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AUGUST 2020



Back *to* School!

KCFM's ANNUAL BACK TO SCHOOL GUIDE

TURN TO PAGE 11

plus: 11 tips to start-and keep-new routines pg 6
7 year old donates lemonade stand profits to local charity pg 9

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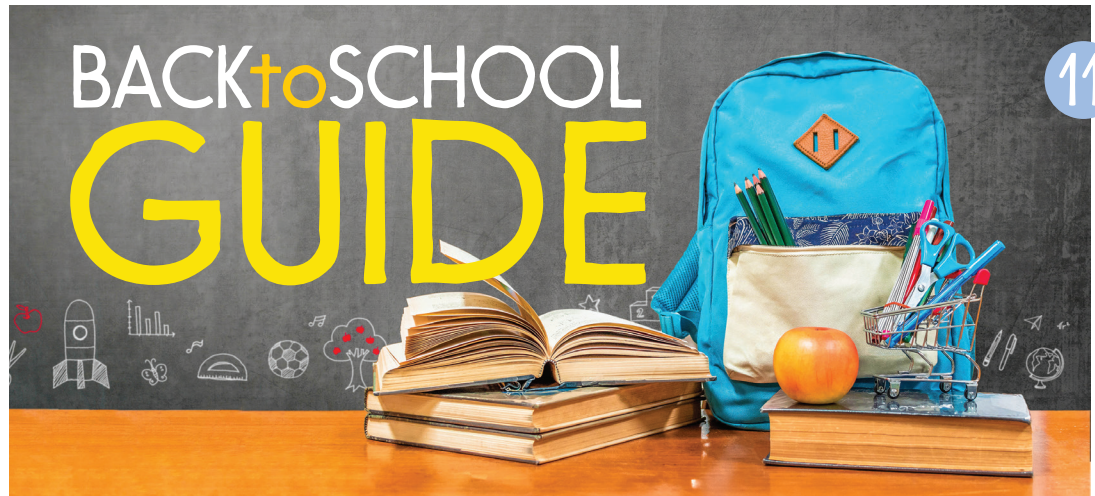
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dear reader



Vaun Thygerson,
Contributing Writer

My niece sent me a meme the other day with Bill Murray's character from Groundhog Day with the words in white font, "Here we are on day 137 of our two-week quarantine to 'flatten the curve'." I laughed one of those laughs that if you thought about it too long would make you really want to cry, but I chose to laugh. Since March, some of life's missed milestones, parties, and events have been a harder proverbial pill to swallow than others. But, this back-to-school, or should I say back-to-virtual-school, one has been a little harder for me. I just love everything about back-to-school traditions: the

new clothes, the haircuts, the brand-new pencils and paper, and especially that first-day-of-school photo on the front porch.

This year was one I had especially been waiting for because my two boys will be at Liberty High School together: a freshman and a junior. From the time my youngest son was born, I imagined how fun it was going to be with them both at high school for two years. And, they are the best of friends, so I imagined them riding to school together, meeting up for lunch, and making so many fun memories. So, now what?

I've decided to try and make it as normal as possible. I'm still going to buy them new clothes and take that front-porch picture, even if we just turn right around and head back into the house. I don't want to miss these milestones, even if they aren't exactly how I planned them. One thing is for certain – they will be learning together – all day, every day! And even though they aren't your typical high school memories, I'm sure they will remember this time in their life always.

One person who really knows how to make the best of quarantine is seven-year-old Isabella Brennan. In the article, "When Life Give You Lemons: Seven Year Old Donates Lemonade Stand Profits to Help Local Charity," on page 9, you will read how this young child found a unique way to help the community during this pandemic. Isabella held a lemonade stand and donated her profits to The Mission at Kern County. This little girl's actions really showed the true community spirit we have here in Bakersfield.

In addition to finding ways to help others, this pandemic has also given a lot of time to ponder and reflect. This month's Hello Happy Mama, "A Letter to My Brother," by Janelle Capra on page 16, she writes about what it means to be a real friend. As August is his birthday month, she explores the friendship she shares with her brother and even how they are polar opposites, they can find so much common ground. They also have really learned to rely on each other through the years, especially during the tougher times. She appreciates her brother, not only as her sibling, but her best friend.

There is no doubt about it, but Back to School is going to be different this year. That doesn't mean we have to forgo our fun traditions, or we can even make new ones. I'm still going to go overboard on buying school supplies, even if they are just for me, and we're all getting new outfits for our Zoom classes, at least new shirts since that's all others see.

This Fall, the main goal is to keep your little ones and bigger ones safe and healthy! Also, make sure you thank a teacher, because I know firsthand that this virtual world is hard for them too. And, for those of you who already have this online life figured out, I applaud you! You are amazing!

Happy Back to School!

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Kern County Fair Postponed until 2021

Due to the evolving COVID-19 pandemic and its impact on community health and well-being, the Kern County Fair Board of Directors unanimously voted to postpone the 2020 Kern County Fair until September 22 through October 3, 2021.

“The Kern County Fair exists to strengthen Kern County and bring people together,” says CEO Michael Olcott. “We are dedicated to being part of our collective well-being and look forward to when we can all gather in 2021.”



In the meantime, the fair is dedicated to using its facility and resources to support and serve our community through the drive-thru COVID-19 testing, isolation units, and serving as an alternative care site.

For more information about the postponement, please visit <https://www.kerncountyfair.com/p/about/postponement-answers>.

Kern County and CAPK Launch Senior Food Delivery Program

Kern County seniors face an elevated risk from the COVID-19 virus, especially during the recent surge of cases. In order to help, Kern County and Community Action Partnership of Kern (CAPK) have teamed up to launch the Food2Door Program. This collaborative helps to ensure these individuals facing high risk can get critical food supplies delivered directly to their door to minimize trips to the grocery store and other public places in search of a meal.



“Community Action Partnership of Kern has always been passionate about increasing our capacity to deliver food to those facing crisis,” says CAPK Executive Officer Jeremy Tobias. “Since the COVID-19 pandemic began, we have doubled food distribution through our network of partner sites to around 2.5 million pounds a month. Now, through this collaborative with Kern County, we can deliver food directly to at-risk seniors in their homes.”

Food2Door will serve seniors 65 and over. Each participant will get a 70-pound food box each month – dropped off at their home by Food2Door drivers. Enrolling in the program is easy. Seniors can call CAPK’s 2-1-1 Resource and Referral line to confirm their eligibility for the program and sign up. **For more information, please visit www.capk.org.**

Bank of America Connects Bakersfield Youth to Workforce Success Through Paid Virtual Summer Internship Program

Bank of America recently selected a Bakersfield high school junior and a senior to participate as Student Leaders in a paid virtual summer internship experience of leadership, civic engagement, and workforce skills-building with local nonprofit Kern Community Foundation. The Class of 2020 Bakersfield Bank of America Student Leaders are **Bridgette Berry** of Bakersfield, Garces Memorial High School, and **Leyda Patino**, of Bakersfield, South High School.

Both participants have a strong commitment to community service. Leyda has helped lead her school efforts to raise money and encourage other students to volunteer for the American Cancer Society. She will attend University of California, Santa Barbara, in the fall. Bridgette has been a dedicated volunteer at Kern Medical in the NICU. She aspires to be a catalyst for her community one day, helping to combat issues of homelessness and affordable housing.

“Now more than ever, as we collectively navigate the challenges we face in our communities, Bank of America remains committed to supporting young adults of all backgrounds by connecting them to jobs, skills-building, and leadership development,” says Karen Zuber, market manager, Bank of America. “Creating opportunities for our youth to gain skills and build a network is a powerful investment in the future of our community.”

The Student Leaders will participate virtually in sessions on the vital role nonprofits play in advancing community health and the importance of public-private partnerships to drive social change, while building financial acumen. In addition, they will join 300 other Student Leaders from across the country for a dialogue on the role of citizenship and how cross sector collaboration creates community impact. The virtual program, “Young America Together at Home” will be delivered by the Close Up Foundation and include discussions about finding one’s voice in order to affect change and address pressing policy issues such as the economy, healthcare, the environment, and immigration.

For information, visit www.bankofamerica.com.

CAPK’s 2-1-1 Kern County COVID-19 Updates

If you would like to receive up-to-date informational links regarding the novel Coronavirus, please text KERN COVID at 898-211.

2-1-1 Kern County, a program of Community Action Partnership of Kern (CAPK), provides comprehensive information and referral services that link Kern County residents to community health and human services and support.

Callers seeking assistance dial 2-1-1 and are connected with Information and Referral Specialists who utilize a resource directory to research and provide the information requested.

CAPK has been designated by the California Public Utilities Commission as the 2-1-1 provider for Kern County. Services are available 24 hours a day, seven days a week to the 750,000 residents in the county.



Donate Back to School Supplies at Boys and Girls Clubs of Kern County

The Boys and Girls Clubs of Kern County wants your back to school supply donations to help their club members get ready for the new school year. Back2School is an annual donation drive to collect NEW school supplies for Club members, ages 5 to 17, who are not able to afford them. Donations can be dropped off at any of the local club locations by August 10, or with your monetary donation, and Club staff will purchase the needed items from the School Supply Wish List.

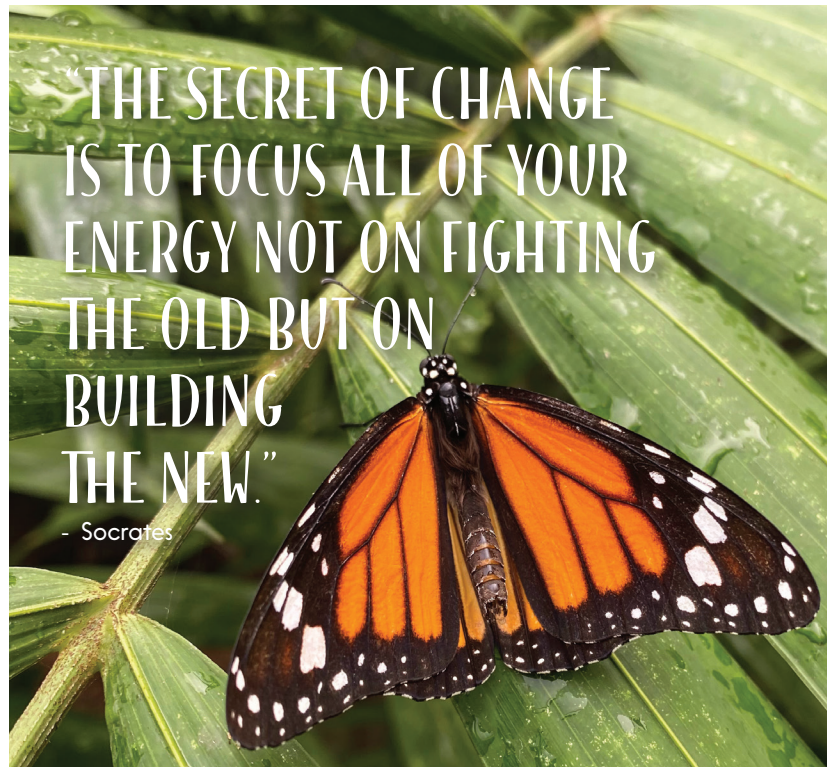
To find out more information and check out their wish list, please visit www.bgclubsofkerncounty.org.

11 Ways to Start a New Routine

By Callie Collins

Whether you're attending a private school this fall, transitioning to virtual learning or choosing to homeschool, changing to a new routine after an extra-long summer implies a change in routine. Here are 11 ways to help make the shift:

- 1. Do not dwell on past habits:** 2020 has brought uncertainty in so many forms but also the chance for a fresh start in some ways. Instead of trying what has not worked before, commit to the idea that this first semester will be different than other back-to-school seasons. Create new habits that work in the present circumstances.
- 2. Write it down:** Organize your thoughts on paper. Define what you want to do before launching into how. Outline a path but know that just because it's written down doesn't mean it's set in stone. You can make adjustments as needed but an overview gives you something to look back to when it's less clear what you set out to achieve this year.
- 3. Prioritize goals and define how you can accomplish them:** Fill in the details. "Zero tardies this semester" or "Teach Aubrey to read" sound great but getting there requires defining some actionable steps. What has hampered those efforts in the past? Detail some strategies to start off on the right foot.
- 4. Add in "the child factor" to all plans:** You may be excited about a new routine or goal but getting kids on-board is key. Know that kids won't see the same picture you do so get ready to modify the landscape. Sprinkle in rewards for milestones as needed and know they'll likely need more time than you originally anticipated to make it work.
- 5. Be open to new solutions:** If your child continually struggles to find her shoe just as the clock strikes go time, eliminate the problem. Brainstorm with your child for a way to keep track of the shoes. If you have to use double stick duct tape and add them to the door you walk through each day on the way to the car, so be it.
- 6. Establish a minimum threshold and a maximum ideal to define success:** Even if you cannot achieve exactly what you set out to accomplish due to factors beyond your control, not doing everything doesn't mean you can't do something. Progress may fall right in the middle but you'll know your own success when you see it.
- 7. Push doubt from your mind:** You can do hard things. Admittedly, we didn't know how many of those would be required of us this year. Not one parent, science expert or educator has all the answers. Sift through the social media echo chamber and advice from people



who aren't living your life to discover solutions none of us knew were possible.

- 8. Build in breathing room:** A new routine can be excellent but also something of a shock. Take a break and focus on what's going right before circling back to problem issues.
- 9. Make adjustments:** You may discover that what you're trying to achieve is actually something else. Shift the plan, try something else and know that you're working towards solutions.
- 10. Forward, ever forward:** Tomorrow is a new day. Try something else if yesterday's approach didn't yield the intended results.
- 11. Be realistic:** Lofty goals like skipping a grade as a result of swift progress at home or completing "War and Peace" as a read-aloud with your high schooler will probably not happen this year despite everyone's best efforts. No one is expecting perfection. You're already going above and beyond by trying a new routine in the middle of a pandemic. (And if amazing results do happen, we want to know your tips, tricks and secrets of your ways. Share them with our readers! Write to callie@kerncountyfamilymagazine.com for consideration.)

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A Smart Girl's Guide: Making a Difference

From protecting our planet to helping animals to saying hello to someone who seems lonely, this book offers young readers a lot of ideas—both big and small—on how to spark change. \$12.99, ages 10+, americangirl.com



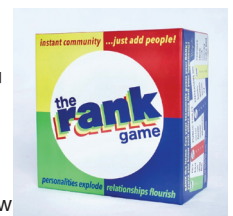
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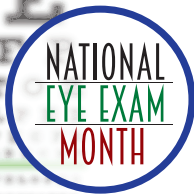


Eye Exam Recommendation Schedules

Routine eye exams should be a vital component of everyone's healthcare routine. Such examinations can help people learn if they need prescription eyeglasses and if their existing prescriptions need to be updated, and they also can uncover other serious health issues.

According to the American Academy of Ophthalmology®, a comprehensive eye exam can uncover such problems as aneurysms, brain tumors, diabetes, high blood pressure, and assorted cancers, including those of the blood, tissue or skin. That means routine eye exams can be as effective at safeguarding your overall health as they can at protecting your vision.

The recommended frequency with which people should receive eye exams is based largely on age, though no one should hesitate to schedule an exam if their eyes are bothering them or if they are experiencing any abnormalities with their eyes. In addition, some people may need more frequent eye exams depending on their medical histories, which should be discussed at length with a physician.



Children and adults without preexisting conditions and those not experiencing any abnormal vision problems can adhere to this eye examination schedule, courtesy of the American Optometric Association.

- **Birth to two years:** Children in this age group should receive eye exams between six to 12 months of age.
- **Age three to five:** Children in this age group should receive at least one eye exam between their third and fifth birthdays.
- **Age six to 17 years:** Children in this age group should receive one eye exam prior to beginning first grade and then an annual exam thereafter.
- **Age 18 to 64:** Adults between the ages of 18 and 64 should receive an eye exam at least once every two years.
- **Age 65 and older:** Annual eye exams are recommended for men and women age 65 and older.

Students—Check Admission Changes!

The outbreak of the novel coronavirus COVID-19 left no aspect of life untouched, and education was no exception. The short-term effects of stay-at-home measures were felt immediately by millions of students across the globe. But there will be long-term effects, too, and one of the first such long-term dominoes to fall was the relaxation of SAT requirements for aspiring college students.

As stay-at-home measures lasted longer than many people initially anticipated, high school students learned that SAT and SAT subject tests were being canceled. The Princeton Review® noted in late May that the College Board added a new test date for September after the June tests were canceled. However, many schools have dropped the SAT and ACT requirement for fall 2021 admissions. The University of California, which includes nine different schools in its system, suspended the requirement for students applying for fall 2021 in early April, and many schools followed suit in the ensuing months. As prospective high school seniors prepare for their final year of high school and begin thinking about where they want to apply for college, they should work with their guidance counselors to determine just what is required of them during the admissions process.



August 2 is National Friendship Day

Friends make us happy, of course, but research shows they improve our immune system. Connecting via text or video chat gives bigger emotional satisfaction too.

Workouts 4x a Week Can Boost Your Mood

If you're feeling anxious or depressed, 4-35 minutes workouts can help. Participants in a recent study reported a 35% drop in symptoms after four months. Keep workouts brisk: about 70% of your max heart rate or until you're a little breathless.



StickTogether Mosaic Puzzle

A fun collaborative activity with a beautiful reward. Like paint-by-numbers, but with stickers! Includes 3,996 colored 1/2" square stickers, 40" x 36" poster, color key instructions and tips. \$36, ages 5+, letsticktogether.com

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By Elena Epstein, Director of the National Parenting Product Awards



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When Life Gives You Lemons: Seven Year Old Donates Lemonade Stand Profits to Help Local Charity

By Collie Collins

Reaching beyond the immediate pain of the present to the hope of a brighter future has seemed difficult for so many families. However, the faith of a child has a way of shining through even the darkest of times.

Isabella Brennan, age 7, found a unique way to bring her own blend of cheer to the community.

A video has circulated on social media with her explanation: "I had a lemonade stand. I collected money for The Mission...It just popped up in my mind."

Isabella is the daughter of Kern County native Dana Brennan, vice president of government and public affairs at Grimmway Farms, and Joseph Brennan, adjunct professor of political science at Bakersfield College, originally of New Jersey.

Isabella hosted the informal stand in her neighborhood on June 28, an ordinary Sunday with some extraordinary results. She donated profits from the day's total plus some additional amounts after the big day, \$350 total, to The Mission at Kern County.

A local charity, The Mission at Kern County is a non-profit organization based in Bakersfield that assists with meals, shelter, and educational opportunities for those in need. Physical, emotional, and spiritual wellbeing are part of the charity's focus.

Mom Dana Brennan emphasized that the lemonade stand - and the decision to donate all of her profits - was Isabella's idea and that she was determined to conceive every aspect of it as a viable project.

"Previously, we lived north of Sacramento, where homelessness stands out in daily life. Isabella saw that; she noticed people and she started asking questions at a young age," said Dana. "We explained it as best we could. She gave things away and it has just been an issue on her mind and in her heart. She said she wanted to do a lemonade stand, and she made the final call to donate all profits."

"For a number of years, our family has been supportive of The Mission," said Dana. "It is important to us as a faith-based ministry, and all the issues that may accompany that work in the community are important, too, in ministering to the whole person."

Job training, transitional living for those struggling with addiction, and direct aid to individuals experiencing homelessness are also part of The Mission at Kern County's work.

A small but important venture, the lemonade stand outshone the usual quiet fate of children's homemade efforts sometimes hosted for a fleeting day on quiet residential streets.

Isabella prepared lemonade from a powdered mix and sold it for 50 cents per cup. Rather than donating the collected nickels, dimes and bills, her parents wrote a check for practical reasons, but the sincerity of Isabella's offering remained even through the formalities of modern banking.

"Well, friends and family donated more than just the cost of a cup," laughed Dana. "It was really touching because people turned out for it. Family sent donations from the East Coast just to support the cause."

Friends, neighbors, and Assemblyman Vince Fong all came by to try Isabella's lemonade in recognition of the surprisingly sweet fundraising initiative.

"I had fun. It was something I kept thinking about, and so I made a plan to do it," said the incoming second grader. "The money could help other people."

"I think that, at 7, to understand to some degree these social issues and seeing that your daughter has a heart for others is a really neat thing," said Joseph. "None of this would have been possible without the support of family and friends."

Even with the inherent isolation COVID-19 has brought, Isabella's lemonade stand proves people are still willing to unite for a cause.

"It was a socially-distanced lemonade stand, with precautions," said Dana. "The usual ways people get together like fundraisers or going to events for a cause just aren't happening right now. We had to be creative but I say 'we' very loosely. We just helped support it where we could. Even as we're spending more time in our own homes, there are still those out there in the community who don't have that comfort."

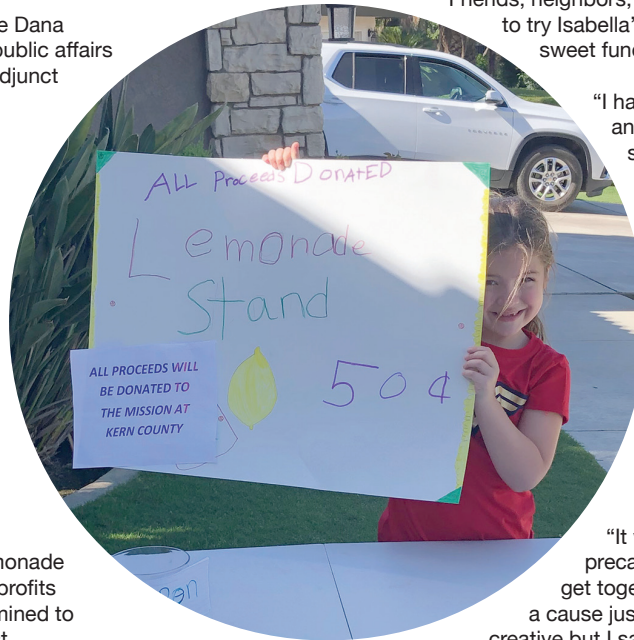
Joseph agreed.

"That's really what Bakersfield is about: a sense of community and helping others," he said.

Isabella and her mom have discussed the possibility of hosting another lemonade stand in the future: "We could make it virtual, or maybe when it's not so hot," said Dana. Isabella is up for the challenge and will set a great example for her brother, Joe, age 3.

The scope of the issues Isabella's fundraiser affects may not be something she fully understands, her parents have concluded. The joy giving can bring and the satisfaction of a job well done, though, stand out at any age.

Find more information on The Mission at Kern County at <https://www.themissionkc.org/services.html>



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Back to Remote Learning Memories of My First Year of Homeschooling

If I were the parent of a child going back to school this fall, this is what I would be doing right now: FREAKING OUT.

So, the plan WAS to go back to school with masks and hand sanitizer and no recess. And NOW the plan is distance learning. Oh, but wait. It depends on your district. But wait. Not all of the districts have made their final decision yet. Oh, but wait. Some districts will give you a choice of several options. Oh, but wait. Not every district will. And oh, if you are doing distance learning, you will need money for internet service and laptops instead of glue sticks and backpacks this year.

So yeah. There is all that.

All this FREAKING OUT and general panicking has me reflecting on my first year homeschooling my kids. Oh, I had ideas. Ambition. Plans. I also had a five-year-old and a two-year-old. They had Other Plans.

My plans involved getting up early and starting the day by getting dressed and lining up at the door to our "classroom." We had Spanish class first, so they were to greet me in Spanish when they came in the door. I took attendance. Some days we "rode the bus" before we lined up. This involved me making "vroom, vroom" noises while they followed behind me wearing backpacks as we walked down the hallway.

Now we do school in our pajamas (or princess outfit or swimsuit and goggles or whatever else they happen to be wearing--or not wearing), and I don't complain if they sit on the table. Or under the table. Or on the dog bed. That first year, we had a schedule. And nothing would get in the way of the schedule. I would tell my mom friends, "Oh, sorry, we can't meet for a play date today. We have to finish page 23 of math this afternoon."

After a while, though (and up until this past March), I started saying things like, "Meet at the park? That counts as PE AND socialization. Bring it on!" In the early homeschool days, I would tell my children things like, "Oh, you don't feel well today, Honey? OK, I will just test you on math facts and spelling words while you rest."

Now sick days merit "Bill Nye the Science Guy" videos. My kids love those videos (mostly because we have a "no screen time" rule, so they think they're getting away with something really big when I let them watch anything).

We learned—ahem, my kids taught me—that what they need are nature walks and field trips and art projects and science experiments and cooking lessons and chores and running around outside pretending to be horses or astronauts and lots and lots of "read alouds"—along with book work. They don't need fancy curriculum. They don't need me to pretend that our home is a "real" school. They just need lots of hands-on learning to complement the book learning.

All that preparing and planning? Waste. Of. Time.

I would have been better off gazing into their eyes until they asked me, "How much does an elephant weigh?" "How fast will this marble fall from upstairs?" "Can we build a shelf for my stuffed animals?" "Can we try dipping carrots in honey and sprinkles like 'Hilary who is a boy' does in our 'Penny Dreadful and the Horrible Hoopla' book?" Because I found that if I just stop and listen, they will ask.

May all the children get their questions answered and their needs met this school year.



Kern County Family's 2020 BACKtoSCHOOL GUIDE

With so much uncertainty in the air surrounding back-to-school, there's one thing you can always count on—great recommendations from KCFM for local education options.

Start here! ●

Bakersfield Adventist Academy
3333 Bernard St. Bakersfield, CA 93306
(661) 871-1591
www.bakersfieldacademy.org



Mike Schwartz,
Principal

There are few decisions as important to parents as choosing a school for their child. Bakersfield Adventist Academy's mission and vision is Educating for Eternity. Educating the whole student to thrive spiritually, soar academically, and faithfully serve others. Now in the 119th year of providing quality Christian education, BAA continues to see alumni engaged locally and around the world in a life of service in many capacities. It's a well-rounded education of physical, mental, spiritual, and moral training. It's committed teachers and staff who instruct, mentor, and encourage children and teens to reach their highest potential.

The preschool reopened its doors two years ago for ages 2-5. Last year the new Medical Academy inaugurated Health Science Careers in dentistry, emergency medical technician, nursing, ophthalmology, sports medicine, and therapeutic services. One-to-one technology for all grades made the transition to remote learning much easier for students, parents, and teachers when COVID-19 sent students home. Chromebooks were distributed to every student who needed one. We are looking forward to our first day of school August 20.

"Where do we want our children to be developed? I want it to be a place where I learn about God." "It's the best education you can have if you're heading for eternity." --Dr. Earl Canson III, School Board Chair, Alumnus

BACK TO SCHOOL GUIDE CONTINUES ON PAGE 12

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2020/2021 SCHOOL YEAR

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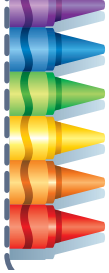
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OKCS Principal

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Meghan Freeman,
CEO

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9th-12th grade



Myka Peck, Principal

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Alexandra Hawley,
 Owner

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Julissa Bhakta,
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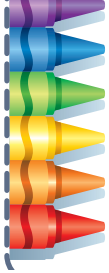
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Dr. Elandra B. Perry, Founder & Educational Director



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Olive Knolls Christian School

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(661) 393-3566



Rusty Rhodes, Principal

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The culture we live in does not want to pay the price to grow resilient children who will mature into prepared, confident, and moral adults. The price seems too steep. It requires adults to allow their children to struggle. It's the struggle to learn a new academic skill; it's the struggle of working through difficult relationships with their peers; it's the struggle that comes through all their endeavors to excel that will transform them so that they experience lives of happiness, meaning, and success.

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Olive Knolls Christian School was established in 1979 and has an accreditation from both ACSI and WASC.



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<http://stjohnvianneyacademy.com>



Marie A. Smith,
Headmistress

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hello, happy mama by janelle capra ●●●●●●●●

A Letter to My Brother, My Friend

Hello Mama!



Summer in the days (or rather daze) of Corona has me doing a lot of soul-searching, reflecting and appreciating what is truly most important in life. As I think about family, friends and those in our community that I can't wait to be able to see and serve again, I find myself thinking about what it really means to be a friend. To be a real friend, even when it's hard, even when you're very different from each other, even when the world says otherwise...now that is the real gift. So in honor of friendship, I would like to dedicate this article to my brother, my friend.

Our friendship first began when I was eight and he was 4. We bonded instantly over Star Wars, The Smurfs and Flash Gordon. We would play together for hours and hours and rarely fight. Well, except for that time that he took ALL of the furniture out of my doll house and placed it in the mud under the deck and blamed it on the dog! We would make forts in the house and create amazing escapes in our backyard. Our childhood consisted of pancakes with Nana, vacations in Palm Springs or Santa Barbara and pretending to be characters we saw in movies.

As we grew older, like most kids, we grew apart. We hung out in different social circles, had very different hobbies and honestly, only stayed connected because, we're family. Like most siblings, we definitely had a love-hate relationship throughout our childhood. Honestly, there were many times growing up that I would think to myself that there is no way we would ever be friends in "real life" if we weren't brother and sister.

I often tried to play the role of supportive big sister and sometimes I would play the role of "mom" a little too. As we grew up, moved out of our family home and started lives of our own, it was normal for us to not talk or see each other for months at a time. It wasn't anything that made me sad that we had grown apart because we were such different people. This pattern went on for years and years. And, continued until the ultimate heartbreak brought us back together: our mom's dementia. The very long goodbye of our mom was heartbreaking on the good days and devastating on the bad days (and there were a lot of very, very, bad days with this disease).



Through it all, we managed to navigate the unknown by learning to lean on each other. We made one difficult decision after another, like when we decided that he would move his family to live with Mom. We came together when Mom went on hospice care and when she "graduated off" of hospice, we were there through every move and we were together in the end when Mom left this earth to her forever heavenly home.

Yes, my brother and I are unlikely friends. We are the polar opposites of each other and have very little in common, except for our love of Star Wars (don't get him started on The Last Jedi!). And, despite a journey that definitely broke us in so many ways, it was the one thing that I am most grateful for: his friendship. We talk or text every day. He loves to tease me about iPhone and I tease him about Android. We have added to our love of Star Wars with a mutual affection for Game of Thrones, Stranger Things and most recently Schitt's Creek (gotta love the brother-sister relationship of Alexis and David!). And out of all of the people in my life, my bro is truly my most trusted and valued friend.

Happy Birthday Month, Brother. May the Force always be with YOU!
With love, Sis

Mark Your
Calendars!

AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 	3	4	5 	6	7	8 
9	10	11	12 	13	14	15 
16	17	18	19	20	21	22
23	24	25	26 	27	28	29 
30 	31	1	2	3	4	5

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ACTIVITY CORNER ANSWERS

p.22

Sudoku:

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

Crossword:

- | | |
|------------|-------------|
| Across | Down |
| 1. Buoy | 1. Boating |
| 2. Sea | 3. Avoiding |
| 5. Toxin | 4. Sunfish |
| 6. Food | |
| 7. Fishing | |



Kern County Superintendent of Schools Q&A:

Four Points for Parents This School Year

By Callie Collins

Through the COVID-19 pandemic, change has been a constant, a reality applicable in so many aspects of family life. Recently announced plans from the Bakersfield City School District to start the year virtually have altered the usual dynamic for many.

The 2020-2021 school year will be unlike any other. We turned to the Kern County Superintendent of Schools Office of Mary C. Barlow for more information and extended an opportunity to Robert Meszaros, Communications Director, to share these key messages with our readers:

Q. What is the office of the superintendent of schools' position on student safety at this time?

A. The safety of students and staff is always a top priority. Kern County Superintendent of Schools (KCSOS) does not have the authority to set policy for school districts. This is the job of elected school board trustees. Each of Kern County's 47 school districts has a board. We provide guidance and support, but the decisions to re-open schools ultimately rests at the school district level. We support the decisions being made so long as they are based on science and the best practices outlined by public health experts.

Q. Will masks be required at all school sites for the 2020-2021 school year?

A. Current CDC and California Department of Public Health guidance suggests that all staff and students should wear face covering (there are few exceptions). However, this is just guidance. It will be up to each individual school district to decide what they will require. [Editor's note: Bakersfield City School District will have a virtual start; any guidance on the possible use of masks at a later date for in-person student activities remains unknown.]

Q. What do you wish parents knew about the upcoming school year?

A. Educators and elected boards are in a very, very challenging position as they are having to balance competing priorities. On one hand, you have to ensure the safety of everyone in your care and on the other hand you have to ensure that the education and social-emotional best interest of students and staff are upheld. All decisions are being made very, very carefully with student/staff best interest in mind.

Q. How can parents best support teachers and administrators during this unusual school year?

A. By being patient and understanding that there will be bumps in the road as schools transition back to school in whatever model that might be. The bottom line is that we are all in this thing together and we will get through it as a team.

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Kern Autism Network

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



All Events & Activities have been suspended due to the Covid-19 pandemic.

We are dedicated to helping families and adults with autism during these times of uncertainty and have face masks available, so please contact us if you are in need.

Please see our website www.kernautism.org or our Facebook page for the latest updates and subscribe to our newsletter for further information.

Covid-19 Resources <http://www.autismsocietyca.org/ca-affiliates.html>

EARLY SIGNS OF AUTISM:

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

SERVICES OFFERED:

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

661-489-3335 • kernautism.org • kernautism@gmail.com
2920 H Street, Suite 107, Kern Island Building



CHILDCARE & EDUCATION



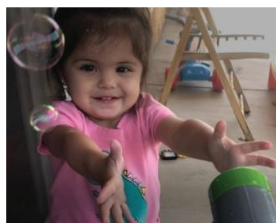
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August Activity Corner ...answers on page 19

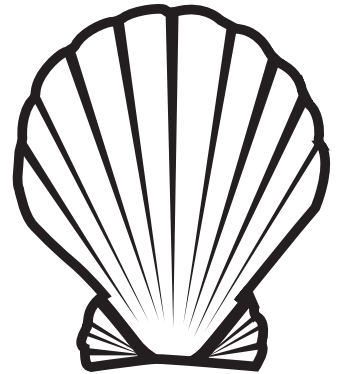
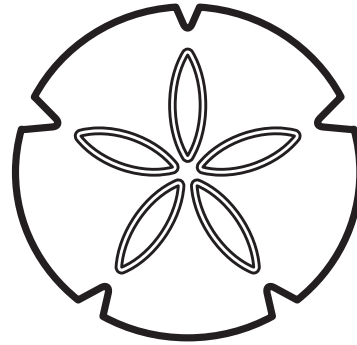
Sudoku

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

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!

Creative Coloring



Crossword Puzzle



1					2			3
				4				
5								
				6				
	7							

ACROSS

1. Floating navigation marker
2. The ocean
5. Poison
6. Nourishment
7. Using rod and reel

DOWN

1. Riding on a ship
3. Steering clear of
4. One of the heaviest known bony fishes

Outdoor Word Find

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

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- Breastfeeding support
- Referrals to healthcare and community services

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- Have a child or care for a child under 5;
- Have low to medium income; and/or
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- Live in California
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