST

**BRANCH LIBRARY:** Get homework help with math, reading and other subjects. 3:30 PM. 664-7716.

### MOPS - OLIVE KNOLLS NAZARENE

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

### PROJECT LINUS BLANKET

**MAKING:** Provide love, a sense of security, warmth and comfort to children with items created by volunteers. 549-4967.

### WARMLINE MOM & BABY GROUP:

For moms with babies up to one year. 11:00 AM - 1:00 PM. 323-3531.

### WARMLINE MOM & TODDLER

**GROUP:** Parents are encouraged to bring their children for a fun play session and interact with other moms. 323-3531

### BEGINNING ART CLASS (GRADES

**7-12 & ADULTS):** Beginning Drawing, Painting, Mixed Media and Sculpture class. 4:00 PM - 6:00 PM. 869-2320.

### CHILDREN'S POETRY OPEN MIC:

Children can sign up to read and share their original poetry. 3:00 PM. 868-0701.

### INNOVATION IN PASTELS AT THE

**ART & SPIRITUALITY CENTER:** 1:00 PM - 3:30 PM. 632-5747.

### LEGO CLUB!

1102 Seventh St., Wasco, CA 93280. 4:00 PM - 7:00 PM. 758-2114.

## Wednesday April 25th

### AWANA AT WESTSIDE CHURCH OF

**CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 6:00 PM. 831-4460.

### AWANA CLUB AT FELLOWSHIP

**BAPTIST:** Children will learn Bible verses and play games. 6:00 PM. 833-4345.

### FOSTER FAMILY NETWORK

### FOSTER PARENT ORIENTATIONS:

Call for more details. 6:00 PM - 7:30 PM. 633-1700.

### KIDS CONNECT 2 CHRIST AT

### SOUTHWEST CHRISTIAN CENTER:

It's like VBS every week, for kids 4-12. 342-2078.

### PERSONAL COMPUTER COACH

### AT BEALE MEMORIAL LIBRARY:

Sessions with a volunteer for one-on-one computer learning. 868-0701.

### READER ADVISORY BOARD AT

### SOUTHWEST BRANCH LIBRARY:

Wondering what to read next? 5:00 PM. 664-7716.

### SIP N' SIT:

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

### 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. 868-0701.

### TODDLER TIME WITH MISS

**JADE AT BARNES & NOBLE:** For toddlers to third grade. 4001 California Ave, Bakersfield. 10AM - 11AM. 631-2575.

### CHILDREN'S ART CLASS (GRADES

**1-6):** Class includes instruction in a variety of art skills. 330-2676

### BARKS AND BOOKS:

Build your reading skills and enhance self-esteem, by reading aloud to an affectionate furry friend. 868-0701.

### TEEN ADVISORY BOARD

1102 Seventh St., Wasco, CA 93280. 4:30 PM - 5:30 PM. 661-758-2114.

## Thursday April 26th

### BABY BOUNCE AT SOUTHWEST

### BRANCH LIBRARY:

Introduce your infants to stories, songs and dances. 11:00 AM. 664-7716.

### BEGINNING ART CLASSES FOR

### GRADES K THRU 12 AND ADULTS:

1607 19th Street, Bakersfield. 4:00 PM - 5:00 PM. 869-2320.

**IMAGE CLEAR ULTRASOUND**

**MOBILE UNIT:** Image Clear Ultrasound Mobile Unit will be in Arvin. 600 Bear Mountain Blvd. 2PM - 5PM. 326-1907.

**PERSONAL COMPUTER COACH AT SOUTHWEST BRANCH LIBRARY:**

Get personalized instruction from staff in 30 minute increments. 664-7716.

**WORD POETRY/OPEN MIC NIGHT:**

Come relax, unwind and listen to what's on the mind. 1718 Chester Avenue. 7:00 PM. 703-6911.

**MOPS - ST. ELIZABETH ANN**

**SETON CHURCH:** A MOPS group is started through a local church 12300 Reina Rd, Bakersfield. 587-3626.

**MOPS - VALLEY BAPTIST CHURCH:**

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

**SPECIAL FRIENDS, JOYFUL**

**HEARTS:** Christ-centered ministry for adults and children with developmental and intellectual disabilities. 665-7815.

**LEGO CLUB:**

Come build with us! All materials provided by the library. 5:30 PM. 868-0701.

**SENSORY STORYTIME:**

Ideal for children with autism or sensory processing issues 10:00 AM. 868-0701.

**GAME ON!:**

Game day at the library. 1102 Seventh St., Wasco. 4:00 PM - 7:00 PM. 758-2114.

**OTAKU: ANIME AND MANGA CLUB:**

Anime fans unite Join us and discuss your favorite anime, manga, music, and more. 4PM. 868-0701.

**Friday April 27th**

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

**CITY OF BAKERSFIELD ANIMAL**

**CARE CENTER:** Vaccine and licensing

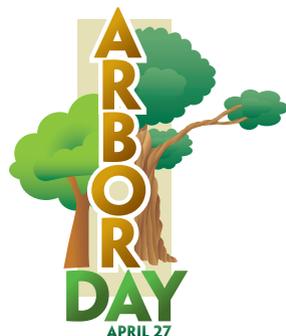
clinic. 201 South Mt Vernon. 10:00 AM. 832-7387.

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:**

Public skating FRIDAY AND SATURDAY nights from 6:30-9:30 pm

**FAMILY MOVIE FRIDAY AT SOUTHWEST BRANCH LIBRARY:**

The library is a great place to get together for family-friendly movie nights! 664-7716.



**FIT N FUN FRIDAYS:**

Free for parents of children ages 3-5 years. 392-2029/392-2054.

**TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:**

Celebrate reading and enjoy stories, songs, rhymes & fun. 9:30 & 10:30 A.M. & 4 P.M. 664-7716.

**KIDS GET CRAFTY:**

Attend monthly craft projects and get creative Join us to create the craft of the month. 701 Truxtun Ave. 3:00 PM. 868-0701.

**STORYTIME & CRAFT:**

Celebrate reading by enjoying stories, songs, rhymes and fun for the whole family. 1102 Seventh St., Wasco 3:30 PM. 758-2114.

**WESTERN STREET ROD**

**NATIONALS:** April 27-29th, Kern County Fairgrounds. (574) 875-4032 or www.nsra-usa.com

**Saturday April 28th**

**BIKE ARVIN:** Bike Arvin is proud to host a weekly bike ride, Saturday, 2:30

p.m. 1241 Bear Mountain Blvd, Arvin. 2:30 PM - 3:30 AM. 854-3577.

**BOYSENBERRY FEST AT MURRAY**

**FAMILY FARMS.** Berry Contests, Berry Fun! 330-0100

**FARMERS MARKET:**

Looking for the freshest fruits and vegetables? 3201 F St, Bakersfield. 8:00 AM - 12:00 PM.

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:**

Enjoy stories, songs, rhymes & fun for the whole family. 10:30 AM. 664-7716.

**MATH CLINIC AT BEALE**

**MEMORIAL LIBRARY:** Learn math or get help with your math homework. 2:00 PM - 4:00 PM. 868-0701.

**SAN EMIGDIO EXPRESS AT WIND**

**WOLVES:** Catch a ride with us for more hiking opportunities. 858-1115.

**STORYTIME AT BARNES & NOBLE:**

Join Barnes & Noble for storytelling time for children and families. 4001 California Avenue. 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.

**FAMILY STORYTIME AND CRAFT**

**AT DELANO BRANCH LIBRARY:** Enjoy stories, songs, rhymes, and a unique craft. 2:30 PM - 3:30 PM. 725-1078.

**IMPACT BAKERSFIELD:**

An opportunity to bring UNITY to our COMMUNITY. Admission is free. 225 Chester Ave. 11:00 AM - 3:00 PM. 489-5952.

**OUTREACH CLINIC HEALTH**

**FAIR:** Free health screenings. Free kid's vaccinations. 2020 R Street, Bakersfield. 10:00 AM - 2:00 PM. 310-343-0910.

**PHOTO SAFARI:**

For teens and tweens. A photographer will guide students as they take photos around the Pioneer Village grounds. 437-3330

**RC SAILING:** Bakersfield Model Yacht Club will be racing RC sailboats today 477-1806

**Sunday April 29th**

**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. 8800 Ming Ave, Bakersfield 9:00 AM - 2:00 PM.

**Monday April 30th**

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

**LITTLE LEARNERS:**

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

**IMAGE CLEAR ULTRASOUND**

**MOBILE UNIT:** Mobile Unit will be at the DreamCenter Bakersfield 326-1907.

**SEWING CLASS:**

This is a class intended for kids and adults who are familiar with their sewing machine 246-7144.

**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:** Sandrini Elementary, 4100 Alum Avenue. 4200 Planz Rd, Bakersfield 7:00 PM - 8:30 PM. 832-8011.

**CHILDREN'S ART CLASS (GRADES**

**1-6):** 330-2676. 1607 19th Street 4:00 PM - 5:00 PM. 869-2320.

**ACRYLIC PAINTING AT THE ART & SPIRITUALITY CENTER:**

632-5747.

**STORYTIME & CRAFT:**

Celebrate reading by enjoying stories, songs, rhymes and fun for the whole family. 1102 Seventh St., Wasco 3:30 PM. 758-2114



# SEND US YOUR EVENTS!

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

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**Fellowship Baptist Church**

Sunday  
9:30 am - Bible Studies for all ages (English & Spanish)  
10:45 am - Worship Celebration (English & Spanish)  
4:30 pm - Trek & Journey (school year)  
Wednesday  
6:00 pm - Awana Bible Study & Prayer

**SOUTHWEST CHRISTIAN CENTER**  
Church of God, Cleveland, TN  
3700 N. Stine Rd.

Sunday Services  
9:00 a.m. & 10:30 a.m.  
Children's Worship 10:30 a.m.  
Small Group Studies 6:00 p.m.  
Dr. Robert Proctor, Pastor  
[www.swcc.us.com](http://www.swcc.us.com)

**Bakersfield Central SDA Church**  
Pastor Kevin Hart

Saturday Sabbath School  
Classes for All Ages: 9:15am  
Saturday Worship Service:  
10:40am

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KidsLife & StudentLife: 10:30 a.m.

13701 Stockdale Hwy 661-588-2268 [ccvbak.com](http://ccvbak.com)

**CHRIST'S CHURCH OF THE VALLEY**

**Youth & Rotarians Collaborate for Business Leadership & Ethics Conference Bakersfield**

On Tuesday, March 13, more than 170 selected area high school students attended the Business Leadership & Ethics Conference at Hodel's Country Dining. The conference, now in its 32nd year, provides students the opportunity to interact with businessmen and women from the Bakersfield community and to explore the leadership qualities and ethical practices they will need in their careers.

**"This annual event allows students to refine their leadership and decision-making skills under the guidance of respected local business leaders. Together, we are developing tomorrow's leaders."**  
- Vickie Spanos, Director of Instructional Services.

KHSD Event structure calls for participating high school juniors to collaborate with Rotarians and KHSD representatives in roundtable discussions of various scenarios involving leadership characteristic and ethical practices. Bakersfield Police Department Chief, Lyle Martin, was the afternoon keynote speaker and more than 28 Rotarians participated. The conference is co-sponsored by area Rotary Clubs and the KHSD.



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KCFM's 22nd Annual Summer Camp & Adventure Fair 2018

**April 12th, 2018**  
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**DID YOU KNOW?**

**29%** of nearly 7,000 college students surveyed them stimulant meds (like some drugs used to treat ADHA) boost grades. They don't. But misusing them can raise blood pressure and heart rate as well as hinder sleep, and is linked to drug and alcohol abuse. Remind your kid that even if the pills seem harmless, there's zero payoff and some risky side effects.

source: University of Maryland.

PARTY RESOURCES



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Participate Advocate Donate



**Upcoming April Events**

**LEGO Workshop-Pirate Theme**  
Saturday, April 14th, 10am-Noon

**Support Groups**  
Tuesday, April 17th, 6-7:30pm

**Painting for the Cause**  
Friday, April 20th, 7-9pm

**Cones with a Cop at Freddy's**  
Saturday, April 28th, 10:30-Noon

**Autism Spectrum Disorders Seminar Series 4:**  
Speaker: Emily Rubin MS, CCC-SLP  
May 8th

Call or visit our website for event details.



Don't Forget Us on May 1st!!

\*\*\* \*\* \*\*

**SERVICES OFFERED:**

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
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- Local Resources, Community Projects
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**VAC NEON FUN RUN**

Come celebrate Valley Achievement Center's (VAC's) 20th anniversary and autism awareness month at VAC's Neon Fun Run!

**Saturday, April 28th, 10a -1p**  
Centennial High School's football field

Call Jodi Graham for tickets and information at **(661) 473-1747** or **(661) 565-7500**.



## Kern County Education Update



### Career Technical Education Center at Independence: Groundbreaking

Lobby Rendering, Left, Ground Breaking Photo below courtesy KHSD

The groundbreaking ceremony for the Career Technical Education (CTE) Center at Independence was held on Monday, March 12, 2018, at 3:30 p.m. at 7301 Old River Road, the SW corner of Old River Road and Berkshire Road.

This center will provide an educational environment that is unique, inspiring and incorporates state-of-the-art industry-specific resources. This high tech facility is designed to facilitate the learning of academic and technical skills with a commitment to a continued partnership between schools, industry partners, and our community to ensure that Kern High School students are prepared to succeed in the workplace and at the post-secondary level. The CTE Center at Independence was made possible through the passage of Measure K, a general obligation bond passed by Kern County voters in November of 2016.

- Guest speakers included:**
- Dr. Bryon Schaefer, KHSD Superintendent
  - Phillip Peters, President, KHSD Board of Trustees
  - Aaron Falk, District Representative for Congressman Kevin McCarthy's Office
  - Dr. Scott Cole, KHSD Deputy Superintendent of Business
  - Dr. Dean McGee, Associate Superintendent of Educational Services and Innovative Programs
  - Brian Miller, Principal, CTE Center at Independence



If you have questions or would like additional information please contact Lisa Krch, Public Information and Communications Manager at (661) 827-3172, or Lisa\_Krch@KernHigh.org.

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**THE FASTEST WAY TO FOCUS**

If you have an important task to complete-whether it's filing your taxes or sending a critical email- skip the coffee and try some exercise. Ten minutes of moderate to vigorous movement (like walking at a brisk pace up a slight incline) immediately helps improve your attention and decision making ability, according to a study in the journal *Neuropsychologia*. Experts think this burst of exercise might improve activity in brain structures important for concentration. On top of that, regular fitness promotes overall health, so make walking or cycling a daily habit-your body and mind will thank you.

*SOURCE: Matthew Heath, PhD., study co-author, professor of neuroscience, University of Western Ontario.*

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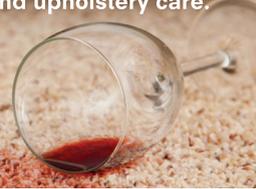
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Sudoku:

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

Find the Difference:

- Math problem erased
- Boy's shirt says "33"
- Girl on left's sweater
- Unhappy face on chalk board

Crossword:

Across:  
1. Green  
2. Able  
3. Aback  
4. Soil  
5. Out

Down:  
1. Grasses  
2. Eyeball  
3. Thicket



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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?



## Automobile Word Find

Find the hidden words in the puzzle

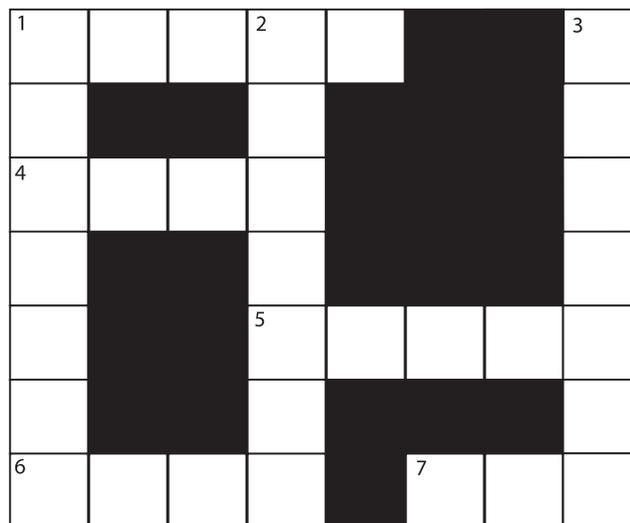
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Q T C P S C N Y E K V C  
R C E E U I U O K N S H  
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S I A I R L N R R L Y N  
T W O D E I H U B L P I  
J N R P S G N K T W K C  
D R I V E Z U G E J V P  
F F R G B A I U L S B M  
B C L A V Q U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

## Crossword Puzzle



- ACROSS
- Nature color
  - Can do
  - In the rear
  - Dirt
  - Opposite of "in"

- DOWN
- Short plants with long, narrow leaves
  - Sight organ
  - Dense group of bushes

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**ENROLL  
NOW**

We are Kern County's  
Learn-to-Swim School **#1**

3 to 1 beginner  
class ratios.

6 wk to 5 mo olds  
are free!

Free Swim  
Consultations.

7 days a week  
12 hrs a day.

Also conveniently  
available at most

**IS IN-SHAPE**

locations!

A M E R I C A N  
**SPLASH**  
S W I M SCHOOL

is Kern County's Water Safer Place!

Summer is around the corner and that means a lot of time around pools, fountains & at beaches. Beat the summer rush, **ENROLL NOW** and get on the path to a safer summer.

We offer swim lessons to all ages and skills! Your child will learn life saving skills, in a fun, nurturing environment. Our staff is expertly trained, our facility boasts a heated indoor pool area and a climate controlled lobby, Multiple class discounts and most importantly a love of swimming to last a lifetime! Come take a tour today!

**AKSC**  
AMERICAN KIDS SPORTS CENTER

[www.AKSC.com](http://www.AKSC.com) | 661.589.2100 | NW 3622 Allen Rd. | SW: 4401 Ride St.

Gymnastics • Cheer • Swim Lessons • Dance • Martial Arts • Ninja Zone • Tumbling & Trampoline • Preschool