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*plus:* camping during lockdown pg 17 find tommy and win! pg 4  
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**MEMBERS OF**



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**Cover:** Be an Angel for a Bakersfield Child  
Bakersfield Angels Case Manager **Kristen Cabalka**, Director of Programs **Denise Reynen**, President **Allison McClain** and Case Manager **Jenn Young** are committed to helping foster youth in Kern County.

Cover story photos by **StaceyLeigh Photography**  
staceyleighphotography.com



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**11 Ways to:**  
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Give Thanks



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**PLUS**

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dear reader



Vaun Thygerson,  
Contributing Writer

Smizing (not a typo) is more important now than ever! This term is where you smile with your eyes – you “smize” – and with our mouths being covered with masks most of the time, mastering this art means more these days.

Coined by popular TV personality Tyra Banks, smizing is a term where she says the best way to truly smile so your whole face lights up is to bring that happiness to your eyes. In 2012, she came to Bakersfield as the keynote speaker for the Bakersfield Women’s Business Conference and she taught all of us in attendance how to practice this life hack. She told us not only will this look improve our photographs, but it will make us feel more confident. It really does work!

I am a smiley person. I genuinely like to smile, and to be honest, not being able to smile at people and not seeing others’ smiles has been one of the hardest parts of the mask requirement for me. This is where the smize comes in. I’ve been practicing the smize with a crinkle of my eyes, so that people can feel like I greeted them with a smile, even if they can’t see my mouth.

Smizing is my new tradition as we embrace our new normal in life. Julie Willis also has found a new tradition in her family: camping. In the Humor at Home article, “Creating New Traditions: Camping During a Lockdown,” on page 17, she writes about how they turned their living room into a campsite complete with tents, sleeping bags, and suitcases. This fun adventure had the entire family loving this new way of camping.

As the Fall leaves change and we roast s’mores over a roaring fire, wrap up in blankets while we watch football, and wear our favorite boots and sweaters, I like to remember that November really is the season of gratitude. In Hello

Happy Mama, Janelle Capra’s article, “Give Thanks,” she writes about how inspired she was when helping her son finish a gratitude journal for his online school. As an eight year old, she says it’s important to learn gratitude early, and how it’s a lifelong skill that we can all use. She asked his third-grade teacher, Mr. Josh King, why he assigned this journal exercise to his students. To read his amazing answer, turn to page 12.

November is also National Adoption Awareness Month and it’s an important to find ways to support all children. In Callie Collins’ article, “Be an Angel for a Bakersfield Child: How One Non-Profit is Making a Difference for Foster Children with Volunteers Like You,” on page 10, she writes about National Angels, Bakersfield Angels. This non-profit serves as a grassroots partner for the Kern County Department of Human Services. Although not every family can foster or adopt, there are many ways that everyone can help support a child in need.

The Holiday season is upon us and it might look a little different this year, but the meaning remains the same – this is a time of gratitude. This month you can start new traditions, help people in need, and smile (or smize) along the way. The Dalai Lama said, “A simple smile. That’s the start of opening your heart and being compassionate to others.”

**As shown on WikiHow.com, here are the five steps to smizing:**

1. Loosen your shoulders and relax.
2. Pick a focal point.
3. Laugh a little.
4. Practice squinting your eyes without moving your mouth.
5. Apply light eye makeup, if you want to.



*Happy Thanksgiving!*

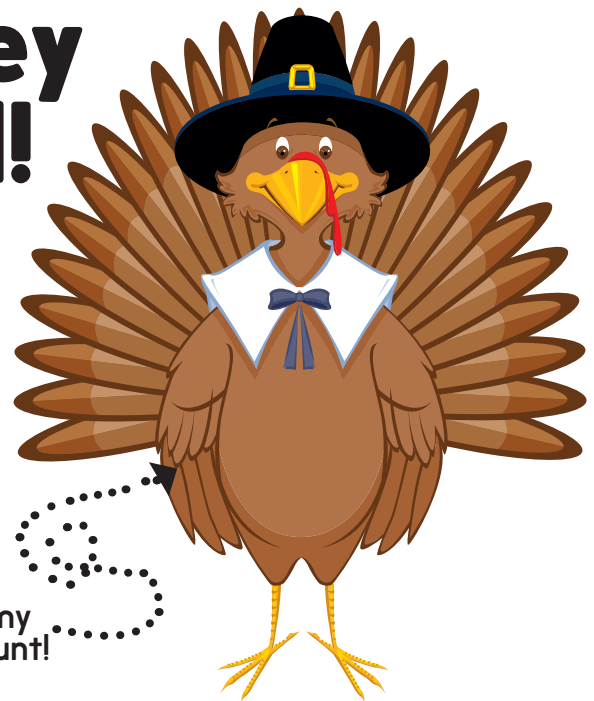
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# THANKFUL Readers Respond:

All that we are thankful for this year  
Compiled by Callie Collins

2020 has been a difficult year but we are looking ahead with gratitude. We asked our readers: What are you thankful for this year? Here is a selection of their answers:

## Spending quality time with my family!

- Ariana Martin



I am thankful for my 5-year-old daughter who has taken all of these changes in stride. - Brooke Hughes



## I am thankful that I am healthy, working, and going to school to pursue my dream career.

- Danielle Eagle



I am expecting a new grand-daughter any day now and am VERY grateful for the health of my family!

- Dianna Coryell



## My sanity, my family, and friends.

- Amanda Dager



Most of all I am grateful for how strong our country has been through the difficult times that we've all had to face during this pandemic. We are strong amazing people and we will continue to fight on!

- Iliana Hernandez



I'm thankful for my family, our health, and for my students who brighten my days, even when we can only meet through a computer screen.

- Jennifer Resolme



This year I am thankful for the health of my family and the health recovered for all those who suffered through any disease or illness as well as for the many wonderful moments we were able to make even during quarantine.

- Janet Maness



I'm thankful for the simplest things in life. **Those are the things that matter: peace, harmony, and good health.**

- Dawn Miller



Days of Christmas

# TOY DRIVE



**Drop off a new unwrapped toy between December 1 - 17 at the KGET TV lobby and help brighten the holidays for children in need.**



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### 3rd Annual Bakersfield Turkey Day Virtual Run

Join in the mother of all turkey trots on Thanksgiving morning with the 3rd Annual Bakersfield Turkey Day Virtual Run, benefitting the local CAPK Food Bank, on Thursday, November 26. Before the big meal, football games, and parades, get some exercise with your family with a timed 5K or Fun 2K Walk. Check in to see if the virtual race changes to an in-person run as the event might change due to changing state restrictions.

For more information, please visit <https://runsignup.com/Race/CA/Bakersfield/BakersfieldTurkeyDayRun>.



### 5th Annual Grillin' & Brewin'

Get your grub on at the 5th Annual Grillin' & Brewin' benefitting JJ's Legacy's Got the Dot Club Donor on Thursday, November 12, from 4 to 7 p.m. at Temblor Brewing Co. This pick up and go fundraiser will feature delicious dinner options and commemorative merchandise ranging from individual dinners to packages. You

can also enter an opportunity drawing for the Locals Supporting Locals Dinner where some of the best eateries in Bakersfield come together to create a unique dining experience for 10 guests.

JJ's Legacy's team developed the "Got the Dot Club" to educate first-time drivers about the question on the DMV form which asks them if they would like to be an organ, eye, and tissue donor. This club helps inform students how important it is to be a registered donor and how this decision can save lives.

For more information about this fundraiser and JJ's Legacy, please visit <https://www.jjslegacy.org/events/grillin/>.

### Full Moon Bike Ride

Join Bike Bakersfield for a Full Moon Bike Ride on Monday, November 2, from 7 to 9 p.m. This family friendly all-ages cruise starts at Beach Park and follows the Kern River Parkway Trail through the CSUB campus to finish at the Marketplace. The ride is a comfortable 10-12 mph pace and welcomes riders of all kinds. Lights and helmets are strongly encouraged. California Vehicle Code requires bicyclists under age 18 to wear a helmet. The vehicle code also requires bicyclists to have a front-facing headlamp and at least a red rear-facing reflector when being ridden at night.

For any questions, email [info@bikebakersfield.org](mailto:info@bikebakersfield.org).

### ADAKC's Virtual Senior Prom

The 2nd Annual Alzheimer's Disease Association of Kern County's (ADAKC) Senior Prom will go virtual this year on Saturday, November 14, from 4 to 8 p.m. With the theme, The Heart Never Forgets, ADAKC is bringing the Prom to you. To buy tickets, you can text "SENIOR PROM" to 41444 or email [events@adac.org](mailto:events@adac.org).



To learn more about ADAKC's services and this fundraising event, please visit [www.adac.org](http://www.adac.org).

### Light Up a Life Virtual Event 2020

Over the past 25 years, Hoffmann Hospice's Light Up a Life has marked the beginning of the Holiday Season with its annual remembrance ceremony to honor the memory of loved ones that have passed away and individuals who make life a little brighter. This year's event goes virtual on December 1st with each dedication read aloud during the virtual ceremony and printed in their 2020 Light Up a Life List of Names.



This year, when you make a Light Up A Life dedication, a light symbolically representing the person you are honoring will illuminate The Tree at The Marketplace and Hoffmann Hospice Home throughout the Holiday Season.

Dedications start at \$10 and can be made up until Sunday, November 29. For more information, please visit <https://www.hoffmannhospice.org/events/>.

### Via Arte Italian Street Painting Awards People's Choice Award

Ramiro Hernandez recently won the 2020 People's Choice Award at the Bakersfield Museum of Art's 22nd Annual Via Arte Italian Street Painting public art exhibition last month at The Marketplace. With social distancing guidelines in place, this tradition used the asphalt as a canvas where spectators watch each artist unlock their imaginations and turn the parking lot spaces into a gallery of amazing chalk masterpieces.



Thousands of votes were cast, and it was a close race with many incredible pieces being entered, but his Medusa-inspired piece won the coveted prize. "I decided to recreate this 2016 piece by Lucien Reblogs, because it reminded me of a modern rendition of the Gorgon, Medusa, from Greek mythology," Hernandez says. "I was captivated by the use of color and value, and I hope to bring those hues to life as well."

For more information, please visit [www.bmoa.org](http://www.bmoa.org).

# GIFT IDEAS WE



# PARENT EDITION!

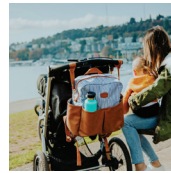
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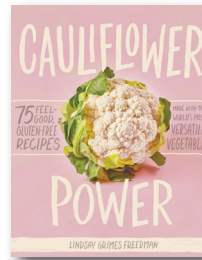
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## Take Out Woes

Restaurants tend to provide larger portions than their customers might prepare for themselves if they cooked at home. While that's good news for fans of leftovers, it's important that those leftovers be eaten before the risk of food poisoning increases. According to the Mayo Clinic, leftovers can be kept in the refrigerator for three to four days. It's important that diners recognize and respect that timeline, as they can suffer from food poisoning if they consume foods after that period even if the food gives no indication that it has begun to spoil. The Mayo Clinic notes that the bacteria that causes food borne illnesses is unlikely to change the taste, smell or appearance of the food. So even days-old food that looks fine and passes the smell test likely isn't safe to eat. Refrigerate leftovers immediately, as bacteria can quickly multiply when foods are kept at temperatures between 40 F and 140 F. Diners who are uncertain if they will eat their leftovers within three to four days should freeze the foods immediately when they get home.



# 10%



**That is How Few Domestic Violence Shelters Accept Pets**

If you or someone you know is staying in an abusive relationship for fear of leaving a pet behind, go to [www.safeplace-forpets.org](http://www.safeplace-forpets.org) to find a pet-friendly shelter or a safe temporary home for the pet.

## 5 Online Resources for Caregivers

More than 60 million Americans are unpaid caregivers to family, friends and neighbors, and the need for these caregivers is predicted to continue growing as the older adult population increases, according to Mental Health America.



Each year, the Caregiver Action Network (CAN) sponsors Family Caregivers Month in November as a time to recognize and honor family caregivers. CAN is a nonprofit organization that provides free education, peer support and resources to family caregivers.

### 5 Online Resources for Caregivers

**Caregiver Action Network:** Provider of free education, peer support and resources to family caregivers  
[caregiveraction.org](http://caregiveraction.org)

**AARP's Family Caregiving Site:** Resources, support line and an online support community for those taking care of loved ones  
[aarp.org/caregiving](http://aarp.org/caregiving)

**Alzheimer's Association:** Resources geared toward the special challenges faced by caregivers of those with Alzheimer's and dementia  
[alz.org/help-support/caregiving](http://alz.org/help-support/caregiving)

**Eldercare Locator:** A public service of the U.S. Administration on Aging, connecting users to services for older adults and their families  
[eldercare.acl.gov](http://eldercare.acl.gov)

**The Caregiver Space:** An online community for caregiver news, information exchange and private online support groups  
[thecaregiverspace.org](http://thecaregiverspace.org)

“GRATITUDE  
TURNS WHAT  
WE HAVE  
INTO ENOUGH.”  
-Aesop



## 11 Ways to Celebrate Thanksgiving This Year

By Callie Collins

Thanksgiving is the quintessential family holiday. Celebrating in 2020 has some more complex dynamics than usual but every household will find its way. Turkey trots and other group activities with large crowds may be out but there are many options to enjoy Thanksgiving together.

- **Host the traditional dinner:** You could stick with the traditional dinner and carry on with the usual plans. If extended family is usually part of your Thanksgiving, you have the option to carry on with the tradition of meeting up in a socially distanced way.
- **Host your own dinner:** Some families keep the traditional dinner to their nuclear family every year. That could be your traditional dinner already but if not, it's also something to consider. Forming your own traditions with a quieter dinner may be what your household needs this year.
- **Host a dinner via Zoom:** Eating with extended family members, friends and anyone else you choose to invite could be done via Zoom. It may be a little awkward to do the actual eating via video call but exchanging Thanksgiving greetings can feel more personable with technology at the table.
- **Choose alternate food:** If the usual foods aren't available or just you don't want to cook them, try something else. Go with a family favorite or try something entirely different, like sushi, or a dinner with desserts first.
- **Don't host a dinner:** Choose to do something different for the day. If Thanksgiving with social distancing or just in the strange year that 2020 has been feels too strange, an alternate activity may be something your family wants to do with the Thursday and Friday in November you have extra time together.
- **Volunteer at a community dinner:** Whether you host a dinner or not, community organizations will offer a hot dinner they could use help serving if you are able to volunteer. Check with local non-profits for social distancing procedures.
- **Make a gratitude box:** Start the week before Thanksgiving with a simple showbox and encourage every family member to contribute an item they would like to discuss on the big day as part of what they're thankful for this year.
- **Start a new tradition:** Regardless of what you do with Thanksgiving dinner, find an extra activity to enjoy together year after year. Tell stories, watch a movie, play a board game or try something you've never done before.
- **Take a drive:** Sometimes, a change of scenery can be a memorable way to enjoy a holiday. Even if you don't get out of the car, watching the sunset together is relaxing.
- **Decide how you'll spend the end of 2020:** Decide what you want to do to end the year and how you'll celebrate the next holiday.
- **Choose joy:** No matter how you spend Thanksgiving, making it a joyful occasion will bring you peace.



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### Angels Among Us

Allison McClain's vision for a sustainable way to help children experiencing life in foster care in Kern County would not be possible without the support of her board. The organization now includes 12 women who carry out case management and administrative work to better serve those in need. Their commitment to helping provide resources is in turn made possible by the community.

(From L to R)

**Bakersfield Angels Case Manager Kristen Cabalka, Director of Programs Denise Reynen, President Allison McClain and Case Manager Jenn Young gather around a Love Box destined to help a young person in Kern County.**

# Be An Angel For a Bakersfield Child:

## How One Non-Profit is Making a Difference for Foster Children With Volunteers Like You

By Callie Collins, Photos by Stacey Payne

**N**ovember is National Adoption Awareness Month. Foster care is an important aspect of social services that sometimes leads to adoption but often does not. Not every family can foster or adopt but supporting children in need is something every person can do in their own way. Time, resources, and encouragement matter, too.

Community leaders, social scientists and educators agree: one caring adult can make a difference in the life of a child. Bakersfield Angels is dedicated to improving quality of life for children in foster care and those who have recently aged out of it, as well as supporting the families who care for those in need. A local chapter of the non-profit organization National Angels, Bakersfield Angels, serves as a grassroots partner for the Kern County Department of Human Services. Allison McClain, president and chapter founder, has proven that one person's commitment to making a difference can inspire others to join a cause, lead a change and make that lasting change in young people's lives.

McClain's background is not in social work or education. She studied agriculture at California Polytechnic State University, San Luis Obispo, before moving to Bakersfield with her husband in 2002 to operate a dairy farm. They are the parents of four older children. Speaking at women's events and volunteering were already part of McClain's life, but her focus turned to foster care after hearing a podcast that recapped current statistics on

issues related to children who leave the foster care system only to find themselves with little support and few options.

According to the American Society for the Positive Care of Children, 66% of foster children will be homeless, go to jail, or die within one year of leaving the foster care system at age 18. It's estimated that as much as 80% of the prison population has been in the foster care system and 40% of people experiencing homelessness are former foster children. More than 70% of women who aged out of foster care will be pregnant by age 21. Abuse and instability, transfers to other homes with varying rules and routines, and uncertainty about the future contribute to the post traumatic stress disorder (PTSD) that children in foster care experience at twice the rate of combat veterans. Potential is curbed through no fault of their own; foster children are half as likely to graduate from high school as their peers in traditional homes and only 20% will attend college. Neglect is the leading cause for social service intervention, while 34% of foster children are removed from their homes due to parental drug use, and approximately 12% are temporarily relocated due to abuse.

McClain recognized the potential for helping solve multiple issues in both broader society and for the individuals themselves: the children living in foster care who lack resources during their placement periods, but also after. More than 2,000 children are in foster care in Kern County, but that

number is expected to increase due to economic conditions and deaths related to the COVID-19 pandemic. A 12-person board now oversees what McClain started, with corporate and community partnerships to further the work of helping mitigate issues related to foster care.

Bakersfield Angels works primarily through two organizational methods: The Dare to Dream Program and the Love Box Program. Mentorship for ages 15 to 22 is the focus of the Dare to Dream Program. Volunteers offer friendship, resources, and encouragement for students at this pivotal life phase. Milestones like getting a driver's license, creating healthy habits, learning life skills, building healthy relationships, and making post-graduate plans are all areas in which mentors can help. The Dare to Dream, Jr. Program for ages 11 to 14 also provides the opportunity for valuable guidance beginning at a younger age. The ultimate goal is to help young adults thrive, with a sustainable future, and to be there as adolescents make major life decisions.



The Love Box Program pairs foster families with volunteers who match based on compatibility and needs. They offer support through intentional giving that takes place through a variety of means including kind notes, groceries and meals, and other material resources like clothing, shoes, and cleaning supplies. Tutoring and enrichment may be what a family needs. Meeting the whole family's needs helps provide normalcy and resilience.

All volunteers must meet pre-screening requirements, pass a background check and be willing to fulfill other criteria in order to participate.

Hear from mentors, get referral information and find out more at [www.bakersfieldangels.org](http://www.bakersfieldangels.org).

## Q&A: Questions for Allison McClain, founder and president of Bakersfield Angels

**Q. What is the mission of Bakersfield Angels?**

**A.** The Bakersfield Angels mission is to walk alongside children in the foster care community, as well as their caregivers, by offering consistent support through intentional giving, relationship building and mentorship.

**Q. As we look to the holiday season, how can our readers help support this important cause?**

**A.** They can sign up to provide a Holiday Basket for a local foster family (baskets include family board game, gingerbread house kit, Christmas movie, sugar cookie mix, popcorn, holiday craft, gift card to Walmart or Target, etc.). They can also go to our website, [www.bakersfieldangels.org](http://www.bakersfieldangels.org), and sign up to volunteer for our two programs, Love Box and Dare to Dream, as well as sign up to be a monthly donor to sustain our programs for the long run.

**Q. What do you wish our audience better understood about the children and families you serve?**

**A.** I wish that people understood that children enter foster care through no fault of their own. They are a highly vulnerable population but evidence shows that trauma can be healed through healthy relationships. Foster parents are doing the hard and holy work of providing care to these kiddos and we have the opportunity to lighten their load by wrapping support and community around the entire family. Not everyone is called to foster, and not everyone is called to adopt, but EVERYONE can make a difference in the life of a child.

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<p><b>Brookside Markets</b> 4700 Coffee Rd. 661-588-2070</p>	<p><b>White Oak Plaza</b> 6401 White Lane 661-834-1916</p>	<p><b>Grand Island</b> 11400 Ming Ave. 661-663-8611</p>
<p><b>Countryside Market at the Village</b> Hwy 178 @ Comanche Dr 661-855-7000</p>		<p><b>Brookside Markets</b> 8803 Camino, Media Blvd. 661-654-0858</p>



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### Hello Mama!

I don't know about you, but I am so thankful for Thanksgiving 2020! We have made it through eight months of coronavirus craziness, economy in crisis, political division, racial tensions, devastating fires, mosquito mania (those suckers can bite!), and way too many closures and cancellations to count! So, why am I thankful you ask? Because...

#### I am still here.

That's right, if you are reading this right now, you too have survived 100% of the storms in 2020.

#### You are still here.

And, if ever there was a time to be thankful for our health and well-being, it's now. As I've shared in my previous articles, I believe in practicing an attitude of gratitude in my life. It's not always easy. Heck, if it were easy, everyone would do it. But, I can promise you; it's so worth it!

Recently, I took some much-needed time off of work to reset. I spent the first two days of my "vacation" helping my little human catch up on fifteen pages of missing school assignments.

Fifteen pages! As we powered through math, grammar, and more, I realized something that I had been missing through months and months of distance learning. My third-grader hasn't yet mastered the study skills needed for independent work. He has gone from being in a classroom with a teacher leading the way, to a desk at home with a Chromebook and expectations that are completely unrealistic with two parents who both work outside of the home. No wonder he feels frustrated (and I do, too!). It would be like me thinking that I could just walk out my front door to run a marathon. Truth be told, I wouldn't make it down the street without feeling defeated. It takes practice, practice, and more practice.

As we finished up the final pages of his work, my eight-year-old grabbed his gratitude journal that

his teacher, Mr. King, had given him and all of the students. I asked my son if he wanted to write in it and he said, "Yes!" Then, he opened the book and started to fill out the journal with questions like, "How was I kind today?" And completing the sentence, "Today I am grateful for..." It made my heart smile to think what a gift it is to learn how to practice gratitude at 8 years old. I'm still learning it at 47 years old! So, I reached out to Mr. King to ask him why he chose this for his third grade class and what does an attitude of gratitude mean to him.

**Josh King:** An attitude of gratitude is looking at the world with a new perspective. Being grateful for everything and everyone around you. Seeing the good and appreciating the bad at times to help you grow, help you learn, and to make you a better person. An attitude of gratitude allows us to constantly be thankful.

We have the choice to focus on the positives or worry about the negatives. Personally, I like to focus on the positives, see the good, and I'm grateful for so many amazing opportunities and connections that have helped me grow into the educator I am



Josh King

today. I hope that I can instill a sense of hope, a culture of kindness, and an attitude of gratitude in each of my students, and if I have done that (in addition to teaching), I have done my job.

Yes! That's exactly it. Choosing to "Give Thanks" is more than gathering around the decorated table for Thanksgiving. It's about creating a mindset that is constantly thankful. It's a daily choice. And, just like my son's missing pages of schoolwork, it takes daily practice to become a habit and a daily habit to become a life-style. As we turn the corner on the final lap of 2020, I encourage you to adopt an attitude of gratitude in your life. Start your day with a thankful heart and end your day with a thankful mind. Find your own gratitude journal and start writing down your thoughts and feelings. It might just become the one thing in November 2020 to truly be thankful for...that and a slice of pumpkin pie.

How are you giving thanks this holiday season? Let's keep the conversation going on social. Tag in KCFM and use #hellohappymama

## Happy Mama November Contest

Win a Gift Basket filled with an irresistible fragrance set from Smith & McCain, valued over \$180, courtesy of Greer's Banner Air of Bakersfield. Enter at [http://bit.ly/banner\\_air](http://bit.ly/banner_air) before Nov. 30th at 11:59pm for your chance to win!

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# CALIFORNIA OLIVES:

## Unique Crop Yields Health Benefits, Family Recipes and Farming Traditions

By Callie Collins

**"R**ipe olives: Grown in California, enjoyed by families everywhere."

That slogan has varied through the years but it touts a single important fact: California is the only state where olives are grown. California agriculture includes an abundance of fruits, vegetables, grains and more but a particular pride surrounds olive growing unique to the area.

The California Olive Committee offers an official history of olives in California that traces their literal roots back to the San Diego Mission where cuttings were planted in 1769. Franciscan monks in northern Mexico used olives in their cuisine, traditional dishes adapted from old world traditions based in Spain and Morocco.

California's tropical climate proved ideal for the cultivation of olives, a standout ingredient in a variety of recipes from around the world.

### The Health Benefits of Olives

Nutritionists have long touted the benefits of the Mediterranean diet, of which olives are an important part. They also fit with paleo, keto, low-carb and other specialty diets. The cardiovascular benefits of olive consumption is often associated with the use of olive oil, which is often a staple of these diets too. Fiber is also an added benefit, along with lowering blood sugar.

Olives are an excellent source of monounsaturated fatty acids, which lower LDL, known as bad cholesterol, while helping maintain HDL, good cholesterol. Nutritionists recognize their role in cardiovascular health, as they positively correlate with lower blood pressure and reductions in the inflammation that causes heart disease, especially when consuming olive oil or a low sodium version of the fruit.

**As a rich source of antioxidants, olives have also been shown to reduce the risk of certain cancers by protecting cellular DNA.**

The National Institutes of Health (NIH) have published multiple studies about the benefits of polyphenols, which also reduce inflammation, and help prevent bone fractures. Olives not only offer that unique compound, but also vitamin E, which benefits brain health and has even been associated with a lower risk of Alzheimer's disease according to the NIH.

Making olives part of your daily diet is a healthy habit and an ideal choice for snacks, side dishes and more. Find olive recipes online at <https://calolive.org/recipes/>.

### Pride in California Agriculture: Olive Grower Mike Silveira

The U.S. Department of Agriculture lists California as a primary producer of olives with about 4% market share worldwide. The olive industry contributed more than \$500 million to the state's economy last year, with more than 100,000 tons of olives produced for consumption.



The Aguiar and Silveira Family

While those statistics are impressive, so are the people behind the industry: local growers, of which there are more than 1,200 in California who dedicate more than 35,000 acres to olive production.

Mike Silveira of Orland grew up on family-owned land where he enjoyed growing plants as a child. From the age of 10, he decided to pursue the family business and started picking olives the same year; it wasn't long before he knew how many olives it takes to fill a box.

That work ethic underscores all that he does on the farm, which has been in the family for nearly a century. Mike's cousin, Jeff Aguiar, also farms nearby. It was their grandfather who emigrated from Portugal to start a new life in California, first with a dairy and later with olives. The family business has grown and changed along with the industry but the natural glory of the land remains.

"I love working with my husband because, at the end of the day, we walk around and enjoy the beauty of our farm and we can enjoy being with each other," said wife Susan Silveira.

Mike now serves as chairman of the California Olive Committee and looks forward to sharing traditions as a multigenerational farmer. "It's a great lifestyle and we're hoping future generations will enjoy it," said Mike.

The family's favorite olive recipe, California Ripe Olive Spicy Bean Layer Dip, (shown at right) is great for Thanksgiving get togethers or any time you need a delicious snack or appetizer.

## CALIFORNIA RIPE OLIVE SPICY BEAN LAYER DIP

Recipe courtesy Sue Silveira

Serve in a 9 inch pie plate with tortilla chips. For larger family gatherings, prepare the day ahead to serve as the crowd arrives.



### Ingredients

- 1 1/2 cups California Ripe Olives, size medium (or 6 oz. can, drained)
- 1 3/4 cups refried beans, with spices to taste (or 1 can jalapeno refried beans)
- 1 1/2 cups sour cream
- 1 tablespoon chili powder
- 1 cup mild cheddar cheese, finely grated
- 1 cup tomatoes, diced with seeds removed and drained
- 1/2 cup California Ripe Olives, sliced

### Directions

1. Drain the olives and add to the spiced refried beans. Mix thoroughly. Spoon the olive bean layer into the pie plate and smooth with a spatula.
2. Add the chili powder to the sour cream and stir until blended. Spoon and smooth the spicy sour cream layer on top of the beans.
3. Sprinkle the cheddar cheese on top.
4. Sprinkle on 1/3 of the sliced olives.
5. Sprinkle on the tomatoes.
6. Sprinkle the remaining sliced olives on top and serve with chips.



The California Olive Committee (COC) is comprised of two canneries and nearly a thousand growers who are responsible for producing 95% of olives grown in the United States. Over 56% of California Ripe Olives are located in Tulare County, while 36% are grown in Sacramento, Glenn, Tehama, and Butte counties. California Ripe Olives are one of two varieties: Manzanillo and Sevillano. These two varieties produce different sizes of olives ranging from small to colossal with harvest beginning in early September and concluding in mid-November. Each California olive is treated with the highest level of care from planting to harvesting by some of the finest stewards of the land.



# NOVEMBER 28 IS SMALL BUSINESS SATURDAY

Small businesses throughout Kern County are important to the families who own them as well as the families they serve. Supporting family-owned businesses helps men, women and children in the community we share. Please consider shopping small this #SmallBusinessSaturday.

Thank you for helping these businesses recover during this unusual year. Keeping their doors open is done for you, but also by you, so small business can flourish here at home.

### Valley Achievement Center

1721 Westwind Drive  
Bakersfield, CA 93301  
(661) 431-1466  
<https://autism-vac.org/>



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Happy Thanksgiving from Our Family to Yours

# Organization Made Easier: Tackle Kids' Clothing With Swoondle!

By Callie Collins

Simplify your clothes closet sort-out routine with The Swoondle Society. "Swoondle" what you can't use with a simple mail-in option and shop online with our exclusive reader discount code!

THE  
**Swoondle**  
SOCIETY



Sorting out children's clothes from closets, dressers, and bins is often a surprisingly constant and frequently tedious task. It's a chore parents, especially moms, tend to find themselves saddled with, especially as seasons change and little ones grow. Going through every item and then figuring out what to do with it - consignment, donation, repurposing for a younger sibling or cousin, takes time and effort, two items in short supply in the lives of parents everywhere.

Not sure where to go with too-small-but-really-cute clothes or items barely used like Halloween costumes or holiday dresses? There's a mail-it-off option that takes the item off your hands but fills them with something in return - something of your choosing that fits and fills a need for the next occasion or item needed in your child's wardrobe.

Find it at <https://www.swoondlesociety.com>.

The Swoondle Society offers a membership system that helps automate that process as much as possible. It's a trade-in/trade-up type service made with families in mind, with ease and convenience as key factors. And it was created by a mom who knew the challenge of wrangling it all first-hand.

Jen Zuklie created the brand as a solution that elevates the shared closet, hand-me-down concept. A mother of two, her business is an example of female entrepreneurship. "We wanted the service to feel very commu-

nity-oriented. All the items within Swoondle Society are sourced from other members. We want you to swoon over what you see online," said Zuklie.

Using "swoondle" as a verb as in "I swoondled that tuxedo Isaac wore to the wedding and traded it in for a coat he can use all winter" describes the brand's appeal, especially for parents who have little time to worry over what they're accumulating. Placing items into a designated bag that resembles a cloth dry cleaning pouch and then shipping it with a pre-paid mailer makes the service simple.

"Some families do have a network of cousins and friends and a cycle that works for them and that's great. Other families simply don't. This is a new and different way to make the most of those clothes that your child just won't use for whatever reason," said Zuklie. "What we see is that kids tend to ignore about half the clothes in their closet while they totally wear out the other half. Kids will sometimes stop liking a color or a style or they're just not into dinosaurs or whatever anymore. They're over it but the clothes are still there. Oftentimes, perfectly good items are just sitting there unused."

Members can trade in those items and look online for how their credits and/or cash can be used to buy something else that's a better fit, whether that's in size or personal interests. Choosing items online submitted by fellow Swoondle Society members and having that clothing shipped to you helps replace what's needed plus find

brand-name items for special occasions and be intentional about what you're receiving.

Being part of a community is an important part of the concept that's more of a connection and a choice experience than participating in consignment store arrangements where parents often don't get as much back in exchange for something of value than they anticipated. Standard consignment store agreements make it where the retailer keeps 90 to 95% of the profit from an item sold, with just 5 or 10% returned to the seller.

Standard shipping options also reduce person-to-person contact in the era of COVID-19.

Zuklie sees the service as an alternative to the storing, sorting, and management aspect of kids' closets. It is a more sustainable way to maximize the life cycle of clothing. Items that cannot be resold are donated to select non-profit organizations that directly benefit mothers and children.

The issue of used clothing that's donated and being shipped overseas through nebulous organizations turns murky. While some organizations do help those in need, many simply don't, according to world reporting agencies. Instead, it often changes hands multiple times as bulk merchandise and ends up eventually being sold to different organizations. Less desirable items often end up in landfills. Through an extensive research process, Zuklie settled on a clothing recycler she could feel good about: Green Tree. (Find more information at [www.greentreetextiles.org](http://www.greentreetextiles.org).)

"People can feel very comfortable knowing that their clothing gets 100% reused, which benefits the customer but also society as a whole," said Zuklie.

She also recognizes the emotional component items can hold, especially for parents.

"Some items you want to keep as a family heirloom and that's perfect," said Zuklie. "But there's so much your grandkids won't be able to wear. The act of getting items out of your space in exchange for a cute item, something you really want rather than a lot of what you mostly don't, can be really freeing."

The better the item you send, the better credit you get. Staff inspect every single piece received.

"It can be a great arrangement, especially when, say, you're not paying more for a Burberry coat than an Old Navy dress," said Zuklie. "We receive some amazing items, especially right after the holidays."

**Streamline your sort-out process with The Swoondle Society. Use a discount code exclusively for our Kern County Family Magazine readers: KERN5 gets you a standard membership for one month for just \$5 and the first five trades for \$5.**



# Creating New Traditions Camping During Lockdown

We decided to go camping. In the middle of the pandemic.

It was my kids' idea. They said, "Can we go camping? PLEASE?"

Uh-uh, no way, no, no, nope, nopey. Absolutely not. I took a deep breath and started to prepare a speech about the dangers of travel during a pandemic.



But the kids had it all planned out. They announced that we would camp in our living room, have grilled hot dogs and corn on the cob for dinner, roast marshmallows over the fire pit and make S'mores, and sleep in sleeping bags in the tent. In the living room.

OK, so no packing necessary. No need for masks and hand sanitizer and cases of disinfecting wipes. I could do this. By Saturday. The kids immediately started "packing." They filled up full-sized suitcases (because one always brings a suitcase when camping) with multiple sets of pajamas. Clothes and stuffed animals littered the floor.

I heard Samantha tell Ashley, in true big sister I-know-everything-and-you're-so-little-you-don't-know-anything fashion: "You can't put all your stuffed animals in there NOW. Do you want your animals to suffocate? We're not going for three more days, you know."

Ashley faltered, "I'm just seeing if they fit. They're still going to sleep in my bed tonight."

Samantha, having to have the last word, replied, "Well, I'm not packing mine until Saturday morning."

At which point, I wondered aloud, "Why are we packing suitcases at all? Can't you just walk down the hall and get whatever you need?"

Both of my girls attacked me at that point: "MOM! This is CAMPING. We have to bring everything in the tent with us!"

On Saturday, they each brought a suitcase and several other bags of stuff into the tent. They had the tent full of animals, books, flashlights, and random accouterments as soon as it had been pitched. They laid out their sleeping bags neatly and piled blankets on top of those and arranged animals decoratively atop the bedding. (I resisted the urge to point out that their bedroom could take a lesson in neatness from their tent.) Samantha even had a framed photo of her dog set up next to her pillow.

The kids insisted that we eat dinner on the patio (never mind the weather) because you don't eat inside when you're camping. They bundled up and dug into their hot dogs and corn, and we made a fire in the fire pit and roasted marshmallows and discussed whether a completely black marshmallow or a lightly toasted one was best.

They stayed up late chatting like a couple of preteen girls at a sleepover and making faces at each other in the dark.

My husband and I snuck out of the tent and slept in our bed. It was the most restful night's sleep I've ever had camping.

In the morning, we made waffles, which we again ate on the patio. No one seemed to notice that waffles aren't very camping-y. They just piled them on their plates, doused them in syrup, and went back for seconds.

They spent the entire rest of the morning playing in the tent, arranging and rearranging stuffed animals, and when it was time to finally pick everything up, they both asked, "When can we go camping again?"



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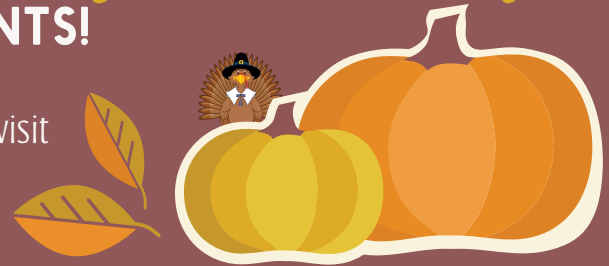
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# KERN COUNTY FAMILY MAGAZINE *daily happenings*

## 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)



### NOVEMBER 1-30

#### Autism on the Run

The League of Dreams' annual Autism on the Run is a family friendly 2k and 5k event in Bakersfield, CA. Due to COVID, we have taken the event virtual which means walkers and runners can participate anywhere and can complete their challenge anytime during the month of November. Registered participants will receive a shirt, goodie bag including autism awareness items, entry to the raffle, and a runner's puzzle piece medallion.

The virtual event will run November 1 - 30 with a live stream raffle and ceremonies on November 7th. Additional prizes will be awarded. There will be a packet pick up for local participants and a shipping option for non-locals.

For Tickets go to <https://runsignup.com/Race/CA/Bakersfield/2020AutismonthetheRun>

### NOVEMBER 2-28

#### Toys for Tots Toy Drive

Today Cleaners is proud to partner with Toys for Tots this Holiday season to bring children joy with toys! Drop off a new, unwrapped toy November 2- 28 at any of our many convenient locations, and Today Cleaners will donate \$5 for the first 200 toys. Supporting our community during the holiday season is what brings us joy. Help us spread joy this holiday season with Toys for Tots!

To find a location near you, visit <https://www.todaycleaners.com/locations-hours/>

### NOVEMBER 2

#### Full Moon Ride

Join us for a family-friendly, all-ages cruise starting at Beach Park and following the bike path to the Marketplace. We will roll out right at 7 p.m.

Lights and helmets are strongly encouraged. The ride will follow the Kern River Parkway Trail west from Beach Park and turn South at CSUB, continue on the bike path through CSUB campus, and end at the Marketplace.

California Vehicle Code requires bicyclists under age 18 to wear a helmet. The vehicle code also requires bicycles to have a front-facing headlamp and at least a red rear facing reflector when being ridden at night. It's not only the law, but a great way to keep yourself safe.

Questions?  
Email [info@bikebakersfield.org](mailto:info@bikebakersfield.org)

Beach Park  
3400 21st Street, Bakersfield  
(661) 321-9247  
Time: 7pm-9pm  
<http://bikebakersfield.org>



### NOVEMBER 7

#### Fall Bulky Waste Collection

Tired of holding onto unwanted mattresses, appliances, or other bulky household waste?

The Salvation Army and Goodwill also will be at the locations to accept donations of reusable items.

You can drop off your bulky items at three locations:  
• Meadows Field International Terminal, 1401 Skyway Drive, off Airport Drive and Skyway Drive  
• Kern Medical, 1700 Mt. Vernon Ave., in the Flower Street parking lot  
• Kern County Fairgrounds, 1142 S. P St. at the NW corner of the parking lot

Kern Public Works  
(661) 862-5100  
Time: 8am-12pm  
<https://kernpublicworks.com/>



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### NOVEMBER 12

#### Grillin' & Brewin' Pick Up & Go Fundraiser

The Grillin' and Brewin' will have a new look however you will experience the same delicious mouth watering BBQ prepared by two LOCAL BBQ teams, The Ridge Route Boys competition team, Pork Chops and Bubba's BBQ award winning catering. Individual tickets, Family and party packs are now available for purchase at JJ's Legacy web page.

The fundraiser will benefit JJ's Legacy Got the Dot Leadership Club.

For tickets go to <https://www.jjslegacy.org/events/grillin/>

Temblor Brewing Company  
3200 Buck Owens Boulevard  
STE 200, Bakersfield  
(661) 489-4430  
Time: 4pm-7pm

### NOVEMBER 13, 14, 15

#### Central Valley Powersports Show

Get ready for the Central Valley's LARGEST powersports show at the Kern County Fairgrounds as we invite the top vendors in the powersports industry to showcase their latest products.

On display will be the most Extreme Auto body, Metal fabricators, Custom paint, Design, Restorers, Dealers and so much more! For all types of power-sport vehicles and enthusiasts.

For more information call 800-655-0655 or email [info@ggshows.com](mailto:info@ggshows.com).

Kern County Fairgrounds  
1142 S P Street  
Bakersfield  
Time: Fri. & Sat. 10am-7pm, Sun. 10am-5pm  
800-655-0655  
<https://www.centralvalleypowersportsshow.com/>

### NOVEMBER 21

#### Olive Knolls Church 28th Annual Craft Fair

We hope you join us the Saturday before Thanksgiving. This year the craft fair will be held outside only. ALL items allowed will be hand made by the crafters or someone who they know.

For inquiries, please email [oknazzcraftfair@gmail.com](mailto:oknazzcraftfair@gmail.com).

Olive Knolls Church of the Nazarene  
6201 Fruitvale Ave, Bakersfield  
(661) 399-3303  
Time: 8am

### NOVEMBER 26



## 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!

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**Transform lives & Support our Community**

**#GIVINGTUESDAY**  
December 1, 2020

Partner with Valley Achievement Center in their mission to change the lives of individuals in our community with autism and other developmental disabilities by showing your support with a financial contribution this #Giving Tuesday.

<https://autism-vac.org/how-to-help/donate>

*Thank you for your support of Valley Achievement Center!*



CHILDCARE & EDUCATION

**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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Sudoku:

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

Crossword:

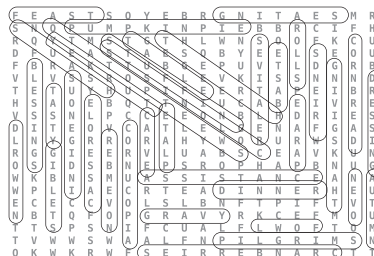
Across

1. Chicken
5. Ice
6. Evil
7. Tie
8. Burgers

Down

1. Cheesy
2. Chili dog
3. Executor
4. Nugget

Word Search



November Activity Corner Answers

p.22

**NATIONAL CLASSIFIED ADS**

**Miscellaneous**

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$19.95/month. Call Today for \$100 Gift Card! Best Value & Technology. FREE Installation. Call 1-855-837-9146 (some restrictions apply)

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# November Activity Corner

...answers on page 20

## Sudoku

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

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. Winged food
5. Frozen water
6. Harmful
7. Join together
8. Flat meat patties

### DOWN

1. Covered with cheese
2. Meat covered frankfurter
3. One who puts something into action
4. Small chunk



## Feeling Thankful Word Search



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

- |             |              |
|-------------|--------------|
| ASSISTANCE  | INDIGENOUS   |
| AUTUMN      | NEW WORLD    |
| BASTE       | NOVEMBER     |
| BLESSINGS   | OVEN         |
| CARVE       | PARADE       |
| CASSEROLE   | PILGRIMS     |
| COLONISTS   | PLATE        |
| CORNBREAD   | PUMPKIN PIE  |
| CORNUCOPIA  | RELATIVES    |
| CRANBERRIES | ROLLS        |
| DINNER      | SEATING      |
| DRESSING    | SQUASH       |
| FEAST       | STUFFING     |
| FOWL        | SWEET POTATO |
| FRIENDS     | TABLE        |
| GIBLETS     | TASTY        |
| GRAVY       | THANKSGIVING |
| HARVEST     | TURKEY       |

Goodbye Paper Checks,

# Hello WIC Card!



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

**YES!**

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



Go to [myfamily.wic.ca.gov](http://myfamily.wic.ca.gov)

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

#### WIC Benefits Include:

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

#### You May Qualify If You:

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

**Clinica Sierra Vista WIC**



# Healthy Teeth, Healthy Child!

1. Brush your teeth twice a day for at least two minutes
2. Floss every day
3. Limit the number of sugary snacks you eat each day
4. Visit your dentist every six months or as recommended

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