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# kern county **Family** free

SEPTEMBER 2020

## m a g a z i n e

## Does your **School House Rock?**

See How  
3 Educators  
Keep Their  
Tempo

## *Appreciating* **Autumn**

Great Fall Fun  
Ideas Inside

## Helpful **Homework Habits**

*plus:* bedtime stall tactics pg 17 finding the perfect sitter pg 14  
why music education matters pg 10 apple season in kern county pg 12



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!

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- Live in California
- A family of 4 earning up to \$4,040/mo

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

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**MEMBERS OF**



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**Feature:** 11 Ways to Make Your Autumn More Memorable

**COVER:** Kristen Lewis with daughters Sydney (left) and Samantha (right) were photographed in Hart Park by Melodi Photography. Find her at [Melodiphoto.com](http://Melodiphoto.com).



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**Vital Signs:** Homework Habits: How to Motivate Kids



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**Happy Mama:** Does Your School House Rock?

**PLUS**

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Vaun Thygerson,  
Contributing Writer

Recently, I was watching an interview with one of my favorite actresses, Reese Witherspoon, and when asked if she ever embarrassed her kids, she said, “If you’re not embarrassing your kids, you’re not spending enough time with them.” I love this, because I know I embarrass my children, especially my teenage boys, regularly. So, at least I know I’m around enough to make this happen.

My older son started his first job at the new gourmet cookie shop, Crumbl, which just opened last month. I have embarrassed him a few times since he started. On the friends and family “soft opening”

day, I brought all the neighborhood boys to come and see him at work, but he was nowhere in sight. Come to find out he was in the back of the store washing dishes. I have a feeling he might have volunteered to be in back as to avoid our friendly teasing.

Again, on opening day, we went in to the store to find him working the cash register, and he was so cute! I couldn’t help but tell him how professional he looked and had to snap some pictures, which I’m sure he loved – not. I even had to tell him I loved him when I left. I couldn’t stop myself. And, just as his first job is his rite of passage, me taking pictures of him at his new job is mine. (Insert his eye roll here).

Just as embarrassing your children is part of your job, keeping them safe when you can’t be with them is another one. In the article, “Don’t Think Finding a Sitter is Exactly Like Dating? Think Again,” by Pam Moore, on page 14, she writes about how overwhelming it can be to find the right childcare for your kids. She likens finding a match to dating where the types of sitters you meet are just like the kinds of people you date, such as The Heartbreaker, The Older Woman, or The One You Hope Looked Like Her Picture, until you find the THE ONE!

Now that summer is over and we’re back into our new normal of fall schedules with social distance learning and wearing masks, the change in seasons brings new adventures awaiting to happen.

In the article by Callie Collins, “11 Ways to Make Autumn Memorable this Year,” she writes about things from bringing nature indoors to making s’mores to taking a Labor Day staycation. To see all 11 tips, turn to page 16. You can also find out more about what our readers are looking forward to this fall in the article, “All About Autumn: Answers From Our Readers,” on page 15.

As your kiddos learn from home using technology such as Zoom and Google Classroom, Janelle Capra wants to ask you a question in her article, “Does Your School House Rock?” She stresses that distance learning is like the educational show “Schoolhouse Rock” where it helps children learn concepts in new ways outside of the classroom. In her article, on page 8, she interviews educational leaders to discuss this unique landscape. One of the leaders, Cara Nicoletti, a fourth-grade teacher, wrote a book to share with her students, “Once Upon a Time There Was Covid 19: A Teacher’s Story About the Pandemic of 2020.” She also interviews Michelle Ollinger, an elementary school principal, and Cecilia Racicot, A-D & Foster Liaison, High School Counselor. They all share the same sentiment – this might be a different learning experience, but it can still be a fun and productive semester.

As the air cools down and we start dreaming about the sweaters and jeans gathering dust in our closets, it’s time to enjoy the slower pace, light a candle (is it too early for pumpkin spice?), and, even though most of our children aren’t going to school, it’s still in our design to find unique ways to embarrass them. Just as Reese says, “It’s our job as parents to really, like really, ramp up the embarrassment.”

**Happy Autumn!**

# first day of fall

september 22

## Riverwalk Pediatrics, WHERE CHILDREN COME FIRST!



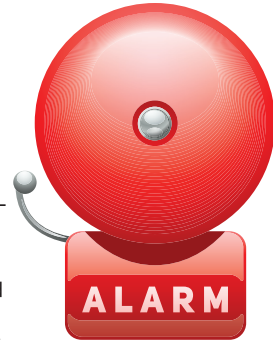
We have been providing care to the newborns, infants, children and adolescents of Kern County for more than 40 years. During these difficult times many parents are missing their childrens necessary immunizations such as whooping cough, chicken pox, meningitis and many more. We want the people of Kern County to know, we are open and taking appointments for established and new patients in regards to all things necessary in keeping your children safe. Please call our office to schedule an appointment now!

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FAX (661) 663-3063  
info@riverwalkpediatric.com  
Monday - Friday  
8:00 am - 5:00 pm



## Bakersfield Fire Department Adds Two Rescue Units

The Bakersfield Fire Department recently added two Rescue Units, capable of providing basic life support (BLS) on medical emergencies, at two of the busiest districts to help reduce response times and keep fire engines available for other emergencies within their respective districts. These new units were placed at Fire Station 2 (Rescue 2) and Fire Station 6 (Rescue 6) and in one weekend responded to 66 emergencies. **For more information, please visit [www.Bakersfield-Fire.us](http://www.Bakersfield-Fire.us).**



## Historic Fox Theater Announces Live Stream Concert Series

The Historic Fox Theater has partnered with 23ABC Bakersfield to bring music into local homes with its first live stream concert series, Live Stream Vaccine: The Entertainment Cure. Starting in August, this series will continue until November 27 with great music spanning all genres and highlighting local talent. All bands will be volunteering their time, the Fox Theater is donating the stage and technical support, and 23ABC is donating their resources to broadcast this incredible, accessible, and free local music event.

You can tune in with 23ABC's OTT/APP stream, which is available on your phone, tablet, and/or television with an internet connection. Also, the concerts will be available on ROKU, Amazon Firestick, and Apple TV. Concert merchandise will be run through Revolution Vintage at [www.RevolutionVTG.com](http://www.RevolutionVTG.com) featuring designs by local artist Chris Borbon.

For September, concerts include Hate Drugs with Youranday, La Marcha, The Capsouls with Chris Murray, and Michael Monroe Goodman with Vince Galindo. **For more information and to make a donation, please visit [www.thebakersfieldfox.com](http://www.thebakersfieldfox.com).**

## Local Professionals Hone Public Speaking Skills at Virtual Toastmasters

Local students, parents, and professionals meet virtually via Zoom every Friday at 12 p.m. for their Soulmasters meeting, a local Toastmasters International Club, where they learn to hone their public speaking skills. This club is a nonprofit educational organization that operates clubs worldwide to help members promote communication, public speaking, and leadership.

Anyone and everyone is welcome at this meeting, including high school students. If you would like a personalized Zoom link and password, please email [thygerson@sbcglobal.net](mailto:thygerson@sbcglobal.net). **Other days and times for local virtual meetings can be found at [toastmasters.org](http://toastmasters.org).**



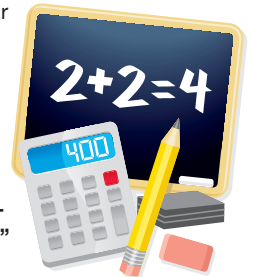
## "Do the Math" Season Premiere Airs September 15th

"Do the Math" will air its 19th season premiere on Tuesday, September 15th. This program is where 4th through 12th graders can tune in for a little extra help with their math homework. The TV show broadcasts from 4 to 5 p.m. every Tuesday and Wednesday during the school year as host and executive producer Michael Cushine and several math tutors take problems from callers and solve them online.

Special segments, guests, and contests supplement the math instruction. Free phone-in tutoring is available to students from 3:30 to 5:30 p.m. on Tuesdays and Wednesdays by calling (661) 636-4357 or (866) 636-6284.

"We anticipate more parents than ever will have their students take advantage of the program this year," Cushine says. "Our credentialed math teachers will work with a student for however long is needed to solve a problem, and more than that, so the student understands how they got to the answer."

**For more information, please visit [www.dothemathonline.net](http://www.dothemathonline.net). You can also follow "Do the Math" on social media.**



## Links for Life Survivor Education Zoom Event

Links for Life invites participants to join them for a survivor education zoom event, "Paramedical Body Art," featuring Holly Feneht, owner of the Gilded Lily, on Monday, September 14th, from 6 to 7 p.m. She will be talking about paramedical art as a way to cover scars after a mastectomy. You can see her beautiful artwork at [www.gildedlilydesign.com](http://www.gildedlilydesign.com).

**Please sign up for the event before September 11th by emailing [anabil.c@linksforlife.org](mailto:anabil.c@linksforlife.org) or calling (661) 322-5601.**

## Blessing Corner Recognized as Local Non-profit of the Year

Assemblymember Rudy Salas (D-Bakersfield) recognized Blessing Corner Ministries and their nonprofit organization, the Greater Lighthouse Community Outreach, Inc., as the 2020 Nonprofit of the Year. This award was based on its selfless community service in the Central Valley, including food programs, job training, peer mentoring, rehabilitation services, back-to-school drives, and much more.

"I am thrilled to honor Blessing Corner as our local nonprofit of the year," says Assemblymember Salas. "During these tough times, I am thankful that we have such an amazing organization to lend a helping hand to families in our community. Whether it's back-to-school drives, food programs, or mentoring youth, Blessing Corner continues to make life better for countless families in the Valley."





## Nighttime Snacking Best Sets

Calorie-conscious individuals may wonder if eating at night or after a certain time can derail their diets and fitness regimens. The jury is still out on whether eating at night can pack on the pounds or not, with various health recommendations contradicting one another. However, if one does choose to snack at night, there may be a smart way to do so.



The U.S. Department of Agriculture's Weight Control Information Network says that a calorie is a calorie no matter when it is consumed. That means it doesn't matter if calories are consumed in the morning, afternoon or evening. It is how many are consumed and the amount of physical activity individuals perform that will affect their weights. Conversely, the Academy of Nutrition and Dietetics says they're

not sure if a calorie is a calorie no matter when it is consumed. Their research and data from the University of Pennsylvania School of Medicine's Center for Weight and Eating Disorders indicates that when food is consumed late at night the body is more likely to store those calories as fat and gain weight rather than burn it off as energy. Certain animal studies show that food is processed differently depending on the time of day it was consumed.

But what is a person to do when hunger pangs hit at night and one fears that their rumbling stomach may interrupt their sleep? According to the nutrition and fitness experts at MyFitnessPal, powered by Under Armour (android), stick to a snack that is between 100 and 200 calories. Choose a food that is high in protein, fiber or healthy fats, which will be more likely to keep a person satiated throughout the night. Apples and peanut butter, string cheese and fruit, or whole grain crackers and Greek yogurt can be healthy, satisfying nighttime snacks. Avoid sugary, calorie-dense foods, which may be hard to digest and can compromise sleep quality.

More studies may be necessary to determine the relationship between body weight and snacking at night. In the meantime, nighttime snackers should choose healthy foods when reaching for a late night bite to eat.

## Make Bumps Less Of A Bummer

When your child get a boo-boo, slide the HurtSkurt onto their sore arm or leg. The HurtSkurt is soft stretchy fabric filled with gel packs inside. It can be cooled in the fridge or freezer or heated in the microwave – whatever makes the boo-boo feel better. \$20+, thehurtskurt.com

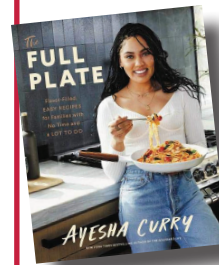
## UV Detection Stickers Help Prevent Sunburn On Kiddos

Sunshine won't be gone in Kern County for many more weeks, and even as we settle into some new school routines, we will still be soaking up the sun. Applying sunscreen is always important, but it's not always easy to remember when to reapply. SPOTMUUV is a clinically proven UV detection sticker that can help. The sticker starts purple, and when you apply sunscreen on top, it turns clear. As the sunscreen wears off, the sticker changes back to purple, indicating more sunscreen is needed. The color change is reversible, so each sticker lasts through multiple sunscreen applications throughout the day. The stickers cost about \$1 each and are waterproof, sweat-resistant, and hypoallergenic. Spotmyuv.com



## Tough Kids' Tablet

Amazon Fire HD Kids Edition is great for 3 to 93 and is virtually indestructible! If you break it within two years, Amazon will replace it for free! It comes with a year-long subscription to FreeTime Unlimited, Amazon's popular age-appropriate content portal. Amazon Fire HD Kids edition tablet, \$200, amazon.com



## What's Cooking?

Refresh your dinner game with Ayesha Curry's new cookbook, *The Full Plate*. This book has a whole chapter for "pastafarians" - those who love noodles, and one that's just on chicken. This mom of three's philosophy is keep food kid-friendly. \$30, available September 22, Barnes and Noble

## More Products We



For more product reviews, visit [nappaawards.com](http://nappaawards.com)

### The Highlights Book of Things to Do: Discover, Explore, Create, and Do Great Things

The essential book of pure creativity and inspiration. You'll find hundreds of ways to build, play, experiment, craft, cook, dream, think, and become outstanding citizens of the world. \$24.99, ages 7+.



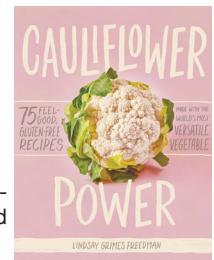
### Happy the Birthday Bird

Start a new birthday tradition this year with this keepsake plush and book set that teaches kids about overcoming challenges and following their dreams. Book includes interactive memory pages. \$39.99.



### Cauliflower Power

Get the new school year off to a healthy start with this cookbook filled with 75 recipes built around this versatile veggie packed with vitamin C. \$19.95.





## Homework Habits: How to Motivate Kids

By Sarah Lyons

When it comes to homework, it can seem impossible to get kids motivated to start or stay on task. It can be especially frustrating when you know your child is smart and capable but they aren't willing to put in the time and effort it takes to get the grades you know they can. As parents, we want our kids to put their best effort into their schoolwork without having to pester them and have the situation affect our relationship in a negative way. Here are some tips to help motivate your kids to stay on task.

### Establish clear expectations

One way to avoid a constant battle is to communicate in advance what your expectations are. When will homework be completed? Will it be started immediately after school or after dinner? Let your child know where it is appropriate to work. Some kids are able to stay on task if they are alone in their bedroom while others may find toys or electronics distracting. Other kids may prefer to work at the kitchen table while others may find this to be too distracting because of other family activities around them. Other kids need to be reminded that sitting in front of the TV while working on homework is not a good idea.

Once you have established when and where they will work, make sure they have easy access to the supplies they need. It is also a good idea to let your child know what your expectations are for homework. Instead of focusing on the grade itself, let them know you expect their best work, that homework will be turned in on time, and that you are available to help if needed. Another way you can motivate your child is by letting them know that they can do something they enjoy after their homework is completed. For example - "When you finish your reading, you can go outside and play." or "When you are done with your math homework you can watch a TV show." This communicates the importance of homework over leisure time and gives them a motivation to complete it.

### Set an example and be supportive

One of the biggest motivators for kids is to have their parents' support in

the challenges they face on a daily basis. This does not mean that you do your child's homework for them or that you bribe or reward them every time they do their homework. A high five or a "I knew you could do it!" are usually enough to put a smile on your child's face. Parents can also show their support by setting an example. If your child is sitting down at the table to work on homework, it may be a perfect time to sit down and work on writing a grocery list, sorting mail, or adding things to your calendar. You will set an example and create a quiet environment for your child to work while getting a few things off your own to do list.

### Teach them responsibility

Parents can help their kids with their school projects and homework, but when it comes down to it, the kids themselves are responsible for their own homework and grades. It can be tough for parents to do, but allowing kids to face the natural consequences of their work (or lack thereof) will help them learn responsibility. If your child puts in minimal effort, rushing through the work, or forgets to turn it in, their grades will be affected. If they put in their best work, take their time, and complete assignments in a timely manner, their grades will probably see a boost. You can also give your kids extra responsibility by letting them choose when they will work on homework, how they will break up larger projects, and what organizational tools work best for them.

Homework can seem like a constant battle, but setting good habits early on in the school year is usually the best way to manage school work. Parents should keep in touch with teachers and their child to make sure all three parties are a team and are working towards helping your child succeed.



K Tobin Video Photography



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# Does Your School House Rock?

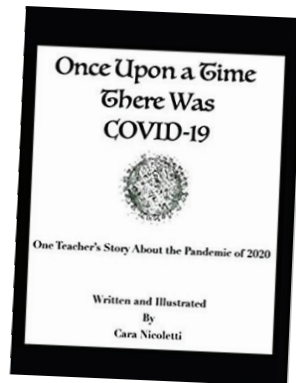
## Hello Mama!

Do you remember the educational show "Schoolhouse Rock" that aired on Saturday mornings on ABC? It was all about helping children learn in new ways, outside of the classroom, from programming on grammar, science, economics, history, mathematics and social studies. I feel like we are experiencing our own version of this children's show as we continue to move through this Covid-19 pandemic on DL (that's distance learning) for the start of the school year. And, while we try to adjust our "school house" environment to be more productive for our at-home students, I thought that I would reach out to some amazing local educators to help guide us with teacher tips, helpful hacks, and even a reason to get up and dance to your own theme song.



### Meet Cara Nicoletti, 4th grade teacher

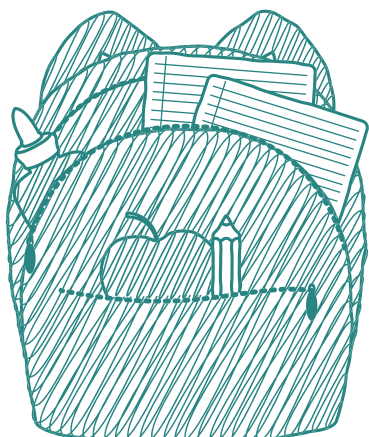
Inspired by her students, Cara wrote a book to share in her classroom called, "Once Upon a Time There Was Covid-19: A Teacher's Story about the Pandemic of 2020."



### Can you share some of the "why" behind the book and how you feel it has helped during this Covid craziness?

**Cara:** The book started out as a Google slideshow of photos that I took, or the kids and parents sent me, and I posted to our Class Dojo Story page during distance learning. I wanted to somehow put all of the photos together and try and chronicle the historical events during the pandemic. I wanted to include the new terminology, like "distance learning" and "social distancing." I wanted to talk about the struggles we all experienced, but also all of the positive experiences that came out as well. I knew that someday, my students and their families would want a way to look back on this important time in history. I wanted to be able to give

my kids something tangible from me, their teacher, to know how much I care about them, even though we were far apart and not in our classroom. I wanted to inspire other teachers with some fun and positive ideas that I incorporated that helped bond our class together. I feel that the book helped parents and kids pause and reflect on their experiences and feelings. I hope it also serves to open up healthy conversations between teachers and students beginning this school year so that they can make connections and realize we may have some shared experiences.



### Do you have any teacher tips to help parents and students get into a better daily routine for distance learning?

**Cara:** First, I would recommend parents sit down with their student/s and put together a "daily schedule." This will be based around what the required attendance hours are at school as well as incorporating a homework time/schedule. This will be especially helpful for kids who will be going to child-care and may not connect with their parents/guardians until after they get home from work.

Second, make sure that the student has a "work area" or "home office" set up away from pets, siblings, TV, etc. It needs to be a quiet place free from distractions. It is also very important to make sure that the student has all the materials needed in one place, (i.e. pencils, papers, books, etc.) It is very disruptive when a student has to excuse himself or herself to leave the video conference to collect supplies. Kids also love to identify with parents

who are working from home who also have video conference meetings. It may be fun to set up a white board and both parents and students can write down their meeting time schedules together!

Third, have some type of reward system to motivate the student to complete his/her work. It could be as simple as a sticker chart for each assignment turned in on time. The parent and the student can determine together how many stickers are needed to earn a preferred activity or treat. They will also need to come up with a consequence for incomplete work. This should be agreed upon and decided mutually.

### What is your theme song for this year and why?

**Cara:** My theme song for this year is "Old Church Choir" by Zach Williams. Like the lyrics say, "There ain't nothing going to steal my joy!! I want to listen to it every morning before I start the school day so that no matter how tough things may seem to get, I will be reminded that we all control our own joy!"

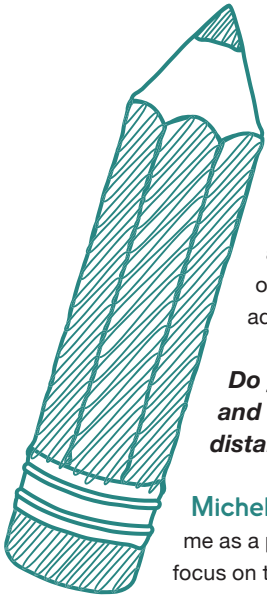
### Meet Michelle Olinger, Elementary School Principal

**As teachers, students and families prepare to start the school year at home with distance learning, what is the one thing you hope we all LEARN from this experience?**

**Michelle:** I hope my teachers, staff, students, and families learn from this to focus on the positive in the change! There's not a lot of control you really have in many things, and COVID19 has made that very clear. The only thing we can really count on is change. Life ebbs and flows. But I know, if we







work together - Parents and School Staff - We are absolutely going to be OK! Yes, schools will "look" different, but different isn't a bad thing.

This experience has allowed us all to take stock in what's important: families, relationships, our daily lives, and yes, our schools. So, whether we move forward in distance learning, a hybrid schedule, or at home learning, if we support each other and focus on the positive, our kids will learn how to overcome adversity.

**Do you have any teacher tips to help parents and students get into a better daily routine for distance learning?**

**Michelle:** This experience has been very eye opening to me as a principal. I've seen so many changes, and choose to focus on the positives.

My #1 tip for teachers would be to really spend time upfront getting to know your kids and parents/guardians and build positive relationships with them. This will be challenging virtually. But remember, academics will come, if students and families feel safe and supported. For our "littles" this will be their normal, but, for our older students, school will look so much different. So, I've told my staff to take all the time necessary to ease those minds and hearts. (Of course Fruitvale Teachers are already ROCKSTARS in my opinion on this, but I'm a little biased).

My #1 tip for parents would be to utilize every communication tool you can with the school. Teachers and staff want to partner with you to ensure the success of our kids. But if you don't stay tapped in, that's hard. Know what communication tool your school and/or teacher will be using, and sign up for it. Also, help your student develop routines they would have in a regular school day. Help them get organized, have a consistent schedule, and a quiet place to work. This will look different from house to house, but each family needs to create a school environment in their home. Teach your kids the importance of being on time.

My #1 tip for students... Persevere! If things are harder than normal at first, you're doing it right! Believe it or not, failing something is good. Failing allows us the opportunity to figure out why and do it again. This helps it stick in our minds. So persevere through distance learning, through the hard stuff... and I promise you it will be worth it in the end.

**What is your theme song for this year and why?**

**Michelle:** "Brave" by Sarah Bareilles. I LOVE this song for so many reasons. It speaks to the importance of stepping out and being brave! Yes, life will throw us curve balls. But be the one who isn't afraid to stand up and do something about it. Be Brave.



**Meet Cecilia Racicot, A-D & Foster Liaison, High School Counselor**

**As teachers, students, and families prepare to start the school year at home (distance learning), what is the one thing you**

**hope we all LEARN from this experience?**

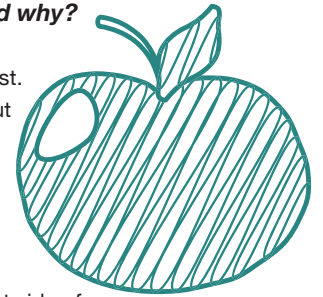
**Cecilia:** I hope as a society we all learn how interconnected our lives truly are. I think as a busy society focused on Individualism; we often forget amidst our daily lives that our actions affect the lives of others. I think this virus is highlighting the ways we must look out for one another specifically. I hope we also learn to give ourselves more grace in all situations. This experience has impacted everyone differently, but we can all give ourselves more grace every single day and do the best we can with the tools we have available to us. I also hope we learn to slow down a bit, I think being forced to not take on too much has really helped me to prioritize my life better than ever.

**Do you have any tips to help parents and students get into a better daily routine for distance learning?**

**Cecilia:** I think with such a focus on being in front of a device all day it is especially important that we all get outside every single day for some amount of time. Beginning the day with an outdoor meditation or a family walk through the neighborhood will help to start the day on a positive note. I think students and families should still be setting alarms and getting out of bed and getting ready for virtual learning as well because it helps to get in the mindset of "school" even if they are not leaving the house.

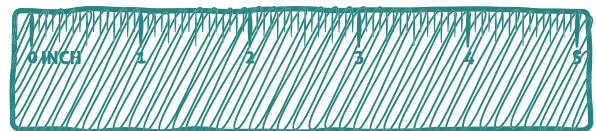
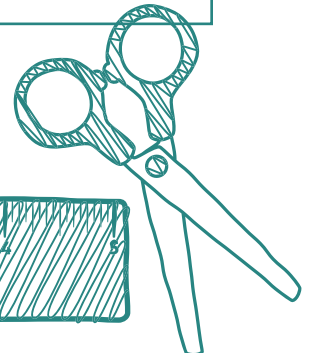
**What is your theme song for this year and why?**

**Cecilia:** "The Schuyler Sisters" by Hamilton Cast. As a former History teacher, I keep thinking about how living through this Pandemic will be remembered in future history books. When I planned a COVID-19 wedding, I realized that our wedding pictures would be primary source documents one day as our guests were in face masks. I am motivated to be living life on the right side of this historic experience we are all navigating together. This song also reminds me that, despite it all, we are blessed beyond measure.

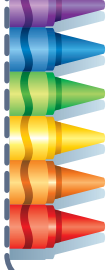


Yes, we are making history as we continue to move forward through this pandemic. And I truly believe that we can all LEARN something from this experience. Focus on the positive, give grace when needed, and continue to learn new ways to "do school" together. Raise your hand if you want your School House to rock this year! Yes, me too! Choose your theme song, play it loud and proud, and let's go. We got this!

How will you rock this school year? Let's keep the conversation going on social with #hellohappymama and tag me in.








# Why Music Education Matters

By Metro News Service


Music plays an important role in our lives. Whether we're strumming along to our favorite song, singing in the car with the kiddos in the backseat, or playing the keyboard (or piano) during a family singalong, music lifts our spirits and provides us with the ability to express ourselves through song.


However, it does much more than that.

The benefits of music education extend far beyond getting kids to tap their toes. The National Association for Music Education (NAfME) shares the following benefits among the many other reasons to support music education in our schools.


 Music training helps develop language skills. Studies have shown that music training can contribute to the physical development of the left side of the brain that is associated with processing language.


A 2005 study that was conducted by researchers at Stanford University found that mastering a musical instrument may also improve a child's reading skills, which can benefit students whether they are inside or outside of the classroom.

 Music training can improve hand-eye coordination. Studies have linked long-term music training to improved hand-eye coordination. That is likely connected to the motor skills children develop when they are playing musical instruments. Without those instruments, those motor skills may not develop for them as strongly.

 Music improves concentration. Even students who cannot play a musical instrument can still benefit academically from simply listening to music.

In 2007, a research team from the Stanford University School of Medicine found that music engages the areas of the brain involved with paying attention. Today's students deal with numerous distractions in their daily lives, from smartphones to tablets to social media, but those who are routinely listening to various types of music might find it easier to block out those distractions and focus only on their work.

 Music can help students' emotional development. A 2003 study that was commissioned by Chorus America found that musicians are more likely than the average person to be involved in charity work as volunteers and donors. The NAfME also notes that music students may be more likely to exhibit empathy toward other cultures.

 Music can improve self-esteem. In a study examining 117 fourth grade students attending public school, a researcher at the University of Texas at Austin found that children who received piano lessons weekly for three years had higher self-esteem than children who were not given piano lessons during the same period. Neither group had participated in formal music instruction before the study, and students in both groups reported similar levels of self-esteem prior to participating in the study.

Supporting music education in our schools is crucial. However, discovering music outside of the classroom provides a variety of benefits for your budding Beethoven as well. It allows her to expand on her musical interests.

Kern County is home to a wide variety of businesses that are here to help your child reach his or her full musical potential. Whether your child prefers piano, guitar, flute, trumpet, trombone, or drums, there's an opportunity for her to shine in whichever instrument she chooses to play.

Above all, music education can enrich the lives of young students in a myriad of ways. It improves our moods, relaxes us, and teaches us new skills. All this potentially contributes to living happier, more fulfilling lives.



## LOCAL ENRICHMENT IDEAS

Whether it's music lessons, dance, or just socialization, Kern County has lots of great enrichment options for kids. Here are a couple of our favorites.

### A Good Time Out

3400 Calloway Dr Suite 501,  
Bakersfield, CA 93312  
(661) 410-8463  
questions@agoodtimeout.net

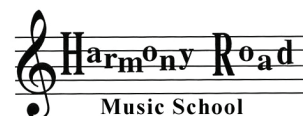


A Good Time Out continues to provide a fun and high quality experience for children 0-12 years old. Ages 0-5 welcome Monday – Friday 6:30am-6:00pm for socialization, play, preschool activities, and more. Ages 6-12 are welcome after 1:00pm for "Brain-Breaks" which include cooking, arts and crafts, and getting wiggles out. We have upgraded flooring and remodeling that facilitate our cleaning and disinfecting guidelines.

Facility #: 158303807 | 158303808 | 158303447

### Harmony Road Music School

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www.harmonyroadbakersfield.com



Harmony Road Music School offers group piano classes for children from tots to teens. Music & Movement classes are for little ones age 16m to 4 yrs. and include movement, singing, playing with rhythm instruments, finger games, rocking/cuddling songs, activities with balls, scarves, hoops, and keyboard introduction.

Group piano classes start at age 5 and feature solfège, ear training, note reading, rhythm and keyboard ensembles, and eventually composing and improvisation. Recitals are twice yearly. A parent attends all classes. Advanced students participate in various adjudicated events such as MTAC's Certificate of Merit, festivals and Guild.

New fall classes begin in September. Check our website for a schedule!





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• Swim instruction for babies - 6 months to 2 years (with guardian)  
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Contact BSA for more information. Classes are subject to availability at the time of enrollment.  
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Courtesy of   
www.calapple.org Instagram: @calapples  
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While you may be tempted to eat one straight off the tree for a quick snack or in a pie for dessert, there's more to apples! Let us convince you why these might be nature's most perfect health prescription.

# It's Apple Season in Kern County!

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## The Health Benefits of Apples

Metro News Service

The phrase, "An apple a day keeps the doctor away," is a familiar one that many people first heard as children. But some may be surprised to learn the phrase is as factual as it is familiar.

Apples are among the most cultivated and consumed foods in the world. They're also among the healthiest. Medical News Today, a market leader for medical news that is owned and operated by the United Kingdom-based healthcare publisher Healthline Media, listed apples among its 10 healthiest foods.

Apples provide an array of health benefits, lending credence to the notion that consuming one per day might just keep the doctor away.

**Apples may reduce risk for stroke.** Apples are rich in antioxidants, including quercetin, which researchers have determined can help people lower their risk for thrombotic stroke. In that study, which was published in the European Journal of Clinical Nutrition in 2000, researchers studied more than 9,200 men and women over a 28-year period. Those who ate the most apples during that time had a lower risk for thrombotic stroke, a type of stroke that occurs when a blood clot forms in an artery that supplies blood to the brain. Such blood clots block the flow of oxygen-rich blood to the brain, producing long-term brain damage.

**Apples lower levels of bad cholesterol.** "Bad cholesterol" refers to low-density lipoprotein, or LDL. LDL is considered bad because high levels of it lead to a buildup of cholesterol in the arteries, raising a person's risk for coronary artery disease. Thankfully, in 2011 researchers at Florida State University found that older women who consume apples every day had reduced their LDL levels by 23 percent in six months and even increased their "good" cholesterol levels by 4 percent over that period. Good cholesterol, also known as high-density lipoprotein or HDL, has been found to prevent arterial disease.

**Apples can help people maintain healthy weights.** The flavonoid polymers found in apples inhibit enzymes that break down simple sugars. What does that mean for you? That means that the flavonoid polymers

in apples help you flush more of the sugar in apples out of your system instead of storing it as fat. That can help people maintain healthy weights. Fuji apples have the highest concentration of flavonoids, so people who want this particular benefit of apples may be best picking up these types from their local farmers' market.

**Apples can lower risk for diabetes.** A recent cohort study published in BMJ (formerly the British Medical Journal) that involved researchers from the United Kingdom, the United States and Singapore found that consuming three servings per week of blueberries, grapes, raisins, apples, or pears reduced participants' risk for type 2 diabetes by 7 percent.

An apple a day could very well keep the doctor away, paving the way to a long, healthy life for apple aficionados.

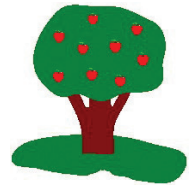
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[www.pulfordappletreeorchard.com](http://www.pulfordappletreeorchard.com)



Apple season is here! Pulford Appletree Orchard will be open during September and October with many of your favorite varieties pre-picked including Gala, Jonathan, Golden Delicious, Mutsu, Granny Smith, Braeburn, and Fuji. In addition to the sweet, juicy apples, the Tehachapi apple season offers a great opportunity to enjoy the cool, crisp mountain atmosphere. Be sure to enjoy the harvest season by visiting local growers and continuing the tradition of mountain grown Tehachapi apples!

Murray Family Farms (855) 868-7729

Knaus Apple Ranch (661) 822-4142







## Caramel Apple Hand Pies

Recipe and photo courtesy [californiagrown.org](http://californiagrown.org)

### Ingredients

- 2 Golden Delicious apples
- 8 soft caramels, cut into small cubes
- 2 boxes double crust pie dough
- 1/4 cup sugar
- 1/2 t. cinnamon
- 2 T. flour
- 1/4 cup chopped pecans
- 2 T. sanding sugar
- 2 eggs, whisked. You can add a little water if needed to thin

### Instructions

1. Preheat oven to 425
2. Core apples and cut apples into small cubes. Add the sugar, cinnamon, and flour. Stir to combine. Add the pecans and set aside
3. Using a wide mouth mason jar, cut out circles from each pie crust. You should get at least 8 rounds per crust.
4. Line a baking sheet with parchment and place the rounds on the parchment. Add filling to each round. Add 4 or 5 small pieces of caramel. Place the top round on top and seal by pressing with the tines of a fork.
5. Brush each top with the egg wash and cut an X on the top of each round for venting. Dust with sanding sugar
6. Place in preheated oven for 15 minutes.
7. Allow to cool for about 5-10 minutes before enjoying.



The California Apple Commission (CAC) was created in 1994 to administer the state marketing order program for California apples. California is the fifth largest producer of apples in the U.S. as well as the second largest exporter of apples, with shipments to over 27 different countries including Canada, Mexico, and Taiwan. The apple season begins in mid-July with Galas and extends to mid-October with Cripps Pink. Other popular apple varieties grown in California include Granny Smiths and Fujis. The California apple industry prides itself in always providing fresh rather than stored apples, with our growers living by the motto, 'Pick, Pack, Ship!'

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# Don't Think Finding a Sitter is Exactly Like Dating? Think Again

By Pam Moore

For many parents, the prospect of leaving the children with a babysitter is overwhelming. Not to worry. Finding a sitter is a lot like dating, which you have probably done before.

Though you may have been driving a car that wasn't covered in Goldfish crumbs the last time you were on the prowl, finding a sitter and dating have more in common than you think.

The types of sitters you meet are actually just like the kinds of people you date.

## The One You Hope Looks Like Her Picture

It's the 21st century, so if finding a sitter online makes you uneasy, remember: Google is your friend. Study her Facebook timeline, troll her Instagram feed, and order a background check. Even if she's perfect on paper, an IRL meeting could be a different story. Maybe she wears excessive cheap perfume or swipes through Tinder when she thinks you're not looking. So, keep it light the first time she comes and grab a drink. Save that fancy dinner for when you're more comfortable with her. And don't be afraid to use a nannycam, especially if you met on Craigslist.

## The Older Woman

She's raised her own kids. Maybe she even has grandkids. She has tricks that make your head spin. Her ability to soothe even the most difficult child with a loving touch and sweet whispers will blow your mind. She will be focused on your kids, not sexting or Instagramming #OOTD pics while she's on the clock. Unfortunately, her experience and maturity could come at a high price. You may have to remind her that just because she lost her



virginity the same year you graduated preschool does not make her an expert on everything.

## The Heartbreaker

You hit it off immediately. You spend 20 minutes crafting the perfect text, then wait 24 hours to hit send. When she comes over, you do your best to appear breezy. You explain you're not looking for anything serious, just occasional dinners.

You show her your house. You ask her questions about herself. She seems interested. When you try to schedule, she says she doesn't see it working. Was it something you said? Was it the track marks in your otherwise pristine toilet bowl? Were your kids acting like... kids? Your husband keeps you from texting her after you've had a few drinks, "WHY?"

## The Virgin

She's never babysat, but she has younger siblings. She's eager and genuine, so you give her a chance. You come home to chaos. Dirty dishes are piled high. Toys litter the floor. The baby is on the changing table. Unattended. You wonder if this girl has ever met a baby, let alone cared for one. When you change the baby's diaper, you find traces of leftover poop in every crease. This girl is just as sloppy as she is clueless. You gave her a shot, now she can practice on someone else's kid.

## The One Who Got Away

You meet at the gym. Your heart leaps if she's working Kids Korner. She has an instant connection with your kids. Soon, she's at your house

constantly. She spends entire days there while you're working, returning after bedtime so you can go to dinner. You brag about her to your friends. Then she says she has to be free, to travel. She doesn't know if she'll return. You wish her well while holding back tears. Sometimes you Facebook stalk her. She's riding an elephant in South Africa, partying with hot Australians in Southeast Asia. You'll lose your mind if you never see her with another family. You hope she's happy, but God, sometimes you miss her.

## The One

Between sips of her margarita, she makes faces at your baby. The chemistry is unmistakable. When the check comes, your husband whispers, "Should we ask if she babysits?" For once, he has read your mind. She always texts back immediately. She plans fun activities, like walks to the park and the library. She makes hanging out at home fun, arriving with hand-picked library books and a potato (for making stamp art, of course). Her devotion is pure; she rocks your sick child to sleep and volunteers to take her to the park when your second baby is born. She is the first non-family member to watch your kids overnight. You are convinced that whoever says you can't meet quality people at bars has no idea what they're talking about.

As my mom said, you have to kiss a lot of frogs before you meet your prince. I came home to a soaking wet baby in a backward diaper countless times before I found The One. You just have to keep putting yourself out there and trust that the right sitter is out there somewhere, waiting for you, too.

in your own words .....

# All About Autumn: Answers from our Readers

We asked our readers about the upcoming change of season. Family traditions, slightly cooler weather, and all things pumpkin all made this month's round-up of comments from our readers. Here are a few of the answers we received.



## Q. What are you looking forward to this Autumn?

**The smells of pumpkin and spice and everything nice!** - Courtney Wright

**As a teacher, I am looking forward to meeting new students, reconnecting with existing students, and blazing the distance learning trail!** - Audrey Boyle

**Pumpkin pie and family and coffee, coffee, coffee.** - Yadira Williams

**Hopefully being able to go out to businesses being open.** - Shauna Taylor

**Crispy leaf walks in the morning. There's nothing more satisfying than the crunch of a crispy pile of leaves beneath your feet and my fur babies love it, too! The noises make them all springy and hilarious, so that's fun. But generally, everything looks beautiful and transitional at this time of year.** - Valerie Zavala

**We are looking forward to cooler weather and everything pumpkin spice!** - Stephanie Lee

**Cooler weather in the fall as well as changing of the tree foliage. Bike rides and walks are really nice for getting the body going as well as being therapy for our minds and emotions.** - Bobbie Bishop

**Hot cocoa, bonfires and s'mores.** - Michelle Cottle

**Halloween! And fall-scented candles and pumpkin-flavored things just make my heart happy.** - Tori Ramay

**I am looking forward to nature's changing of colors. I am hoping that we see our society being changed for the better as well.** - Lisa Nadal

**I'm looking forward to all the beautiful colors autumn brings!** - Jessica Payan-Medina

**Campfires, s'mores, and making new memories with my boys.** - Amanda Harris

**What I am looking forward to this autumn is the beautiful change in weather, the leaves changing color, and the warm feeling on cold days that remind you how good it is to stay in and watch a movie with the family.** - Diana Garcia

**COVID vaccine, kids going back to physical school, cooler weather and pumpkins.** - Tishana Debenham

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Andrea Adkins was a happy #WinonWednesday winner! You could win, too. Sign up today at [bit.ly/kern\\_email](https://bit.ly/kern_email) and follow KCFM on Facebook at @kerncountyfamilymagazine



## 11 Ways to Make Autumn Memorable this Year

By Callie Collins

Social distancing and related restrictions will make for an unusual autumn season. Help the fall stand out with ways for it to be memorable beyond the present pandemic-related situation. Although the weather may continue to be warm this month, you can still get in the spirit with seasonal activities. If you're feeling a little reluctant or just want a way to participate together, here are 11 ways to start the Fall season:

- ♥ **Gather fall leaves:** Go on a hike or other walk in nature. Collect fall leaves to trace or make a craft together.
- ♥ **Bring nature indoors:** Pick sunflowers, wheat, or other seasonal selections, and arrange them in a vase.
- ♥ **Take a Labor Day staycation:** Completely disconnect for a day. Turn off electronics, and enjoy your day.
- ♥ **Spend time in the kitchen:** Favorite fall recipes like pumpkin pie, apple cake or baked squash feature traditional tastes of the season. Make your family's favorites, and pass along those traditions with hands-on fun.
- ♥ **Create a fall-themed brunch:** Make a hearty strudel, break out your Thanksgiving dishes early, and let your children create the invitations. Host your own holiday for just your immediate family.
- ♥ **Hang up a wreath:** Feel festive with subtle decorations. Start by decorating your door with a fall theme. Whether you purchase a wreath or choose to make one, transitioning into something new can help you adjust.
- ♥ **Skip the subtlety and go all out with decorations:** If you love Halloween or just the autumn season, go ahead and decorate. Many Halloween decorations are reportedly already selling out at local retailers from online purchases.
- ♥ **Take a family portrait:** Remember this season by making time for a family photo. School portraits may not happen this year but family sessions are still a possibility. Pose outside on your porch or choose an outdoor venue with room for social distancing.
- ♥ **Make s'mores:** There are so many ways to make s'mores, including outside, with a tabletop candle kit, on the stove, or in the microwave. Evenings get better with chocolate, marshmallow, and graham crackers.
- ♥ **Share a novel together:** Evenings of stories can help you remember the season well. "Coco: A Story about Music, Shoes, and Family" by Diana Lopez is a fall favorite for young readers that leads into Día de Muertos.
- ♥ **Pick out pumpkins:** If it's possible to visit a pumpkin patch or grocery store near you, choose pumpkins to carve, bake the seeds, and try a new recipe with different parts of the pumpkin.








Mark Your Calendars!

# SEPTEMBER

National  
**Hispanic Heritage**  
Month

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



## FUN DAYS TO REMEMBER

**September 5**  
• Cheese Pizza Day

**September 6**  
• Read A Book Day

**September 9**  
• Teddy Bear Day

**September 12**  
• Video Games Day

**September 13**  
• Grandparent's Day

**September 16**  
• Guacamole Day  
• Step Family Day

**September 19**  
• Talk Like A Pirate Day

**September 22**  
• Ice Cream Cone Day

**September 25**  
• Quesadilla Day  
(Dia de la Quesadilla)

**September 26**  
• Pancake Day

**September 28**  
• Family Day

**September 29**  
• Coffee Day

**September 30**  
• Women's Health & Fitness Day

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# ACTIVITY CORNER ANSWERS

p.22

Sudoku:

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

Crossword:

- |             |           |
|-------------|-----------|
| Across      | Down      |
| 1. Safety   | 1. School |
| 3. Heavy    | 2. Books  |
| 4. Pains    | 4. Pour   |
| 6. Limo     | 5. Noun   |
| 7. Learning |           |

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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
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- Camps & Activity Scholarships
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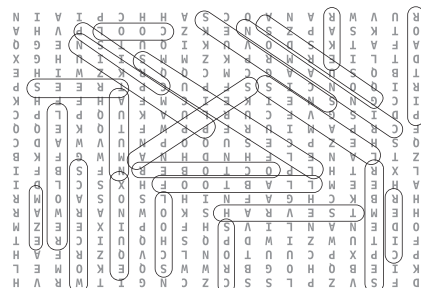
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# September Activity Corner ...answers on page 19



## Sudoku

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

Level: Beginner

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve: the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes. The more numbers you name, the easier it gets!

## Crossword Puzzle

1								2
3								
			4				5	
6								
7								

### ACROSS

1. Condition of being protected
3. Of great weight
4. Aches and \_\_\_\_\_
6. Large vehicle (abbr.)
7. Gaining knowledge

### DOWN

1. Education building
2. Things to read
4. Flow into a stream
5. Person, place or thing



## LEARNING HUB

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# Autumn Word Find

answers on page 21



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

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