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kern county **Family** ine

JULY 2020

ERICA McCall

on Basketball,
Staying Healthy,
& Using
Your Voice

Kern County
& Racism
Community
Leaders
Weigh In

11 Ways
to Beat
the Heat

In Season!
**SUMMER
FRUITS**



plus: is your backyard barbeque pet safe? pg 8

happy mama: stand on the side of love p.14 help for picky eaters pg 10



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MEMBERS OF



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Cover Feature:

Professional athlete **Erica McCall** shares her views on basketball, staying healthy during quarantine, and using your voice for good.

Erica and her dad (left), CSUB Women's Basketball Coach Greg McCall, were photographed in Bakersfield in June 2020 by Melodi Photography: www.melodiphoto.com



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Vaun Thygerson,
Contributing Writer

A few weeks ago, my teenage boys got into an argument over the Xbox remote control, but after everyone calmed down and stepped back from the situation, we realized the disagreement wasn't about the remote control. They were frustrated about their lives that have been turned upside down over the last few months. As plugged in teens, they are receiving all kinds of messages, memes, and news reports about the COVID pandemic, protests, racism, unemployment, death, and seeing a world changing before them. As adults, these are scary words and topics for us to understand, but for these teen brains, it's even harder to process.

For younger children and toddlers, their world is changing for them, too, even if they don't hear or see the news. They can literally feel your emotions and it can trigger them to feel nervous or anxious. In Communication theory, there is a phenomenon called emotional contagion where just as you can "infect" people with your germs, you can also transfer your moods to other people. So, think about this the next time you're wondering why your toddler is having a meltdown for no reason, they just might be expressing what you're feeling inside. Emotions are hard to control when life is normal, but with this world being out of sorts, it's easy to get caught up in the fear and anxiety. Make sure you're having age-appropriate conversations with your little ones, because they learn how to navigate the good and the bad from you. Also, give a tad more compassion to the older ones; because we all are just trying to do our best.

KCFM wanted to share some tips on how to talk to your children about the uncertain times we are facing. In the article, "In Your Own Words: Advice from parents, for parents, about conversations regarding current events," on page 22, KCFM reached out to you, our readers, to share your ideas on the best ways to have these difficult conversations. I'm always in awe of

our readers, and this article shows that we have the best moms and dads raising our future generation to become the leaders we need.

One way to lead with compassion is with love. In Janelle Capra's Hello Happy Mama article, "Stand on the Side of Love," she writes about how our community has responded to the protests on the subjects of inequality, racism, and social injustice. She reached out to her friend, Arleana Waller, Founder of ShePower Leadership Academy, and asked her and her mentees and mentors of the program questions to keep this important conversation going. To read their profound words of wisdom, turn to page 14.

Another way to make sure you keep the conversation going is by having family meals together around the dining table. In this month's Humor at Home article, "Table Manners: No One Wins If I Quit," on page 20, July Willis writes about mealtimes and the chaos that can ensue, including the different phases her children have around eating their dinner depending on their ages and moods. Because she prioritizes the importance of family mealtime, she doesn't quit, and just keeps teaching and re-teaching the basic principles of dinnertime etiquette.

In spite of the current event climate, July does have some things to look forward to. This month will be hot, so it's time to cool down with some fun water sports or keep it cool indoors. In the article, "11 Ways to Beat the Heat This Summer," on page 7, Callie Collins gives fun ways to beat the heat that everyone can enjoy. You'll also notice that NOR's Spray Parks are now open to make a fun day with your family that's really close to home.

July always reminds me to be thankful for being an American as we celebrate our nation's Independence Day. This year has been one tumultuous ride, and we've seen our country go through unprecedented experiences. It's important for us to keep the conversation going, especially with our loved ones, and little ones, so they can understand how to process the ever-changing current events climate. As C.S. Lewis said, "Children are not a distraction from more important work, they are the most important work."



NORMAN ROCKWELL
AMERICA'S ILLUSTRATOR

Farm to Table(auX)

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Take the Census at
my2020Census.gov

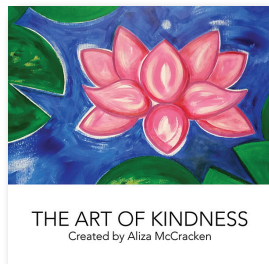
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The Art of Kindness

A beautiful vignette of artistry and prose awaits the readers of a new book, *The Art of Kindness*, by local artist and author, Aliza McCracken. She offers a hopeful message for cultivating greater kindness and creativity in our community. In the beautiful and inspired book, the author bridges the gap on this uncertain time with the spirituality of kindness and love. A portion of proceeds for book sales will benefit the local community.

For more information, please visit aliza-mccracken.square.site.



Barbara Grimm-Marshall Awarded CSUB's President's Medal 2020

California State University, Bakersfield President Lynnette Zelezny has awarded the university's highest honor, the President's Medal, to philanthropist and agribusiness leader Barbara Grimm-Marshall for her commitment to uplifting and advancing the region through education, philanthropy, and innovation.

"Barbara Grimm-Marshall is an example of the highest ideals of community advocacy and engagement," Dr. Zelezny said in a statement announcing the award. "Barbara has devoted her life to servant leadership, unlocking doors of opportunity in education through her innovative Grimmway Academy and Edible Schoolyard, where hope grows alongside the vegetables tended by valley schoolchildren. As an agribusiness leader in our nation, she has articulated the needs and values of our valley, and, as an employer, she has given thousands of families career opportunities in our region's top industry."

Mrs. Grimm-Marshall said she was surprised and honored to receive the President's Medal. "I wish to thank President Zelezny for this incredible gesture," she said. "As I have come to know President Zelezny, it has become clear to me that we share the fundamental belief that education, more than any other factor, will lead the families of our region forward. Together, we are opening channels of access to students who have the desire, the intelligence, and the drive to be, in many cases, the first in their families to attend college. We are united in our mission to change the conversation in Kern County so that our children say when I go to college, not if I go to college."

In January, the Board of Trustees of the California State University approved the establishment of the Grimm Family Center for Agricultural Business at CSU Bakersfield, made possible by an extraordinary endowment created by Mrs. Grimm-Marshall and Kari Grimm Anderson that reflects their abiding commitment to the future of the region's leading industry.

The \$5 million pledge of support for the Center is the single largest gift in the 50-year history of the university. The gift coincided with the 50th anniversary of family-owned Grimmway Farms and honors the legacy of the company's founders, Rod and Bob Grimm.

The Grimm Family Center for Agricultural Business will offer unprecedented educational opportunities to CSUB's agribusiness students, who will learn by doing, getting experience directly out in the field, and working with experts immersed in the day-to-day enterprise of running successful agribusinesses.

Give Big Kern 2020 Sets Fundraising Record

Give Big Kern 2020 sets fundraising record with donations close to three quarters of a million dollars, according to a new report to the community. Give Big Kern 2020, hosted by Kern Community Foundation, is observed as "One Day to Celebrate the Giving Spirit of Kern County!" on the first Tuesday in May, and this year turned out to be our community's most successful Online Day of Giving yet, despite the COVID-19 pandemic.

"The generosity of our giving community never ceases to amaze us. The wonderful support from our sponsors continues to sustain an online fundraising effort that keeps growing year over year to the benefit of Kern County's hard-working nonprofits," says Kern Community Foundation President and CEO Kristen Beall Watson. "The encouragement and knowledge sharing of our online fundraising partners helps us at Kern Community Foundation go on challenging ourselves as giving day leaders. Give Big Kern Day may have taken place more than a month ago, but our hearts are still full of thanks and will remain so for a long time still."

More details can be found in Kern Community Foundation's Report to the Community – Give Big Kern 2020: The Year COVID Couldn't Stop Good!, posted on www.kernfoundation.org

GIVE Big KERN

Participate in ARTMIX's Unique Online and Curbside Event

The first six months of 2020 have been characterized by uncertainty but one takeaway is clear: a swift departure from business as usual prompts greater demand for creative problem-solving. The Bakersfield Museum of Art (BMOA) has shifted its annual ARTMIX fundraiser to an online platform with community support in takeaway form.



The event usually features local artists' work for sale, along with food and drink prepared by Bakersfield's best chefs. Rather than a single evening, this year's online event ends July 11, with the opportunity to purchase art online and enjoy curbside takeaway from supporting restaurants that will donate a portion of their proceeds to BMOA.

Cornerstone Bakery and Luvspun are two participating confectionaries for the month of July. See the art for purchase online and find additional information at www.bmoa.org/artmix.

Full Moon Bike Ride

Join Bike Bakersfield for a family-friendly full moon bike ride starting at Beach Park and following the bike path to the Market place on Monday, July 6th, from 8 to 10 p.m. All ages are welcome and the ride is a comfortable 10-12 mile per hour pace. Lights and helmets are strongly encouraged for all riders, but are required by law for children under 18 years old.

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



**“SOME OF THE BEST MEMORIES
ARE MADE IN FLIP-FLOPS.”**

- Kellie Elmore, author of "Magic in the Backyard"

New Girl Scouts Receive Free Memberships

For a limited time, Girl Scout of Central California South is covering the cost of memberships for new Girl Scouts valid through September 2021. Through this program, girls can try new things, take on challenges, build networks, and inspire others. Kindergarten through 12th grade girls can join in the virtual fun for FREE from the safety of their homes and continue in person at a later date.

For all kinds of virtual adventures and to sign up to become a Girl Scout, please visit girlscoutscs.org.



11 Ways to Beat the Heat This Summer

By Collie Collins

This summer may feel eternal after the spring's early release, but there are still ways to have fun. Beat the heat this July with these 11 ideas:

- **Create your family's summer bucket list:** Decide what you want to do and make a list of fun activities to try before summer ends.
- **Host a water balloon fight:** Social distancing is still possible with a neighborhood water balloon fight. Fill balloons and get ready to run.
- **Make dessert:** No heat is needed to make a fun dessert like custard, icebox pie, or ice cream. Find an easy recipe on our website this month for fruit pops and get kids in the kitchen for basic math skills that translate to life skills.
- **Do a cold beverage bar:** Set up a buffet of sweet tea, iced coffee, and juice to round out your weekend brunch.
- **Host an all-salads dinner:** Keep the stove off by making cold salads, including potato salad, green salad, fruit salad, garbanzo beans and other family favorites.
- **When life gives you lemons,** make a lemonade stand: It may be hot and social distancing is still in effect, but it's possible to continue a fun tradition like patio lemonade stands. Grab a patio umbrella, a folding table and poster board. Mix lemonade in your kitchen and set up shop, even if it's just with your own family as customers.
- **Create a book theme day:** Select books of a similar theme, find a movie interpretation of one of them, and make a related snack. For example, our social media manager's family read the E.B. White novel "Charlotte's Web," watched the movie, and made dirt cups with instant chocolate pudding and bug-shaped gummies.
- **Turn on music for an indoor party:** Host a dance party inside. Break out hula hoops and let your kids choose the playlist.
- **Set up bathtub play:** Use cool water and let kids play on the outside of the tub. Add food coloring, plastic fish, rubber ducks or other animals and create a nature diorama in your own bathroom that's easy to clean up.
- **Chase bubbles:** Indoors or outside, bubbles are cheap and easy.
- **Foster frosty freezer fun:** Hide a cold treat in the freezer and write clues to help your kids find it.



New Products We



The Spa Girl Life – Day at the Spa – Luxury Candle



Create a blissful space of light and scent with these hand-poured, soy wax candles. Arrives with two stones and a link to a guided meditation as well as a mantra card. \$39.95, thespagirl.life



Crazy Bunch O Balloons

Get ready to toss! Fill and tie 100 balloons in 60 seconds. Comes with a spark of multi-colored balloons. \$6.99, ages 3+, bunchoballoons.com

ARÉNA

Setting up is as easy as digging a hole in the sand. Simply add water by using the foldable bucket and you can relax at the beach while your baby plays safely right next to you. \$29.99, 3 months+, bbluvgroup.com



For more product reviews, visit nappaawards.com



Make Backyard Entertaining Safer for Pets

While spending time outside, many pet owners like to have their furry companions nearby so they can enjoy the fresh air and fun as well. However, allowing pets outdoors when grilling or entertaining friends requires some forethought to ensure pets stay safe.

GRILLING

The act of grilling can be hazardous to pets that can't resist the aromas of food cooking. Dogs or cats may be drawn to the succulent smells without realizing that there are hot coals or gas nearby. It may be safer to keep animals leashed or contained until the grill has been extinguished to prevent burns and other injuries.

WATCH THE LEFTOVERS

As diners finish their meals, they may leave scraps strewn around on plates. The occasional nibble here and there may not be overly problematic, but if a dog or cat gets into a food he or she shouldn't eat, the consequences can be anything from gastrointestinal distress to a severe allergic reaction. Any raw meat or seafood can pose a danger to pets. Other foods that can be toxic for a dog include avocado (and guacamole), garlic, onions, grapes, peaches, and chocolate.

NO BONES ABOUT IT

It may be tempting to toss a dog a bone from the grill, but the Association for Pet Obesity Prevention warns pet owners against feeding their dogs or cats chicken on the bone due to the risk of the bone splintering and causing intestinal obstruction. Even large bones can splinter. Owners who want to offer bones to their dogs should consult with a vet about which types of bones are safe, or look for a manufactured bone from the pet store.

ALCOHOLIC BEVERAGES

Both dogs and cats are sensitive to alcoholic beverages, offers the environmental wellness resource TreeHugger. In addition, the APOP warns that even a few ounces of beer or wine can be poisonous to a dog or cat. Discard half-drained wine glasses and beer bottles promptly.

FIREWORKS

If fireworks are part of the festivities, make sure to keep skittish pets away. The loud sounds and brilliant sights can frighten pets, and an animal may dart out of the yard to escape, getting lost or injured in the process.

Bakersfield Homeless Center Requests Mask Donations

California Gov. Gavin Newsom's June order mandating face masks has prompted local groups that serve families experiencing homelessness to request the public's health. The Bakersfield Homeless Center anticipates needing hundreds of masks to serve its current population.

As stated on the organization's June 18 social media post, "With nearly 200 individuals staying with us every night, half of them children, we will need at least double the amount of cloth masks so they can rotate wearing and washing."

Staff will also use the masks in the course of their daily work.

Community members interested in donating can call (661) 322-9199.

10 Tips to Recognize Ripe Fruits



(Culinary.net) Keeping fresh fruit around the house provides a healthier alternative when your sweet tooth comes calling. Understanding how and when to buy at the peak of ripeness (or just before, in some cases) can help you avoid food waste while keeping your doctor happy.

Consider these simple tips for recognizing ripe fruits:

Strawberries: Check the area at the top of the berry near the stem and leaves. A ripe strawberry is fully red; green or white near the top means the fruit is underripe.

Watermelon: The "field spot," or the area where the melon sat on the ground, should be yellow, and a tap on the rind should produce a hollow sound.

Cherries: Flesh should appear dark with a crimson color and feel firm.

Blueberries: Similar to cherries, color should deepen to dark blue. A reddish or pink color may be visible in unripe berries.

Blackberries: Look for a smooth texture without any red appearance. Because blackberries don't ripen after being picked, they tend to spoil quickly.

Cantaloupe: You should detect a sweet smell, and the melon should feel heavy upon lifting.

Peaches: A sweet, fragrant odor should be apparent. Skin should feel tender but not soft.

Pineapple: Smell is again an important factor for pineapple - a sweet scent shows it's ready, but a vinegary one likely means it's overripe.

Raspberries: Generally follow the same rules as blackberries. Best eaten within a couple days of purchase, a bright red color represents ripe berries.

Bananas: A ripe banana features a peel lightly spotted without significant bruising. Your best bet may be to purchase bananas still slightly green and allow them to ripen at home.

Find more food tips, tricks, recipes and videos at Culinary.net.



**Thank you to our Providers
for serving our community!**



MEALS PROGRAM

7 DAYS A WEEK

To reduce the frequency that families have to leave their home to pick up meals, the Boys & Girls Clubs of Kern County will be providing "supper" along with "breakfast" for the following day at each of their "grab and go" meal service locations starting on March 23, 2020. Also, to meet the needs of feeding children on the weekends, the Boys & Girls Clubs of Kern County will expand their food service program to include weekend meal service for children on Saturday and Sundays beginning on March 28, 2020.

Meals will be made available to all children without any eligibility documentation, who are 18 years of age and younger during the COVID-19 crisis. The Boys & Girls Clubs of Kern County does not discriminate against any person because of race, color, national origin, sex, age, or disability. For more information, call 661-325-3730 or bgclubsofkerncounty.org/covid-19.

LOCATIONS

David Head Center
10300 San Diego Street
Lamont, Ca 93241
Meal Service (2:00 PM)

Arvin Children's Center
800 Walnut Drive
Arvin, Ca 93203
Meal Service (2:00 PM)

Lamont Club
8301 Segreue Road
Lamont, Ca 93241
Meal Service (3:00 PM)

Armstrong Youth Center
801 Niles Street
Bakersfield, Ca 93305
Meal Service (3:00 PM)

Stockdale Club
5207 Young Street
Bakersfield, Ca 93311
Meal Service (3:00 PM)



Picky Eating: When to Worry, What to Know

By Callie Collins

Speech language pathologist Lori Caplan-Colon is a national leader on not only the issues her followers would expect, language and related therapies, but also feeding issues. She is based in New Jersey but was willing to address some of the issues that parents everywhere face when it comes to kids and eating.



We submitted five questions for her to answer for our Kern County readers.

Q. Families often struggle with young children's need for a diverse diet versus what they would prefer to eat. What is an ideal approach to this challenge?

A. The word "struggle" is never something that we want to hear around feeding and mealtimes for our children. We want all feeding opportunities to be positive. At Montclair Speech Therapy, our approach is one that doesn't place value on any type/group of foods, rather all food is food with different nutritional values.

We want children to come to the table with the ability to tolerate, interact, and eventually consume a variety of foods from different food groups, different consistencies, different flavors, different colors, and different sizes. We encourage our kiddos to be "little food scientists" so they can discover what makes food taste better, or not. We focus on modifying and giving them control while building their skills.

Ultimately, the focus at mealtimes should be the social aspects and the family time that occurs, not the food. If a child is in a heightened state of anxiety due to a variety of reasons, mealtimes are not perceived as positive and the battles will begin. Oftentimes, families come to us with a feeding methodology that just doesn't work for so many of the kids who we work with. We have to recognize the child's sensory system, motor abilities, previous feeding experiences, GI/medical system and all behaviors that they come to the table with.

Q. What feeding issue do you wish parents better understood? Can we dispel a common myth about kids and food?

A. A common myth that I see often in my practice is that kids should not play with their food. Children learn through play. We want our children to feel safe, have fun, and enjoy the process of meal preparation and feeding as much as possible. Kids learn about how foods will feel in their mouth by interacting with the foods at their fingertips, hands, arms, faces and how it smells so they can predict how it may taste and feel inside of their mouths.

Allowing and encouraging a child to play with food is such a valuable experience and one that I use in all of my sessions to help a child really get familiar with a food. The research shows that children will be much more likely to consume food that they have been exposed to through a variety of sources including books, song, faux foods, cooking, gardening, mealtimes and more. A successful feeding session is one in which a kid has made a mess, has food on their faces, extremities and most importantly, a smile on their faces.

Q. If you could share just one informational piece of advice with parents, what would that be?

A. Get your kids in the kitchen as much as possible and give them experiences that involve food. Allowing opportunities for meal preparation, baking, cooking, gardening, food shopping, listening to songs with foods, etc.

Q. Many children struggle with eating. At what point should parents be concerned enough to seek outside help with food issues?

A. I think parents should always trust their guts. If a parent senses that there is an issue, they should bring it to their pediatrician's attention. If a parent is experiencing mealtime stress, the child is as well.

At times, Pediatricians won't recommend intervention because they see they are growing fine, but it's so much more than the numbers on the scale or the curve on their charts. If intervention happens only when a child drops weight, doesn't gain, etc., then we are waiting too long - as children by that time already have noticeable weight loss, and can be building up their negative associations with feeding and meals. This can take years to undo.

Feeding specialists, like myself, are available to help children and can support the child and family to get on the path to become more successful and competent feeders. It is our job to better educate our communities that we are available for these situations.

Q. What is the first step to getting that help? Does the conversation start with a pediatrician or should parents consult a different specialty?

A. The first step to getting help is talking to your Pediatrician about the issue as well as doing your own research. Feeding is a complex task and is developmental in nature.

We want to task analyze what is working and what is not so great, to create a plan to best serve our children and families to build healthy relationships with food and feeding.



Lori Caplan-Colon is a leading speech language pathologist specializing in pediatric feeding disorder and founder of Montclair Speech Therapy, a family friendly practice that provides services for infants, children, adults and seniors.

Goodbye Paper Checks,

Hello WIC Card!



Families can now get the new California WIC Card at their local Women, Infants and Children (WIC) office. Flexible shopping and easier checkout at the grocery store with the WIC Card!

YES!

Newly pregnant women, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.



Go to myfamily.wic.ca.gov

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WIC is a nutrition education program for Women, Infants and Children.

WIC Benefits Include:

- Healthy foods
- Nutrition and health information
- Breastfeeding support
- Referrals to healthcare and community services

You May Qualify If You:

- Are pregnant, breastfeeding, or just had a baby;
- Had a recent pregnancy loss;
- Have a child or care for a child under 5;
- Have low to medium income; and/or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; and
- Live in California

Due to COVID-19 all appointments will be completed by phone. Call to see if your family qualifies today!
Please call 661-862-5422

Clinica Sierra Vista WIC

Kern County Basketball Star Erica McCall

Tips Off Our July Issue

By Callie Collins

Photography by Melodi Photography

Interview with our cover model, Erica McCall, WNBA athlete and daughter of Greg McCall, CSUB Women's Basketball coach

Erica McCall is a Bakersfield native who has found her own success with basketball following her family's legacy with the sport. Her Dad, Greg McCall, is best known as the women's basketball coach at California State University Bakersfield (CSUB).



A graduate of Ridgeview High School, Erica played for Stanford and then the Indiana Fever before moving on to Atomeromu, a Hungarian team. Her parents, Greg and Sonya, reside in Kern County.

Erica's future plans include continuing to pursue basketball and perhaps a career in sports broadcasting. She graciously shared her limited time at home with our staff for a photoshoot and the following interview.

KCFM: As a WNBA athlete, you have no doubt faced important challenges. If you could go back in time, what would you tell your younger self?

Erica: If I could go back in time and give my younger self some advice, it would say, "Erica, do not let the game of basketball consume you. Although it is something that you have worked hard for your whole life, playing basketball is supposed to be a positive experience. It should never constantly make you upset or unhappy. You have to remember that this game is meant to be fun. So don't let it negatively control who you are, because at the end of the day you play basketball because you love it."

KCFM: What advice can you offer parents who are interested in helping their child excel at sports?

Erica: The best advice I can give parents is to let your child have fun and enjoy the journey of sports and competition. I've witnessed plenty of people I grew up with enjoy a sport when they were younger and hate it by the time they graduated high school, or even earlier, because their parents did not allow them to enjoy sports. They constantly yelled at them for messing up and had extremely



Above: Erica McCall with her dad, Greg McCall.
Below left: Erica and life long best friend Alex Green.
Top right: Greg, Erica, and family friend Chris Clayton (right)

high expectations. It's all about enjoying the process of improving. Create a positive atmosphere for your child to excel in sports. The more they love to play, the more they will want to do the things to succeed.

KCFM: 2020 has proven an unusual year on many fronts. How is the COVID-19 pandemic affecting your training routine? Are you seeing social distancing as a recommendation that remains possible in the current conditions?

Erica: COVID-19 has definitely altered the way I train, but it has not been a negative experience for me. Every week, I have a specific routine I go through that allows me to stay focused and in shape. Every day, I do a strength or cardio workout outside in





the morning and in the afternoon I have a basketball workout with my father and brothers. It's a different type of training that required physical and mental adjustment, however it has gotten my body in probably the best shape it's been in a long time.

Social distancing is definitely a challenge with the current conditions, especially as our hands and keeping our environment sanitized. Social distancing will look different as the days go by but in the end we must do the little things to protect an athlete. My job requires a lot of physicality, however when we begin to play we can still take the proper steps to keep everyone healthy through constantly washing health as well as the health of others.

KCFM: Our country is experiencing civil unrest at this time. Is there any kind of statement you would like to offer regarding racial tensions? How can our readers better support people of color in athletics and beyond?

Erica: The first thing we must do during this time of civil unrest is to acknowledge the issue, which is Black people are experiencing serious racial injustice.

Every day, Black people are discriminated against because of our skin tone. This is not just interactions with law enforcement, but in also in our everyday lives, in our workplaces, neighborhoods, stores and restaurants.

We're fighting for change and most importantly we're fighting for equality. For someone who is white and wants to help for change, one of the best ways to join the fight is to educate yourself. Have conversations with your friends of color about the issues, read books on the history of black injustices and speak up when you see racist behavior from your white counterparts. Change starts now and you can be a part of it with just educating yourself and using your voice.



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Stand on the Side of LOVE



ShePower Leadership Academy Founder Arleana Waller Speaks to Mentees

Hello Mama!

Our people are hurting, our communities are mourning, and our nation is heart-broken over the tragic and unimaginable death of George Floyd and the countless others who have come before him. We have watched our communities respond in protest to share their voice, their pain, and their grief.

This month's article will focus on sharing some of those voices in the effort to open up a conversation that we all need to have right now. It's my hope that these voices will help shed light on the subject of inequality, racism, and social injustice so that we can continue to learn from others and be the positive change we want to see in the world.

I reached out to my friend, Arleana Waller, Founder, ShePower Leadership Academy and asked her to share these questions with some of her mentees and mentors of her program. Here's our conversation:

What is your message to those who are hurting right now?

God is near to the brokenhearted and saves those who are crushed in spirit—Psalm 34:18. The world is hurting. The world is tired of injustice, broken systems, and racism. The world needs compassionate leaders right now. In all 50 states, and globally, we are protesting for change. I know it hurts right now, it hurts to the point that some of us can't breathe, but have faith that one day we will be thankful for these moments. The same way we are thankful for Dr. Martin Luther King Jr.'s time of unrest. We're still not where we need to be, but we are not where we were before. Just know one day, we will be thankful for this moment.



Arleana Waller

—Arleana Waller, Founder/Visionary/SheEO,

ShePower Leadership Academy

To my black men: Your strength is noble and you are illustrious. **To my black women:** Your courage is celebrated by all who admire your tenacity. **To my black youth:** Go forward indomitable; your power is in the tone of your skin and fear is your kryptonite.

—Tiara King, ShePower Executive Team

Don't give up! Keep fighting! You are stronger than you think and you are not alone!

—Heavanna Purdy, ShePower Mentee, 17

The Black Lives Matter movement means that our lives matter just as much as everyone else's. I've never realized how much support we have behind us until this movement came about! I am so proud of everyone who's participating and doing what they can. We have to keep fighting and pushing until we get what we need and deserve. No peace until justice.

—Jayden Jennings, ShePower Mentee, 16

I am not Black but most of my life has been influenced by urban culture. I am hurting for my friends and family who are going through this time of unfairness and injustice. The world is shifting; there are uncertainties in this world but God is behind the scenes working on your behalf. I stand in the gap by praying for you. The Bible says in 1 John 4:18, "There is no fear in love. But perfect love drives out fear, because fear has to do with punishment."

—Jamie Lynn Cota, ShePower Executive Team

I love the example from Luke in the Bible of the 99 and the one lost sheep. It really puts the debate over all lives matter in better perspective. All lives can't matter until Black lives matter. What does the Black Lives Matter movement mean to you?

The Black Lives Matter should never be a hashtag. It's very confusing to young Black girls and boys why their humanity has to be labeled and their equal rights have to be fought for. What BLM means to me; it should mean to the whole world. Because the Powers that be continue to protect laws and policies that suppress people, people have to fight to demand equality for God's children. We know all lives matter, but until Black Lives matter, can we really say all lives matter? No! Black Lives Matter to me is a wake-up call to Christians who are silent, do get vocal and visible and don't make this humanity issue political.

—Arleana

The Black Lives Matter movement means a lot to me. It's a way for others to hear my voice and understand why we are fighting for our rights. What is going on in this moment has always been pushed back and never had a seat at the table. We deserve every right anyone else has. We all bleed the same so we should be treated the same, no matter what we look like.

—Heavanna

This is not a call for reform and radical change, this is an opportunity to embrace the inevitable systemic overhaul of a nation which has thrived on the backs of the hard work of black people. This is not to discount any other life; it is to say that my life matters and I demand the respect, opportunities, and honor of my God-given right to be black.

—Tiara



Tiara King

There are some people who are taking the black lives matter movement and changing the narrative for their own personal gain. This is not ok and is making it difficult for some people, especially our young generation to fully understand the history behind BLM.

All lives matter, and black lives are part of the "ALL," it's that simple.
—Jamie Lynn

My hope is that we will come out of 2020 with 20/20 vision for a future that is built on compassion, inclusion, mercy, kindness, and love. What can we do right now to stand on the side of love?

The love within you is intelligent and knows how we need to move forward right now. Take the color of my skin, my children and all the Black girls God has entrusted us to lead, and replace it with your face, those you love, your children's face and deal with the racial epidemic from that perspective.

You can't hate what you love. See me as you. That's how we stand on the side of love.
—Arleana

We can all use our platforms to get the message out and talk about it with other people. We need to get our messages out for everyone to see what is really going on and to help us change the way we are treated.

—Heavanna



Jamie Lynn Cota

We make ourselves available and help educate on the topic at hand. Continue to communicate and be solution oriented and have conversations with those who have the authority to implement change. People want justice, and the only way that can happen is by leaders making an effort to show up for people and letting them know they are being heard and change is coming.

—Jamie Lynn

How is ShePower sharing this message and working with our young people to raise future community leaders?

ShePower has not only been a ray of hope in this difficult time, but we have stood up with those who couldn't stand on their own. We have been the voice for our most vulnerable in this community since the inception of our program. We will continue to teach our leaders how to effectively speak out for justice. We will continue to equip our young leaders with the skills necessary and equip them with the opportunities to guarantee their own liberty. They are the future of this movement, and their hope continues to inspire all of us to dismantle oppression indefinitely.

—Tiara

Mama, I know this is hard. I know that there are very deep wounds that need healing. I know that some of us don't even know where to begin or how to help. And, I know that change won't happen overnight. This moment we are in requires more of us...our whole heart, mind, body and soul, to speak up for those who are voiceless, show up for those who need our support and stand up on the side of love. How will you stand on the side of love?



Let's keep this conversation going. Share on social and tag Kern County Family Magazine and #hellohappy mama



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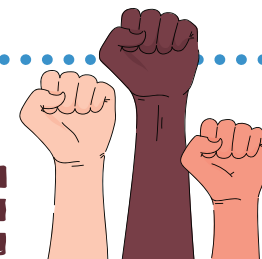
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SUMMER OF STRUGGLE

KERN COUNTY & RACISM: A ROUNDTABLE DISCUSSION WITH VOICES FROM OUR OWN COMMUNITY

By Callie Collins



Issues around race, identity and prejudice are deeply personal. Our team at Kern County Family Magazine is shocked and saddened by current events, including the death of George Floyd and countless others leading up to the public outcry surrounding it.

Anger, grief and disbelief are part of the national narrative taking place throughout our society. Those feelings are valid. We support their peaceful expression and recognize the need for positive change.

Parents in Kern County include every race, a proud variety of ethnicities that enriches the shared place we call home. Communities, after all, are made up of households, our friends and neighbors raising children. The readers who make up our audience are, first and foremost, people who care about children.

Perhaps at a time when we struggle to agree about many issues, the wellbeing of Kern County's kids provides common ground from which those seeds of change can grow along with each young person.

That common thread, adults who hold the hands of children in Kern County, hands that are every possible skin tone, is the basis for the community dialogue we aim to foster.

Parents are tasked with leading difficult conversations at home that will soon also take place on sports fields and in the classroom, at church, and in groups of neighborhood children who will decide on what terms to relate to one another. As parents and caretakers, you are tasked with shaping their worldview.

As journalists, we are committed to presenting factual information about community efforts to mitigate adverse experiences. We reached out to 15 individuals, municipal entities and social organizations for comment; presumably due in part to the sensitive nature of our request, only a handful responded. We thank them for their participation and respect others' need for space at this time. The phrase "It hurts" came up repeatedly in these interviews regardless of the views expressed. The pain associated with these issues is present here in Kern County and our staff recognizes that.

Our goal in presenting the diverse viewpoints expressed below is to offer advice that brings hope. All answers have been edited for brevity and clarity.

What do you want families to know about the treatment of people of color in Kern County?

Rev. Frazier: I think there are opportunities here. We have had a lot of progress and we have a lot of progress to go. There are challenges in certain communities, without a doubt, because of multiple factors, from education to family dynamics. I don't accept the idea of institutional racism. I believe there may be different challenges for people. I would rather look at a specific system. Equal opportunity does not always mean equal outcome. I believe in the role determination, talent, and giftedness can play more so than race.

I'm originally from Washington, D.C. and my mother had collected some signs from before the original civil rights movement with phrases like "No colored allowed." I saw race riots take place then and I've seen them now. Violence may yield short-term results but it is never a long term solution.

Bakersfield is a family oriented-town, not a perfect place to live. It is a big city with a small town feel. No place is perfect, but we can come together as a

Kern County & Racism Roundtable Participants



Angelo Frazier is the pastor of outreach and care at RiverLakes Community Church. He has also served as a police chaplain to the Bakersfield Police Department for nearly 30 years.



Arleana Waller is the founder and CEO of ShePower Leadership Academy, a non-profit leadership and mentoring organization for girls. She is an author and public speaker who has been featured on national media, including on NBC, CBS and Fox News.



Sharon Woolfolk is the executive director of Youth Connection, Inc. and a former parole officer.

community to make it better. Being here in Bakersfield gives us an access point to all of California.

Waller: The recent wave of Black Lives Matter protests against police brutality highlights gaps in economic inequality for Black families in America. These gaps stagnate the financial wellbeing of Black families for generations past and generations to come. This has been an alarm clock screaming that America has consistently pushed the snooze button on. Racism is bad for everyone, it generates exclusion, discrimination, oppression, and exploitation in a number of ways.

People of color, speaking specifically of Black people, suffer from an intense intentional level of implicit bias and racial disparities that put them at a disadvantage simply because of the color of their skin. Just being who God perfectly created us to be has politicized our existence. For example, Black families are not receiving the same quality of health care that white families receive. COVID-19 exposed those disparities as a failure of the health care system.

Educational disparities are evident early on in childhood and persist through K-12 education. If they can send a man to the moon, can they not fix racism? Education is the key.

Economic disparities have caused unimaginable gaps that have stagnated the finances and reduced the economic security of Black people, setting back their chances for upward mobility and, as a result, a fair shot at prosperity. So, when we look at the state of America, the world, as it relates to Black families, it's deeply set in oppression.

Woolfolk: The effects of racism are real and cannot be ignored. The inequality and lack of cultural sensitivity cannot be ignored. The injustices that have been inflicted upon people of color cannot be ignored. Not every American citizen has the same equalities. Unfortunately, when we truly open our eyes and ears, we see and hear about the people in our community who have been treated unfairly. For too long, people of color have had to endure the injustices that have taken place in our legal, education, and healthcare system, and in our neighborhoods.

The African American community is going through an extremely painful experience. The murder of George Floyd, due to racism, was real and cannot be ignored. Floyd's death touched the lives of people across the country.

How can Kern County families help others at this time?

Rev. Frazier: Be informed. Don't just get on a website or go on social media.

Most of the meetings of the Bakersfield Police Department are open. You can attend. You can do citizen ride-alongs. Families are invited to come out to events throughout the year to get to know the police officers in their area. Come out and meet them. *[See the sidebar on page 20 for more about the Bakersfield Police Department.]*

Waller: Be vocal, seek to understand. "The beginning of wisdom is this: Get wisdom, and whatever you get, get insight." - Proverbs 4:7 If you turn to any major news station, you will get insight. The world is not okay. Talk with your children about racism and its hate and oppression. Start early and remain consistent, which can help your children buffer the toxins of mainstream society. Set the stage for a positive outlook on different cultures and people who look different from your children.

There is no one 'right way' to talk to your children about race and relations, but you must have the conversation and guide them to the side of love. Ask your kids if they've seen racist language in YouTube videos or comments. Help them understand how following or sharing racist accounts spreads hate. You can help eliminate racism through a conversation.

Woolfolk: Remember the Golden Rule: Treat others as you would want to be treated. Be kind. Be understanding. In order to make positive changes in our world, we need to come together as a community. To do better, we must begin in our own homes. When we know better, then we can do better. Educate yourself. Learn about other ethnicities. Get to know people. Build relationships, expand your network of friends and acquaintances. Talking about race issues may make you feel uncomfortable, but it is important to have those uncomfortable conversations with our children when they are young. Teach your children to respect all people, regardless of their ethnicities.

What efforts should families be aware of to further this community conversation? What other steps can they take?

Rev. Frazier: Parents can spend time at home, especially in light of social distancing. Now is a great time for kids to open up. Listen to your kids, find out where they are on these issues and walk with them through the tough areas.

Think of some ways to make change in your neighborhood. Reach out to neighbors. Find ways to take care of each other. Ask yourself, 'What can I do to make it better?' Once a week, give away donuts and water bottles in your neighborhood. Visit a neighbor just to say hi. Write thank you notes, even to law enforcement.

Get involved in community, neighborhood, legal and social processes. Consider setting up a time where a child can talk to a police officer. Become involved in the courts, city council, and school board meetings. These agencies may have long meetings but they are trying to be transparent with you. Ask them questions and open a dialogue.

Also, I would encourage families to have some fun together. Go camping. Plan a family outing. Learn about your family and our nation's history and read the Constitution for yourself. Study the History Channel and look at some of the great shows that are out there. Pray together.

Waller: Seek to support Black and Brown organizations. Be willing to volunteer, make donations or find ways to get involved. You can't hate what you know and love. Be willing to be the only one in the room. Attend events around town and join conversations you typically wouldn't be a part of. Find your heart and give it a voice. Stand on the side of love in all things.

How can families support each other regardless of their ethnicity? What should allies seek to do?

Waller: Families can support by being true allies. **Listen.** Listen to what marginalized people are saying face to face and on social media. **Get educated.** Seek out books, films and articles that dive deep into real history and issues facing the Black and Brown communities. **Get involved.** Join local groups working for social justice, subscribe to their email list and follow them on social platforms. **Intervene.** When you encounter something that makes you feel uncomfortable, find a way to make that wrong right, speak up, tell the right person and act. **Speak up.** When a family member or friend says something hateful or ignorant, even in the form of a joke, call them out on it. Silence allows oppression to continue.



DISCUSSION CONTINUES ON PAGE 19

Rev. Frazier and the BPD: A unique vantage point

Rev. Angelo Frazier is familiar with public service in Bakersfield. He has worked as both a volunteer and a staff member at a variety of organizations, including as a former leader of The Mission at Kern County. He chose to pursue the chaplaincy with the Bakersfield Police Department in part to better advocate for individuals in need of other services.

"I wanted to get involved with those at risk and have a way to follow up with families," said Frazier. He also saw the critical role law enforcement plays in every community and has now worked with local officers for nearly three decades.

Frazier offered his sincerest condolences to the family of George Floyd. He also recognized that community tensions have taken a toll on police officers.

"I see that the morale is really low at times," said Frazier. "The police are charged with upholding the law and violence is a no-win situation. It's difficult for them because they require the public trust and national consensus right now can be that the police are racist."

Frazier has stood alongside officers during protests that have become unlawful riots. He has witnessed members of the public approach policemen in a taunting manner.

"I have seen tremendous restraint from local authorities here. I have been in the middle of these officers when someone throws a rock or gets right in their face and calls them a racist," said Frazier. "These are human beings, too, not robots. If someone is attacking you, you want to protect yourself and won't be listening."

Frazier characterizes violence as ineffective and something that ends up hurting those carrying it out. Instead, he prefers to ask key questions during moments of conflict and invite others to express their sentiments through other channels.

"Do not participate in the group demagoguery of yelling and screaming. I just don't think that helps further the conversation," he concluded. "Peaceful protest is allowed under

the Constitution. Looting and destruction of property doesn't further the conversation."

"These efforts have to be specific and patient and targeted. I will ask people gathered, 'When was the last time you attended a city hall meeting?,' 'When was the last time you voted?'" said Frazier. "I encourage you to get involved in the process rather than paint brushing everything as racist. That is not going to further anything."

As far as the notion that all police are racist, that has simply not been his experience.

"Not all police have great bedside manner. Not all doctors do and not all pastors do, either," he admitted. "The issues with police are being dealt with and there will always be issues, but we are trying. Police officers lose their lives when going in to help. I've had people try to get me to say that the police in the George Floyd case are racist. How can I know that about an individual? What I saw was horrendous, but I can't tell if he's a racist from a 30-second video, and systems are in place to move forward with due process."

Frazier has an unique vantage point to take stock of the current situation with a broader context. Now in his 60's and as both a pastor serving the community and a chaplain working with police, he has considered racism from many angles.

"Maybe the bigger picture has little to do with George but more to do with righting the wrongs that have happened over 400-plus years," said Frazier. "When we put every issue and bias and every bit of anger and racism into that act and make that indicative of everything, that, too, is a tragedy."

He mentioned Martin Luther King and the issue of character: "In all of these discussions about racism, have you noticed you don't hear about character? Character, I believe, is more indicative of a person than race."

Frazier encourages civil dialogue, peaceful protest, and participation in civil processes.

"Instead of scaring each other about 'the evil, racist police,' find out what they're going to ask



from you if you get pulled over: your license, registration and proof of insurance," said Frazier. "For the most part, if a police officer stops you, they are checking things out and they have a legitimate reason for doing that the vast majority of the time."

He suggests being familiar with your rights and understanding how the court system works.

Frazier's faith is also a source of comfort.

"As a pastor, we need to look to the one who gave his Son for us. No human institution will be perfectly managed," he said. "Consider John 3:16, 'For God so loved the world that He gave His only begotten Son' - not for the brown man or the white man or the black man or the green man if there are any green men. He died for you and for me. That's what I hold deep in my heart. There are difficulties, but my hope isn't in the government or even in the church. My hope is in Christ alone."

He recognized the divisive nature of the situation but offered one solution true to his role as a pastor.

"I'm more on the Gospel side. I can hear good and bad on both sides," he said. "Not all police are racist and participate in brutality. I stand on the truth of the Gospel as the only thing that can reconcile racism in our community."

Frazier recommends the works of Dr. Shelby Steele for more information and followed up with one final statement: "When opinions are elevated above the Truth, chaos becomes its inevitable fruit."

KERN COUNTY & RACISM ROUNDTABLE DISCUSSION CONTINUES FROM PAGE 17

Welcome discomfort.

When you encounter something that makes you feel uncomfortable, sit with it, explore why, and be graceful during the understanding. **Donate.** Commit to financially supporting organizations that are working to unsuppress the suppressed.

These actions allow you to do your small part to undo racism. That will only happen when we all do it together.

Woolfolk: Show true compassion and empathy. In order to be effective, true compassion has to lead to action. Throughout our communities, at work and school, at the grocery store, when we see things that are not right, we need to take action: if you see something say something. Hold law enforcement, our government and others accountable for their actions.

Let's celebrate the diversity that exists in our country; diversity is a valuable asset. Every person is valuable and every voice has value. When people feel accepted and valued, the world becomes a better place. Let's stand in solidarity with all the families, friends, and communities who have lost loved ones senselessly due to racism. Let's use our voices to vote in the next election. Let's come together and work together to make some positive changes throughout Kern County.

Statement from Kern Dance Alliance

Kern Dance Alliance (KDA) is deeply aware of the pain caused by racism. We recognize that dance has frequently not been a welcoming or even safe place for BIPOC (Black, Indigenous, People of Color). In fact, dance has been historically racist in many explicit ways, and the legacy of that must be fought every day. KDA supports our Black dance community and since our launch in 2015, our activism has been rooted in our actions displayed through our programs and services. Racism has no place in dance and we will continue to work to bring the joy of movement to every part of our beautifully diverse community.



KERN*Dance*
A L L I A N C E

KDA strives for diversity and, as a result, hosts a variety of annual programs that are focused on diversity, equity, and inclusion. KDA worked with Erica Edwards, an accomplished consultant and public speaker who champions change to advance the art of dance, on May 4 and May 11 by hosting a two-part series, "Discussing Diversity in Dance". As a result of the success of both sessions, KDA was honored to bring Erica back for a more focused topic, "Defining an Anti-Racist Learning Environment", on June 12. Participants from the sessions were unanimous in agreement that they would like to partake in more discussions hosted by Erica Edwards.

As a result, KDA is working to provide a multi-series discussion for our community.

-Kern Dance Alliance Board of Directors

Statement from the City of Bakersfield

"Residents should know that the City of Bakersfield works for and to support all those who live, work, or visit here our city. We're deeply committed to providing public services that are based on equality, fairness, and justice for everyone in our community. We are working to keep the public involved and informed on what we are doing to serve the community fairly.

We hope that all members of the community, including families who live here in Bakersfield, will treat each other with the respect and dignity that we all deserve. Kindness goes a long way and we should all remember that we're neighbors and members of the same community. We hope and encourage families to support one another, helping create a stronger community." -Joe Conroy, public information officer for the City of Bakersfield



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Table Manners No One Wins If I Quit

*M*ealtimes: Those special occasions when your children make an extra effort to make you question every parenting decision you've ever made. Maybe we should make them finish every bite on their plate. Maybe we should have fed them nothing but vegetables when they were babies. Maybe we should just give up and let them eat Cheerios for dinner. Maybe we should let them eat mashed potatoes with their fingers.

Oh. Wait. It is supposed to be a time for family conversation, relaxation, and a chance to teach social graces and manners.

Well, we haven't had a food fight around here. Yet. So we have that going for us.

However, our children have a tendency to eat without use of plates. Like, the plate will be on the table, but their food will not be anywhere near the plate. They will take the food off the plate, put it on the table, cut it (maybe), pick it up (with their fingers), and put it in their mouths.

I'm not sure where they learned to do this or how they've managed not to UN-learn it based on the many times a day they hear us tell them to "please use a plate."

But we have made progress. It wasn't until Samantha was six years old- I'll never forget the day- that I no longer had to remind her to "take a bite." I think she thought mealtime was just... I don't know... a chance to smear

spaghetti sauce on her face. And plate. And the table. And her clothes. My children think their pants and the seat cushion make a nice napkin, the chair is superfluous (why sit?), it's normal to lick the dessert plate, and that, if they have used their silverware at all to put any food whatsoever into their mouths, it is perfectly ok to use said silverware as a serving spoon.

I shriek every time they do this. Or sigh. Or calmly remind them about manners. And germs. They know. I know they know because when we are brave enough to go out to eat, they actually remember how to use silverware and plates and chairs and serving spoons and napkins and even—gasp—"please" and "thank you."

"If you don't start behaving, your mother is going to end up in the nut house," my husband is fond of threatening our children during mealtimes. Ashley likes to ask questions like, "Is that a real place?"

Once, my husband was cutting up the mango on his own plate, and she asked if she could have it. He gave it to her. She already had half a mango in her hand, and there was no more mango. He started cutting up a radish on his plate. "Oh, can I have that?" The fruits and vegetables looked more appealing as he sliced. Pretty soon she had his entire salad on her plate, and he had nothing left to eat.

Seeing the look of exasperation on my face, she asked if I was going to go to the "peanut house."

Yes. That. Definitely.

I sometimes think to myself, "Why am I trying so hard? Why don't I just turn on the TV and let them bring a sandwich to the couch? Why do I insist on having a family meal at every meal every day?"

I guess it's because I love them, and I know that no one wins if I give up.



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In your own words:

Advice from parents, for parents, about having tough conversations

By Callie Collins

Summer is off to an unusual start, with serious themes that can make for difficult conversations with children. The death of George Floyd and resulting tensions that underscore the biased treatment of people of color in our country, COVID-19 and public health worries, along with the new requirement to wear masks in public are likely to prompt questions from Kern County's youngest family members.

We asked our readers for advice to share. Here are a few of the answers.

KCFM ASKS:

Current events throughout our country can be unsettling. They have local effects too. As a family living in Kern County, how are you talking to the children in your life about important topics? Do you have any advice to share regarding difficult conversations?

I am talking to them and showing them age appropriate documentaries on systemic racism.
- Tammy Reynolds

Be prepared to talk and give accurate information.
- Peggy Warren

We have been explaining to our kids the importance of the social distancing and washing hands and reason for the quarantine by telling them the truth. This virus is scary and we should do all we can to prevent not only from getting it

but spreading it should we be a potential carrier. It's tough on the little ones who want to play with their friends but they understand that now is not the time. We have explained that right now, it's family time and to use this time to hang out and play together, build stronger relationships with our family.
- Tishana Debenham

As an ethnic family, we have faced racism and discrimination before. This is something my child has learned about since he was a toddler. We discuss the importance of safety and being connected to family for support.
- Lisa Cox

Be honest and keep them up to date with changes, especially about the upcoming school year.
- Shirley Petersen

Stay neutral and give them only facts. Explain both sides without bias. Children should be informed and educated, not turned to believe in only one side or the other. This is the only way you can raise children who make smart individual choices.
- Maria Richardson

I tell them what is happening and have my children share their thoughts on the events.
- Stephanie Sanchez

We continue to tell our children like we always have, it doesn't matter what a person looks like, their character is what matters.
- Skyler O'Neill

Be honest but don't over share with unnecessary details children don't need to know. Speak matter of factly and offer ways to change or help, and teach your kids that actions speak louder than words.
- Sarah Covey

While sitting around the dinner table, we have an opportunity to discuss topics worldwide that are happening and what it actually means. Honest family discussions are important regarding things that go on in our community. Everyone's opinion is valued and needs to be listened to and heard and appreciated.
- Rob Wolosz

I am talking to my child, age appropriately. It is important she knows and realizes what is happening in the US. She knows that love is love, black lives matter and that women's rights are human rights. I am a librarian, so we read, a lot.
- Vanessa De La Cruz

I've been talking to my children about being critical thinkers, forming opinions based on reliable/factual information. I've also discussed how we can make changes the right way and in a positive manner.
- Beth Hubbard

This is an historical time. We must stay informed and educated about what is taking place, like it or not. There have been difficult times in our nation before but we are strong and will overcome these trying times just as we have in the past.
- Dawn Miller



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Cherry Garcia Ice Cream

Prep time: 10 minutes | Servings: 4

Ingredients:

- 1/4 cup fresh Bing cherries, pitted and halved
- 1/4 cup stevia-sweetened dark chocolate bar, chopped
- 3 overripe frozen bananas, peeled and cut into 1-inch pieces
- 1/4 cup unsweetened coconut milk
- 1 pinch sea salt

Directions:

1. Chill cherries and dark chocolate.
2. In food processor, pulse frozen bananas, milk and salt until smooth, creamy consistency of soft serve is achieved. Stir in cherries and chocolate. Serve immediately or place in freezer-safe container and freeze until serving.

Nutritional information per serving: 165 calories; 7 g fat; 27 g carbohydrates; 134 mg sodium; 6 g fiber; 2 protein; 12 g sugar.

Fruit Tarts

Prep time: 40 minutes | Cook time: 1 hour, 20 minutes | Servings: 20

Ingredients:

Custard:

- 8 egg yolks
- 1 cup raw honey
- 1 tablespoon coconut flour
- 3 13oz. cans full-fat coconut milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon lemon zest

Sugar Cookie Crust:

- 1/2 cup coconut oil, plus additional for greasing
- 1/2 cup palm shortening
- 1 cup coconut palm sugar
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1/4 teaspoon salt
- 3 egg yolks
- 1/2 teaspoon vanilla extract
- 1 cup blanched almond flour
- 1/4 cup coconut flour
- 2 tablespoons arrowroot starch

Toppings:

- 2 kiwis, peeled and sliced
- 1 mango, peeled, pitted and sliced into 1/2-inch strips
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1/2 cup blueberries
- 1/2 cup red grapes
- 1 cup strawberries, thinly sliced
- fresh mint leaves, for garnish

Directions:

To make custard:

1. In saucepan, whisk egg yolks and honey until smooth. Mix in coconut flour.
2. In medium saucepan over medium heat, combine coconut milk, vanilla and lemon zest; bring to boil then remove from heat.

3. Pour hot milk mixture into egg yolk mixture, stirring while pouring. Over low heat, simmer 5 minutes, stirring constantly.
4. Remove from heat and let cool, continuing to stir occasionally. Once cooled to room temperature, pour into individual custard cups. Chill in refrigerator 30 minutes, or until serving.

To make crust:

1. Heat oven to 350 F. Line bottom of pie pan with parchment paper and grease with coconut oil.
2. In large mixing bowl using electric mixer on high, beat coconut oil and palm shortening 30 seconds. Add coconut palm sugar, baking soda, cream of tartar and salt; beat until combined, scraping sides of bowl occasionally. Beat in egg yolks and vanilla until combined. Beat in almond flour, coconut flour and starch. Chill dough in refrigerator 15 minutes.
3. Press chilled cookie dough into bottom of pie pan and 2 inches up sides. Bake 12 minutes, or until crust is golden and browned on top and edges. Remove from oven and cool 10 minutes. Place cooled crust in refrigerator 30 minutes or overnight before assembling.
4. To assemble fruit tarts: Spread custard over chilled crust. Decorate top in circular pattern with kiwis, mango strips, raspberries, blackberries, blueberries, grapes and strawberries.
5. Before serving, chill 30 minutes or freeze 1 hour to help keep toppings in place.
6. Remove from freezer and set out at room temperature 20 minutes before slicing. Garnish with mint leaves.

Nutritional information per serving: 192 calories; 14 g fat; 16 g carbohydrates; 61 mg sodium; 2 g fiber; 1 g protein; 9 g sugar.





No Bake Salted Caramel Bars

Prep time: 30 minutes | Cook time: 40 minutes | Servings: 30

Ingredients:

Cookie Layer:

- 2 1/2 cups raw pecans
- 8 pitted dates, soaked in hot water 10 minutes then drained
- 2 tbsp blanched almond flour
- 1 teaspoon coconut flour
- 1/4 teaspoon sea salt
- 1/4 cup granular zero-calorie, natural sweetener
- 3 tbsp coconut oil, melted

Caramel Layer:

- 1/2 cup coconut palm sugar
- 1/2 cup granular zero-calorie, natural sweetener
- 2 tbsp full-fat coconut milk
- 2 tbsp coconut oil
- 1 pinch sea salt
- 1 tablespoon vanilla extract
- 1/2 teaspoon baking soda

Chocolate Layer:

- 2 cups stevia-sweetened chocolate chips
- 2 tbsp coconut oil
- 1/3 cup dry roasted macadamia nuts, chopped
- coarse sea salt



Directions:

1. To make cookie layer: Place large skillet over medium heat. Spread pecans over skillet and toast, stirring often, 8-10 minutes until golden. Remove from heat.
2. Transfer toasted pecans to food processor and pulse until fine. Add dates, almond flour, coconut flour, sea salt, sweetener and coconut oil; pulse until dough forms.
3. To make caramel layer: In skillet over medium heat, combine coconut palm sugar, sweetener, coconut milk, coconut oil, sea salt and vanilla extract; bring to boil. Once boiling, decrease heat to low and cook 5 minutes, stirring often.
4. Remove skillet from heat; whisk in baking soda. Return pan to low heat and cook 2 minutes, stirring often.
5. Remove caramel from heat and let cool and thicken 5 minutes.
6. To make chocolate layer: In double boiler, melt chocolate chips and coconut oil. Stir until mixture is smooth then remove from heat.
7. To assemble salted caramel bars: Line bottom and sides of 9-by-9-inch baking pan with parchment paper, leaving some hanging over sides. Lightly rub parchment paper with more coconut oil.
8. Press cookie dough into bottom of pan to create even layer. Place in freezer 5 minutes to harden.
9. Pour caramel over cookie layer and spread to coat evenly. Place in freezer 5 minutes. Pour chocolate over caramel and spread to cover evenly. Sprinkle with macadamia nuts and coarse salt. Place in freezer 10 minutes until chocolate sets.
10. Use overhanging parchment paper to ease set mixture out of pan. Transfer to cutting board and slice into bite-size bars.

Nutritional information per serving: 180 calories; 15 g fat; 15 g carbohydrates; 56 mg sodium; 4 g fiber; 2 g protein; 4 g sugar.



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p.30

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

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|-------------|-------------|
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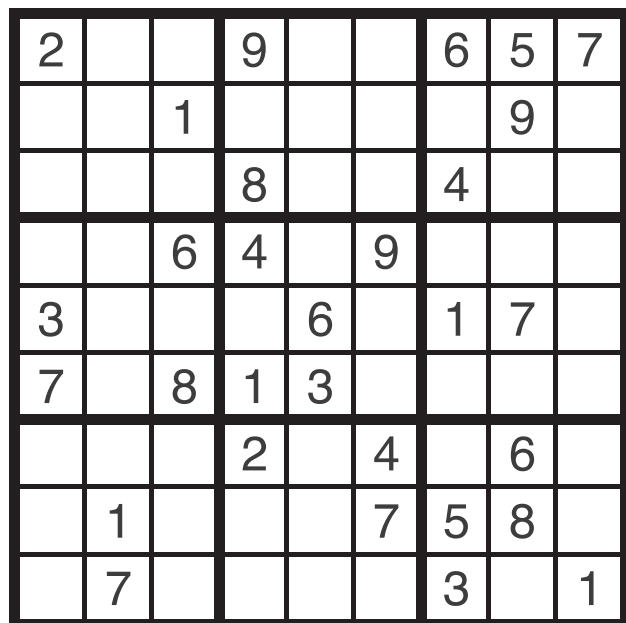
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July Activity Corner ...answers on page 27

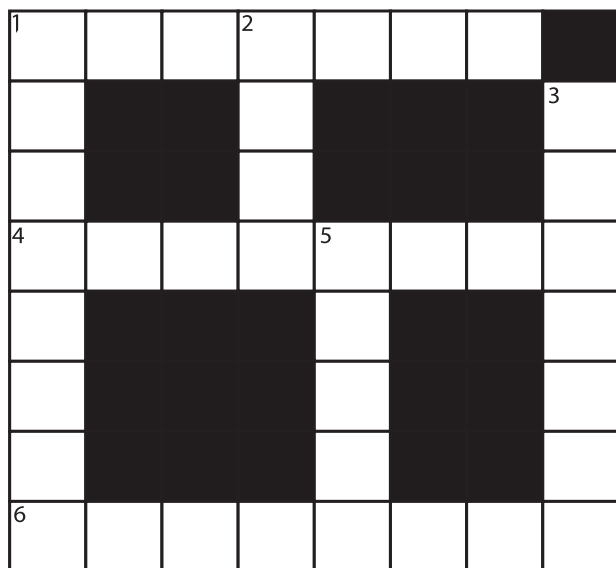
Sudoku



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



ACROSS

1. Long journeys
4. Strong desire to achieve something
6. Quality of being orderly

DOWN

1. Break from work or school
2. Against
3. Vacation properties
5. Runs on rails

Creative Coloring



Fireworks Word Find

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

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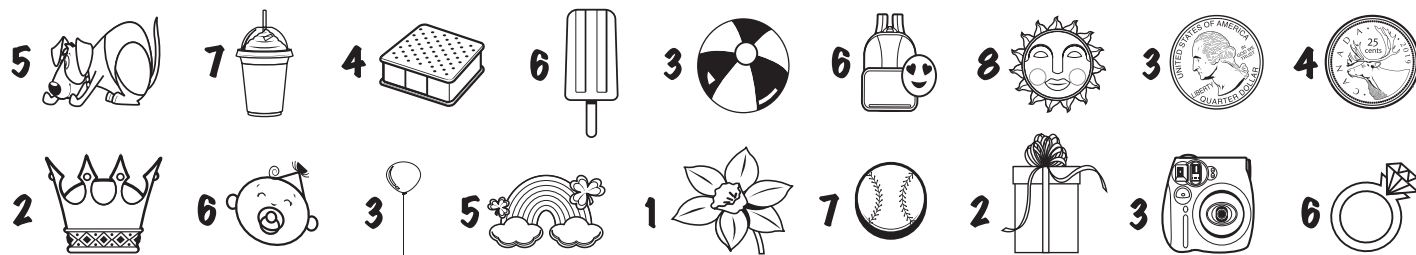
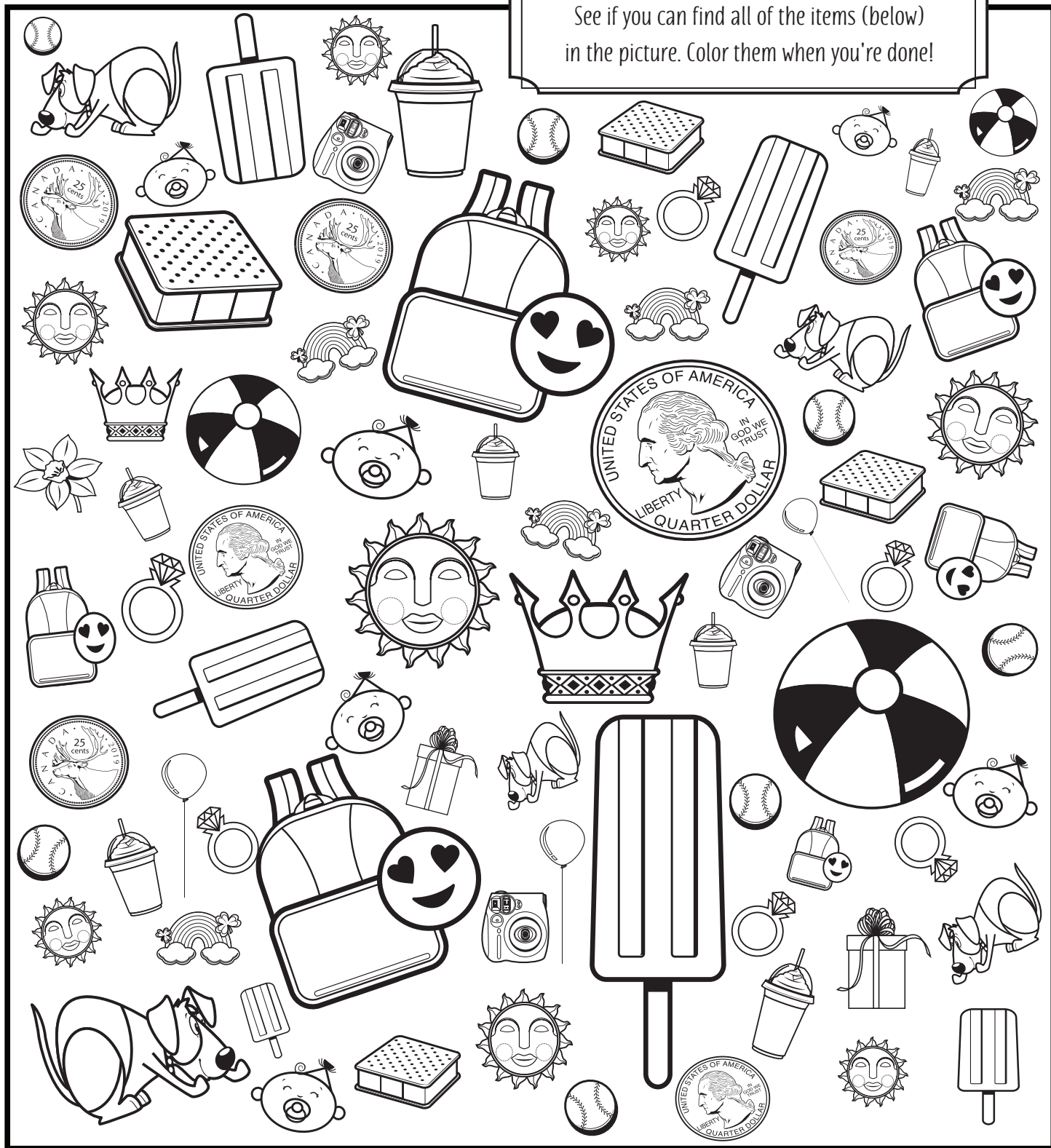
NOISE
ROCKET
SKY
SPARKS

'EYE' SPY!

See if you can find all of the items (below)
in the picture. Color them when you're done!

'EYE' SPY!

See if you can find all of the items (below)
in the picture. Color them when you're done!



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