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JUNE 2018

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& Dads**
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and Family**

plus: KCFM 2018 Summer Camp Guide *p.13*
daddy/daughter date ideas *p.13* chicken & pineapple skewers *p.19*

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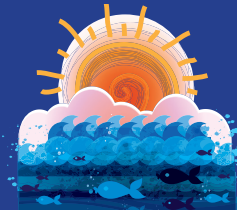


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MEMBERS OF



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Cover Feature

Matt Pelishek: Navigating Fatherhood, Faith, and a Full House of Women

(l-r) Pelishek family Maddie, Sophia, Becky, Matt & Zoe were photographed on location at the Park at Riverwalk by LJ Radon, Kern County Family Magazine

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dear reader



Vaun Thygerson,
Contributing Writer

A daughter needs a dad to be the standard by which she will judge all men." This is a tall order, but so true. Growing up, my dad set a high bar. I have five sisters and no brothers, which means my father has six daughters. Imagine: SIX girls, plus my mother, and only one man in the house! Whatever "drama" you have in your life with one daughter, multiply that by six. You can't begin to imagine the patience my dad has to practice.

My dad is retired Air Force and is the proverbial "guy's guy," but he also has a very sweet and approachable side to him. He is a nurturer and gentleman. This combination made him the perfect father for all girls. In fact, he somehow managed to make each one of us feel as if we were his favorite. Luckily, I married a man who has these same qualities of strength and compassion.

Matt Pelishek, program director at 88.3 Life FM, and one half of the popular radio show Afternoon Joy Ride, knows this balancing act as a father to three beautiful daughters, Zoe, age 13, Sophia, age 9, and Maddie, age 6. Along with his wife Becky, they have a beautiful family full of fun and adventure that celebrates their daughters' unique personalities. Thanks to Matt and his daughters for gracing this month's KCFM Father's Day cover and for the time they spent making the article on page 12 happen.

Whether you have sons or daughters, one thing that is guaranteed to happen this summer is parties! In the article, "Rock the Block: Seven Fun Ideas for Your Next Block Party," on page 18, Pam Molnar recommends a summer block party where you can get to know your neighbors better. She has seven great ideas that are sure to get the summer off to a fun start.

Another fun way to spend summer days is exploring the outdoors. In the article, "The Ten Essentials: A Foundation for Outdoor Adventure," on page

14, Diane Turner Maller writes about the necessary items needed to create a memorable outdoor experience. Even with a prescribed list of items, make sure to individualize your outdoor gear to fit your unique needs. The best part of being outdoors is being safe and having fun! In fact, REI has a social media campaign right now encouraging people to post adventure pictures with #optoutside. Currently, on Instagram there are more than eight million posts with this hashtag.

In this month's Humor at Home article, "Kids Say the Creepiest Things," Tracie Grimes writes about how kids really do say the "darndest things." Her own child had an imaginary older brother. She writes about other kids and stories they make up. To read these interesting scenarios, turn to page 16.

Dr. Kirk gives us his monthly parenting advice in his article, "What, Me Worry?" on page 17. He writes about how children are products of their environment so it's up to us to provide an emotionally stable home for them. He says if you can be happy, then your children can be happy too.

June is a month dedicated to all the fathers out there. My kids hit the jackpot with their amazing father, and I've loved seeing my own father be my kids' grandfather because he's one of the best. Make sure to thank the men in our lives who have been a father or a father-figure to us or our sons and/or daughters alike. Take the time to make some memories when you #optoutside, plan a block party, or appreciate each other's unique traits.

Happy Father's Day!



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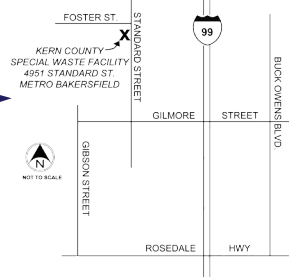
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CSUB Website Offers Opportunity to Thank, Say Farewell to Outgoing President Horace Mitchell

California State University, Bakersfield has unveiled a new website, <https://www.csub.edu/thanksdrmitch/>, to provide an opportunity for students, faculty, staff and the community to thank President Horace Mitchell for his 50 years of dedication and leadership in higher education and wish him well in his retirement. People may post to the Wall on the site by using #thanksdrmitch on Twitter and Instagram and #thanksdrmitch @csubakersfield on Facebook.



Dr. Mitchell became the fourth president of California State University, Bakersfield in July 2004. Under Dr. Mitchell's leadership, the University has received national recognition with a vision to extend the excellence and diversity of the faculty and academic programs, enhance the quality of the student experience and strengthen community engagement.

KHSD SkillsUSA Winners

Kern High School District (KHSD) students win at the four-day SkillsUSA California State Conference and Skills Competition held recently. Todd Lamas earned the Tom Hall CITEA SkillsUSA Student of the Year and Erick Gonzales and Brian Andriano have been elected as California SkillsUSA State Officers. Individual students also excelled, with KHSD students earning seven gold, five silver, and seven bronze medals. The seven gold medal winners have qualified for the national competition in Louisville, Kentucky.

Over 100 different trade, technical, and leadership events are held under the SkillsUSA banner, with KHSD students competing in skills such as Electronics Technology, Law Enforcement, American Spirit, Extemporaneous Speaking, and more.

The seven gold medal winners include: Brian Andriano (Robotics); Grace Urmston (CISCO Networking); Ashley Peterson (Sports Medicine); Jordan Peer (CISCO Networking); Cruz Aguilar (CISCO Networking); Jason Plivelich (3-D Animation); and Samuel Meyers (3-D Animation).

West High School Places Third at State History Field Day

Congratulations to the West High School (WHS) History Field Day team, for recently finishing 3rd place out of 48 entries at the state competition. Although they didn't qualify to move on to the national competition this month, the team worked hard all year on a project and documentary called, "From Conflicts to Compromise: Civil Rights in the Fields."



West High School (WHS) History Field Day Team

Team members include Hugo Avila, Merari Bonilla, Jeffrey Fox, Angel Magdaleno, and Yasmin Roman. Team advisors are Paul Stine, Dewey Compton, Jose Santos, Gail Fox Cheever, Dan Peeler, and Susan Peeler.

"Our history day students are top notch! After the results were announced that we got 3rd place at state, I was disappointed because I knew all the hard work they put in deserved 1st place. On the drive home, they demonstrated what true integrity looks like by helping me see what is truly important: hard work leads to telling good stories and building quality relationships. That is more important than the awards and medals," Dewey Compton, WHS History Day advisor, says.

PRODUCTS YOU'LL LOVE



Disney Junior Doc McStuffins Toy Hospital On The Go Pet Carrier

The new Toy Hospital On The Go Pet Carrier from Disney Junior's Doc McStuffins comes with a loveable plush pet – either Findo the dog or Whispers the cat! The carrier holds every tool kids need to take great care of their pet pals, including a stethoscope, pet hair brush, otoscope, pet bandana and more! (\$19.99, 3+, www.OnlyPlayProducts.com)



Virtuoso Bears (Amadeus and Ludwig)

Introducing Virtuoso Bears with an adorable likeness to Amadeus Mozart and Ludwig van Beethoven. Each of these cuddly pals carry 40 minutes of carefully selected tracks of sonatas, concertos and symphonies. Tucked in each bear's pocket is a short biography of each virtuoso. (\$49.99, Birth-7, www.vosego.org)



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Baby Critters Series

Calico Critters's Baby Critters include Baby Tree House, Baby Castle Playground and Baby Choo-Choo Train. Great for indoor or outdoor imaginative play and super easy to take along on a summer trip. (\$17.95 per set, 3+, www.calicocritters.com)



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Sweet Adelines International's Bakersfield Blend Chorus

Sweet Adelines International's Bakersfield Blend Chorus is looking for women singers of all ages. They are offering a free membership June 5 through July 3 culminating with a free Women's Patriotic performance for seniors and Veterans on July 3.

Open rehearsals are every Tuesday 6:30 – 8:30 p.m., 3rd Floor Parlor Room, Brookdale Riverwalk, 350 Calloway Drive, Bakersfield. After the free period, an audition and dues will be required to participate. This chorus is an extraordinary and diverse group of women who gather together in celebration of music known as Barbershop Harmony, a uniquely American folk art.

"Members come for the music, but stay for the friendships," says Jolene Forzetting, a member of Sweet Adelines for more than 20 years. "Sweet Adelines empower women with skills making them valued performers and leaders."



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Summer Safety Tips

The school year seemed to fly by and it's hard to believe we are headed into summer. Summer activities mean more opportunities for accidents and hazards outdoors. As it heats up and pools open, remember that drowning is the number one cause of injury-related death for kids ages 1-4, according to the Centers for Disease Control and Prevention.



Simple things you can do to help your kids stay safe this summer:

Save your skin and your sight. Both sunny and cloudy skies call for sunscreen with SPF 15 or higher applied 15 to 30 minutes before going outside. Add tight-weaved clothing, brimmed hats and swimwear with built-in UVA protection. Wear sunglasses — those eyes need cover, too!

Set rules for wheels. Properly fitted helmets are a must whenever bikes, boards, scooters, skates or ATVs are involved. Children under 10 should stick to sidewalks and paths, and remember reflectors are essential for anyone rolling after dark.

Mind the heat. Have fun indoors between 10 a.m. and 4 p.m. If that's not an option, wear light-colored and lightweight clothing, taking shaded breaks every 20 to 30 minutes and drinking water or sports drinks every 15 minutes when active. Never leave a child unattended in a warm car. Even on not-so-hot days.

Beware of bugs. The American Academy of Pediatrics recommends insect repellents containing 10-30 percent DEET for children over 2 months old. Avoid combination sunscreen/insect repellent since sunscreen needs to be reapplied every two hours and repellent does not.

Water Wise! A child can drown in just 1 inch of water. Never leave kids alone near filled-buckets, bathtubs, toilets, wading or swimming pools, or any body of water. Moms and dads should learn CPR and stay within an arm's length of young swimmers. Wear life jackets on boats.

Stay hydrated. If your child has signs of dehydration or heat stroke, including fainting, decreased urination or is refusing fluids, has a fever over 102 degrees or other questionable symptoms, call your healthcare provider for advice or visit an urgent care facility.

Don't let preventable injuries stand in the way of a great summer vacation.

Air Pollution Can Negatively Affect IQ

A new study indicates that long term exposure to air pollution as a pre-teen or teenager can have negative effects on cognitive abilities. California's air pollution levels are some of the worst in the country. According to the American Lung Association, the effects of climate change are making the situation worse.

While the CA government is working hard to reduce the high levels of air pollution, the 2018 State of the Air report indicates that 90% of California residents are exposed to unhealthy air at some point in the year. The worst places in the state (and in the country) include Los Angeles, San Joaquin Valley, Visalia, Bakersfield, and Fresno. Because of the large population, temperate climate, and a geography that lends to polluted air to accumulate in certain areas, California is more negatively impacted than some other places. And the increasing temperatures just make it worse for more smog, more wildfires, and more drought. Experts insist that more needs to be done to cut down on harmful pollutions.

Children, especially those in low-income communities, elderly, and those with health problems are impacted the most by the smoggy air. Low-income communities tend to be closer to freeways, railways, factories, and other places where the smog and air pollution is at the highest. Afif El-Hasan, a pediatrician in Orange County detailed the worst of the problems. He said that growing up in an area high in air-pollution results in lower lung capacity, leaving kids more vulnerable to lung problems. They also have more illness, more heart disease, more trips to the ER and missed work, and kids miss more school.

And following the release of a 2017 report, it appears that brain development and lower IQs and ability to problem solve can be added to the list of negative impacts from air pollution. The report was based on a 12-year study on over 1,300 pre-teens living in and around Los Angeles and surrounding communities, conducted by researchers at the University of Southern California and UCLA Center for Health Policy Research.

The children's IQ levels were tested at ages 9 to 11 and then retested at 18-20. The researchers also examined levels of air pollution near their homes. They found that the more pollution, particularly the fine-particle pollution which comes from cars, power plants, and other similar sources and can pass into the lungs and blood stream more easily, the more the performance IQ levels dropped. Performance IQ is associated with reasoning and problem-solving abilities and impacts your ability to solve new problems.



Ultimately, the results of the study indicate early exposure to air pollution may have a negative impact on brain function.

While most teens in the study were exposed to an air pollution standard above the Environmental Protection Agency air quality standards level, all teens were not affected equally. The teens coming from wealthier areas were not as impacted as the poorer teens, who had a 150% higher drop in performance IQ. Of note, this is after accounting for differences in parental intelligence and socioeconomic

circumstances. Additionally, males were more impacted than females. This is in line with other studies showing males are impacted more greatly to contaminants during puberty than females.

While California is one of the leading states in the efforts to reduce air pollution, the children of California need more to be done and faster.



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Source: University of Pennsylvania



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The Surprising Science of Dads in Pregnancy and Postpartum

by LJ Kunkel



A study in International Journal of Epidemiology showed that children with a father who smoked earlier in life but had quit prior to conception had a more than three times higher chance of early-onset asthma than children whose father had never smoked.

Furthermore, a review by the National Drug Research Institute found that men who drank 10 or more alcoholic drinks per week during preconception carried a two to five times increased risk of miscarriage. Paternal alcohol consumption was also associated with a greater risk of negative outcomes for infants, including ventricle malformation, low birth weight, low gestational age, and even acute lymphoblastic leukaemia at high-level use.

DURING PREGNANCY Symptoms and hormones and emotions, oh my!

Women may be doing all the “hard work” but aren’t the only ones who suffer through a pregnancy.

Ever heard of sympathy pregnancy symptoms? Yeah, this is a real thing. It’s called couvade syndrome, defined as a phenomenon in which a male experiences symptoms of pregnancy during the time his partner or another woman he is particularly close to is pregnant. They may have weight gain, nausea, mood swings, fatigue, sleep loss, and other telltale symptoms.

Many men also have real hormonal changes during this time with a drop in testosterone and estradiol levels, as evidenced by a study published in American Journal of Human Biology. So women aren’t the only hormonal hippos in the house. (Not sure if this is good or bad?)

Add to that all the pressure and stress associated with a new baby and you have a recipe for a male version of prenatal depression. A study published in BJOG: An International Journal of Obstetrics and Gynaecology reported that new depression in fathers was linked to a 38 percent increased risk of very preterm birth. That’s a considerable number and indicates that a father’s health is important because it has spillover effects on the rest of the family.

AFTER PREGNANCY Dad depression

The underlying changes dads go through don’t end when the baby is born. The postpartum period, although supposedly a joyful new chapter in life, brings new challenges and stressors for both parents.

What comes to mind when you think about pregnancy, prenatal care, birth, and newborns?

It’s a blur of frequent checkups, peeing in a cup, peeing a lot in general, nausea, heartburn, crazy hormones, baby care, I’m so tired, and wow, why are diapers so expensive?

Most of these thoughts are centered on mom and baby. Rightfully so, as women are the actual vessels housing the little energy-sucking bundles of ever-loving joy while sacrificing body, brain, boobs, and bubbly drinks to grow them and care for them.

But where is dad in all this? His role goes way beyond being just a sperm donor and side spectator throughout the process.

Although we may recognize the importance of a father’s presence in raising kids, we often isolate the pregnancy and newborn time period as mom’s job. But science has something to say about just how much influence dad has, whether he wants to or not, from the very beginning.

BEFORE PREGNANCY Age

It’s no secret - today’s women are waiting longer to start families, due to factors like personal and career goals and advancements in reproductive medicine. So it would make sense that dads are getting older, too. Indeed, the typical man with a newborn is 3.5 years older than his counterpart four decades ago. The rate of new dads over 40 in particular has more than doubled.

Along with increasing age comes unexpected impacts on the family. Research has shown it can take longer to get pregnant and there is an increased risk of miscarriage. Higher age is also

associated with higher chance of birth defects, genetic disorders, and psychological conditions in offspring. But science has something to say about the benefits as well, with recent headlines reporting financial stability and emotional preparedness, the possibility of producing smarter kids, and the extended effect of increased lifespan for future generations.

Lifestyle

We’ve also focused responsibility for smoking and drinking during pregnancy solely on the woman, but a man’s lifestyle habits have a surprising impact.

Postpartum depression is a hot topic these days, with up to one in seven new moms affected, according to the American Psychological Association. Increased awareness is a good thing as more women are getting the help they need. But most don't realize dads can feel the baby blues, too. Up to 10 percent of new fathers experience symptoms of depression, according to researchers at the University of Southern California.

An interesting study published in *Hormones and Behavior* revealed a link between a drop in testosterone and increased risk of paternal depression. On the other hand, men with high testosterone weren't affected by depressive symptoms, but there was still an important family implication: Their mama partners were more likely to be depressed and reported more aggressive behavior coming from their man.

So dad's hormones and emotional state affect mom and consequently the family's overall well-being. This is all very eye-opening in light of our current social views of pregnancy and medical care protocols focusing solely on mother and baby. Her support system (or lack of) plays

a huge role in coping with overwhelming life changes.

"We often think of motherhood as biologically driven because many mothers have biological connections to their babies through breastfeeding and pregnancy," said Darby Saxbe, lead researcher. "We don't usually think of fatherhood in the same biological terms."

Remember the father factor

It's clear that fathers have a huge impact biologically and emotionally through conception, pregnancy, and the postpartum period, but they are unfortunately very underserved in the medical community. Shouldn't paternal education and care be part of the process? We often expect men to just support their partners and have it all together without considering what's going on with themselves. That is certainly something to think about!

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LJ is a health/wellness writer, mom of 3, and fitness trainer. See more from her at fitmixmom.com.



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Matt Pelishek: Navigating Fatherhood, Faith, and a Full House of Women

By Vaun Thygerson

An anonymous quote states, "Dad: He can play like a kid, give advice like a friend, and protect like a body guard." Matt Pelishek, program director at 88.3 Life FM, and one half of the popular radio show Afternoon Joy Ride, along with Aaron Perlman, lives this adage as the father to three beautiful daughters, Zoe, age 13, Sophia, age 9, and Maddie, age 6.

"I live in a house full of girls. Even our pets are girls. Ok, well, one of our two cats is a boy, but Dewey isn't real interested in watching MMA with me, so he doesn't count. It's not uncommon for my laundry to come out with glitter on it," Matt says. "Being a parent is a challenge, some days I'm better at it than others, but at the end of the day I'm thankful God gave me these amazing girls in my life. I'm a lucky dude."

With his wife, Becky, they have lived in Bakersfield for 10 of the 15 years they've been married. They grew up in Bismarck, North Dakota and came to Bakersfield after spending five years in St. Paul, Minnesota. Together, they teach their girls the importance of living a faith-centered life and attend Resurrection Church.



Maddie, 6, Sophia, 9, and Zoe, 13

Matt loves Star Wars; in fact, Becky calls herself a "Star Wars Wife." She knew that when she married him that whether they had either sons or daughters, they would learn to love this iconic movie. And, it's now a passion they share as a family. The girls bought Matt a Build-A-Bear Jedi Knight that's become a travelling companion for his girls. If one of them is having a bad night, Matt gives her the bear to comfort her. They also have "Dad's Classic Movie Series Nights," with popcorn and snuggles, where they watch a Star Wars movie or another one of Matt's favorites like Indiana Jones, original Ninja Turtles, or old Disney movies.

Together as a family they spend a lot of time being active and going on adventures. From bike rides to hikes at Wind Wolves Nature Preserves, the bluffs, or the beach, they like to explore nature. As a family of readers, they have read a lot of books together, so they particularly enjoy trips to Barnes & Noble or BookHounds.



Matt and family photographed by LJ Radon, KCFM, on location at The Park at Riverwalk

A dad's involvement in his daughter's life helps to shape her self-esteem, self-image, and opinions of men. Matt takes this role very seriously. He spends a lot of quality time with his daughters and appreciates their uniqueness.

"I try to make sure that a positive self-image is reinforced all the time. I try to be intentional about always telling them how pretty they look," he says. "When one of them draws a picture or does any kind of project, I make sure they know how creative they are, or what good artists they are. A big part of setting them up for success against the vain ideas from culture or media is to make sure they know that they are beautiful exactly as they are. We celebrate uniqueness, and talk about how it's more important to just be you than to worry about what someone else thinks you should be.

"What we teach our girls is that they are capable of doing whatever they set their minds to. We make sure they know they are strong, smart, and capable," he says. "If they want to be a radio personality, I tell them they can be better than I ever was. If they want to be scientists, CEOs, pro-athletes, engineers, or politicians, they can do it."

Matt pays attention to his daughters' individual personalities with one-on-one time where they learn to appreciate each other's interests. Zoe loves Pokémon and reading, Sophia likes dinosaurs, and Maddie loves tea parties and babies. Matt also takes the time to support and help them with their 4-H projects. And, in return, the girls joined Matt in practicing Kung-Fu at his classes last summer. He started doing martial arts a decade ago and holds one second-degree black belt, and is currently training in another martial art for another black belt.

"I try to not only spend one-on-one time with each of them, but also let them know that if they are ever feeling too overwhelmed or just needing some of that time with me, they can let me know," he says. "If we can't go at that time, we schedule it in for as soon as we are able."

A strong, positive father-daughter relationship can have an important impact on a young girl's life to help her develop into a confident woman. Matt takes the time to practice the little things with his wife and girls, like opening their doors or leaving the last piece of cake for them. He wants his girls to know how much he loves their mom. "I want to demonstrate a healthy relationship. I want them to see that after 15 years I still LOVE to hang out with my wife. I want them to see us going on dates, and her being surprised with flowers just because," he says. "I want the girls to say 'eww, gross' because mom and dad are still flirty in the kitchen. I may not always do this well, but my hope, in the end, is that the picture we draw shows that they should be loved, treasured, and enjoyed."



Make it a Date!

Daddy/Daughter Date Ideas

By Vaun Thygeron

Take advantage of long summer days and evenings by spending some special time making memories with your kids. (Moms and sons, you can get in on these, too!)

Ice Cream Date

I scream, you scream, dads and daughters scream for ice cream. Bakersfield has some amazing places to have an ice cream date where you can share a malt or sample a new concoction. Some fun places to try are Dewar's, Moo Creamery, or Creamistry, where Creamologists use liquid nitrogen to make the ice cream when you order it.

See a Show

Getting your culture on can be a fun date! You can always pick a classic or something new that you've never seen. The Gaslight Melodrama Theatre has fun, interactive plays and a monthly magic show. You can also check out the Fox Theatre or Stars Theatre downtown Bakersfield.

Have a Photo Scavenger Hunt

What girl doesn't love spending time on her phone? This time turn it into a positive experience where you come up with a list of things to capture via photo. Go exploring, take the selfies, and then post them. Not only will you spend quality time together, but it's guaranteed to be an adventure.

Paint Pottery

What better way to spend a date than being creative and making a keepsake together? You can create something truly unique using your handprints or even footprints. Color Me Mine has many pottery items to choose from where you can create a lasting memory.

Take Her Shopping

Whether it's window shopping or looking for a special trinket, most girls love to shop. Make a budget and pick a few stores where you can go with your daughter. This lets her know that you enjoy her and are willing to spend time in her world.

Catch A Fish

A daddy daughter fishing date could be the perfect outing to spend some time together. You can get a day license at Dick's Sporting Goods or WalMart and head to your traditional fishing spot. You can relax and enjoy nature while teaching your daughter one of your favorite pastimes.



Zoe, Matt, Maddie, and Sophia practicing the Wing Chung move together

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The Ten Essentials: A Foundation for Outdoor Adventure

By Diane Turner Maller

Seasoned outdoor enthusiasts know that preparation is fundamental to creating safe and memorable outdoor adventures. Each trip challenges you to refine checklists, equipment, gear, experience and then to adapt all these elements to suit your children's needs. Consider the basics as you pack for your next family trek. Start with the Ten Essentials.

Experienced outdoor adventurers known as The Mountaineers coined the original list of ten essential items in the 1930s. In *Mountaineering: The Freedom of the Hills, 8th ed.*, the author's state, "The point of the Ten Essentials list has always been to help answer two basic questions: First, can you respond positively to an accident or emergency? Second, can you safely spend a night—or more—out?"

Since the classic list was created, abundant adaptations have evolved. Recently, I visited my local REI store to stock up on my own essential items. The sales person was very familiar with the practice of carrying the ten essentials. In fact, while we were talking, he reached into his pocket and pulled out a list that the store distributes. As is often the case with adapted versions, this list included fourteen items.

The Mountaineers now view the Ten Essentials as a list of functional systems. Consider the type of environment, season, skill levels, and the particular outdoor activity your family will participate in when applying the systems list to



packing your personalized ten essentials pack. Ask the question, "What is needed to survive the worst conditions that could be realistically encountered on this trip?"

1. Navigation: Map and Compass

Which way is north and how do you know? As the most fundamental orienteering skill, finding north with a compass takes practice and can be a fun skill to learn for the whole family. As preparation for outdoor outings, classes and orienteering clubs are worth the time in honing map and compass skills.

Basic maps with line drawings of roads or trails are usually available at outdoor visitor centers but a topographical map has the richness of detail necessary to identify your precise location in the context of the landscape you are visiting. Carry yours in a protective case or plastic covering.

2. Sun Protection

Sunny days are often what lure us outside with our children in the first place. Developing sun safe habits offer protection while you and your children explore and romp through these days safely. Slop on some SPF 30 or higher sunblock or sunscreen before going out into the sun. Even cloudy days require protection that should be reapplied every two hours. Sunglasses come with straps for a better fit on busy heads.

Choose lightweight, close-weave clothing designed for sun-protection. Many of these fabrics carry an ultraviolet protection factor (UPF) rating. A hat that your child finds comfortable and cool will top off her readiness for adventure.

3. Insulation: Extra clothing

Weather can change abruptly during any outdoor activity so bring an extra layer of clothing that fits the season. In her book, "Babes in the Woods," outdoor educator Jennifer Aist recommends wool and polyester fleece as the best fabric choices for extra layers. Since 70% of heat loss occurs through our heads, a hat layer serves an important heat regulating function. Extra socks can provide welcome comfort for the ride home when feet get wet.

4. Illumination: Headlamp or Flashlight

Headlamps are cool by most kid standards. Hands are free and the miner's light points the way. Such a light source is critical should you find yourself making your way back to the car after dark. Whatever light you carry, remember the extra batteries.

5. First Aid Supplies

A compact and sturdy first aid kit may be found commercially or created at home. Any first aid training that can be acquired adds value to the first aid kit that you carry.



A good first-aid kit should include moleskin for blisters, adhesive bandages of various sizes, butterfly bandages, gauze pads, roller bandages, triangular bandages, adhesive tape, scissors, disinfecting ointment, over-the-counter pain medication, non-latex gloves, pen and paper. Personalize the kit to suit your individual needs with items such as bee sting medicine or insulin.

6. Fire

The means to start and sustain an emergency fire is especially important in the event that your party unexpectedly needs to spend the night out. Matches should be waterproof or in a waterproof container. Butane lighters are handy in addition to matches. Just make sure that the igniter is absolutely reliable.



Candles are commonly carried as fire-starters. Dryer lint tucked away in a plastic bag or wood clusters soaked in resin can also be used to get a fire going. Practice making fires so that when you need one you know how to reliably start one.

7. Repair kit and tools, including knife

The safe use of a knife as a tool is useful in first aid, food preparation, and repairs. A Swiss Army Knife or Leatherman type tool with additional gadgetry (pliers, screwdriver, awl, and scissors) can be especially handy. Depending on the nature of your outing, a repair kit might also include shoelaces, safety pins, needle and thread, wire and duct tape.

Outdoor outings are a great place to emphasize that a pocket knife is a tool and not a toy. As the adult guide and caregiver you choose if and when your child is ready to carry their own. Just make sure knives stay out of school backpacks or luggage that goes through security at the airport.

8. Nutrition: Extra Food

For most outings pack at least an extra day's worth of food and realize that your children will likely be expending more energy than normal while playing in the great outdoors. Extra food items should be high energy, easily digestible, non-crushable, and store well for long periods. Author of popular Hiking Guidebooks, Bonnie Henderson, suggests that you bring a combination of jerky (dried meats), nuts, candy, granola, and dried fruit.

9. Hydration: Extra Water

A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Jennifer Aist advises, "Encourage children to drink water throughout the day. Small hydration sips on the go are helpful along with regular snack and sip breaks." Though water is available at many campsites, carry a water filter and/or water purifying tablets in case you unexpectedly get caught short.

10. Emergency Shelter

A jumbo trash bag is the simplest and most readily available form of emergency shelter that can be used to protect from rain and wind. A reflective emergency blanket is another possible emergency shelter and is also useful in various first aid situations.

Make sure to have some fun choosing what to carry your essential items in. A day pack with some stretchy side pockets works well. Dangle a whistle from one of the rings. Go prepared to enjoy your anticipated outing and know that you have the tools to keep your cool in any situation.



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Kids Say the Creepiest Things

Sitting down at the table ready to dig in to an evening meal with a neighbor’s family, my five-year-old daughter announced that she missed her older brother. Knowing she did not have an older brother, Julie and Adam tried to keep from spitting their food across the table in a fit of laughter as they looked at each other and said, “Wow! We’ve never met your older brother. What’s his name?”

“Oh, you’ve never met him because he is always skiing,” my daughter said, jabbing a piece of chicken and stuffing it in her mouth. “His name is Jason.”

How do kids come up with the absurd and sometimes creepy things they say? My daughter’s story about Big Brother Jason the Skier is pretty darn funny, in a weird, sociopathic sort of way, and was, as it turns out, a completely normal thing for a kid to do. As the ole saying goes, “Kids say the darndest things,” and they can come up with some real doozies. It could have been a lot worse. Take a gander at these little nuggets I found while scrolling through BuzzFeed the other day:

A kid came home from school one day, bursting through the door with tears streaming down her face. “I miss my other family,” she said. “What other family?” I asked, thinking she may have been talking about her grandparents, or other friends or relatives. “My alien robot family,” she explained, continuing to explain that she lived with them in the sky before she came into my tummy. She chose to come down because she was angry with them, and chose our family, but now she missed them and wanted to go back for a visit.

As the dad finished reading his two-year-old a bedtime story, they started talking about being scared of ghosts, monsters, trolls, etc. His daughter turned to him and said, “Daddy, I’m not scared of ghosts.” He asked, “I’m glad to hear that,” to which she replied, “The one that comes into my room at night and strokes my hair is a nice one.”

A family recently moved to a new home in a new country. It was a well-furnished apartment, and in the master bedroom was a painting that looked like hair free-flowing in the air. It wasn’t a pleasant or soothing painting, but the parents were trying to make peace with it. Their son was 2½ years old at the time. One day, while getting the boy ready for an afternoon nap in the master bedroom, he said, “I don’t wanna sleep in this room.” “Why?” the mom asked him. He said, “This painting looks at me and tries to talk to me, and I don’t like it.”

So, if Junior storms into the room demanding that you give his/her siblings to welfare (as I did when I was a child), don’t be alarmed. If, however, your kid asks something like, “Can you cut someone’s tongue out without killing them?”, you might want to make a phone call.



What, Me Worry?

How Our Stress Levels Affect Our Kids



Ever look at your children and wonder when and how they figure out how they feel the way they feel? Just suppose for one second that it makes a difference how you say what you say to your child. Suppose that how and when you say something is FOREVER written upon your child's brain neurons. Then, let's say that what you do everyday with your child is written into his brain neurons in such a fashion that he will re-visit these neurons day after day, year after year. What happens when he re-visits these brain neurons is that he worries. He worries, because he has no control and feels unsafe.

Children are creatures of the environment in which they are raised. Should a child be raised in a happy home with agreeable people who care for one another, that child will re-create that environment for herself as an adult. But, if a child is raised in a disagreeable, unhappy home, she will re-create that for herself as well. Think about your childhood and the direction that your adult life has taken. Any similarities? We become what we have experienced. Perhaps, that should make you consider what type of parent you want to

become, as your Parenting style will affect your child for the rest of her life.

When children are born into high-conflict homes, they become trained to react adversely to conflict situations. The conflict observed or heard by the child (yelling, angry responses, physical actions) causes the child to overreact to these problematic situations, and they worry. Parents frequently underestimate how much their children worry, in that they perceive their children as having lower levels of stress; whereas, children perceive themselves as having more. The home-life situation becomes unfavorable, and the child begins to react and overreact to the powerful, unpleasant stimuli within the home. This means that the child begins to experience stress and worry from a very young age. High amounts of stress caused by parental maladjustment will frequently result in the stressed child externalizing his behaviors and acting out. The negative effect of stress can come from disrupted homes; exposure to arguing, anger and violence; and parents being unavailable. The negative impact of stress will affect the child in his or her social life and academic success. It will also create negative feelings about Parenting and generate higher levels of stress within the child.

Children say stress is: pressure to do better; when my father is moving way across town and I am staying here; when I don't see my parents because they work all the time; when my parents are fighting all the time; and, when my mom yells at me.

When a child feels threatened or stressed, there is a greater concentration of brain cell growth in the mid-brain, the emotional center, at the expense of the prefrontal brain area where a child performs higher-level thinking. There is a tendency for traumatized children to be overly sensitive to cues of perceived threat, creating a quick trigger for survival or aggressive behaviors. As a result, these children have a predisposition to appear impulsive with hostile or withdrawal behaviors and depression. Unavoidable stress lowers levels of the calming neurotransmitter serotonin in the child. Low levels of serotonin are linked to aggression, obsessive-compulsive behavior, and depression in children. Low levels of serotonin leaves a child overwhelmed with life until, ultimately, the system shuts down with depression or explodes with aggression.

Perhaps we need to be considerate of how we act as parents, knowing that our behavior impacts our children's emotional life. In other words, if you can be happy, your child can be happy too.

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

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Rock the Block: Seven Fun Ideas For Your Next Block Party

By Pam Molnar

Everyone we know is busy. Suburban streets are a constant flow of cars pulling in and out of their driveways. We drive to and from work, kid activities and household errands with no more than a vague wave to our neighbors when we pass by. Wouldn't it be nice to spend a little more time with the people who share our street?

A block party is a great way to spend a sunny day and get to know your neighbors better. Set up the party in the middle of your street, gather the food, entertainment and of course, the neighbors for an easy party right outside your door.

Let's Eat! The easiest plan is a potluck where everyone bring a dish to share. To make sure you have everything you need, put your event on SignUp Genius. The guests can pick from a list of items you need – green salad, mustard and ketchup, dessert – without duplication. For the main dish, you can ask everyone to pitch in for the cost. Guests can bring their drinks in a personal cooler or you can include it in the cost of the main dish.

Go Play in the Yard Set up each yard with a different outdoor game. Suggestions include Bocce, yard Twister, croquet, lawn tic tac toe, volleyball, badminton, horse shoes, bean bags or ladder golf. Bring out the hula hoops, jump ropes and balls of all sizes. You can also make a four square game with chalk or tape on the driveway or street.

Fun Stations Set up self-serve stations offering sidewalk chalk, bubbles and temporary tattoos. Enlist some of the teens on the block to help with face painting. Create a simple background for selfies and group photos. Provide a large frame, sunglasses, boas and hats to be used as props.

Take a collection This is a great opportunity to give back to your community at large. Call your local food bank and see which items they need the most this month. Collect new and gently used school supplies for families who are struggling. You can even help the furry friends of the community by collecting used towels and blankets for the animal shelter in town.

What can you borrow? Most of the basic items needed for a block party can be found in everyone's garage. Ask everyone to bring their tables and chairs, coolers and lawn games. Pull out the kiddie pools, sprinklers and water guns. Determine who has tents, grills and other tailgating items.

What should you rent? If you have a large enough group, you can split the cost to rent a bounce house, a dunk tank, a mobile zip line or carnival games. You can also rent food machines such as a popcorn machine, cotton candy maker or a snow cone machine. If there are small children at your block party, you might want to rent a character costume to meet and greet the kids.

Night time fun When the sun goes down, your party will need a little more light. Bring out the fire pit and make s'mores. Use glow in the dark sidewalk chalk to make cool art. Create a glow in the dark scavenger hunt by hiding glow sticks in neighborhood bushes and trees. Set up a family friendly movie to be shown on the side of the house or garage door.

Plan B- Embrace the Rain!

It never fails. You have a great outdoor event planned and Mother Nature brings the rain. Never fear. There is always plan B.

The easiest thing to do is to turn your outdoor block party into a Progressive Garage Party. Don't go overboard. Simply pull out the cars and sweep up the floor.

Move the carnival games into garages that are next to each other. Set up your art station, games and photo booth at a few other houses.

Food and drinks can be stored across the street from the garage where the tables are set up to eat. You can even set up a tent outside as long as the rain is just a gentle downfall. Flexibility is key and kids will love the chance to run from house to house in the rain.



Must-Have Skewers for Your Summer Block Party

A fresh and easy recipe to try this summer is Grilled Chicken and Pineapple Skewers with Lemon-Cucumber Salsa. Cool down from the summer heat with refreshing citrus and pineapple after grilling the chicken outdoors while spending time with friends and family. Find more seasonal recipe ideas to celebrate summer at ALDI.us.

Grilled Chicken and Pineapple Skewers with Lemon-Cucumber Salsa

Recipe courtesy of Chef Alyssa, ALDI Test Kitchen

Prep time: 15 minutes | Cook time: 15 minutes | Servings: 4

Ingredients:

Chicken

- 8 skewers
- 1 pineapple
- 2 tablespoons Vegetable or Canola Oil
- 1/2 teaspoon Iodized salt
- 1 teaspoon freshly ground black pepper
- 1 3/4 pounds Fresh Boneless Skinless Chicken Breasts, diced into 1-inch pieces

Lemon-Cucumber Salsa:

- 1 lemon, supremed*
- 1 cucumber, diced
- 1/2 red onion, diced
- 1 tablespoon Organic Wildflower Honey
- 1 teaspoon Ground Black Pepper

Directions

1. Soak wooden skewers for 15 minutes prior to grilling. Heat grill to medium-high heat.
2. Remove rind from pineapple and dice into 1-inch pieces.
3. In small bowl, combine oil, salt and pepper. Add chicken and pineapple; toss to coat.
4. Alternating chicken and pineapple, pierce onto skewers.
5. Grill skewers 8 minutes each side, or until chicken is cooked thoroughly.
6. To make Lemon-Cucumber Salsa: In medium bowl, combine lemon, cucumber, onion, honey and pepper.
7. Serve lemon-cucumber salsa over cooked chicken skewers.

***Tip:** Supreme citrus fruit by cutting off top and bottom of fruit then cut away peel and pith, leaving no white on outside of fruit. Slice each segment into wedges by cutting toward center of fruit along membrane.



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daily happenings

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Our printed version of the calendar has been edited for space.
For more details about these events or activities not listed please visit

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JUNE 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

Friday June 1

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

BIKE ARVIN: Make new friends, get outside and ride your bike with us. 854-3577

FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD: FRIDAY AND SATURDAY from 6:30 - 9:30pm

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

LIVE MUSIC: Join us for fun and relaxation while listening to some great live music Friday and Saturday nights! 703-6911

OPEN ART STUDIO: Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

FIRST FRIDAY ART WALK: Join the Downtown ArtWalk. 324-9000

FIRST FRIDAY CRUISE NIGHTS: Watch classic cars cruise downtown Taft. 765-2165

FIRST FRIDAY AT BMOA: FREE admission. 323-7219

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

YOGA IN THE GARDEN: Free community yoga sessions. 323-7219

CITY OF BAKERSFIELD RECREATION & PARKS ACTIVITIES: 326-3866

NOR RECREATION & PARKS ACTIVITIES: 392-2000

TEEN CHALLENGE ANNUAL BBQ FUNDRAISER AND SPECIAL PROGRAM: Come to the Teen Challenge Men's Ranch in Shafter for a night of great food, special music and stories of transformation. 399-2273

Saturday June 2

FAMILY STORYTIME AT DELANO LIBRARY: 725-1078

FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga, 374-8693

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: 9:00 AM - 1:00 PM (760) 417-9575

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

ONYX FAMILY FARMS: 9:00 AM - 4:00 PM (760) 377-7460

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for 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. 860-6106

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

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: Science exploration and learning for kids! 324-6350

SPAY/NEUTER VOUCHERS AT KERN HUMANE SOCIETY: Free vouchers. 325-2589

9th ANNUAL H.A.L.T. (Helping Animals Live Tomorrow) 5K/10K FUN RUN: Runners are welcomed to participate with their canine pals. 345-7580.

BACK-COUNTRY SAFARI AT WIND WOLVES: Reservations must be made two weeks in advance. 858-1115

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 575-680-2212

DISCIPLES CHURCH NEW CAMPUS GRAND OPENING: The First Baptist Church of Bakersfield is in its 129th year of ministry and is about to open a brand-new campus under its brand-new name - Disciples Church! The entire community is invited to a Ribbon Cutting Ceremony and Open House. Refreshments will be served. 393-8210

SUMMER READING CHALLENGE KICK OFF PARTY: Come join us in kicking off the summer reading challenge. 725-1078

VOLUNTEER DAY AT WIND WOLVES: Reservations must be made two weeks in advance. Friday and Saturday 858-1115

Sunday June 3

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

HAGGIN OAKS FARMERS MARKET: 8800 Ming Ave, 9:00 AM - 2:00 PM. 661-334-2033

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

Monday June 4

4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. 661-392-2054 Mon-Thur

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

C.A.L.M. SENIOR DISCOVERY DAY: 872-2256

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

COLOR ME HAPPY AT MOJAVE LIBRARY: A relaxing and fun way to socialize. 824-2243

COUNTRY LINE DANCING: 392-2010

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield. 326-1907

SEWING CLASS: 246-7144

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

MOPS - NORTHSIDE COMMUNITY CHURCH: Meeting the needs of every mother of preschoolers. 589-3535

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave. 7:30 pm 575-680-2212

Tuesday June 5

ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Become a foster family. 325-3639

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

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

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. 497-7464

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

BLOCKS FOR THE BRAVE: Give back to our Veterans by making quilts. 805-712-1323

CHILDREN'S POETRY OPEN MIC: Children can share their original poetry. 868-0701

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

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Greenfield Resource Center. 837-3720

LEGAL HELP CLINIC AT BEALE MEMORIAL LIBRARY: Free. 868-0701

MOPS - CALVARY BIBLE CHURCH: Meeting the needs of every mother of preschoolers. 327-5921

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

PATHFINDERS & ADVENTURERS: A program for children. 871-5000

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Stories, songs, and rhymes, for your 3 to 5 year old. 868-0701

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

QUILTING: Learn a new hobby or just enjoy quilting with friends. 8:30 AM -11:30 AM 392-2010

RANCH SORTING: Equine event with cattle. 325-4206

TINKERGARTEN-OUTDOOR LEARNING: Develop and grow through outdoor play. 860-6106

CITY OF WASCO BIKE RODEO: Bring your children ages 5-12 years old to learn about bike safety. 758-7206

LEGO CLUB: Come build world monuments with us using legos. 725-1078

REGAL SUMMER MOVIE EXPRESS: \$1.00 Movies Tues/Wed. 9000-G Ming Avenue 10 AM

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

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 833-4345

CRAFT CORNER AT BEALE MEMORIAL LIBRARY: Enjoy crafts & conversation. 868-0701

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

FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS: Become a foster family. 633-1700

HAPPY BELLY CLASS: STRESS-MANAGEMENT AND FOOD COMBO THEORY: We'll discuss the theory on food combos. 808-0811

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: For kids 4-12! 342-2078

OPEN BARREL RACING PRACTICE: Bring your horse. 325-4206

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: 868-0701

SPINNING TALES: Join the fun and listen to a story. 392-2029/392-2054

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Enjoy stories, movement, songs, and fun with your 18mo.-2 yrs. old. 868-0701

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

UKULELE JAM AT FRAZIER PARK LIBRARY: Join the strumming fun! Bring your own ukulele. 5:00 PM - 7:00 PM 245-1267

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 575-680-2212

COLORS OF THE WORLD: Join us as we color images from around the world. This event is free. 725-1078

WASCO FARMER'S MARKET KICK-OFF: Come out to a street fair as we welcome the summer market. 758-7206

**Thursday June 7
FREE ACTING CLASS:** For children 5-17 years old. 322-2800

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

BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS: 869-2320

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

Bad Hair Day?

Call **Lemonade Locks**
Wig & Gift Boutique!

We carry a fabulous selection of wigs and hairpieces. We take pride in our personalized, one-on-one service and we are experienced in fitting, altering and trimming your wig to meet your needs. We've also recently expanded our boutique to include beautiful hats, scarves, accessories and gift items.

**We are located on the 2nd Floor of the AIS Cancer Center.
Appointments Required for Wig Fittings**

We've Expanded: Visit our New Store!

2620 Chester Avenue, 2nd Floor
Bakersfield, CA 93301

(661) 549-WIGS (9447)

www.lemonadelocks.com

Public Welcome

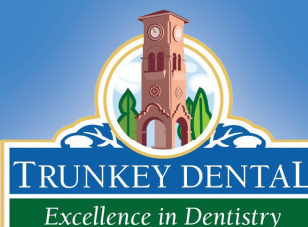
Please Call for Appointment

Hours: Monday-Friday 8:30a - 4:30p

Gift Certificates Available.



The Brooke Wig



**At Trunkey Dental,
we love families!**

Make us your 1-stop dentistry for the whole family!

**Join Our
"Cavity-Free Kids Club"**

• 2 Cleanings • 2 Exams
• 20% OFF Fillings & Sealants

\$59 per child (13 yrs and under...
call for details)

Dr. Don Trunkey • Dr. Jeff McCardle

(661) 322-3892

3807 San Dimas St. Suite A • Bakersfield, CA 93301 • www.trunkeydental.com



2018 WALK FOR KIDS

Saturday, June 2

A fun, family-friendly 5K walk designed to raise funds and awareness for the services and programs provided by Ronald McDonald House Charities of Southern California. CALM, 7am 661-327-4647 x4290 www.walkforkids.org/bakersfield

Photo courtesy Bakersfield Ronald McDonald House



38th ANNUAL SPRINGTIME FAIRE

Saturday, June 9

Sponsored by Tehachapi Valley Arts Association and Tehachapi Arts Foundation and Gallery. Over 40 local area vendors featuring quality handcrafted gifts and fine art. Saturday and Sunday. 822-6062 www.galleryngifts.com

Photo courtesy Tehachapi Valley Art Association

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave. 7:30 PM. 575-680-2212.

CONCERTS BY THE FOUNTAIN FREE EVENT at THE MARKETPLACE: Enjoy the free summer concert series. 489-3335

KNITTING & CROCHET: Come join us for some fun! Yarn provided. 2600 Kenwood Road, 2:00 - 4:00 PM. 871-5236

Friday June 8

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

BIKE ARVIN: Make new friends, get outside and ride your bike with us. 854-3577

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 from 6:30 - 9:30 pm

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

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

OPEN ART STUDIO: Short on Studio Space? Bring your latest project and supplies to the Bakersfield Art Center! Beginners to advance- just enjoy the company of other artists. 869-9320

MOVIES IN THE CANYON AT WIND WOLVES: Reservations must be made two weeks in advance. 858-1115

TANK TOP SEWING CLASS: Come learn to sew your own tank top. 246-7144

TEEN BOOK CLUB: Discuss your favorite book, manga, or graphic novels. 824-2243

THE MAGIC OF CHRISTOPHER LOPEZ: Prepare to be amazed! 824-2243

Saturday June 9

CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTH CARE PROVIDER: 324-6427

FAMILY STORYTIME AT DELANO LIBRARY: 725-1078

FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

FREE DAY at the MARTURANGO MUSEUM: 760-375-6900

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga, 374-8693

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: 9:00 AM - 1:00 PM. (760) 417-9575

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

ONYX FAMILY FARMS: 9:00 AM - 4:00 PM. (760) 377-7460

QUILTERS AND CROCHETERS: Meet the needs of those who request a special handmade item. 398-1971

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

SAN JOAQUIN VALLEY LAPIDARY SOCIETY: Learn silver smith, wire wrapping, beading and more. 861-9102

SECOND SATURDAY AT BIKE BAKERSFIELD: Stop in for a tune up and lets ride around. 321-9247

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

TINKERGARTEN-OUTDOOR LEARNING: Develop and grow through outdoor play. 860-6106

VOLUNTEER ORIENTATION AND TRAINING: No experience is necessary. M.A.R.E. 589-1877

YOKUTS PARK FUN RUN: Free! Empire Drive, 7:00 AM

3rd ANNUAL EAST BAKERSFIELD COMMUNITY HEALTH AND WELLNESS FAIR: Community members can receive information from various vendors and community agencies. 2200 Quincy St., 9:00 AM - 12:00 PM. 873-2714

ARTISAN FESTIVAL: Sponsored by Tehachapi Valley Arts Association, 10:00 AM - 5:00 PM. 822-6062

BAKERSFIELD YOUTH ORCHESTRA SUMMER

CONCERT: 8501 Stine Road, 4:00 PM, 323-7928

RC SAILING: Bakersfield Model Yacht Club 477-1806

READING TAKES YOU EVERYWHERE STORYTIME: 925 10th Ave, 2:30 PM - 3:30 PM, 725-1078

VOLUNTEER DAY at WIND WOLVES: Our volunteer events are fun and rewarding. 858-1115

Sunday June 10

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

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

ECOKIDZ: Parents come out and enjoy a free outdoor activity with your kids. 858-1115

SPIRITUAL CINEMA SUNDAY: "COCO" 2215 Truxtun Ave., 2:00 PM - 5:00 PM 632-5747

Monday June 11

4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. 661-392-2054 Mon-Thur

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

C.A.L.M. SENIOR DISCOVERY DAY: 872-2256

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

COLOR ME HAPPY AT MOJAVE LIBRARY: A relaxing and fun way to socialize. 824-2243

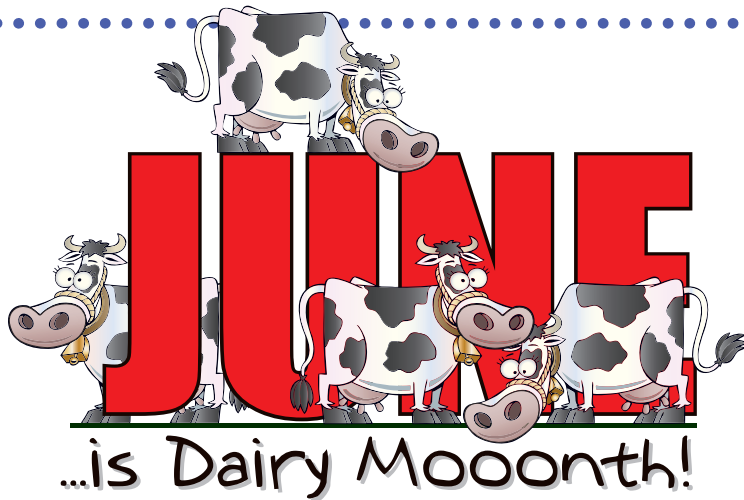
COUNTRY LINE DANCING: 392-2010

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield. 326-1907

SEWING CLASS: 246-7144

CSUB INTERNATIONAL MUSIC FESTIVAL: Join us for our summer music camp! 9001 Stockdale Hwy, Mon.-Th. 1:00-5:00



BAKERSFIELD TRAIN ROBBERS:
Cheer on the Train Robbers! 4009
Chester Ave 7:30 PM 575-680-2212

**COLOR ME HAPPY - FAMILY
ADDITION:** Have you heard? Coloring
isn't just for kids anymore. 824-2243

FAMILY STORYTIME: Celebrate
reading by enjoying stories, songs and
craft! 824-2243

Tuesday June 12
**IMAGE CLEAR ULTRASOUND
MOBILE UNIT:** Wasco. 327-1907

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

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

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

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

BAKERSFIELD BLEND CHORUS:
Women Singers Wanted. 497-7464

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

BLOCKS FOR THE BRAVE: Give
back to our Veterans by making quilts.
805-712-1323

CHILDREN'S POETRY OPEN MIC:
Children can share their original
poetry. 868-0701

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

**IMAGE CLEAR ULTRASOUND
MOBILE UNIT:** Greenfield Resource
Center. 837-3720

**LEGAL HELP CLINIC AT BEALE
MEMORIAL LIBRARY:** Free.
868-0701

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

PATHFINDERS & ADVENTURERS:
A program for children. 871-5000

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

QUILTING: Learn a new hobby or just
enjoy quilting with friends. 8:30 AM -
11:30 AM. 661-392-2010

RANCH SORTING: Equine event with
cattle. 325-4206

**TINKERGARTEN-OUTDOOR
LEARNING:** Develop and grow
through outdoor play. 860-6106

**REGAL SUMMER MOVIE
EXPRESS:** \$1.00 Movies All Summer.
Tuesday and Wednesday. 9000-G
Ming Avenue 10 AM

**GAMES FROM AROUND THE
WORLD:** Join us as we explore and
play these fun games. 725-1078

Wednesday June 13
**CHILDREN'S ART CLASS
(GRADES 1-6):** Bakersfield Art
Center. 869-2320

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

**CRAFT CORNER AT BEALE
MEMORIAL LIBRARY:** Enjoy crafts &
conversation. 868-0701

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

**FOSTER FAMILY NETWORK
FOSTER PARENT ORIENTATIONS:**
Become a foster family. 633-1700

**HAPPY BELLY CLASS: STRESS-
MANAGEMENT AND FOOD
COMBO THEORY:** We'll discuss the
theory on food combos. 808-0811

**KIDS CONNECT 2 CHRIST
AT SOUTHWEST CHRISTIAN
CENTER:** For kids 4-12! 342-2078

**OPEN BARREL RACING
PRACTICE:** Bring your horse.
325-4206

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

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

SPINNING TALES: Join the fun and
listen to a story. 392-2029/392-2054

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

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

LEGO CLUB: Unleash your creative
side and design your best LEGO
creation. 824-2243

BAKERSFIELD TRAIN ROBBERS:
Cheer on the Train Robbers! 4009
Chester Ave., 7:30 PM. 575-680-2212

GAME ON! FAMILY FUN!: Enjoy
family fun board games for all ages.
3:00 PM - 5:30 PM. 824-2243

MAKE YOUR OWN POSTCARD:
Come join us as we make our own
postcards to share with loved ones.
725-1078

WASCO FARMER'S MARKET:
Weekly farmer's markets for the entire
family. 2:00 PM - 6:00 PM. 758- 7206

Thursday June 14
**MOPS- VALLEY BAPTIST
CHURCH:** 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. Family members welcome
to join. 6:00 PM - 7:30 PM. 665-7815

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

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

**BEGINNING ART CLASSES FOR
GRADES K THRU 12 AND ADULTS:**
869-2320

**IMAGE CLEAR ULTRASOUND
MOBILE UNIT:** Arvin. 326-1907

ROPING PRACTICE: Spectators
welcome. 325-4206

SQUARE DANCING CLASSES:
301-2808

WORD POETRY/OPEN MIC NIGHT:
703-6911



**CONCERTS BY THE FOUNTAIN
- FREE EVENT at THE
MARKETPLACE:** Enjoy the free
summer concert series. 489-3335

**DESIGN YOUR OWN VISION
BOARD:** Adults and teens come
join us and learn how to make vision
boards. 725-1078

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

Friday June 15
BABY CAFE: A breastfeeding center
providing information for moms and
their babies. 747-5195

BIKE ARVIN: Make new friends, get
outside and ride your bike with us.
854-3577

**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 from 6:30 - 9:30pm

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

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

OPEN ART STUDIO: Bring your
latest project and supplies to the
Bakersfield Art Center! 869-9320

FAMILY FRIDAYS 2215 Truxtun Ave.,
6:00 PM - 8:30 PM. 632-5747

LET'S GO!: Travel the world without
ever leaving the library through games
and activities. 824-2243

JUNE 2018 *daily happenings*

CSUB INTERNATIONAL MUSIC FESTIVAL: Join us for our summer music camp! 9001 Stockdale Hwy, Friday 1:00-8:00

Saturday June 16
FAMILY STORYTIME AT DELANO LIBRARY: 725-1078

FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga, 374-8693

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: 9:00 AM - 1:00 PM. (760) 417-9575

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

ONYX FAMILY FARMS: 9:00 AM - 4:00 PM. (760) 377-7460

QUILTERS AND CROCHETERS: Meet the needs of those who request a special handmade item. 398-1971

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for 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. 860-6106

READING TAKES YOU EVERYWHERE STORYTIME: Read books about cultures from around the world. 725-1078

NIGHT HIKE at WIND WOLVES: Reservations must be made two weeks in advance. 858-1115

Sunday June 17
SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115



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

Monday June 18
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. 661-392-2054 Mon-Thur

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

C.A.L.M. SENIOR DISCOVERY DAY: 872-2256

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COLOR ME HAPPY AT MOJAVE LIBRARY: A relaxing and fun way to socialize. 824-2243

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IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield. 326-1907

SEWING CLASS: 246-7144

MOPS - NORTHSIDE COMMUNITY CHURCH: Meeting the needs of every mother of preschoolers. 589-3535

FAMILY STORYTIME: Celebrate reading by enjoying stories, songs

Listings of FREE Immunizations



Walgreens Pharmacy
Monday, June 4th
4306 Ming Avenue, Bakersfield
from 9 a.m. to 2 p.m.

Walgreens
Wednesday, June 6th
40 Chester Avenue, Bakersfield
from 9 a.m. to 2 p.m.

Walgreens
Thursday, June 7th
3301 Panama Lane, Bakersfield
from 9 a.m. to 2 p.m.

Greenfield Family Resource Center
Monday, June 11th
5400 Monitor Street, Bakersfield
from 9 a.m. to 2 p.m.

Kern County Dept. of Human Services
Wednesday, June 13th
100 E. California Avenue,
Bakersfield, 9 a.m. to 2 p.m.

Walmart
Thursday, June 14th
2601 Fashion Plaza, Bakersfield
from 9 a.m. to 2 p.m.

Second Annual East Bakersfield Festival
Saturday, June 16th
801 Bernard Street, Bakersfield
from 11 a.m. to 4 p.m.

Walmart Supercenter
Monday, June 18th
5075 Gosford Road, Bakersfield
from 9 a.m. to 2 p.m.

Coy Burnett Stadium
Tuesday, June 19th

706 E. Tehachapi Blvd.,
Tehachapi, 12:30 pm to 5 p.m.

Adventist Health Bakersfield
Wednesday, June 20th
2800 Chester Avenue, Bakersfield
from 1 p.m. to 6 p.m.

NOR Riverview Park
Monday, June 25th
437 Willow Drive, Bakersfield
from 9 a.m. to 2 p.m.

La Hacienda Market
Tuesday, June 26th
315 James Street, SHAFER
from 9:30 a.m. to 12 p.m.

New Life Church
Wednesday, June 27th
4201 Stine Rd, Bakersfield
from 9 a.m. to 2 p.m.

Fiesta Market
Thursday, June 28th
9710 Main Street, LAMONT
9:30 a.m. to 2 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.

and craft! Fun for the whole family!
824-2243

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212.

STUFFED ANIMAL SLEEPOVER
15555 O Street, Mojave, CA 93501.
10:00 AM - 6:00 PM. 824-2243

Tuesday June 19
ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Become a foster family. 325-3639

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

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

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. 497-7464

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

BLOCKS FOR THE BRAVE: Give back to our Veterans by making quilts. 805-712-1323

CHILDREN'S POETRY OPEN MIC: Children can share their original poetry. 868-0701

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Greenfield Resource Center. 837-3720

LEGAL HELP CLINIC AT BEALE MEMORIAL LIBRARY: Free. 868-0701

MOPS - CALVARY BIBLE CHURCH: Meeting the needs of every mother of preschoolers. 327-5921

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

PATHFINDERS & ADVENTURERS: A program for children. 871-5000

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Stories, songs, rhymes, for your 3 to 5 year old. 868-0701

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

QUILTING: Learn a new hobby or just enjoy quilting with friends. 8:30 AM - 11:30 AM. 661-392-2010

RANCH SORTING: Equine event with cattle. 325-4206

REGAL SUMMER MOVIE EXPRESS: \$1.00 Movies All Summer. Tuesday and Wednesday. 9000-G Ming Avenue 10 AM

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

OMNIPRESENT PUPPET THEATER: Join us for a fun filled time as we watch a free puppet show at the library. 725-1078

Wednesday June 20

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

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 833-4345

CRAFT CORNER AT BEALE MEMORIAL LIBRARY: Enjoy crafts & conversation. 868-0701

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

HAPPY BELLY CLASS: STRESS-MANAGEMENT AND FOOD COMBO THEORY: We'll discuss the theory on food combos. 808-0811

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: For kids 4-12! 342-2078

OPEN BARREL RACING PRACTICE: Bring your horse. 325-4206

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: 868-0701

SPINNING TALES: Join the fun and listen to a story. 392-2029/392-2054

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Stories, movement, songs, and fun with your 18mo.-2 yrs. old. 868-0701

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

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

STUFFED ANIMAL SLEEPOVER: 15555 O Street, Mojave, CA 93501. 10:00 AM - 6:00 PM. 824-2243

CRAFTERNOON: Make crafts from around the world! 15555 O Street, Mojave, 2:00 PM. 824-2243

DELANO BOOK WALK: Adults join us as we take a walk and talk about books. 4:00 PM - 5:00 PM. 661-725-1078

WASCO FARMER'S MARKET: 748 F St., Wasco, 2:00 PM - 6:00 PM. 758-7206.

Thursday June 21

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

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

\$2 DOLLAR DAYS AT BUENA VISTA MUSEUM OF NATURAL HISTORY: All Ages, All Day just \$2 per person. 324-6350

BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS: 869-2320

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

MOPS-LAURELGLEN BIBLE CHURCH: Meeting the needs of every mother of preschoolers. 833-2100

MOPS-THE BRIDGE BIBLE CHURCH: Meeting the needs of every mother of preschoolers. 587-2010

ROPING PRACTICE: Spectators welcome. 325-4206


SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911



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

CONCERTS BY THE FOUNTAIN - FREE EVENT at THE MARKETPLACE: Enjoy the free summer concert series. 489-3335



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and **Dr. John Chan,** Optometrists


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Precious Smiles Deserve Special Care

Purdy Pediatric Dentistry has been providing dental services for the children of Kern County, since 2001. We have a very caring and compassionate staff that is dedicated to providing the best dental care for each child. By making dental appointments fun, we encourage kids to develop good dental hygiene habits for a lifetime of healthy teeth!

Purdy Pediatric Dentistry
5397 Truxtun Avenue
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661-832-5530
www.purdypediatricdentistry.com



JUNIOR RODEO

June 23th & 24th
 Tehachapi Mountain Rodeo Association is proud to celebrate 55 years in providing our community and the surrounding areas in Kern County with quality Rodeo entertainment. Admission is Free. Family Fun Races follow the rodeo events.
www.tehachapiprorodeo.com/junior-rodeo/
 557-7336

BAKERSFIELD TRAIN ROBBERS:
 Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

ORAL CULTURAL STORIES:
 Do you have a cultural story to tell us? We want to hear your story. 725-1078

Friday June 22

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

BIKE ARVIN: Make new friends, get outside and ride your bike. 854-3577

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 from 6:30 - 9:30 pm

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

LIVE MUSIC: Join us for fun and relaxation while listening to some great live music! FRIDAY AND SATURDAY 703-6911

OPEN ART STUDIO: Short on Studio Space? Bring your project and supplies to the Bakersfield Art Center! All levels welcome-enjoy the company of other artists. 869-9320

JAZZ: The Jazz Trio "II, V, I" perform live. 15555 O Street, Mojave, 11:00 AM. 824-2243

TEEN BOOK CLUB: Discuss your favorite book, manga, or graphic novels. 3:00 PM. 824-2243

Saturday June 23
FAMILY STORYTIME AT DELANO LIBRARY: 725-1078

FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga, 374-8693

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: 9:00 AM - 1:00 PM. (760) 417-9575

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

ONYX FAMILY FARMS: 9:00 AM - 4:00 PM. (760) 377-7460

QUILTERS AND CROCHETERS: Meet the needs of those who request a special handmade item. 398-1971

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

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

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

READING TAKES YOU EVERYWHERE STORYTIME: Read books about cultures from around the world. 725-1078

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester 7:30PM. 575-680-2212

NIGHT HIKE AT WIND WOLVES: Reservations must be made two weeks in advance. 858-1115

RC SAILING: Bakersfield Model Yacht Club 477-1806

Sunday June 24
SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

HAGGIN OAKS FARMERS MARKET: 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

Monday June 25

4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. 661-392-2054 Mon-Thur

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

C.A.L.M. SENIOR DISCOVERY DAY: 872-2256

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

COLOR ME HAPPY AT MOJAVE LIBRARY: A relaxing and fun way to socialize. 824-2243

COUNTRY LINE DANCING: 392-2010

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield. 326-1907

SEWING CLASS: 246-7144

FAMILY STORYTIME: Celebrate reading by enjoying stories, songs and craft! Fun for the whole family! 824-2243

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

PJ PARTY SEWING CAMP: Sewing and Screen Printing Fun June 25-29. 12:00 PM - 3:00 PM. 246-7144.

THE BAKERSFIELD WINDS PATRIOTIC CONCERT: A family friendly event of delightful wind band music. 323-7928

WWE LIVE - SUMMERSLAM HEATWAVE TOUR: Tickets start at \$15. 7:30PM. 888-929-7849

Tuesday June 26

MOPS - OLIVE KNOLLS NAZARENE CHURCH: Meeting the needs of every mother of preschoolers. 399-3303

ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Become a foster family. 325-3639



SUMMER CAMP DIRECTORY

Still looking for the perfect Summer adventures? Visit KCFM's Summer Camp Directory at

www.kerncountyfamily.com

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

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

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. 497-7464

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

BLOCKS FOR THE BRAVE: Give back to our Veterans by making quilts. 805-712-1323

CHILDREN'S POETRY OPEN MIC: Children can share their original poetry. 868-0701

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

PATHFINDERS & ADVENTURERS: A program for children. 871-5000

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

QUILTING: Learn a new hobby or just enjoy quilting with friends. 8:30 AM - 11:30 AM. 661-392-2010

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

REGAL SUMMER MOVIE EXPRESS: \$1.00 Movies All Summer. Tuesday and Wednesday. 9000-G Ming Avenue 10 AM

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212

ROAMING REPTILES: Come see reptiles and learn about them, too. 925 10th Ave, Delano, 725-1078

Wednesday June 27
CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 833-4345

CRAFT CORNER AT BEALE MEMORIAL LIBRARY: Enjoy crafts & conversation. 868-0701

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

FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS: Become a foster family. 633-1700

HAPPY BELLY CLASS: STRESS-MANAGEMENT AND FOOD COMBO THEORY: We'll discuss the theory on food combos. 808-0811

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: For kids 4-12! 342-2078

OPEN BARREL RACING PRACTICE: Bring your horse. 325-4206

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: 868-0701

SPINNING TALES: Join the fun and listen to a story. 392-2029/392-2054

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Enjoy stories, movement, songs, and fun with your 18mo.-2 yrs. old. 868-0701

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

LEGO CLUB: Create and design your best LEGO creation. 15555 O Street, Mojave, 2:00 PM. 824-2243.

WASCO FARMER'S MARKET 748 F St., Wasco, 2:00 PM - 6:00 PM 758-7206

GAME ON! FAMILY FUN!: Enjoy family fun board games for all. 15555 O Street, Mojave, 3:00 PM - 5:30 PM. 824-2243

PUZZLE HERE PUZZLE THERE PUZZLE PUZZLE EVERYWHERE: Come join us as we put fun puzzles together. 725-1078

Thursday June 28
MOPS- VALLEY BAPTIST CHURCH: Meeting the needs of every mother of preschoolers. 387-6352

SPECIAL FRIENDS, JOYFUL HEARTS: Ministry for adults and children with developmental and/or intellectual disabilities. 6:00 PM - 7:30 PM. 665-7815

BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS: 869-2320

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

MOPS- ST. ELIZABETH ANN SETON CHURCH: Meeting the needs of every mother of preschoolers. 587-3626

CONCERTS BY THE FOUNTAIN FREE EVENT at THE MARKETPLACE: Enjoy the free summer concert series. 489-3335

ART AFTER DARK: 323-7219

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester 7:30PM. 575-680-2212

BEANBOOZLED CHALLENGE: 925 10th Ave, Delano, 4:00 PM - 5:00 PM. 725-1078

Friday June 29

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

BIKE ARVIN: Make new friends, get outside and ride your bike with us. 854-3577

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 from 6:30 - 9:30 pm

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

OPEN ART STUDIO: Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester 7:30PM. 575-680-2212

Saturday June 30
FAMILY STORYTIME AT DELANO LIBRARY: 725-1078

FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga, 374-8693

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: 9:00 AM - 1:00 PM. (760) 417-9575

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BAKERSFIELD TRAIN ROBBERS: Cheer on the Train Robbers! 4009 Chester Ave., 7:30 PM. 575-680-2212



SEND US YOUR HAPPENINGS

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.

Worship Guide
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Wesley United Methodist Church
Let's Worship God Together
All are Welcome!
Worship 10:30 every Sunday
This Summer, try our Café-Style Worship in the Gathering Place... Begins June 3rd
1314 Oswell Street (corner of Oswell & Niles) • 871-3030

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register online \$5
www.swcc.us.com
Nancy 661-342-2078

Bakersfield Central SDA Church
Pastor Kevin Hart
Saturday Sabbath School
Classes for All Ages: 9:15am
Saturday Worship Service:
10:40am
661-832-2620 • 4201 Wilson Rd, Bakersfield 93309
www.bakersfieldcentralsda.adventistfaith.org

Do You Love Whole Milk?

New research suggests you can follow your heart



New research suggests "good" fat may be good for your cholesterol. Whole milk may help raise "good" cholesterol and could be considered part of a healthy diet that's also good for your heart, according to a new study from the "European Journal of Clinical Nutrition."

When adults drank two cups of whole milk every day for three weeks, they had higher levels of good cholesterol that promotes heart health (HDL) and similar levels of LDL cholesterol, triglycerides and blood sugar (risk factors for heart disease) as when they drank the same amount

of fat free milk for the same period of time. Based on these findings, researchers concluded whole milk can be part of a heart-healthy diet as long as calories are taken into account.

This study adds to a growing body of research that suggests whole milk can fit within a healthy diet, and some studies suggest it may have additional benefits for both adults and kids - including maintaining a healthy weight and getting enough vitamin D. Researchers followed more than 18,000 healthy-weight women for nearly a decade and found those who consumed more whole milk and full-fat milk products (1.3 servings every day) were less likely to become overweight or obese compared to women who didn't consume any full-fat dairy at all, according to a study from the "American Journal of Clinical Nutrition."

Whole milk may also give kids a vitamin D advantage, according to another study from the "American Journal of Clinical Nutrition." Kids who drank whole milk had higher blood levels of vitamin D than their peers who drank low-fat milk, even when the total amount of milk they drank was the same. Researchers believe this might be because milk fat helps kids' bodies absorb vitamin D more efficiently.

Experts agree milk plays an important role in a nutritious, balanced diet, and the 2015-2020 Dietary Guidelines for Americans recommend three servings of low-fat and fat-free milk and milk products each day. Many people are surprised to learn whole milk has the same essential nutrients as low-fat and fat-free milk, so no matter which type of milk you choose to pour in your cereal bowl, use in your smoothie or fill up your glass, you can rest assured that all dairy milk - from fat-free to whole - is simple, wholesome and naturally nutrient-rich.

Photo courtesy of Getty Images

Philippians
Contentment: The Key is Content by Dr. Rick Stedman
Worship Services: 9-00 & 10-30 a.m.
Summer Sermon Series begins 6/3
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Rick Prevost, Senior Pastor
Vacation Bible School
June 3-7
6pm
GAME ON!
Fellowship Baptist Church
Sunday
9:30 am - Bible Studies for all ages (English & Spanish)
10:45 am - Worship Celebration (English & Spanish)
Wednesday
6:00 pm - Bible Study & Prayer

TRINITY
ANGLICAN CHURCH
Father Karl Dietze
Service Times: 8:00 AM & 10:00 AM
Sunday School and Child Care available during 10:00 AM service
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MISCELLANEOUS

Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

Were you an **INDUSTRIAL TRADESMAN** (machinist/boilermaker/pipefitter etc) and recently diagnosed with **LUNG CANCER?** You may be entitled to a **SIGNIFICANT CASH AWARD.** Risk free consultation! 877-781-1769

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MORE CLASSIFIED ADS ON PAGE 30

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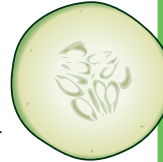


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QUENCH YOUR THIRST WITH...CUCUMBER??

Yes! When it's hot outside, quench your thirst and add some refreshing flavor and nutrients to your water by infusing it with cucumber. Cucumber water is a treat—just soak cucumber and lemon slices in a pitcher of ice water. Peeled, muddled and strained cucumber makes an incredibly refreshing cocktail. Crisp cucumber is a lovely addition to raw salads. Its vitamin-rich, hydrating qualities make it an excellent juicing ingredient.



There are just 16 calories in a cup of cucumber with its peel (15 without). You will get about 4 percent of your daily potassium, 3 percent of your daily fiber and 4 percent of your daily vitamin C.

Cucumbers also provide small amounts of vitamin K, vitamin C, magnesium, potassium, manganese and vitamin A.



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A MINISTRY OF HERITAGE BIBLE CHURCH SINCE 1967

FULLY ACCREDITED THROUGH:

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FULL TIME: 7:30 am – 5:30 pm

First United Methodist Church, 4600 Stockdale Hwy.

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395-0225



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Year-Round Program • Nutritious meals • Toilet training

Kern County

MAOF Arvin Early Learning Center Arvin, California LIC# 153808909 • (661) 854-3640	Bakersfield Preschool Bakersfield, Ca. Lic# 153801769 • (661) 328-6921
Cesar Chavez Preschool LIC# 153808652 Delano, CA • (661) 721-2032	La Escuelita ELC (*Serves children ages 1 to 5) LIC# 153808807/08 Delano, CA • (661) 720-9463



Web: www.maof.org Email: earlyed@maof.org

CHILDCARE & EDUCATION

AUTISM SOCIETY
Improving the Lives of All Affected by Autism

Kern Autism Network

"Autism Society Chapter-Kern Autism Network provides support, awareness, information and education to families and the public throughout Kern County"

Upcoming June Events

Autism Swimming Scholarships

The application form and swimming information page is available on our website today!

Please note that we are able to fill 40 private one-on-one swim lessons with American Kids through our application process only. This will be available on a first come, first served basis and will be based on diagnosis confirmation of autism and autism co-morbid conditions.

See link here: <http://kernautism.org/scholarships/>
Call or Visit our Website for Details



EARLY SIGNS OF AUTISM:

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

SERVICES OFFERED:

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com
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doesn't make you a terrible parent.
It makes you a GREAT one.

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A



B



1. Cat's eyes are brighter 2. Blanket has no pattern 3. „Clock on wall 4. Bin on shelf says „BOOKS“

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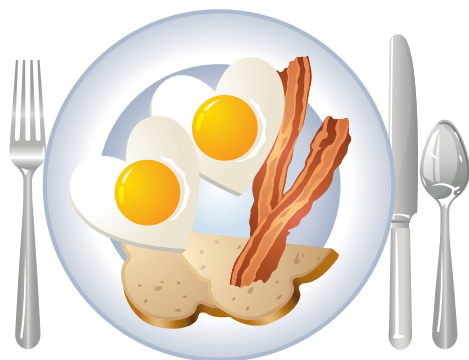
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The Bakersfield City School District will begin its summer feeding program on June 13 which is free for all children ages one to 18. Enrollment in Summer school is not required and children from all areas and school districts are welcome. Proof of age may be required; how-

ever, persons 19 years of age or older may purchase a meal at a nominal cost. Meals served Monday through Friday with breakfast at 7-8:30 a.m. and lunch at 11 a.m. to 1 p.m. For a complete list of sites and dates, please contact the Nutrition Services Department at 661-631-4733.



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ACTIVITY CORNER ANSWERS

Sudoku:

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

Crossword:
Across:
1. Feverish
4. Talc
5. Tread
6. Sunday
Down:
1. Fathers
2. Excited
3. Holiday

Get Scrambled:
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KCFM Mom MINUTE

Do you sometimes run out of ways to keep your kids entertained and active when they're not in school? Here are 8 frugal and fun activities to do with kids this summer.

Plant a Garden

Even the youngest kids can help dig in the dirt!

Go Bowling

A great idea when it's blazing hot outside!

Build a Sandcastle

You don't need a beach—just sand, some water, and a couple buckets!

Plan a Day Outside

Have a picnic, bike ride through the neighborhood, fly kites, or feed the ducks at a pond.

Create Art Together

Let your imaginations run wild!

Make Your Own Pizzas

Everything tastes better when it's homemade.

Sell Lemonade

Have them decorate their own stand as an extra activity!

Make a Birdhouse

Save (and clean!) all those Popsicle sticks for a fun activity.

Adapted from singlemomsincome.com

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Sudoku

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

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!

Get Scrambled

Unscramble the words to discover the phrase

A E D I S E S U F N



Ocean Word Find

Find the hidden words in the puzzle

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CRABS
EXPLORE
FISH

OCEAN
SAND
SEA
SHELLS

SURF
SWIMMING
TIDE
WAVES

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

Crossword Puzzle

1			2				3
4							
			5				
6							

ACROSS

- Feeling hot
- Powder
- Tire pattern
- First day of the week

DOWN

- Male parents
- Happy/Anxious
- Special day

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