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m a g a z i n e

FEBRUARY 2021

See Our
11 Ways
to Show
You Care



Happy Mama:
LOVE
is in
THE AIR

Helping
Kids Make
-and keep-
FRIENDS

plus: KCFM asked: how will you celebrate valentine's day? pg 7
tuna pizza bites pg 17 humor@home: how do your kids say, "I Love You?" pg 16

Goodbye Paper Checks,

Hello WIC Card!



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

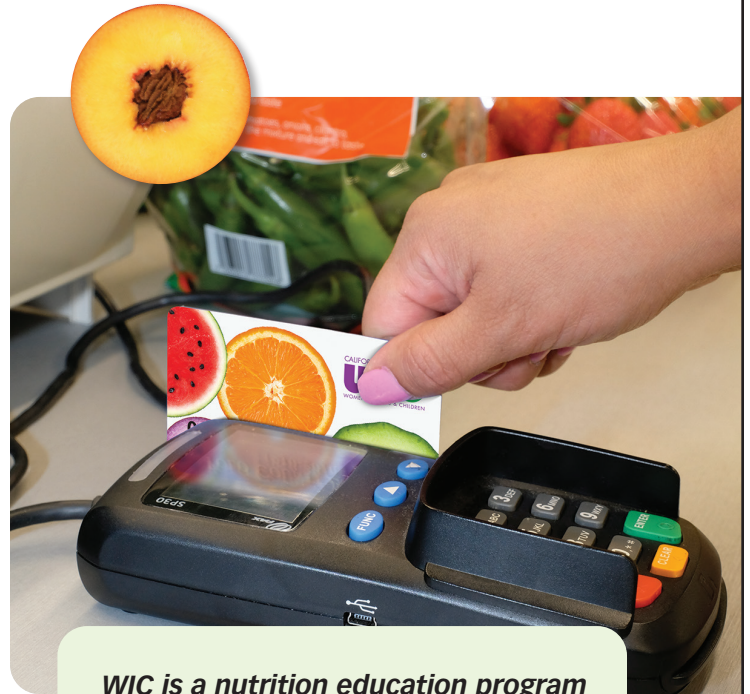
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- Nutrition and health information
- Breastfeeding support
- Referrals to healthcare and community services

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- Had a recent pregnancy loss;
- Have a child or care for a child under 5;
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- 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

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MEMBERS OF



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Helping Kids Make Friends at Any Age



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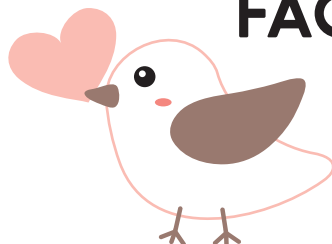


17 You Can Do It:
Kid-Friendly Bold Tuna Pizza Bites



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Vaun Thygerson, Contributing Writer

My 14-year-old son always jumps into the car, grabs the AUX chord before anyone else can, and chooses the music that gets played. Thanks to his eclectic taste in music, our road trip lyrics can range from classic rock to hip hop to country. I have learned a lot about music that I never thought I would know, especially when it comes to current rap artists. I grew up with the Beastie Boys so I do like the genre, and not to brag, but I can recite some of the songs from memory! And, I have turned him on to old-school rap, so I do get to hear it once in a while.

Before COVID-19, when my son and his friends were in my car, each one of them would blurt out songs for him to play. As each boy requested a new song, my son played it – one right after another. I marveled at the fact that all of these songs are so accessible for everyone wanting to play them. I always tell my boys, “In my day (insert eye roll here)... If we wanted to hear a song and we didn’t have the record, we had to call the radio station and wait for them to play it.”

The best was when we could dedicate a love song to our crush via our favorite FM channel DJ. Or, if we really liked someone, we would make them a mix-tape with all the songs that reminded us of that person. Technology has definitely changed the delivery of music, but one thing remains the same: music can still stir our emotions within us!

This coming Valentine’s Day, music can be a way that we show our loved ones how much they mean to us. But, instead of making a mixed tape, I’ll have to post my Spotify playlist to our family’s group chat. I may even add some fun emojis and GIFs to decorate it.

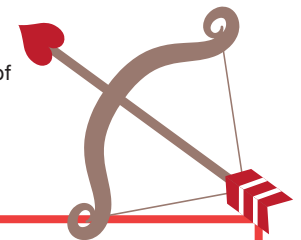
Valentine’s Day is such a fun day to make romantic plans and even during a pandemic we can find ways to celebrate at home. KCFM asked its readers what their plans were for this month’s big day, and they had great ideas – everything from a virtual cookie decorating day to making a heart-shaped pizza. To see all the ideas that our readers came up with, turn to page 7. If you want even more ideas, you can read Callie Collins’ article, “11 Ways to Show You Care: Love, Friendship, and Reaching Out,” on page 10. She writes about how serving others and the community can help promote the spirit of humanity at this difficult time.

One local woman, **Annette Eggleston**, knows how to give back to the community via her balloon art. In February’s Happy Mama article, “**Love is in the Air**,” you can read about her unique expressions of love that makes other people feel special. She started the Loving Balloon Buddy campaign to focus on bringing more affection to the elderly community. You can even adopt a grandparent! Turn to page 14 for all the details.

In this month’s Humor At Home article, “**How Do Your Kids Say, ‘I Love You?’ The Language of the Love Our Littles Have for Us**,” on page 16, Julie Willis writes about how her children show their love and appreciation for her during their ever-waking moments. Moms really do get a lot of attention from their little ones; and it’s good to be loved and to love.

Love is in the air – literally, transmitted via music over the airwaves. Music can be the perfect way to express ourselves and will fit into our lives right now no matter what we have planned for our low-key, stay-at-home holiday. So, find the right tunes to celebrate because February is all about a “Crazy Little Thing Called Love,” to quote one of my go-to songs from one of my all-time favorite bands, Queen!

Happy Valentine’s Day!



Happy Mama Baby Bundle Giveaway

Enter at kerncountyfamily.com—See page 15 for entry details.

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Say “Hi” to the new Willow Limited-Edition, featuring our integrated, iconic, and patented changing station. Those ‘electric’ new colors, Royal and Burgundy, are made from recycled nylon twill that shimmers before your eyes. The Willow can

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Comotomo Silicone Baby Bottles feature an innovative and sensible design to most closely mimic natural breastfeeding. The naturally shaped, soft, silicone nipples are ideal for babies who have trouble transitioning from nursing to bottle-feeding. Also comes in a 5oz option and a pack of two. Green and pink color options.



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- Biodegradable
- Contain no alcohol, phenoxyethanol, chlorine, petrochemicals, formaldehyde, parabens or phenols.

Niki’s Natural Wipes

Niki’s Natural Wipes help maintain the pH of baby’s bottom, which is the first line of protection against harmful bacteria and infections.

- Made with antibacterial Manuka honey



Dr. Talbot’s by Nuby | Soothing Gel with Gum-eez Teether

This homeopathic soothing gel contains natural ingredients that can quickly provide fast acting relief and soothes sore gums for your teething baby. It comes with a Nuby Gum-eez Teether which features a unique textured design to provide comfort to your baby’s delicate gums.





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

Operation



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Join the Go Red for Women Sisterhood

Join the American Heart Association's signature women's initiative, Go Red for Women, and wear red on February 5 to raise awareness for the number one killer in women: heart disease. This event is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally. The movement helps you to know your risk and receive tools to live a heart-healthy life.

Image courtesy goredforwomen.org



Nearly 80 percent of cardiac events can be prevented, so it's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today.



Shop the Go Red Collection and join the movement at www.goredforwomen.org.

Meet Girl Scouts' New Cookie

A new cookie is added to the Girls Scouts' Cookie lineup this year: Toast-yay! The new toast-shaped cookie is full of French toast flavor and flair and stamped with the trusted Girl Scouts' signature trefoil on top. Every package you purchase helps girls gain the people skills and business smarts they need to take on the world with confidence. In addition to this new flavor, your favorite cookies like Thin Mints and S'Mores will still be available.



Image courtesy girlscoutscs.org

To find out where to buy these enormously popular and delicious cookies, visit www.girlscoutscs.org.

Silly Science Experiments Online at Lori Brock Discovery Center

The Lori Brock Discovery Center has come up with some Silly Science Experiments that you can make at home. On their website, <https://kern-countymuseum.org/lori-brock-discovery-center/childrens-programs-and-events/>, you can just click the tab to find instructions to make science fun and educational for your children. The website includes everything you need to make Dancing Grapes, Elephant Toothpaste, and a Lava Lamp.

Check out their website for other crafts and fun things to keep your kids exploring.

KERN COUNTY SCHOOLS VIRTUAL EDUCATION JOB FAIR

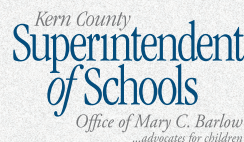
February 13, 2021
9 a.m. - noon

The event is Kern County's largest gathering of school district recruiters in one location. It is an excellent opportunity for credentialed teachers, substitute teachers, those who are intern eligible, or those interested in teaching to see what positions or anticipated future openings may be available in the 2021-2022 school year.

Pre-registration required by Feb. 12 at 5 p.m.
<https://thecentervirtualevents-kcsos21.vfairs.com>



For general event information, call Evelyn Feliciano at (661) 636-4750.
For technical assistance, email Marvin Lopez at marvinl@tcoe.org.



KCFM ASKED:

How will you spend Valentine's Day this year?

Dinner date at home with my husband.
- Astrid Ovalle



A romantic dinner with the whole family so we can all feel the extra love in the air.
- Alice Chang

I plan to spend Valentine's Day remembering my mother who has passed. She was born on Valentine's Day.
- Caroline Ryan

Have a little picnic at a park or at home depending on the weather with my daughter and partner. Just enjoying each other's company will be a gift in itself.
- Eveyln Chavarin



By thanking God for the woman he placed in my life to be my friend, my partner in life and mother to my children.
- Erik Serda



Take-out dinner brought home to celebrate with my valentine.
- Betty Zasoski

I will be having a virtual cookie decorating day with my kids, nieces and nephews. I will bake the cookies and take/send each one a little kit. Then, I'll enjoy dinner at home with my husband and kids.
- Lynda Hernandez



My family and I deliver roses to widows.
- Heidi Frye

Staying home baking treats for my sweets.
- Marisa Medina

Making chocolate covered strawberries at home.
- Kassandra Latham



We will be dining at home with a heart shaped pizza.
- Angela Leathers

Safe Seafood: New USDA guidelines recommend more fish, including for kids and pregnant women

By Callie Collins

Lean protein, omega-3 and omega-6 fatty acids, vitamins and minerals: the nutrient-based reasons to eat fish have prompted the United States Department of Agriculture (USDA) to recommend more of it in American diets. Its 2020-2025 Dietary Guidelines encourage pregnant women, nursing mothers and young children to eat at least two servings of seafood per week.

During the first 24 months of life, essential omega-3 and omega-6 fatty acids in seafood are critical nutrients for children's rapid brain development and growth. According to a 2020 report from the National Fisheries Institute, 94% of children and 80% of adults do not meet that nutrition goal. Introducing seafood early can help make up for the lack of DHA in some formulas and help children acquire a taste for it.



Find a kid-friendly recipe for Tuna Pizza Bites on page 17.

Not all seafood is created equal, however, and safety has prompted previous concern from practitioners concerned about mercury levels. The new guidelines suggest introducing seafood as young as 6 months but caution against exposure to methylmercury, which varies significantly depending on several factors, including the size of the fish, where it was caught and even its diet before being caught. Find out more about safe fish at <https://www.fda.gov/food/consumers/advice-about-eating-fish>.

Testing every single piece of fish before processing, packaging and selling it to consumers, a process far from the industry standard. Safe Catch, a California-based company, is the only manufacturer to do just that through a process its founder, Sean Wittenberg, developed when his mother developed mercury poisoning from eating a daily regimen of tuna, which is usually on the list of seafoods to avoid due to mercury content.

While a student at UC Davis, Wittenberg focused his efforts on preventing similar illnesses so no one's mother child or other loved one would have the same experience his family did. Safe Catch Elite is the only canned tuna on the market that meets Consumer Reports' "Low Mercury" criteria for pregnant women and children. It's also the only tuna brand recommended by the American Pregnancy Association.

Through proprietary technology, the company has tested more than 5 million pieces of fish.

Safe Catch tuna ranks at 10 times lower than the FDA limit on mercury while salmon weighs in at 25 times lower. The cost of cans and pouches is comparable to other leading brands, about \$3 per package.

It's Kids Dental Month

How parents can get kids excited about brushing their teeth

Dental hygiene is an important component of a healthy lifestyle, but it's an element youngsters rarely embrace with open arms. Parents know that getting kids, especially young children, to brush their teeth is not always so easy. In recognition of that, the American Dental Association (ADA) suggests the following strategies to make brushing teeth something kids will look forward to.



Make it fun. Brushing teeth may not be considered a fun activity, but who's to say it can't benefit from a little levity? The ADA recommends turning tooth brushing sessions into dance parties and/or sing-alongs. Youngsters might be so busy cutting a rug or listening to mom and dad belt out a few hits that they don't even realize they're cleaning their teeth at the same time. If singing and dancing aren't cutting it, then incorporate another fun activity, like reading a child his or her favorite story, into daily brushing sessions. The ADA advises adults and children to brush their teeth for two minutes twice a day, so activities need not be too advanced. But a fun activity that allows kids to do something other than brush their teeth can be a great way to help them meet the "two minutes, two times" guideline.

Reward good behavior. Parents can reward youngsters who brush their teeth without incident by offering praise or allowing them to pick a bedtime book when brushing at night.

Put kids' favorite characters to work. The ADA notes that many popular children's television shows and books have stories about brushing teeth. Watch these stories with your children, then reference the stories and characters if kids are reluctant to brush their teeth. Parents also can find toothbrushes and/or toothpaste that feature kids' favorite characters to get youngsters more excited to brush.

Become a storyteller. Parents also can make up their own stories, explaining to kids how they can be superheroes who brush away the bad guys that cause cavities.

Brush alongside your children. Kids love to mimic their parents, so moms and dads can brush alongside their youngsters in the hopes they'll follow suit.

Many children may never jump at the chance to brush their teeth. But parents can employ a few savvy strategies to make daily brushing sessions more fun for youngsters.

FEB. 17
National
Random
Acts of
Kindness
Day



Performing kind acts – sending an uplifting text to a friend, complimenting a coworker – causes your body to release oxytocin, a feel-good chemical that relaxes blood vessels. What's more, research shows that people who do altruistic things like volunteer have lower blood pressure and less anxiety, pain, and stress. **For more ideas on what to do, check out randomactsofkindness.org**



The early years

matter the most.

Help Me Grow Kern offers free developmental screenings for children under the age of 6. The screenings can help identify potential cognitive or emotional delays in your child's development.

Visit HelpMeGrowKern.org to learn more!

or call 2-1-1



Thank you to our Providers for serving our community!

Love, Friendship, & Reaching Out

11 WAYS TO SHOW YOU CARE

The COVID-19 pandemic has changed so much in our lives. The enduring spirit of humanity, with our inherent need to connect with others through social experiences and expressions of care, remains the same.

How those characteristics are expressed is up to us. We have found ways to overcome circumstances. Knowing just what to do, however, can be challenging, especially as social distancing continues.

Here are 11 ways to show you care:

1. Drop off a care package

Leave a porch package with items that are meaningful, a meal, or groceries for a friend.

2. Meet with masks

Follow local public health guidelines, including wearing a mask and observing social distancing. Meet to take a photo together, have a conversation, and enjoy seeing each other in person.

3. Trade recipes

Start an email exchange with friends to share your favorite recipes. Start a group text with photos and progress as you try new recipes.

4. Send takeout

Surprise a friend with takeout from a local restaurant. Send food, a coffee, or a special dessert.

5. Plant flowers

Gather your gardening tools, knock on a door, and ask if you can clear a neighbor's flower bed. Replace existing flowers with new seasonal favorites.

6. Write with sidewalk chalk

Send your children to create a cheerful drawing with an encouraging phrase for all. If you don't have children at home, invite neighborhood children to use your sidewalk or driveway.

7. Host a virtual tea party

Mail a paper invitation and tea sachet to friends, set a time, and jump online. If your audience is young, invite their stuffed animals, too, and read a story.

8. Support community helpers

Take your children to meet community helpers with a drawing, thank you note, or small gift. Helping them know which adults are in charge during an emergency can be reassuring.

9. Help out if possible

Work with your church, school, or other civic group to find an organization where you can volunteer in person. Start a new tradition and commit to returning on a regular basis to underscore your family's commitment to the cause.

“LOVE DOESN'T MAKE THE
WORLD GO 'ROUND.
LOVE IS WHAT MAKES THE
RIDE WORTHWHILE.”

- Franklin P. Jones



10. Donate a special item

Especially if it's not possible to volunteer in person, consider helping your child choose a special item like a coat or toy. Explain the need and how the item will help.

11. Make a charitable donation

Choose a charity that makes sense for your family and support a cause you believe in; almost all non-profit organizations have seen an increased need during the past year, especially food pantries and housing assistance agencies.

Did You Know?

Few items are as widely associated with a particular holiday as candy is with Valentine's Day, so it's no surprise that candy was among the most popular items consumers planned to gift to loved ones on February 14. Data from the National Retail Federation (NRF) indicates that 52 percent of shoppers surveyed planned to purchase candy as a gift on Valentine's Day 2020, spending an estimated \$2.4 billion on treats. Those figures may increase in 2021, as the National Confectioners Association reports that sales of chocolate and candy have increased during the COVID-19 pandemic.

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Helping Kids Make Friends at Any Age

By Sarah Lyons

From the time we enter the world, we search for other people to connect with. We are social beings and making and maintaining friendships are a big part of our lives from childhood on. While making friends is of great importance, it doesn't always come naturally to us. It can be difficult to find friends that are loyal and that you can build a connection with. Parents can help their kids build social skills that help them make friends at any age.

Note: Not all of these suggestions may be appropriate during the current pandemic. Please use good sense and socialize responsibly.

Roleplay

One of the easiest ways to teach kids is through play. As you are playing and interacting with your children, role-play scenarios that they may encounter when meeting new people. You can use puppets, dolls, or even stuffed animals to practice social situations they may encounter. Through play, you can teach your child how to ask someone to play or how to join in on a game that is already started. Work out possible conflicts that may arise as they play with friends. After roleplaying, kids will be more comfortable when they face similar situations on the playground.

Set an example

It is just as important for parents to build strong friendships as it is for kids. We have the opportunity to teach our kids through our example. "We move a lot so explaining how I have to make new friends and step out of my comfort zone just like they do helps a lot," says Stephanie Loux, mom of three. Do you make time for friends in your life? Do you invite friends over or meet

for coffee? How often do you step outside your comfort zone to meet new people? Our kids see how we interact with others. If the parent is involved with friends, shows empathy towards others, and helps friends in need, kids will learn that friendships are a priority and understand the natural give and take of a relationship. They will also watch how parents handle conflict and the normal highs and lows that friends experience.

The art of conversation

For kids with the gift of gab, the conversation may come naturally but for others, a little practice and a few tips can go a long way. Part of making and maintaining friendships is being able to take turns speaking, listen, and respond with empathy when appropriate. Parents can teach kids how to have conversations during daily life by simply modeling this skill. It can also be taught during roleplaying or simply giving them some tools to start a conversation. For example, kids should be reminded to look at the person in the eye, greet a friend as they arrive, respond when asked a question, and ask follow-up questions so their friend knows they are listening. It takes some practice but it will be worth it.

Teach proper etiquette

Being polite can go a long way in building friendships. Kids who are polite, say please and thank you, pick up after themselves, and treat others respectfully are more likely to be invited to their friend's homes. Kids who take turns, share, and let guests go first are also easier to be around. You can model good etiquette for your child and give them gentle reminders during playdates and social interactions.

Encourage healthy conflict resolution

All friends experience conflict. What is important is how you handle it. Door slamming, stomping feet, the silent treatment, yelling, and hitting may release anger at the moment but can be damaging to a friendship. As kids mature, it is important to encourage them to talk about their feelings, come up with a solution, or ask an adult to help. As much as possible, have the kids work out their conflict. However, being available to help them come to a resolution both friends can live with is important.

Be social

One easy way to encourage your kids to make friends is to provide them the opportunities to socialize. Allow your kids to invite friends over to play or to meet at a park. Hosting a playdate that encourages mutual interests helps build friendships as well. If your child is interested in animals, invite a friend with mutual interests to meet you at the zoo. Sports and extracurricular activities are other great places to find friends with mutual interests. "Helping them say hello to other kids at parks and school events help," says Loux. "I also make an effort to go to all class birthday parties so they have more time with friends." Simply being around other people helps your child build social skills and make friends.

It is important to remember that everyone has a different personality which will affect how they react in social situations. Some children love to be the center of attention and thrive off of being around others. Other children may be more reserved and shy. They may enjoy being around other people but prefer to sit back and observe the situation. Remember that it's important to cultivate your child's social skills based on what they feel the most comfortable with, even if that is different from your own. It is also important to remember that your child does not need to be the most popular person in the class, they really only need one or two close friends to feel accepted and connected to their peers.

Books About Friendships for Kids

Parents can teach their kids about healthy friendships by reading books. Here are some suggestions you can read aloud with your kids and build social skills at the same time.

Be Kind

by Pat Zietlow Miller and Jen Hill

The Big Umbrella

by Amy June Bates and Juniper Bates

I Am Enough

by Grace Byers and Katurah A. Bobo

Strictly No Elephants

by Lisa Mantchev and Taeun Yoo

Peanut Butter and Cupcake

by Terry Border

Tilly and Tank

by Jay Fleck

Boy + Bot

by Amy Dyckman

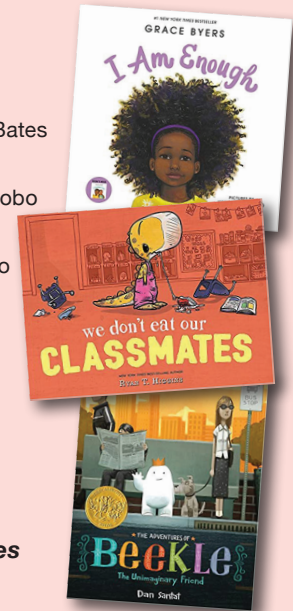
The Adventures of Beekle:

The Unimaginary Friend

by Dan Santat

We Don't Eat Our Classmates

by Ryan T. Higgins



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hello, happy mama



LOVE *is in* THE AIR

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and the art of human
connection

By Callie Collins

"A balloon is not just a balloon. A balloon is happiness, joy, and kindness."

-Annette Eggleston



Annette Eggleston, Bakersfield entrepreneur, nurse, and mother of eight, knows about compassion. Her caring nature has found an unlikely expression that brings others joy and just might give some back to her, too: balloon art, as a form of community outreach.

"I am a balloon artist and I make balloons to help people create joyous memories, like if they're having a celebration," said Eggleston, owner of Nette's Creative Balloons 'n Custom Tees. "There is no celebration without balloons."

2018 was Eggleston's first year in business. When she could not find a service to decorate with balloons for her daughter's graduation party, she decided to do it herself and start a business. Her children now lend her a hand when necessary. Before the pandemic, she worked with schools, the NAACP, and other organizations, in addition to private gatherings.

Valentine's Day is an important date for services like hers —and she's still taking orders —but the need for social distancing has brought attention to the unique ways Eggleston has found to continue doing what she loves and helping others feel loved.

She recognizes that there is a small amount of profit but the payoff is really in the joy the work brings. The life she breathes into it seems to give her a kind of lightness similar to her preferred medium.

"Why I love the balloons so much is that, first, they bring so much happiness to people," she explained. "Second, I lived in and out of foster homes throughout my childhood, so I never had a birthday party with cake and presents and balloons and all the usual things birthday parties have. In the process of regular activities, daily living, it is parents and people that love you who make those things happen. I'm not faulting the foster care system, but you miss out on those moments. So it's like me getting back to something I missed and celebrating happiness again. A balloon is not just a balloon. A balloon is happiness, joy, and kindness."

Bouquet-style deliveries are a part of the business that helps Eggleston spread cheer. Parties, graduations, baby showers, weddings, and other family celebrations are also an important part of her business. With seven to 10 days notice, Eggleston can transform a celebration, with theme colors, centerpieces, balloon arches, customized t-shirts, and more. Less notice, just a few days, are required if customers use a more generic theme instead of specialized ones.

"We create what you imagine" is one of the slogans Eggleston embraces. However, she rises to each and every occasion. Although COVID-19 has restricted indoor gatherings and put something of a damper on personal and community celebrations, Eggleston has focused on the human element of her business to keep moving forward.

Despite being unable to engage with the community through mass events, she has brought a community campaign to some of those who need it most.

Eggleston's Loving Balloon Buddy campaign focuses on bringing the community's affection to elderly people living in convalescent homes. Her goal is to have sponsored deliveries at all 22 convalescent homes in Bakersfield, one facility at a time, one donation at a time. When all residents are sponsored, Eggleston makes deliveries en masse on one special day. Any person, company, church or other organization can sponsor a balloon delivery for \$25 as an Adopt-a-Grandparent gesture of kindness. Every balloon is a smiley face, purposefully.



"I worked the convalescent side of nursing for more than a decade. It was difficult and lonely for the residents then. Now, I can only imagine how it is with COVID. Sometimes, they're wondering 'Where's my family?' Loneliness only adds to dementia. As working people going

through the COVID crisis, we understand this new reality includes masks. The dementia or Alzheimer's patient may not understand it all. What they do know is someone out there is thinking about them and they are so grateful for that."

Although Eggleston's nursing career is now in the corrections system, she understands that staff could use the cheer, too.

"The patient got the balloon buddy, but staff see them, too. From one nurse to another, the morale has changed in the places we work. We can't see anyone smile all day either. This is a way to spread kindness and joy and some of what we lost due to COVID," said Eggleston. "I want to bring happiness."

Her home deliveries do just that. Eggleston looks forward to connecting with more community organizations, including support of foster care when the pandemic ends. For now, though, she is focused on deliveries to private parties, mostly at home, and to convalescent homes.

"When you are at the end of your life, you go back to that child-like state, that infancy stage. It is so important to have something special right then. That's why I care so much. It's the end of their life and before they go on, you have to tell them 'You meant something in this life,'" said Eggleston. "There is so much wisdom you can get from them. Many have needs that cannot be met by their families but they were veterans, community leaders. So we have to say 'Thank you for what you've done for our country. Thank you for loving us.'"

Adopt a grandparent at <https://nettescreativeballoonsmore.company.site/> or call 661-817-9233 to plan your next event.

Happy Mama Baby Bundle Giveaway



Win a Paperclip Willow LE diaper bag filled with baby essentials, valued over \$225, courtesy of KCFM. (See details on page 4!) Enter at kerncountyfamily.com before Feb. 28th at 11:59pm for your chance to win!



How Do Your Kids Say "I Love You"? The Language of the Love Our Littles Have for Us

I know my kids love me. They follow me around all day and all night, expressing their devotion to me.
It starts the moment I get up in the morning.

All I want in the morning is a shower. When I get up in the morning, I use the bathroom, brush my teeth, walk and feed my dogs (they have me well trained), and take a shower—in that order. I am a grouch—until I am clean.

Now, I have a fair amount of Mom Guilt about this phenomenon. But there it is: I am evil. I put my hygiene above my children. It's like I cannot love them before Shampoo. (Before you judge, think of all the "But first, Coffee" mugs you see on the market. I'd like to think that my need to be clean is on par with the need of the rest of humanity to start their day with a cup of hot coffee. One of these days, I might just have a towel made that says, "But first, Shower.")

And yet, for some reason I will never understand (or deserve), my children love me. They adore me. They follow me into the bathroom to keep me company. All I'm thinking is, "Can you get out?!" I don't say that, so they will sit down, get comfortable, and tattle on each other or tell me a long, complicated story or ask me to solve some problem they're having reaching a cup from the kitchen cabinet. All while I'm thinking, "Isn't your dad IN the kitchen? Right Now?"

I know they love me because, by 10am, when I am starting to lose it and I sneak away to my room for a secret rendezvous with a certain Hershey bar I know, they find me.

I know my kids love me. They wake me up in the middle of the night just to cuddle. They let me carry their jackets when they get too warm. They never insist on picking up even one single thing, but, if given a choice, will let me do it every time.

They yell across the house for me to "Hurry! Come quick!" when the dog is in a cute pose. So I know they love me: They not only do not want me to not miss out on one floppy ear moment, but they want me to get in sixteen extra steps for the day. Especially if I am in the middle of a Zoom meeting. For work. And I'm speaking. Never mind that I've been looking at those cute, floppy ears since before my kids were born.

I know my kids love me. They wake me up in the middle of the night just to cuddle. They let me carry their jackets when they get too warm. They never insist on picking up even one single thing, but, if given a choice, will let me do it every time.

I know they love me. Otherwise, they wouldn't fight bedtime so much. They can't stand to be away from me even to sleep.

And when I finally do get them into their beds, they want me to stay with them until they fall asleep. Now that is love.

Of course they love me. I am the source of all good things. Things like milk. And allowance money.

Ah, love.

When Ashley was little, she used to tell me, "Mom. You are my only one and true." (Pretty sure she meant "one and only true love.") Now she draws me pictures of my favorite animal, writes me "I Lov You" notes, and offers me the dandelions she picks. And sticks. And rocks. I treasure these because they are her treasures. And she thinks enough of me to give up her precious beautiful things.

So even though I sometimes try to escape for a moment of peace—or chocolate—I love that they love me.

you can do it

Bold Pizza Bites for the Whole Family

Kid-friendly bold pizza flavor is sure to turn this appetizer into a family favorite. Why not eat a delicious pizza snack with natural protein, vitamins and minerals which rivals the Italian favorite for crave-ability? Kids won't even notice that this Tuna Pizza Bites recipe is gluten free, not to mention paleo, keto, and Whole30!

Tuna Pizza Bites

Serves 8 | Prep Time 10min | Cook Time 18min

INGREDIENTS

- 1 Can Safe Catch Elite Wild Tuna
- 3 Large Eggs
- 3 Tbsp Tomato Paste
- 1 tsp Dried Parsley
- 1 tsp Dried Oregano
- 1 tsp Dried Basil
- 1 tsp Garlic Powder
- ¼ Cup Quick Oats
- ½ Cup Grated Parmesan
- 1 Cup Grated Mozzarella
- Cooking Spray



- Mixing Bowls
- 12 Count Mini Muffin Tin
- 1 Small Cookie Scoop
- Measuring Spoons & Cups

DIRECTIONS

1. Preheat oven to 350 Degrees F.
2. Lightly spray a 12 count mini muffin tin with cooking spray and sprinkle a dusting of grated parmesan cheese in the bottom of each cup
3. Open a can of Safe Catch Elite Wild Tuna (do not drain), flake with a fork in can until all liquid is absorbed by tuna, then empty into a medium mixing bowl, adding other wet ingredients: 3 Eggs and 3 Tbsp tomato paste
4. Add quick oats and dry spices to the mixing bowl, with half the mozzarella and any remaining parmesan, then mix with a fork until all ingredients are combined
5. Use a small cookie scoop or tablespoon to place pizza bite mixture into the 12 muffin tin cups and bake for 12 minutes
6. Top pizza bites with remaining mozzarella and bake for 4-6 mins or until cheese has browned
7. Remove pizza bites from oven and let cool, until a table knife easily removes each bite

Share with family and friends immediately. These Tuna Pizza Bites are sure to become a family favorite for appetizers, game day, or even with a fresh green salad. Serve with a bowl of marinara sauce for an added kick.

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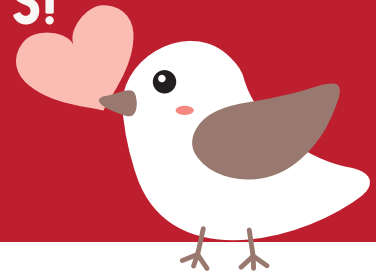
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Our printed version of the calendar has been edited for space.
For more details about these events or activities not listed please visit
www.kerncountyfamily.com



Every Sat. in February F St Farmers Market

Bakersfield's Longest Running Certified Farmer's Market featuring Fresh Fruits & Vegetables, Pork, Honey, Handmade Soaps, Baked Goods, Jams, Jellies & More!! Accepts cash, card & EBT. Social distancing practiced throughout the market.

Come and meet your local Farmers and Craftsmen and buy local, buy fresh! Chat with the people who grow your food and the craftsmen who hand make their products while supporting local businesses.

City Center
3201 F St, Bakersfield
(661) 342-4671
Time: 7:45am – 12pm
<https://www.visitbakersfield.com/events-calendar/valley-farmers-market/>

Every Friday—Sunday in February February Foodie Fair Curbside by Kern County Teen Challenge

Support Kern County Teen Challenge this February as we host our February Foodie Fair Curbside Fundraiser.

Kern County Teen Challenge
301 E. Roberts Lane,
Bakersfield, CA 93308

(661) 243-9524
Time: 12pm – 8pm
tcfoodiefair.eventbrite.com

February 13 Kern County Virtual Education Fair

The event is Kern County's largest gathering of school district recruiters in one location. It is an excellent opportunity for those who are credentialed, intern eligible or interested in teaching to see what positions or anticipated future openings may be available in the 2021-2022 school year.

**Kern County Superintendent of
Schools Virtual Event**
(661) 636-4750
Time: 9am – 12pm
<https://thecentervirtualevents-kcsos21.vfairs.com/>



February 20 Bulky Waste Collection Event in Lamont

Kern County residents can drop off unwanted mattresses, appliances, and other bulky household items free of charge. Acceptable items include but aren't limited to household appliances such as refrigerators and water heaters, mattresses, furniture, electronics, and other large household items. The Salvation Army and Goodwill also will be at the David Head Cen-

ter to accept donations of reusable items.

Items that are not accepted include construction waste, demolition and remodeling waste, tires, household trash, and green, hazardous, or commercial waste.

David Head Center
10300 San Diego Street
Time: 8am – 12pm
<https://www.facebook.com/events/267129484771848>



February 26 Prelude to "2021 All-Star Shootout"

This is the Shootout warm-up event. Top 3 drivers in each class will earn awards. Gates will open at 2pm, practice from 4-6 and racing will start at 7pm. Kids 12 and under race for free. First time Racers racing in the rookie class race for free. Spectators are welcome and are free to come out and watch.

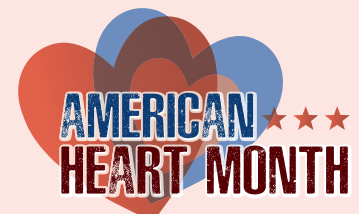
Bakersfield R/C Raceway
3805 Chester Ave
Bakersfield, CA 93301
(661) 368-4448
Time: 7pm – 11:55pm
<https://www.facebook.com/events/267201121473477>



**February 27
2021 All-Star Shootout**
Top 3 drivers in each class will earn awards. The winner will take home the most prestigious award of the year! Gates will open at 8am, practice from 10-1:00 and racing will start at 2pm.

Kids 12 and under race for free. First time Racers racing in the rookie class race for free. Spectators are welcome and are free to come out and watch.

Bakersfield R/C Raceway
3805 Chester Ave
Bakersfield, CA 93301
(661) 368-4448
Time: 2pm – 11:55pm
<https://www.facebook.com/events/422920298949355>



February is National Heart Month

Only 44% of women know Heart Disease is a woman's number one health risk. At your next checkup, discuss your heart health stats like blood pressure, cholesterol, blood sugar, family history and other lifestyle aspects like exercise and sleep that may impact your risk.

Go to womenheart.org
for more guidelines.



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Our staff is always looking for ways to provide timely resources and information. Have a suggestion? Email our publisher, LJ Radon, at lj@kerncountyfamily.com

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

We are dedicated to helping families and adults with autism during these times of uncertainty and have face masks available, so please contact us if you are in need. Please see our website www.kernautism.org or our Facebook page for the latest updates and subscribe to our newsletter for further information.
Covid-19 Resources <http://www.autismsocietyca.org/ca-affiliates.html>

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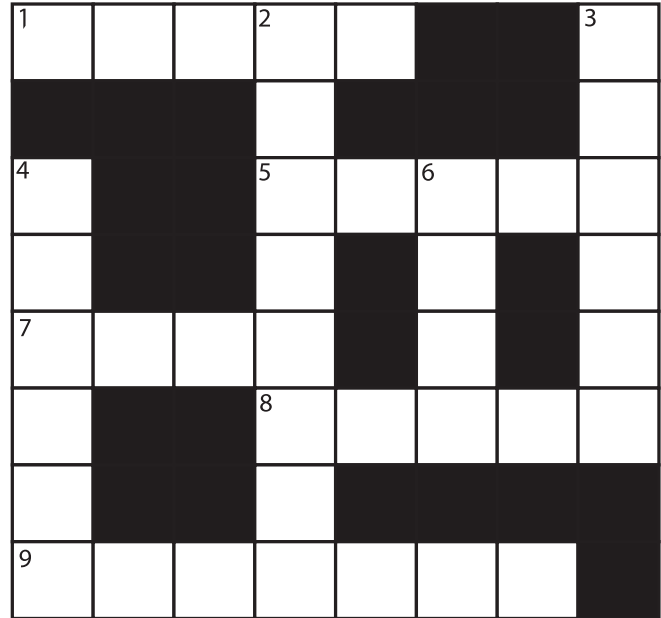
Sudoku

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

Level: Beginner

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

Crossword Puzzle



ACROSS

1. Related to the moon
5. Muddy color
7. Slight hollow in surface
8. Most suitable
9. Hailing from China

DOWN

2. Desire to achieve
3. Happening each year
4. Astrological system
6. Instrument



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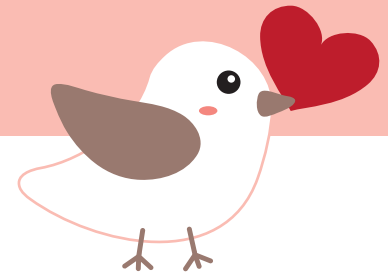
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Valentine's Day Word Search

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

ANNIVERSARY

ARROW

BOUQUET

CANDY

CARDS

CELEBRATION

CHOCOLATE

CUPCAKE

CUPID

DESSERT

DOVES

EMBRACE

FEELINGS

FLIRT

FLOWERS

GIFTS

HEARTS

HOLIDAY

HUG

JEWELRY

KISS

LACE

LOVE

MARRIAGE

MEMORIES

MUSIC

POEM

RELATIONSHIP

ROMANCE

ROSES

SAINT

SERENADE

SWEET

TRADITION

VALENTINE

ACTIVITY CORNER ANSWERS

CROSSWORD

ACROSS

1. Lunar
5. Brown
7. Dent
8. Ideal
9. Chinese

DOWN

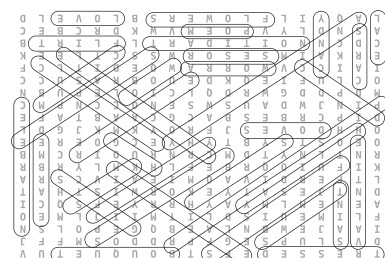
2. Ambition
3. Annual
4. Zodiac
6. Oboe



SUDOKU

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

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