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MAY 2020

magazine

It's **MOM'S DAY**

How KCFM
Readers are
Celebrating
Mothers!
(At Home)

Capturing
**TODAY'S
Reality**

with

**FRONT
PORCH
Photos**

PATIO CAMPING

Try These
Ideas in Your
Back Yard

plus: beloved recipes now available for the first time *pg.7*

ADAKC sole sisters *p.10* help for first-time home schoolers *p.17*



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MEMBERS OF



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Cover Feature:
Bringing Creativity to the Front Porch



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YCDI: Favorites Recipes You Can Make at Home



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Education: Q&As for Parents Teaching at Home

Cover Credits: Wes and Lindsey Cardall show life's current reality on this month's KCFM cover. Their kids show off their unique personalities with Sadie striking a pose in her swimsuit, Crew playing with his red fire engine, and Anecy ready to take off on her tricycle. Photo captured perfectly and creatively by Tessa Warner as part of #frontporchproject, who can be reached at tessawarner.com and on social media @tessawarnerphoto.

A Note from Our Publisher:

Social distancing and shelter-in-place orders continue in the state of California at the time of publication. Our magazine typically focuses on community activities, calendar items that highlight local events, and places to go with your family. However, the obvious shift in family life that now includes more home-based activities has prompted us to include activities that are relevant and doable during this unprecedented period for public health. We appreciate our readers' feedback and leads about positive news in Kern County. If you have information to share, please email lj@kerncountyfamily.com for editorial consideration.

Thank you for continuing to read Kern County Family Magazine. Please follow us on Facebook at www.facebook.com/kerncountyfamilymagazine and on Twitter @family_kern. Stay safe and take care.

-LJ Radon, Publisher, Kern County Family Magazine



LJ and Gus the Bichon Frisé

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



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dear reader



Vaun Thygerson,
Contributing Writer

I'm ecstatic to welcome May and anticipate all the hope it brings. I don't know about you, but I felt like April had about 9,487 days in it. One thing I know is that as a community, we are resilient and we adapt!

I have to give a shout out to my husband and children who have handled this Covid-19 pandemic like rock stars. When our life's normal routine came to a halt and we had to switch to online everything, except my husband who still continues to go to work because he's in the healthcare industry, there were a few days (and nights) of adjustment for sure.

At first, my boys especially, thought it was summer break and started staying up all night and sleeping all day. And, we had a new "guest" join our home. My middle son had agreed to babysit his biology teacher's classroom pet snake for the "two-week break" and now I think she is going to be with us until Fall. I don't mind the snake, she's actually pretty cool, but I don't like feeding her the mice. That's the time when I cringe.

In an attempt to manage the chaos as the days turned into weeks, we began to find some fun in our new normal. My daughter dyed her hair bright pink, my 14-year-old shaved off his older brother's long curls, and my older son grew out his beard, which makes him look like a 20-year-old man instead of his cute 16-year-old self. My youngest son, who has the most energy of all of us combined, decided to learn a new musical instrument. He ordered a banjo online and has been taking classes for it online.

Many families have had to make this new way of life work for them. In Julie Willis's Humor at Home article, "Making the Best of Tough Times," on page 9, she writes about how much she enjoys staying home and how much less frantic she feels. But, she does realize that her kids are still kids and makes sure that even though they are staying home, that they are staying safe and healthy.

One way families can make this time special is to create unique memories. In Callie Collins's article, "Patio Camping: Three Tips for a Memorable Backyard Experience," she gives the plan for a fun evening your children will never forget. To find out how you can make the most of an at-home campout, turn to page 14.

Not only do families manage to navigate this unprecedented time in our nation's history, so have many companies. In this month's Hello Happy Mama article, "Sole Sisters Stand Up for Hope," on page 10, Janelle Capra of ADAKC writes about her upcoming event, Wine Women and Shoes. For this event, she created a group of inspired women to become the first ever Sole Sisters Honorary Committee, which in turn, raised more than \$10,000 for ADAKC. In her article, she highlights four of these extraordinary women: Katie Allen, Raji Brar, Allie Mae Perkins, and Kristi Windtberg.

A special thanks to local photographer Tessa Warner for using her talents during this pandemic to bring the #frontporchproject to Bakersfield. In the article, "Local Photographer Brings Creativity with Front Porch Project," on page 12, she answers some questions from KCFM on how the project helped to spread joy and family togetherness within the community. It's also fun to see the families all dressed up picture perfect to be photographed in their front yard.

During this time of quarantine, it has challenged all of us to re-focus our lives and slow down to smell the proverbial roses. Although I am sad at missing some important events and milestones, I have enjoyed the chance to spend more time with my family, make new memories, and suspend some of our hectic lifestyle. I know we will get back to some kind of normalcy, because I have faith in our families and community. As the Hoffmann Hospice sign displayed in my neighbor's front yard constantly reminds me: "Everything is going to be OKAY."

Please stay healthy and safe!



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Marcos Rodriguez

Facebook Group Helps Support Local Restaurants

Distance Socially, Eat Locally is the slogan for a local Facebook group, Bakersfield Restaurant Info – COVID 19 Quarantine. With almost 20,000 members, the group is helping local restaurants stay afloat during this national pandemic. Started by two friends, Xavier Canez of X2 Broadband, and Kristen Visser of Caldwell Banker, this group consolidates and advertises local restaurant specials on take-out, curb-side, and available delivery options.



Canez said they wanted to start this BMOA group to help local restaurants and the people who run them. "It's bigger than just a meal. This is their livelihood," he says. "It will be easier to find a new job rather than rebuild your entire life when you lose your restaurant."

The Broken Yolk Café (BYC) owners are grateful for this local support from the community thanks to groups like this one. "Quarantine is killing our business along with many others. Not having the ability to serve customers inside makes a huge difference! We are not set up to do curbside, take out, or produce boxes, but we are doing our best. In general, I believe the pages have helped in the respect of increasing business. Especially when we have a new special to offer, we can see an increase in sales," BYC owners Jim and Brandi Bailey said via text.

Supporting local restaurants and companies is vital right now. Canez says, "It's important to put your faith as a consumer back into the brick and mortar stores, and the mom and pop shops. They have been the ones there to sponsor your kids' baseball and soccer teams, so it's time for us to be there for them."

To join this group, please visit <https://www.facebook.com/groups/207692043666388/>.

Bakersfield Museum of Art Offers Digital Tours and Activities

The Bakersfield Museum of Art (BMOA) might be closed physically, but its website www.bmoa.org, offers different ways to inspire and engage with its patrons using visual art experiences. As part of its #museumathome series, BMOA has been creating content to view at home such as small snapshots of Curator, Rachel Magnus' thought process when she selects pieces for exhibition, digital tours of their collections and exhibits, and downloaded art projects for every age group.

This Spring, in keeping with its annual Via Arte event held each Fall, BMOA invites everyone to get out chalk your walk by drawing on your driveway, sidewalk, or wherever. Whether you write out words of encouragement for your neighbors or reproduce a famous work of art, make sure to tag BMOA @thebmoa or use #bmoachalkyourwalk.

Kern County Library Services Expand Online Offerings, Including New eLibrary Card Option

Libraries across the country have never looked so empty. However, their services have also never been more vital and more accessible, thanks to online components available through websites and social media.

Physical library buildings are temporarily closed to the public in Kern County due to COVID-19 mandates that have eliminated in-person services, but their digital offerings continue to be robust.

"During this time, it is my sole mission to ensure the Kern County Library is still active in people's lives," said Jasmin LoBasso, marketing and promotions associate II. "We have spent a good portion of time developing live virtual programming like daily PJ Storytime at 6 p.m. and collating resources across multiple platforms and sources onto our website at www.kerncountylibrary.org/virtual. You'll find information from educational sources like NASA, printable activities, and more."

All resources are available to cardholders without charge.

"We also are working to continue to offer our digital collection to the public and have made several strides in expanding access while people are sheltering in place," said LoBasso.



Among the digital highlights Kern County Library has made available to the public are:

The addition of Bonus Borrows on the Hoopla platform: Titles in the "Bonus Borrows" section do not apply towards a library cardholder's total checkouts.

A temporary increase in normal borrows on Hoopla: The library usually offers three checkouts per month on Hoopla to users. The limit is now 10 checkouts per month.

The Zip Books service is still available: Residents can make a request for a title not in the Kern County Library's current collection using their library card and the title will be shipped via Amazon to the home of the cardholder.

It is now possible to apply for an eLibrary card online as well.

"In the past, Kern Library cards had to be obtained in-person at our branches," said LoBasso. "During this unusual time, it is possible for residents to apply for an eLibrary card through the contact form on our website. eLibrary cards have access to all online resources."

Some resources are also now available for residents who do not have a library card or eLibrary card:

An Instant Digital Access Card on OverDrive: Through verification of residency using a phone number, residents can gain digital access to our OverDrive platform without applying for a library card.

The expansion of Hoopla with Hoopla Engage: Allows all community members to check out up to two digital library books per month.

Follow the Kern County Library on Facebook and on Twitter (@KernCntyLibrary) for the latest updates.

Chevron Grants Mercy and Memorial Hospitals and Adventist Health each \$100,000 to Purchase Personal Protective Equipment for Frontline Staff

Dignity Health Mercy and Memorial Hospitals has been awarded a \$100,000 grant and Adventist Health Bakersfield has also received \$100,000 from Chevron to purchase Personal Protective Equipment (PPE) for local healthcare workers on the frontline of the coronavirus pandemic. These generous gifts will help local hospitals acquire PPE that is vital for the safety of physicians, nurses, and ancillary staff as they care for those who need them most during this challenging time.



Robin Mangarin-Scott
Photo by NYFotography

The funds will go towards the purchase of equipment necessary to protect care teams and the community including N95 and surgical masks, protective gowns, gloves, goggles, and respirator hoods known as PAPRS.

“The generosity of our friends at Chevron is the ultimate gift of kindness,” said Robin Mangarin-Scott, Vice President of Marketing and Communications

for Dignity Health Central California. “Our team of caregivers fighting on the frontlines of COVID-19 can take great comfort knowing their community is behind them and here to support them for the common good. Together, our community will be stronger.”

Adventist Health Bakersfield President Sharlet Briggs accepted the gift and announced that the nonprofit medical center has created a matching fund for community members to also contribute. “We are deeply grateful for Chevron’s partnership and caring about the safety of our staff and our community,” Briggs said. “Through the community’s gifts of financial contributions, food, masks and so much more, they are joining our healthcare teams in this life-saving mission.” Briggs added that the gift from Chevron is a prime example of corporate partnership investing in community wellness and the stewardship of teamwork.

Community members may give a tax-deductible donation to help in the pandemic effort by visiting the Adventist Health Bakersfield Foundation website at <https://www.adventisthealth.org/bakersfield/our-foundation/make-a-gift/> and selecting the Emergency Assistance Fund.

Give Big Kern

Give Big Kern will be celebrated on Tuesday, May 5, to promote the spirit of giving in Kern County and provides an ideal, online, social-distancing-compliant, fun way to bring all of us together as one community. This 24-hour online event raises dollars and volunteer hours through crowd-funding campaigns and pledges.



For more information, please visit www.givebigkern.org.

Birth at Home or a Hospital? COVID-19 Renews the Debate

Choosing to give birth at home has become a parenting topic discussed in closed Facebook groups, between friends and with obstetricians. It’s trending because of the pandemic-related circumstances that have led to shortages in medical equipment at local hospitals and limitations on birth partners, from dads to doulas.



The topic can be controversial. Hospitals remain the safest option for immediate intervention for moms and babies because they have skilled personnel and equipment on-site, including an operating room, neonatal intensive care unit (NICU) staff, incubators, and help with oxygen and blood products. Complications from home birth will end up with a hospital transfer.

Home birth may be a low-risk option with proper supervision. Find the best choice for your individual needs by talking with your doctor or midwife.

The California Association of Licensed Midwives (CALM) can be a great resource to find out about birth centers and home options: <https://www.californiamidwives.org/>.

Birth is beautiful no matter how it happens in your family and what your needs are. You should be respected throughout labor and delivery, and there is room in our community for diverse experiences done safely.



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When you create your KFHC Member Portal account we will mail you a \$10 gift card! Don’t wait! LiNK up with KFHC today!

you can do it

Classic Recipes Released for First-Time Ever

By Vaun Thygeron

The classic treats you love to eat at your favorite places are now available for you to create while sheltering in place at your home. For the first-time ever, companies like Dole and DoubleTree are releasing recipes for their famous sweets! Now you can bring some of their sweetness and memories to your family. It's *almost* like being on vacation!

DoubleTree by Hilton Signature Chocolate Chip Cookies

(newsroom.hilton.com/static-doubletree-reveals-cookie-recipe.htm)

Ingredients:

- ½ pound butter, softened (2 sticks)
- ¾ cup + 1 tablespoon granulated sugar
- ¾ cup packed light brown sugar
- 2 large eggs
- 1 ¼ teaspoons vanilla extract
- ¼ teaspoon freshly squeezed lemon juice
- 2 ¼ cups flour
- 1/2 cup rolled oats
- 1 teaspoon baking soda
- 1 teaspoon salt
- Pinch cinnamon
- 2 2/3 cups Nestle Tollhouse semi-sweet chocolate chips
- 1 3/4 cups chopped walnuts



Directions

1. Cream butter, sugar and brown sugar in the bowl of a stand mixer on medium speed for about 2 minutes.
2. Add eggs, vanilla and lemon juice, blending with mixer on low speed for 30 seconds, then medium speed for about 2 minutes, or until light and fluffy, scraping down bowl.
3. With mixer on low speed, add flour, oats, baking soda, salt and cinnamon, blending for about 45 seconds. Don't overmix.
4. Remove bowl from mixer and stir in chocolate chips and walnuts.
5. Portion dough with a scoop (about 3 tablespoons) onto a baking sheet lined with parchment paper about 2 inches apart.
6. Preheat oven to 300°F. Bake for 20 to 23 minutes, or until edges are golden brown and center is still soft.
7. Remove from oven and cool on baking sheet for about 1 hour.

Cook's note: You can freeze the unbaked cookies, and there's no need to thaw. Preheat oven to 300°F and place frozen cookies on parchment paper-lined baking sheet about 2 inches apart. Bake until edges are golden brown and center is still soft.

DIY Dole Whip

<https://www.dole.com/recipes/d/DIY-DOLE-WHIP>



Ingredients

- 1 cup ripe DOLE® pineapple, chopped and frozen
- 1 ripe DOLE® Banana, peeled and frozen
- 2-1/2 teaspoons powdered sugar
- 1/2 cup unsweetened coconut milk
- 1 teaspoon lime juice

Directions

Combine all ingredients in a blender or food processor. Cover; blend until smooth, about 2-3 minutes. Garnish with fresh pineapple. Serve immediately.

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celebrating mom

Mother's Day

in the Era of Social Distancing

How Our Readers Plan to Celebrate

Celebrating birthdays, graduations, and other milestones in a pandemic is a challenge for parents this spring. Moms everywhere are making the best of the situation, with drive-by parades, Zoom parties and porch present drop-offs.

How to celebrate the women who make it all happen for everyone else is particularly challenging this Mother's Day. Whether you're planning the day for yourself, your Mom and mother-in-law, or your wife, we hope you find a way to celebrate that is meaningful.

We asked our readers about their plans and received a variety of responses:

Not sure. Because of the Covid19 we might just stay home and watch home movies. - Peggy Abrego

At home planting our new garden. - Jason Dodson

Baking some of my mom's favorite treats. - Beatriz Olaya

Buying my mom lunch and giving her flowers and a gift. - Brittany Billington

Making mom cookies. - Cassandra Latham

With my baby at home and maybe drive-by to say hi to my mom from my car with my kids, if we are still using social distancing. - Danielle Goodin

Backyard barbecue with my children. - Christina Romo

We will celebrate by cooking my mother her favorite breakfast, watching movies together, and going on a walk in our neighborhood. - Jennifer Resolme

FaceTime my mom and mother-in-law and send gifts. - Nicole Joseph

We hope to celebrate with a picnic. It's my grandson's and my birthday on the Saturday before, so we are trying to figure out how it's gonna happen. Social distancing is important but I need to see my grandbabies. Fingers crossed. - Joanne Connelly

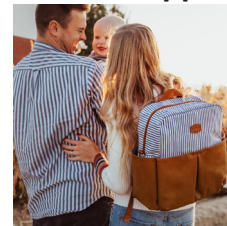
Breakfast in bed for me. - Betty Zasoski

Our advice? Let others celebrate you. Engage in #selfcare and take a break on your special day. We wish all mothers in our community a Happy Mother's Day.

Special Mother's Day Gift Ideas for the New Mom

May 2020 NAPPA Awards Product Reviews
By Elena Epstein, Director of the National Parenting Product Awards

JJ Cole Popperton Boxy Backpack



This stylish bag features 8 pockets, including 4 easy access exterior slip pockets, a changing pad that stores easily inside the bag and easy wipe nylon exterior and a zip out, machine-washable liner. \$83.99, www.us.tomy.com

Emmaline Robe

This cozy robe is great for every stage of motherhood, from pregnancy to postpartum. Features two places to tie the belt, offering an empire or traditional waist and extra deep pockets. \$34.99, www.kinredbravely.com



mbrio Clip-on Earbud Adapters



Transform regular audio earbuds into "pregnancy headphones." Place your earbuds into the adapters and clip them to your waistband and start sharing your favorite music with your baby. Made from medical-grade silicone and independently-tested, mbrio's patented adapters are safe for baby's ears, skin-safe, comfortable and ultra-lightweight. \$29.95, www.mbriotech.com

Dream On Me Nursing Chair

Designed to add more convenience and comfort during feeding time and can be used beyond the baby stage as a portable chair for play or reading time. Features 6 adjustable positions and a removable, machine-washable cover. Lays flat for easy storage. \$60, www.dreamonme.com



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Making the Best of Tough Times

"Dad, can you make Special Breakfast today?" I overheard my daughter ask my husband on about Day 6 of Sheltering in Place.

"Sure! How about pancakes and bacon?"

"That's not special. That's just breakfast."

I'm not sure what my darling little one thought would make for a special breakfast, but it certainly didn't take her long to adjust to having Daddy working from home.

I'll be honest; I like "Special Breakfast" on a daily basis myself. I don't care what the food is. The "special" is that I'm not cooking it.

It turns out that, unlike my husband, who has turned into Master Breakfast Chef and Lunch Cook, I'm the only one who hasn't made any major adjustments. I guess I typically stay at home all day in my messy bun and sweat pants and avoid people as much as possible.

Don't get me wrong. I like people. I'm just shy, and I don't like to have to pretend like I have my act together.



So I'm totally in my element staying home and finger painting and hiking and letting the kids slide down the hill behind the house in the mud and collect rocks and leaves and dance around the house in pajamas and bake a cake on the gas grill because our stove has been broken since like June, because we haven't gotten around to ordering the part it needs, and giving the dog a bath and a brushing and learning a new card game and reading books and riding bikes and rescuing worms after the rain when they are flopping around on the road looking for dirt and starting a garden and sewing up some face masks.

SO much easier than driving into town for appointments and activities. Basically, anywhere that you have to 1) be dressed with your hair combed and 2) be on time.

See, at home, there is NO STRESS. You just start when you're ready and wear what you want (unless you're going outside; then you have to at least get on something a step above pajamas). There are no, "We are leaving in FIVE MINUTES. If you don't finish your breakfast, brush your teeth, and get your shoes on, I'm leaving you here!" threats. You don't even have to look at the clock.

I do look at the clock. But I don't FREAK OUT if someone can't find a shoe and it's already time to go. I just wait. And I tell myself, "Nobody knows I have a kid who can't find her shoe right now. And nobody's gonna find out because we are not going to be late to meet anyone."

Just trying to stay healthy and happy. And maybe sneak in a few Special Breakfasts here and there when we can.

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None of this is normal.

To the parents, the grandparents, the teachers, the bosses — to everyone doing their very best to remember that work, school, and home-life balance is temporarily upside down, backwards, and pretty much completely non-existent...

We see you. We thank you.
 We're all in this together. And Kern County Family Magazine is, as always, here for you.

kern county Family
 magazine

Sole Sisters Stand Up for Hope

Hello Mama!

It started with an idea and a spark of hope. What if we could create a group of inspired women to support our cause by committing to a gift of \$500 to join the inaugural Sole Sister Honorary Committee? These Sole Sisters would then nominate other ladies to join us and help grow our fundraising efforts for the 4th annual Wine, Women & Shoes benefitting ADAKC. That idea turned into more than twenty ladies who said, "yes" adding up to more than \$10,000! That's 1,000 hours of care for clients at ADAKC and much-needed respite for their caregivers. And just as we were getting ready to gather to celebrate these ladies for their generous gift, the Covid-19 crisis hit, and it hit hard. It seemed like overnight, our world changed. Daily, we were all trying our best to navigate this "new normal" as schools closed, restaurants closed, businesses closed, and we were all forced to stay home.

For me, this time has caused me to dig deep and to use the tools that I learned from grieving the loss of my mom. I believe that we are all experiencing a collective grief over the life we once knew. It has been a daily practice of allowing myself to feel, really feel, and to be open to sit with my pain and the pain of those around me. Some days the weight of the world is too heavy to carry. On those days, I make a point to get outside, get some sunshine, walk barefoot on grass and focus on what I can control, like a home-cooked meal for dinner. On other days, it feels more hopeful, like we may all come out of this so-called quarantined life more connected, more grateful, and more compassionate. You've heard the quote, "after every storm, there is a rainbow." My hope is that this article will be that rainbow for you today. I want to shine the light on some amazing women in our community who are choosing to show compassion in this crisis. And I hope

by sharing some of their stories of connection, compassion, and courage, it will encourage you to do the same!

Meet Katie Allen.

Katie and I have worked together in media and in the community for years. It was through our own very personal journey through Alzheimer's for our loved ones, that really re-united us. Katie is the Public Information Officer



*Katie Allen & Family
Photo courtesy of Katie Allen*

for PG&E and recently re-joined the ADAKC Board. Here's what she shared with me:

I am proud to work for a company that donated one million masks to Cal OES. 300,000 masks were delivered to health care professionals here in Kern County.

As for my family, we continue to support local businesses by ordering out often and participated in "Chalk Your Walk" to inspire others during this time. Both my girls were interviewed by the local news about why it's so important to remember we are in this together and no one is alone.

Meet Raji Brar. Owner of Countryside Deli Corporation. Raji and I first met at the Bakersfield Women's Business Conference and have been connected in the community for some time now. But, it was the recent opportunity to have her join our Sole Sisters group, that really connected us. Here's what Raji shared with me:



*Front row (L to R) Surjit Jhaj, Neetu Jhaj, Raji Brar, Imanni Brar, Gurmit Jhaj, Rupinder Jhaj Back row (l to r) Rick Jhaj, Nimi Brar, Dan Brar
Photo courtesy of Raji Brar, Countryside Market & Restaurants*

In the beginning of the Covid 19 crisis information was changing rapidly and there was not any clear direction from the government as to how to protect our teams, who were considered essential but were non-health care workers. We decided we had to offer our team the best protection we could, and that was N-95 masks. We distributed the masks to our staff and provided everyone with gloves. We also went over cleaning and sanitizing routines with them. We decided to give our entire team a raise because it was the right thing to do. Our staff has families to support and we are cognizant of the fact that many of their spouses have been laid off. They are very brave to come to work everyday ready to serve the public, even though they are putting their own health at risk. How can you even begin to possibly repay that type of dedication? These are unprecedented times, and anxiety is at an all time high, but I firmly believe in the goodness of people and goodness of God and when we all take care of each other, well, that is the only thing that feels right in these times.

We have helped to feed our health care workers at Adventist Hospital to show them we are here for them. We also are offering our health care work-

ers and first responders free coffee and drinks at our Countryside Markets and we have donated the much-needed N 95 masks, gowns and bleach to Priority Urgent Care. The owner of Priority Urgent Care, Dr. Mark Lowen, is a former employee who used to work for us years ago. That is the beautiful thing in all this ugliness, when we all come together to help each other, to show each other that we are all here for each other.

Meet Allie Mae Perkins, founder & CEO, The Beautiful Life. I have booked Allie and her Beauty Squad many times. She describes herself as a “Girl Boss” dedicated to elevating confidence for extraordinary women. Here’s her story:



Allie Mae Perkins, above, and daughter, Nyla Perkins (2020 Little Miss Kern County) right. Photos courtesy of Allie Mae Perkins

I know it is a really crazy time, but I absolutely love seeing how people are coming together. I pulled out the sewing machine after having it in the garage for years to sew some face masks for family and neighbors and have been helping my daughter’s school, Singlum Elementary, with their education packets for all the students. My Beauty Squad team has been so supportive of each other getting food and household items for each other. We have a group chat where we can post things we need and we all come together to help in any way possible. I even have little bags of gloves I carry with me and when I see one of our seniors out without gloves I offer them a bag, because they are most at risk and I know gloves are hard to come by.



Kristi Windtberg,
Photo courtesy Janella Capra

I know in our own way we are all doing what we can to make every day just a little brighter! #communitystrong

Meet Kristi Windtberg.

Co-owner, LVL Fitness. Kristi’s been teaching a “live” virtual fitness class via zoom. Here’s her story:

The studio may look different but the community can still be together. We offered a free kids yoga class with elementary teacher and LVL Instructor April Morphis. We also offered virtual “cheers” during a free happy hour where guests learned how to make skinny cocktails from local bartend-

ing expert Jen Bright. It’s just our way of keeping community connected during this crisis.

I hope these stories inspire you to seek the message in the mess. I’ve shared with my work team that this is uncharted waters, and there is no playbook for “How to Deal With the Coronavirus Pandemic at Work and Life.” That fact alone can be scary. But, I also challenged them to focus on faith, not fear, and the fact that we can pioneer a new direction for how we serve our clients and caregivers. We get to choose how we Show Up and Stand Up in our own communities right now. Like many of you, our business may be temporarily closed, but our compassion remains open.

Hope is not cancelled. It’s hope that unites us!

How are you and your family managing this new normal? Do you have a story to share? Let’s keep the conversation going on social with #hellohappymama and tag Kern County Family Magazine into your post.

If you would like to support ADAKC and our mission to serve Kern County families on the Alzheimer’s journey, please text “ADAKC” to 41444. Or, if you’re interested in joining our Sole Sisters, text “sole-sister” to 41444. Thank you.

Local Photographer Brings Creativity to the Front Porch

By Vaun Thygeron



Jeremy, Tessa, Perry, Ivy, and Belle (the furry one!) Warner

Local photographer Tessa Warner decided to use her creativity and talents during quarantine to bring joy to local families. As part of the nationwide program, #frontporchproject, she engaged many families to take a photo in their front yard to document this time in our nation's history and to promote family togetherness. KCFM wanted to find out more about Tessa and her beautiful project that engaged the community and spread love.

KCFM: What inspired your idea for these Front Porch Project photographs?

Tessa: As an extrovert, I was missing seeing people in real life and I was feeling the need to be creative, but also wanted to stay safe and be respectful of social distancing guidelines. So I thought it would be fun to go around and take pictures of families out in front of their homes—making this both a social and creative activity for me. Of course, I did some research and saw that this was already a thing, so I joined in the #frontporchproject movement and started offering the pictures to my local Bakersfield community.

KCFM: What is the hashtag you asked them to post with?

Tessa: I never tell people how/what to post, as the pictures I take are released to them and they can choose what to do with them. However, I advertise them as #frontporchproject photos and many people use the

hashtag when they post them to their social media.

KCFM: How receptive were people when you asked them to participate?

Tessa: When I first advertised my idea on my Instagram stories, I got 17 families booked that same day! For each Gallery shared, it seemed I'd get at least 1-2 more families wanting to book a session. Lots of people want a way to document this crazy time, and while it's great to take a lot of pictures from everyday life on your phone, having a few professional pictures done, where you can put a little more thought into poses/outfits, etc, is just something extra special and safe to do during this time.

KCFM: What was the feeling/attitude from the families when you got to their front porches?

Tessa: Most families pretty much bust out the front door, all smiles and happy. Maybe they're excited to be doing something different or to get their pictures taken for the memory, or just excited to see another person. Many have told me that their kids

have been looking out of the window waiting for me to arrive. I remember doing that as a kid and it made me reflect on just how much things have slowed down. This is a time when buildings are empty and homes are full so



Daron Wilson and Mrs. Bakersfield, Leslie Aldredge

it's been a ton of fun to see what people come up with for their portraits. Some are casual, some make this an excuse to dress up, and some portray how it really is!

KCFM: How do you think this helped inspire the community during the quarantine?



Erin & Sterling Hills with kids Izzy, Roman, Nixon, and Kiara.

Tessa: I think it has helped community members to find something in common and to find ways to celebrate being together as families at home during this unusual and unpredictable time. It's also been a great way to support each other locally. The whole idea is to capture a moment in time- this is a time in our life we will never forget. We're living through history, and this is a great way to document it.

KCFM: Tell me about yourself and how do people get in touch with you?



Shanti Taylor with her children, Sammi, Sariah, Spencer, and Remmi

Tessa: I have a degree in Art Education but decided to leave teaching in the classroom after having children of my own. Portrait photography became a perfect side hustle for me, because I get to meet and interact with people, as well as be creative and continue progressing as I keep learning more about the post production process. I've been more seriously taking pictures for about a year. I am quarantining with my husband, Jeremy, our two kids, Ivy (3) and Perry (18months), and our dog named Belle.

I can be reached at Tessawarner.com and on social media @tessawarnerphoto.





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Patio Camping: Three Tips for a Memorable Backyard Experience

By Callie Collins

Over-the-fence cookouts and conversations, yard games, and patio camping are novel activities in the era of social distancing. Have fun at home with flashlight hide-and-seek, sidewalk chalk and Facetime happy hours.

Have you tried backyard camping?

Planning an outdoor camping trip in your own back yard can give children something to look forward to, even as birthday parties cancel and park visits fade into memory.

Whether you pitch a tent, sleep under the stars with sleeping bags, or retreat back indoors at the end of the evening, backyard camping can be a fun way to spend an evening. Break out the s'more ingredients, find a map of constellations, and practice campfire songs even if an actual campfire has to wait until you're able to escape suburbia.

Here are three tips for a successful evening of patio camping:

1. Set your expectations (keep them reasonable)

Backyard camping can be fun, but stay flexible. Know that factors like wind, children who aren't used to camping, and the tendency to pull out less



equipment than if you were leaving home may factor into your experience. **Pro tip:** Pull out all the equipment anyway. Maximize what you also have at home, like indoor plumbing and the ability to cook inside, but picnic outside for the ultimate hybrid camping night.

2. Turn off all electronics

Make the evening feel different by turning off all devices. Take a break from technology and enjoy being outside. Eliminate distractions and help kids see what's in their own space. Turn over rocks, trace leaves and pick the flowers in your own flowerbed.

3. Let children lead the way

Will the family sleep outdoors or in their own beds? Is it a hotdog dinner or a burger cookout? Flip the switch and let kids be in charge of their campout.

If you try camping at home, let us know how it goes and we may choose to share your experience on our social media platforms. Email callie@kerncountyfamily.com to let us know how it went!

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Isolation or STAYCATION?

By Metro Creative Services & Pam Huber

We're all stuck at home. Make the most of your "staycation" by adjusting your outlook with these vacation-like activities

Spa experience: Who doesn't like the chance to engage in a little pampering when staying in a fancy hotel? That same luxury can be enjoyed at home with the kids with the help of some fask masks, body scrubs, and nail polish. Take turns giving each other massages—you may not get the same "ahh" factor as you would from a professional, but your kids will love the extra personal attention.

The wonders of nature: Professional and personal lives can make it hard to enjoy the great outdoors, even when it's steps from your front door. During a staycation, commit to exploring any open local parks, hitting the trails to hike or mountain bike, or just take the family on a long, meandering bike ride through a new neighborhood.

Big city culture: Just because you aren't traveling far away doesn't mean you can't emerse yourself in some new things. Plan an online "trip" to a big city by taking a virtual tour of a museum you've always wanted to visit. Check out www.timeout.com/travel/virtual-museum-tours and other sites easily found on Google to check out amazing art, history, and more from famous museums like the Musee D'Orsay in Paris or the Guggenheim in New York. After your tours, order take out for dinner from a local ethnic restaurant you've never tried before.



"Go" camping: Parents of young children can make a staycation more special by spending a night camping in the backyard. Leave your devices indoors as you sit around the firepit telling stories and making some delicious s'mores. Then set up the tents and sleep under the stars for a memorable night in the "wild." (See Page 14 for more patio camping ideas!)

Rainy day: If the weather is not cooperating, create a backup plan to add a little life to rainy days. Plan a daylong film festival in which each member of the family gets to choose a movie everyone can watch together. Make sure you have plenty of popcorn on hand and order in a few pizzas so everyone can focus on the films.



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Making the Grade: School Year Q&A for Parents Teaching from Home

By Callie Collins

Change has been the only constant in 2020, due in part to the COVID-19 pandemic. The forced closure of schools and businesses has made terms like “shelter-in-place,” “social distancing” and “distance-learning” everyday phrases.

Supervising learning at home is now part of the family dynamic. Parents throughout Kern County are now tasked with a new role: teacher. More than supervising homework or managing projects, they’re stepping up to take the lead.

We reached out to the office of Mary C. Barlow, Kern County Superintendent of Schools, for answers on how parents should proceed to foster learning outside the classroom.

Q. The 2019-2020 school year came to an abrupt end. How should parents now supervise their children’s academics?

A. It is important to remember that while physical schools are closed, the learning must continue. The best advice for parents to support their child’s distance learning efforts is to establish and keep a routine.

Parents should keep these tips in mind: **Communication between parents and teachers is very important in normal times and even more so now.** That dialogue will ensure that distance-learning expectations are clear.

Set a school day schedule and keep it as close to your child’s normal school schedule as possible. Set up specific times for reading, math and other academic work, as well as breaks and physical activity.

Talk each day with your child about his or her activities, questions and concerns.

Use supplemental online resources or educational TV to enhance learning. A list of available resources is located at www.kern.org.

When in doubt, have your child read! Or, read to him or her.

Q. What materials are available from the district currently?

A. Kern County has 47 individual school districts and each is handling their distance learning programs differently. At this time, 22 school districts will be rolling out “online schools” through a platform called Canvas. Other school districts are using a combination of paper packets and other education applications like Google Classroom, Zoom, Flipgrid and Screencastify, among many others, to facilitate distance-learning.

Q. How can parents and teachers support each other during this critical time?

A. Patience is critical during this new normal of distance learning. Just as this has been an adjustment for students and parents, educators have had to figure things out on the fly as well.

Allowing each other some latitude and grace during these unprecedented times will go a long way.

Families who have situations that make participation difficult or impossible (e.g. lack of internet access at home) should work directly with their child’s school so that appropriate accommodations may be made.

Q. What advice can you offer as parents try to balance school with work and life?

A. Many parents are now working from home, which can be tricky with young children present. Parents should set clear expectations with their children about when they’ll be able to help and when they will not.

While older students are better equipped to be independent learners, students in primary grades (kindergarten through 3 grades), will require much more support.

Parents should build time into their remote work day to assist with their students’ learning and schedule other activities you know they’ll be able to do on their own, for instance, educational TV shows or educational games.

Technology options

The superintendent’s office worked to quickly assess technology needs in Kern County when their urgency became apparent. More than 20,000 Chromebooks and 5,700 internet hotspots were secured for student use.

Low-cost and no-cost options for in-home internet and the use of devices without charge is available. Reach out directly to your school district for more information and to coordinate services.

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- Start talking about your cat and don’t stop.
- Put your eyeball up to the camera, then make silly faces.
- If the teacher is on mute, point that out! Loudly!
- Hold random items up for everyone to appreciate.
- Give a tour of your entire house.
- Don’t concern yourself with “staying on topic.”
- Got a pet? Show it off!
- Ask the same question at least three times.
- If needed, pick your nose.

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ACTIVITY CORNER ANSWERS

p.22

Sudoku:

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

Crossword:

- | | |
|------------|------------|
| Across | Down |
| 1. Grading | 1. Gardens |
| 4. Flower | 2. Dial |
| 5. Nectar | 3. Harvest |
| 7. Compost | 6. Amp |

Get Scrambled:
Storm Watch



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ACTIVITY CORNER WORD FIND ANSWERS

p.23

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SEPTEMBER 19th

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ADULT DAY SERVICES
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May activity corner ...answers on page 21

Sudoku

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

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!

Crossword Puzzle

1				2					
									3
			4						
5					6				
	7								

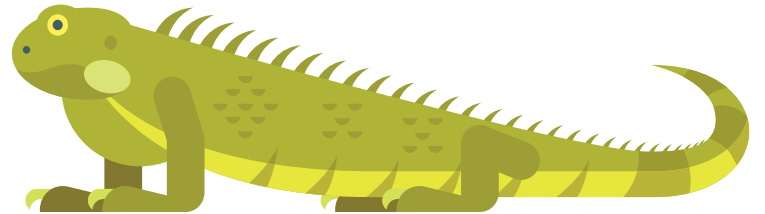
ACROSS

- 1. Slope of land
- 4. Petaled plant part
- 5. Sweet liquid
- 7. Soil fertilizer

DOWN

- 1. Places to grow plants
- 2. Knob for tuning
- 3. Pick crops
- 6. Short for ampere

Mother's Day Creative Coloring



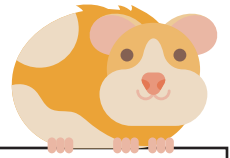
Get Scrambled

Unscramble the words to determine the phrase

ROTMS AHWCT



Doggone Word Find



Find the hidden dog breeds in the puzzle. Look up, down, diagonally, and backwards!

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

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KEESHOND

SETTER

BASENJI

BOXER

CHINOOK

DOBERMAN

KOMONDOR

SHEPHERD

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- Have low to medium income; and/or
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- Live in California

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