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# kern county **Family** free m a g a z i n e

OCTOBER 2020

Norman Rockwell's

## ART COMES ALIVE

The Don't Miss Virtual  
Event of the Year:  
Farm to  
Table(aux)

HOW TO  
CONNECT  
*with your*  
Community  
11 Ideas Inside

Breast  
Cancer  
Awareness  
Look for These  
Warning Signs

*plus:* dealing with nightmares pg 17 bullying prevention pg 8  
celebrating halloween during a pandemic pg 16 find jack and win! pg 4



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**Clinica Sierra Vista WIC**



Look No Further for Halloween Fun!

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**Cover:** As featured on KCFM's cover, actress **Charlotte Smith** is transformed into Rosie the Riveter for the **Boys & Girls Club of Kern County's 5th Annual Farm to Table(aux).**

Cover & Story photos by Orlando Trevino, BGCKC

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October is Breast Cancer Awareness Month



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dear reader .....



Vaun Thygerson,  
Contributing Writer

*"Art* is something that makes you breathe with a different kind of happiness," said Anni Albers, a German-born American textile artist and printmaker.

Art can stir up a range of emotions from happiness to contemplation to frustration to love. I appreciate art and the artists who can actually create beautiful masterpieces. My mother taught me to love art. She made sure that we, as a family, visited all the famous paintings by the greats like Michelangelo, DaVinci, Warhol, Picasso, and Rembrandt. We took the time to not only look at the art, but to learn about the artists behind the paintings.

My older sister is an exceptional artist. She has the talent to create beauty in not only paintings but with stained glass and wood carvings. I, on the other hand, can barely draw a stick figure. When my kids were younger, I put them in all kinds of art classes to see if they inherited the "art" gene. My daughter loved to draw what I called "fashionistas" – they were tall, majestic women with the most creative long, flowing dresses. My boys loved to draw helicopters and cars. It's funny how, even as little children, they ended up drawing what interested them in their personal lives.

Art is not only beautiful, but it really can be a form of a. When we first started our quarantine, the main activity we did as a family was chalk art on our sidewalks using the hashtag #chalkyourwalk. I saw this trend go viral as so many people turned to art as a form of self-expression and catharsis. Using our creative juices somehow seemed to make our situation easier to handle.

One of my favorite fundraising events each year is the Boys & Girls Clubs of Kern County's (BGCKC) Farm to Table(aux), where they pick an artist and create a magical night around the art. In the past, they've channeled Andy Warhol and Van Gogh, among others, and this year they are featuring Norman Rockwell, America's Illustrator, virtually via live stream on Friday, October 9. **To register for free, visit [www.event.gives/farmtotableauxbako](http://www.event.gives/farmtotableauxbako) between September 30 and October 9.**



The Club members get in on the action and sell their paintings, perform their dances, and sing their songs. It's such a fun night of mingling and enjoying friends and delicious food, all while supporting a great cause. This year is no exception despite the pandemic. Farm to Table(aux) is going virtual with all the uniqueness and artistic representation making the cut. Thanks to Zane Smith, executive director of BGCKC, you can check out the article, "Boys & Girls Clubs of Kern County's 5th Annual Farm to Table(aux) Goes Virtual: Featuring Norman Rockwell, America's Illustrator," on page 10.

Zane's beautiful and talented daughter, Charlotte Smith, graces KCFM's cover this month in tableau vivant (living painting) style as Rosie the Riveter, 1943, from Rockwell's famous cover illustration on The Saturday Evening Post magazine.

Getting involved with fundraisers and supporting local nonprofits always make for great community connections. In the article, "11 Ways to Connect With Community This Autumn," you can find other ways to foster local relationships during these challenging times. Some of the unique ideas include virtual dinner parties, being a pen pal, and socially distancing scavenger hunts. To check out all 11 ideas, turn to page 12.

For your monthly dose of humor, turn to Julie Willis's Humor at Home article, "Dealing with Nightmares: It's Always a Dinosaur," on page 17. She writes about how movies can really affect your dreams and wake you up in a panic at 2:30 a.m. Her advice: Don't watch movies that you don't want to dream about.

October is my favorite canvas as I watch the leaves change and the air cools! And, even though a lot of our lives are different right now, there is so much we can still celebrate. We can take the time to express our creativity and appreciate all the art around us! It's also amazing to see how well we are all adapting to a more virtual world. Trick or treating might look different this year, too, but I have a feeling we will figure out some way to celebrate safely! Happy Halloween!

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## Take a Trip to the Moon With the Artemis Moon Pod Essay Contest

Take remote learning a little further – as in 250,000 miles further. NASA collaborated with Future Engineers to create the Artemis Moon Pod Essay Contest. Open to U.S. students in grades K through 12, this contest runs through December 17, 2020, challenging participants to imagine leading a one-week expedition to the moon's South Pole.

Every student who submits an essay will receive an official certificate and be invited to a NASA virtual event featuring an astronaut. Semifinalists will be invited to represent their state or territory in a series of Artemis Explorer sessions with NASA experts. Nine finalists will have the opportunity to travel with a parent to NASA's Johnson Space Center next summer to learn about lunar exploration. The national winner in each grade division will win a family trip to see the Artemis flight test and watch the most-powerful rocket in the world launch from NASA's Kennedy Space Center in Florida.

To enter the contest, students must submit their essay by December 17. The essays will be divided into three groups for judging by grade level, K-4, 5-8, and 9-12. Make sure to check out the full list of contest details, including that your essay should be no more than 100 words (grades K-4); 200 words (grades 5-8); or 300 words (grades 9-12). Students can sign up individually at the contest site or teachers can register the entire class.



For more information, please visit <https://www.nasa.gov/feature/stem/artemis-essay-contest>

## Local Cleaning Company Clean Stride Partners with Nonprofit

Clean Stride, a local family-owned cleaning company, has teamed up with Cleaning For A Reason, an international nonprofit foundation serving women with cancer. Each month for four consecutive months, Clean Stride will be donating their cleaning services to two local women who are battling cancer.



"Losing my mom to pancreatic cancer and personally knowing how hard it is on everyone when a loved one is going through treatment is the reason I wanted Clean Stride to be a part of Cleaning For A Reason," says owner Adriana Olivares. "Our business is not glamorous, but knowing a family will be coming home to a clean house and have one less thing to worry about that day is what it is all about. I am honored to give the gift of a clean home to women in need of assistance. These cancer patients must be able to focus on their health and family, not on cleaning their homes."

The company offers residential, commercial, carpet and upholstery, and tile and grout cleanings. Clean Stride's mission is to provide their customers with a healthy indoor environment by removing many of the indoor contaminants.

For more information about this company, go to [www.cleanstride.com](http://www.cleanstride.com). To learn more about Cleaning For A Reason and to apply for free house cleaning, see [www.cleaningforareason.org](http://www.cleaningforareason.org).

## Walk Like MADD Virtual Run



The 7th annual Walk Like MADD & MADD Dash hopes to help end drunk and drugged (impaired) driving at its virtual event on Saturday, October 10, from 6 a.m. to 11 p.m. Sponsored by Chain/Cohn/Stiles, Kern County will come together to proclaim, "No More Victims." You can help by signing up for the 5K or 10K (walk or run) as a virtual participant, team captain, or volunteer. All funds raised from this event stay local to help innocent victims of DUI crashes, help raise awareness of the DUI epidemic in our community, and help fund MADD Kern County Programs. **For more information and to sign up, please visit [www.walklikemadd.org/bakersfield](http://www.walklikemadd.org/bakersfield).**

## Local Nurses Honored at Virtual Event

The World Health Organization has designated 2020 as the year of the Nurse and Midwife, especially as they are also a large part of the health care worker shortage being experienced around the world. Many local nurses were recently awarded for their outstanding service during a virtual ceremony by The Kern County Chapter of the Association of California Nurse Leaders (KCACNL). Scholarships were also given to nursing students in various stages of education from Associates Degree to Doctorate levels. KCACNL also supports a pipeline program, Kern RN Explorers, providing high school students with "hands on" introductions to the nursing profession in various healthcare environments.

This year's theme, Invoking the Passion of Nursing, resonates with all the healthcare challenges facing the world. Hospitals, local agencies, and colleges nominated 31 nurses in 9 categories. These categories represent nursing excellence in both inpatient and outpatient settings as well as education, innovation, humanitarianism, leadership, and lifetime achievement. Ten scholarship recipients were also presented \$1,000 each.

The nine category winners are: Clinical Practice in an Inpatient Setting, **Lina Daoud** of Bakersfield Memorial Hospital; Clinical Practice in an Outpatient Setting, **Marivic Cadiz** of Dignity Health; Emerging Nurse Leader, **Christopher Harkins** of Kern Medical; Exemplary Nurse Leader, **Mary Ann MacNutt** of Dignity Health; Education for Patients and Staff, **Amy Hubert** of Bakersfield Memorial Hospital; Education in an Academic Setting, **Karin Urso** of California State University, Bakersfield; Innovation in Professional Nursing, **Juliet Garo-Guinto** of Bakersfield Memorial Hospital; Humanitarianism, **Amara Dobbs** of Dignity Health; and, Lifetime Achievement, **Mary K. Stanley**, Retired.

For more information about KCACNL, go [www.kcacnl.com](http://www.kcacnl.com).

## U.S. Coin Shortage Calls For Busting Open Piggy Banks

Break out the kiddos' piggy banks! A side effect to a spring and summer that saw most Americans staying home is a nationwide coin shortage. As in-person retail sales plummeted, so did the pace of coin circulation, and some businesses simply don't have access to change and require shoppers to pay with cards or use exact change. The U.S. Mint say the coin shortage may be one part of the pandemic we can tackle, and children can help by putting their spare change to use. The Mint is asking the public to spend their coins, deposit them, or exchange them for paper money at the bank or a coin redemption kiosk.



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## Track Your Child's Symptoms with KidsDoc APP

These days, we're more attuned to our little ones' every snuffle, cough and ache. An app created by the American Academy of Pediatrics may help you navigate and track those symptoms before calling your child's pediatrician or making a trip to urgent care. The KidsDoc app, available in the iTunes and Google Play stores, provides a searchable index of symptoms. By tapping on the symptoms your child may be experiencing, you can get more detail and advice for what to do next, and the first aid section keeps common treatments you can try close at hand. You can also make profiles for each one of your kiddos to help keep medications, dosages and other information straight. [Healthychildren.org](http://Healthychildren.org)



## California Dispatchers Become First Responders Under New Law

Assembly member Rudy Salas' AB 1945, which recognizes the heroic work of public safety dispatchers by reclassifying them as first responders, was recently signed into law by Governor Gavin Newsom after passing the Legislature with unanimous bipartisan support.



"This is a historic day for the thousands of emergency dispatchers who call California home," Salas says. "For years, dispatchers have been misclassified under titles that do not reflect the importance of the life-saving work they

perform every day. As wildfires ravage our state, the work of dispatchers coordinating emergency responses has never been more critical. I want to thank the Governor for signing this important bill, and I hope that other states will join the movement to properly reclassify their dispatchers. Our country depends on the incredible work of our emergency dispatchers who are the first to respond during a crisis and the last voice we hear on the phone.

California dispatchers answer approximately 27 million 911 calls per year. Public safety dispatchers play a vital role in the state's emergency response chain which extends far beyond dispatching calls for peace officers and firefighters. Dispatchers are often responsible for being the first to respond during life-threatening accidents, wildfires, active shooter situations, and potential suicides.

## Adults - Get Current On Your Immunizations

Three million lives are saved worldwide each year because of immunizations, but 68% of adults worldwide are not up-to-date on theirs. Only 44% of Americans get a yearly flu shot, and only 27% have had a Tdap vaccine and/or the booster, which protects against tetanus, diphtheria, and pertussis. Go to [www.cdc.gov](http://www.cdc.gov) to find what you need and when.



## Kit For A Cure

As part of the Estée Lauder Companies' Breast Cancer Campaign 100% of the price of their The Pink Perfection Lip Kit, which consists of the lip balm and rose and beige lipstick trio, will go to the Breast Cancer Research Foundation. Estée Lauder Counters \$35.



## October is National Bullying Prevention Awareness Month: Know the Signs of Bullying

Despite the best efforts of educators and parents, bullying is a problem at many schools. According to StopBullying.gov, an official website of the United States government, as many as one in three American students say they have been bullied at school.

Bullied students often suffer in silence. As a result, the onus is on parents to learn the signs that a child is a victim of bullying. Such signs are not always easy to recognize, as StopBullying.gov notes that the most common types of bullying are verbal and social. Physical bullying happens less often, so kids who are being bullied may not exhibit physical symptoms like bruises or unexplained injuries, which are common indicators of physical bullying.



By learning the common signs of bullying, parents are in better position to recognize when their children are being bullied, whether that bullying is physical, social or verbal.

### SIGNS OF BULLYING

There are many signs of bullying and kids may not exhibit them all. In fact, StopBullying.gov notes that some bullied children exhibit no warning signs. So in addition to learning these signs of bullying, parents can make a concerted effort to communicate with their children every day, asking youngsters about how their day went and if they encountered anything that adversely affected their mood.

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors, such as running away from home, harming themselves, or talking about suicide



Parents are urged to report any concerns about bullying to educators immediately, as research indicates bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair. Bullying also can lead to or worsen feelings of depression and anxiety, which can contribute to suicidal behavior.

Learn more about bullying and how to combat it at [www.StopBullying.gov](http://www.StopBullying.gov).



## It's Breast Cancer Awareness Month

Breast cancer affects millions of women across the globe every year. According to the World Health Organization, breast cancer is the most frequent cancer among women, affecting 2.1 million women each year. As daunting as that may seem, the WHO also notes that early diagnosis can greatly reduce a woman's risk of dying from breast cancer.



Women can be proactive in the fight against breast cancer by learning to identify early warning signs of the disease. The nonprofit breast cancer advocacy organization Susan G. Komen® notes that the warning signs for breast cancer are not the same for all women, but the most common signs include a change in the look or feel of the breast or a change in the look or feel of the nipple. A discharge from the nipple is another common warning sign of breast cancer.

Physical changes in the breast can vary, but Susan G. Komen® advises women who notice these changes to bring them to the attention of their physicians immediately:

- Lump, hard knot or thickening inside of the breast or underarm area
- Change in the size or shape of the breast
- Swelling, warmth, redness or darkening of the breast
- Dimpling or puckering of the skin

Women with breast cancer also may notice physical changes in their nipples, including:

- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast

It's important that women recognize that physical changes in their breasts are not necessarily indicative of breast cancer. In fact, the American Breast Cancer Foundation notes that not all lumps in the breast cause cancer and that many such lumps are benign. Fibroadenomas and intraductal papillomas are examples of benign lumps, though it's important to note that even benign conditions such as these may put women at greater risk of developing breast cancer.

Susan G. Komen® notes that breast tissue naturally has a lumpy texture. If lumpiness can be felt throughout the breast and it feels like your other breast, then it's likely that this is just the normal texture of your breasts. However, women concerned by a lump or lumpy texture are urged to discuss those concerns with their physicians immediately.

Discharge from the nipple is another potential sign of breast cancer, but Susan G. Komen® notes that such discharge is rarely a sign of cancer. Discharges that occur without squeezing the nipple, occur in only one breast or are bloody or clear are potentially indicative of more serious conditions, including breast cancer.

Breast cancer is a formidable foe. But women who arm themselves with knowledge of the disease, including its early warning signs, are in better position to overcome it.



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

# Boys & Girls Clubs of Kern County's 5th Annual Farm to Table(aux) Goes Virtual

## Featuring Norman Rockwell, America's Illustrator

By Vaun Thygeron



Charlotte Smith as Rosie. Photo by Orlando Trevino, BGCKC

**"I unconsciously decided that, even if it wasn't an ideal world, it should be so and painted only in the ideal aspect of it..."** says Norman Rockwell, American painter and illustrator.

The 5th annual Farm to Table(aux) fundraising event benefitting the Boys & Girls Clubs of Kern County (BGCKC) is going virtual on Friday, October 9 at 6:30 p.m. and will feature America's illustrator Norman Rockwell.

Farm to Table(aux) has been a premier experience since its inception in 2016, known for its fresh local foods, artworks created by kids that attend the Clubs, silent auction, raffle items, and an exciting live auction. A free registration option is available to anyone from September 30 through October 9 at [www.event.gives/farmtotableauxbako](http://www.event.gives/farmtotableauxbako).

Although a virtual format requires some logistical maneuvering, Zane Smith, executive director of BGCKC, says all the unique elements will remain intact, including culinary options from Lisa Borda Petit Catering available to the sponsors and VIP ticket holders. Smith, along with his wife, Amy, friends, and event artists will be having a DIY viewing party at the Bakersfield Museum of Art, while maintaining safe and social distancing guidelines.

"Virtual fundraising is so different, but I am confident that our team can do this. We have had 4 ½ months of training and had tickets to other virtual events to see what was working and what wasn't working," Smith says. "I love to see the generous spirit that comes into play in support of our kids."

The night will consist of a live streaming feed showing the artistry behind the event, with some video-taped segments featuring Club members. At a production studio, actors and artists will be acting out four different tableaux vivants representing Norman Rockwell's famous cover illustrations from The Saturday Evening Post magazine. Also, participants will be able to bid on trips, virtual cooking classes, Kidz Art, and incredible silent auction items through the online event website.

**Farm to Table(aux) comes alive Friday, October 9 at 6:30 p.m. Register between Sept. 30-Oct. 9 at [event.gives/farmtotableauxbako](http://event.gives/farmtotableauxbako)**

The Club members from the Kidz Art program have been working really hard to have their personal art ready for the event. The 35 pieces for sale are influenced by Norman Rockwell's Americana style and the 1940s/50s era include landscapes, cows, farmhouses, pigs, and a pastel horse signature painting entitled "Happy Horse," by 15-year-old Lordes.

During the night, taped segments will include two musical numbers by Club members from the performing group, Music Fusion. They will perform "For Good," from the Broadway musical Wicked, and "Celebration," from Kool and The Gang.

Smith enjoys seeing the Club members put in so much time and effort for this event. "I feel amazed that a 15-year-old can do this and be inspired to create this art and then donate back to their own program," he says.

Smith says seeing the art come to life is one of his favorite parts of the event. The four tableaux vivants of Norman Rockwell's cover illustrations



Stylist Cat Web transforms Charlotte Smith into Rosie.  
Photos by Orlando Trevino, BGCKC



from The Saturday Evening Post magazine include his Triple Self-portrait, 1960; Rosie the Riveter, 1943; The Runaway, 1958; and Girl at the Mirror, 1954. Each living painting is done by individual local artists and styled by Cat Web.

As featured on KCFM's cover this month, Rosie the Riveter, played by actress Charlotte Smith, who also happens to be Zane Smith's daughter, is in perfect character showing American pride and ingenuity. She will be donning this persona again during the event to present the live painting by Belinda Rickett.

Charlotte felt strong posing as Rosie and was so happy with how it turned out. "It was amazing," she says. "I felt strong in posing like that and representing her, especially right now when women's independence is such a huge thing. And with the Boys & Girls Club, I loved representing her as a role model because that is so important to the kids."

The Runaway will feature a perfectly detailed soda fountain complete with actors playing

the police officer and little boy. This painting features art by Jesus Fidel. The live production of Girl at the Mirror will showcase a little girl with art by Taya Marroquin.

Another live painting is one of the most famous self-portraits in American art, Triple Self-Portrait, and features a Norman Rockwell look-a-like actor with a painting by Marj Dow. This cover was the first time the artist put his likeness on the magazine's cover in a capacity other than just as a cameo.

Benefitting the BGCKC, this event helps cover costs for 92 percent of the 8,000 Club members that participate in programs daily. With 63 Clubs and school sites in Arvin, Bakersfield, Frazier Park, Lake Isabella, Lamont, Shafter, and Wasco, the Club provides services and programs to benefit the growth and success of the country's future leaders.

For more information, please visit [www.bgclubsofkerncounty.org](http://www.bgclubsofkerncounty.org) or for sponsorship information, contact Kayla Nelson at [knelson@bgclubsofkerncounty.org](mailto:knelson@bgclubsofkerncounty.org).



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

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11 ways to... ..

# 11 Ways to Connect with Community this Autumn

By Callie Collins



The unexpected has characterized 2020. Changes due to social distancing have resulted in cancelled events, less in-person time and new ways of living day-to-day life that can leave us all feeling slightly off. Connecting with your community when in-person events are limited is actually more important than ever for your own mental wellness.

Here are 11 ways to be involved in Kern County without leaving home:

**Volunteer virtually with a local student:** Call your local school district or neighborhood school and ask if they need virtual-based volunteers. Reading with children via Zoom, offering homework help or offering mentorship can be mutually beneficial. Other ways to help could include paying off activity fees or other balances on student accounts.

**Be a pen pal for retirement communities:** Consider starting a program or joining one at a local nursing home to pair up with residents for correspondence. Writing letters back and forth can be a nice break from your screen but still provide a sense of connection.

**Make a special delivery:** Drop off a care package for nurses, teachers or other community heroes near you. These groups are especially vulnerable to burnout as they provide the services we all depend on as part of our local infrastructure.

**Participate with a cause you love:** Find out what a cause you care about is doing to bridge the gap with community relations during the pandemic. Whether you participate with a virtual marathon, send in a donation, or follow another charitable method that helps others, supporting a cause can help you know about issues in the community.

**Find a civic club with virtual meetings:** Some Rotary clubs and other organizations are choosing to meet via teleconferencing. If you're feeling isolated, find out about the many opportunities they offer.

**Host a virtual potluck:** Leverage relationships with your friends or neighbors and hold a dish exchange. Share a favorite recipe by leaving it on the doorstep at a designated time, ring the bell and let another family enjoy a new dish. Go home and see what's on your stoop. If wine is more your style, leave a surprise bottle for a friend who shares the affinity.

**Improvise for Halloween:** Trick or treating may not happen this year but you could host your own candy scavenger hunt with social distancing in mind.

**Tune in for a virtual concert or worship service:** Many universities, theaters, and even churches are offering shared experiences via Zoom. A concert can help you enjoy something new, and church may be even more spiritual and personal from within the privacy of your own space.

**Check in on someone who is in quarantine or that you just haven't seen recently:** A quick call, text or email can make all the difference in someone's day and also add joy to yours.

**Plan for the holidays:** Look ahead to the holidays by reaching out to community organizations that support those most in need. Donating food for Thanksgiving dinners or toys for children's stockings can start earlier than usual to meet a need that is anticipated to be greater than usual.

**Find what's good and share it:** Add positivity by making an effort to share good news, foster gratitude, and recognize something happy each day. Know of community news we should share? Write to our publisher, LJ Radon at [lj@kerncountyfamily.com](mailto:lj@kerncountyfamily.com), for editorial consideration.

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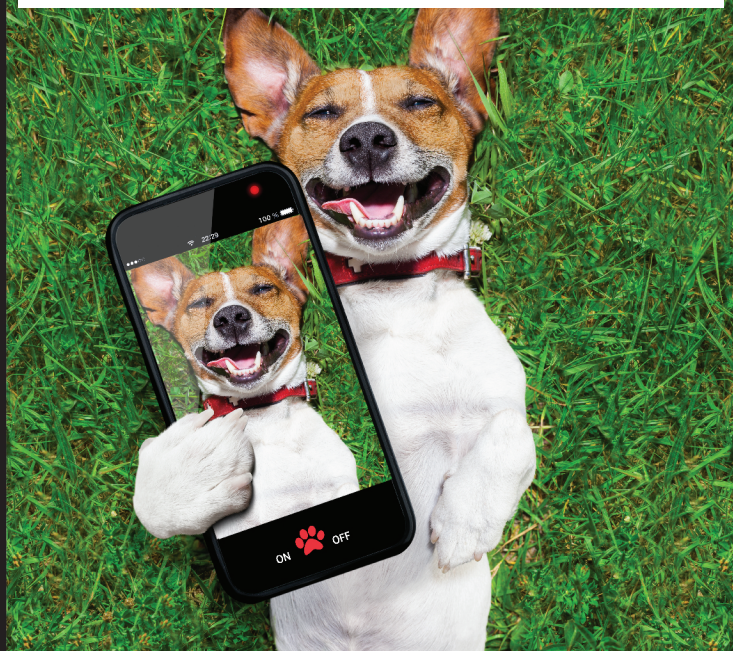


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**CALL FOR ENTRIES!**



**CUTEST**

# PET PHOTO CONTEST



Kern County Family Magazine is searching for the most heart-warming, smile-inducing, cuddle-worthy pets to enter in our Cutest Pet Photo Contest.

**Enter at [kerncountyfamily.com](http://kerncountyfamily.com)**

Snap a picture of your pet, then visit [kerncountyfamily.com](http://kerncountyfamily.com) to upload now through October 15, 2020. Voting for your favorite pet photo begins October 16, 2020.

Sponsored by Kern County Family Magazine &



See full contest rules at [kerncountyfamily.com](http://kerncountyfamily.com)

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

## What's YOUR Headline?

*Hello Mama!*

How are you doing during these crazy Covid days? When I'm asked that question, I tend to respond, "Just living my best pandemic life." Honestly, what else can you say? So far 2020 has thrown us into a constant roller coaster of challenges. We are constantly being fed negative headlines on the news, social media, even in conversations between friends and family. You've heard the saying, "You are what you eat." Well, I believe that also applies to what we consume for our mind: what we read, share, and speak. I recently came across a post on Facebook that stopped my scroll and touched my heart:

Sometimes I just want it to stop. Talk of COVID, protests, looting, brutality. I lose my way. I become convinced that this "new normal" is real life. Then I meet an 87-year-old who talks of living through polio, diphtheria, Vietnam protests and yet is still enchanted with life. He seemed surprised when I said that 2020 must be especially challenging for him. "No," he said slowly, looking me straight in the eyes. "I learned a long time ago to not see the world through the printed headlines, I see the world through the people that surround me. I see the world with the realization that we love big. Therefore, I just choose to write my own headlines. "Husband loves wife today." "Family drops everything to come to Grandma's bedside." He patted my hand. "Old man makes new friend."

"Old man makes new friend."

Wow, that really says so much. It seems easier to focus on the fear, the negative narrative, and the crisis headlines. But what if we focus on the headlines that really matter?

So, what's my headline, you ask?

**"Happy Mama Spends Quality Time with Her Family."**

Now that's a headline that puts it all in perspective for me. Yes, this pandemic has

turned our world upside down. But, I'm going to continue to respect this virus, wear my mask, practice social distancing, keep the WIFI going for my home-schoolers, support local restaurants, salons, small businesses, give back to non-profits, and write my own headline for my story. How about you?

What's your headline? Let's keep the conversation going on social. Tag #hellohappymama and Kern County Family Magazine.



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your own words

From Callie Collins' Commentary:

## KCFM Readers Respond: How will your family celebrate Halloween this year?

🌀 We will go all out to decorate our house and have a Halloween scavenger hunt (like an Easter egg hunt) around our house for our 5 year old. - *Brooke Hughes*

👤 We are going to do a drive through trick or treat for friends and family, so that the kids can still enjoy the festivities. - *Marilyn Perez*

🌀 Carving apples, bonfire, roasting hot dogs, bobbing for apples on a string, and sack races. - *Dawn Miller*

👤 We might just trick or treat with a few family members, bake pumpkin desserts, and watch Halloween movies. - *Brittany Billington*

👤 We will decorate, dress up, and put bags of candy out for the kids. - *Autumn Hobson*

🌀 Hopefully, we can trick or treat. - *Brandi Serda*

👤 We are growing our own pumpkin patch. We plan on doing our own haunted house for our kids. - *Jason Dodson*

🌀 Drown our sorrows in a big pile of candy! - *Susan Holland*

👤 We'll let the kids dress up and order in! We'll make individual goodie bags full of candy for them. - *Cassie Deras-Coker*

🌀 A family and friends backyard carnival. - *Debra Lemburg*

🌀 No trick or treating this year, for sure, but I am going to do a small Halloween party for the kids. - *Cindy Cortez*

👤 Probably stay home and try to "socially distance" hand out candy if we have any trick-or-treaters this year. - *Diana Coryell*

🌀 Since we won't be trick or treating, I have already been planning a family party with games and creepy food! - *Breanna Smith*

👤 Halloween is always a big deal in my house. We decorate and the kids spend months planning their costumes. If trick-or-treating can't happen this year we will be making treat bags for the kids in our neighborhood and leaving them on their front porches and doing a spooky themed scavenger hunt in our house for my kids. Happy Halloween, everyone! - *Keira Painter*

## PUMPKIN CARVING TRICKS

- **Start with a fresh pumpkin.** Look for pumpkins that have a thick, green stem. These usually are fresh and haven't been handled much. A thick stem also may indicate fleshier pumpkin walls that can be carved more easily. Avoid pumpkins that are soft or full of blemishes, or those that have dried, shriveled stems.
- **Cut a hole in the back.** Rather than impeding the structural integrity of the pumpkin by cutting off the top and the stem for interior access, cut a hole in the back of the pumpkin. This will still make it easy to reach inside and clean out the pumpkin.
- **Scoop out the pulp and seeds.** Be sure to thoroughly clean the inside of the pumpkin. Leaving the pulpy, stringy matter and seeds inside can cause the pumpkin to rot that much faster and produce a foul odor. Scoopers, spoons and even hand shovels can help.
- **Keep it cool.** Heat can adversely affect carved pumpkins, so work in a cool area and store the pumpkin in a cold garage or refrigerator if you need a few extra days before displaying it. Also, carving experts suggest using an electric light inside rather than a candle; by

using a candle, you're essentially cooking the pumpkin from the inside.

- **Work in your lap.** When carving faces or intricate designs, looking down onto the pumpkin provides more control.
- **Don't cut all the way through.** Many pumpkin designers end up shaving or scraping off the outer rind of the pumpkin, but leave a delicate orange film underneath. Light can still shine through, but the design will not collapse on itself as easily if you were to cut straight through the pumpkin wall. Experiment with different tools to achieve the desired look.
- **Maintain the freshness.** Rubbing exposed areas of the pumpkin flesh with petroleum jelly may help keep the pumpkin moist. Some designs will last for a few days. However, since pumpkins are highly perishable, it's wise to wait to carve until a day or two before putting a pumpkin on display.





## Dealing with Nightmares: It's Always a Dinosaur

I am used to being awakened in the night. My kids are 10 and 7. They've been waking me up for ten and seven years, respectively. I don't even jump when I feel someone's breath on my face and open my eyes to a face two inches from mine and a voice saying, "Mom."

Well, maybe I do jump. A little. Sometimes.

I am sure there are big kids out there who have stopped waking their parents up in the night. Who, at some point before they turned two (or even one), stopped needing comfort in the night. Yeah, those kids? Those are not my kids.

I try to remind myself--at 2:30 in the morning when I am being startled out of sleep--that THESE are my darling insomniacs, and I love them.

"Mom, I had a nightmare."



And now my heart is racing and it's no longer about me and how tired I am and how full my bladder is and whether someone else's kid lets them sleep. All of a sudden, it is ON. How DARE a nightmare disturb MY child's sleep?! I am ready for war. I am turning on lights and looking for monsters under the bed and tripping through the bedroom holding a baseball bat over my head.

"What did you dream, Sweetie?"  
"Huh?" is the reply.

Apparently, that came out as, "Wha-wha-woah-dweem-wee?" because I am still only half awake, and my mouth is not receiving the signals from my brain yet. The adrenaline may be pumping. But the mouth is still in deep sleep.

When I finally manage to get the words out, I learn that the nightmare was of a dinosaur chasing my daughter.

It is ALWAYS a dinosaur chasing her. What in the world that dinosaur has against her I will never figure out. What is his problem? Why can't he just sleep like the rest of us at night? But no, he has to barge into my daughter's subconscious and wake her up and make her terrified. I mean, what is he trying to do anyway? Make her hate dinosaurs? Kids are supposed to love dinosaurs. I am ready to grab my bat again and give that dinosaur a piece of my mind.

"Did you watch 'Ice Age: Dawn of the Dinosaurs' again?" I ask, exasperated. She is not supposed to watch that movie. This poor kid is scared enough of dinosaurs without Buck telling stories about how Rudy attacked him.

In all, Ashley has probably seen "Dawn of the Dinosaurs" like once. She may not know it yet, but she will be 25 years old and living on her own before she gets to see "Jurassic Park."

I eventually realize that I'm just walking aimlessly around the house with all the lights on in the middle of the night, mumbling, which isn't helping anyone get back to sleep. So I cuddle up with my little love bug and let her fall asleep with some extra comfort and security. She falls asleep easily, and I lie awake the rest of the night wondering why I ever let her watch scary movies in the first place.

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# KERN COUNTY FAMILY MAGAZINE

## daily happenings

### THE BEST LOCAL CALENDAR OF EVENTS!

Our printed version of the calendar has been edited for space.  
For more details about these events or activities not listed please visit  
[www.kerncountyfamily.com](http://www.kerncountyfamily.com)



OCTOBER 3

#### **Bakersfield Symphony Orchestra's From the New World Concert**

Maestro Stilian Kirov takes the Bakersfield Symphony to new heights and new worlds in our October performance. The concert begins with Corigliano's Voyage, followed by what will be a spectacular performance of Barber's Violin Concerto by virtuosic violinist Simone Porter. Dvořák's "New World" Symphony is the perfect finale, sure to delight and inspire with its elegant and passionate melodies. \$25-\$45 ticket range.

**Mechanics Bank Theater**  
1001 Truxtun Ave, Bakersfield  
(661) 323-7928

Time: 7:30 p.m.

<http://www.bsonow.org/event/from-the-new-world/>

OCTOBER 3 to OCTOBER 10

#### **M.A.R.E. Therapeutic Riding Center 30th Anniversary Virtual Fundraiser**

This silent auction benefits local non-profits and will be hosted online for one week. A live drawing will take place at Barber Honda on OCTOBER 10.

<https://www.facebook.com/mareringcenter>

OCTOBER 4

#### **Village Flea**

Village Flea is a family-friendly marketplace at the Kern County Museum and will feature amazing vendors of antiques, collectibles, vintage clothing, art, vintage home furnishings, AND local artisan goods.

There will also be a D.J., Packaged snacks, and Bottled Drinks. You are welcome to bring a picnic lunch! Masks are required for vendors and guests. \$5.00 general admission, 12 & Under Free

**Kern County Museum**  
Time: 8AM – 4:00 PM  
<https://kerncountymuseum.org/village-flea/>

OCTOBER 9

#### **Greenfield Walking Group Garden**

The Greenfield Walking Group Garden welcomes up to 20 additional volunteers to help its volunteer members with a monthly cleanup of the garden. The cleanup is approximately 6 - 8 p.m. (starting immediately after a garden meeting). Please wear clothes appropriate for gardening. Call Keep Bakersfield Beautiful at (661) 326-3539 at least two days in advance if you plan to volunteer for this event.

5524 Jonah Street  
(661) 326-3539  
Time: 6 to 8 p.m.  
<http://bit.ly/gardeningkerngroup>



Through OCTOBER 9

#### **Farm to Tableaux**

Register for Farm to Table(aux) - Bakersfield Benefiting Boys & Girls Clubs of Kern County - Farm to Tableaux- Bakersfield is bringing America's Illustrator, Norman Rockwell, to life through their virtual event!

Bid in the Kidz Art Auction and Silent Auction, Enter to win the Mysteré Box and much more!

<https://event.gives/farmtotableauxbako>

OCTOBER 9 & 10

#### **Teen Challenge Top Sirloin BBQ Curbside Fundraiser**

Teen Challenge is a one-year faith-based residential recovery program free of charge for men and women 18 years of age and older that are struggling with life-controlling addictions. Teen Challenge has been serving Kern County since 1969 as a 501(c)(3) non-profit

organization. All gifts and payments made through fundraisers are 100% tax deductible. Menu - BBQ Top Sirloin with oven roasted garlic potatoes, glazed carrots, and a sourdough roll.

301 E. Roberts Lane  
661-399-CARE (2273)  
Time: 2 to 6 p.m.  
[www.teenchallenge.org](http://www.teenchallenge.org)

#### **OCTOBER 9 to OCTOBER 11 Frontier Think Pink Virtual 5K/10K**

This event is a virtual 5K/10K is a run/walk that can be completed anywhere. Participants can run, walk, bike or swim the race distance wherever they want during the suggested race dates. \$10+

[http://bit.ly/thinkpink\\_bakersfield](http://bit.ly/thinkpink_bakersfield)

OCTOBER 10

#### **Walk Like MADD (Virtual)**

The 7th annual Walk Like MADD & MADD Dash hopes to help end drunk and drugged (impaired) driving at its virtual event. on Saturday, October 10, from Sponsored by Chain/Cohn/Stiles, Kern County will come together to proclaim, "No More Victims." You can help by signing up for the 5K or 10K (walk or run) as a virtual participant, team captain, or volunteer. All funds raised from this event stay local to help innocent victims of DUI crashes, help raise awareness of the DUI epidemic in our community, and help fund MADD Kern County Programs.

Time: 6 a.m. to 11 p.m.  
[www.walklikemadd.org/bakersfield](http://www.walklikemadd.org/bakersfield)

OCTOBER 11

#### **Strides for CJD**

Strides for CJD-Bakersfield is one of 20 events across the United States that take place each October to raise awareness and funds to support research projects related to Creutzfeldt-Jakob Disease.

<https://www.facebook.com/Strides4CJDBakersfield>

OCTOBER 17 & 18

#### **Via Arté Italian Street Painting Art Exhibition**

Bakersfield Museum of Art's annual Via Arté Italian Street Painting public art exhibition has become a Bakersfield tradition, bringing together the community and the visual arts since 1998. Using the asphalt as canvas, spectators watch each year as artists unlock their imaginations and turn the parking lot of the Marketplace into a gallery of amazing chalk masterpieces.

The Marketplace, 9000 Ming Ave.  
<http://www.viaartebakersfield.com/schedule>

OCTOBER 31

#### **Happy Halloween!**



### SUBMIT YOUR EVENTS!

Our happenings section is dedicated to bringing the most current events to you, but we need your help! You can submit your calendar events at [kerncountyfamily.com](http://kerncountyfamily.com) by choosing Calendar on our website's menu bar and clicking the pull down tab, "Submit Calendar Event." Please submit calendar events by the 10th of each month prior to ensure we have enough time to consider your event. Best of all, it's FREE!

## ACTIVITY CORNER ANSWERS

p.22

Sudoku:

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

Crossword:

- |             |             |
|-------------|-------------|
| Across      | Down        |
| 1. Criminal | 1. Computer |
| 5. Email    | 2. ID       |
| 7. Text     | 3. Idiom    |
| 8. Router   | 4. Legally  |
|             | 5. ET       |
|             | 6. Afar     |



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## Creepy Eyeball Cheese Balls



### Ingredients

- 1 15 oz . can olives, rinsed, drained and patted dry
- 1 8 oz . package of cream cheese, softened
- 1/2 packet ranch dressing mix (dry)
- 1 cup mozzarella cheese
- Food art marker in red (or consider painting on hot sauce with a fine tipped paint brush!)

### Directions

1. Mix the cream cheese, mozzarella, and ranch mix with a mixer on high until smooth.
2. Roll the mixture into small (2 tbsp or less) balls with hands and put them on your serving plate.
3. Place an olive into the middle of each ball with the hole facing up.
4. Use the food marker or hot sauce to make the veins
5. Chill in the refrigerator for at least 1 hour.

Serve with pita chips, crackers or veggies.

Photo by Sprinkle Some Fun. Original recipe can be found at <https://sprinklesomefun.com/creepy-eyeball-cheese-balls-easy-halloween-party-food/>

## AUTISM SOCIETY

Improving the Lives of All Affected by Autism  
Kern Autism Network

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



### 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](http://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

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**ACTIVITY CORNER**  
**ANSWERS** p.22

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# October Activity Corner ...answers on page 19

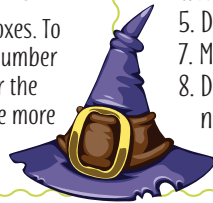


## Sudoku

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

Level: Beginner

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



## Crossword Puzzle

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

### ACROSS

1. A person who commits a crime
5. Digital mail
7. Message on a phone
8. Device that sends data to a network

### DOWN

1. Electronic device for storing data
2. Abbreviation for identification
3. Expression
4. Done within the law
5. Beloved alien
6. From a distance

## Fright Night Word Search

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

- |            |           |
|------------|-----------|
| BAT        | HALLOWEEN |
| BLACK CAT  | HAUNT     |
| BONES      | HOWLING   |
| BROOMSTICK | MOANS     |
| CARVING    | MUMMY     |
| CAULDRON   | PUMPKIN   |
| COFFIN     | SCARY     |
| COSTUMES   | SCREECH   |
| CREEP      | SKELETON  |
| CRYPT      | SPIDER    |
| DARKNESS   | SPIRIT    |
| EERIE      | SPOOKY    |
| EVENING    | TOMBSTONE |
| FRIGHTEN   | VAMPIRE   |
| GHOSTS     | WEREWOLF  |
| GHOULS     | WINGS     |
| GOBLINS    | WITCH     |
| GRAVES     | ZOMBIE    |

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