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JUNE 2021

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a **HAVE BALL**
All Summer!
HOW TO MAKE IT MEMORABLE

plus: hello, happy mama: Andrea Hansen of kern dance alliance *pg 18*
first responders & PTSD *pg 10* 4 great ways dads are different *pg 23*



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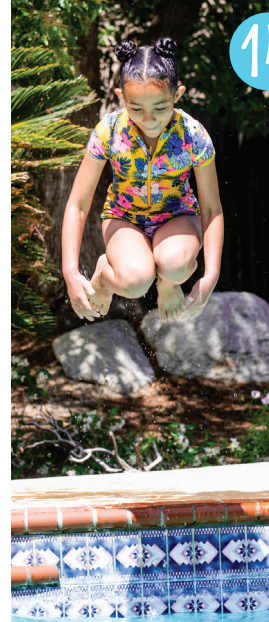
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MEMBERS OF



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Cover:

Reese Ostthimer, 8, makes a splash in Bakersfield. Make your own with the new water toys found on page 14!

Photos by StaceyLeigh Photography



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Vaun Thygerson,
Contributing Writer

I wish I could tell you that I have a hidden talent and can decorate beautiful cakes that you would “awe” over, but I don’t. I keep trying, but it’s so much harder than it looks. For the past few years, I have been taking cake decorating classes from a local celebrity decorator, Justin Salinas at Cake It With Justin, and I have a blast going to his classes, but my cake decorating skills are “emerging” at best. We didn’t even take a break during quarantine, because he figured out a way to continue virtually using a cake kit and Facebook Live. Isn’t technology amazing?

During his last class, which we finally went to in-person, I took my 93-year-old father with me. I think he may have been the oldest student Justin has ever taught. I wasn’t expecting much from my dad, because he has never decorated a cake before, but he impressed me. He smoothed the Tiffany-blue icing base onto the cake; and he even managed to squeeze out a few, semi-decent spring-colored flowers around the edge. My cake turned out okay, even though it looked nothing like Justin’s sample cake. I did have one purple flower that actually looked just like an octopus and a yellow one that I named “Banana Man!” But, Justin said it best, “It doesn’t matter what the cakes look like because it will still taste delicious.”

But, most importantly, I now have this amazing memory with my father, a retired Air Force veteran and school teacher. I could have stopped going to these classes, because I am obviously not going to be opening up a bakery anytime soon, but I love them. I have a blast and pretty much eat my weight in Justin’s deliciously perfected buttercream frosting! I even caught my dad licking the frosting off his knife.

Summer is the best time to make so many lifetime memories with your family. This year it looks like there will be more places and events opening up to have more opportunities to find some fun. KCFM’s article, written by Callie Collins, “**Enjoy Your Summer: 11 ways to make this year unforgettable with family fun,**” outlines different ways that you can make the most out of

this time of year. These 11 things include everything from food to water to nature. To see the complete list, turn to page 12.

Another event that tends to happen during summer months is household upgrades. In the Humor At Home article on page 20, “**Kitchen Remodel, Here We Come. Phase 1: Planning the New Kitchen,**” Julie Willis writes about how one project starts a domino effect to many more projects. She’s thinking about how to manage the chaos with kids at home, but is sure that it will be worth it when it’s finished.

Children ages 12 to 15 are now able to be vaccinated against Covid-19. To find out more about this new guideline, turn to page 8 for the article, “**In the Know: COVID-19 Vaccination Now Available for Ages 12+.**” In this article, you can read about Kern County Public Health’s resources and programs. You can also visit www.kernpublichealth.com for updates.

In this month’s Hello, Happy Mama, “**Creativity, Discipline, and More: Andrea Hansen Explains Why Dance is For Everyone,**” Callie Collins writes what a tremendous benefit people can experience from dancing. Professional dancer and co-founder of Kern Dance Alliance Andrea Hansen expresses her love for dance and how she has helped create an arts council for local dance studios. She was instrumental in bringing Kern Dance Alliance’s SHINE for Girls program to Bakersfield, which uses math through movement and helps to inspire women to pursue STEM fields. To read all about her and the Kern Dance Alliance, check out page 18.

Summer is here! We have had a crazy year thus far, and I am happily ready for the stress-free, fun-filled summer days to begin. I’m optimistic that this summer will be more normal than 2020. I can’t wait to make all the memories with my family that we can – bake a cake, go to the beach, travel, and enjoy every minute of life, because it is precious!



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Centennial High School Junior Wins Statewide National History Day California Virtual Competition

Centennial High School junior **Alexander Fan** will compete in the National History Day Virtual Competition this month after winning the statewide competition with his individual performance, "The Pentagon Papers, The Right of Communication on Trial."

Fan also recently received the first Seal of Civic Engagement in the state for his demonstrated excellence in civic learning, participation in civics-related projects, contributions to his community, and understanding of the American democratic system.

"The future of our democracy depends on a knowledgeable and actively engaged citizenry," says State Board President Linda Darling-Hammond. "With this new seal, we hope to prepare all students with an empathetic concern for others, a deep understanding of democracy, and the civic engagement skills needed to contribute to the welfare of their local communities, the state, and the country."

Aspiring to be a human rights lawyer, Fan has prided himself on bettering Kern County through a variety of organizations and activities. He has hosted Holocaust survival talks, campaigned for Proposition 15, and worked on substance abuse prevention enrichment programs for middle school students. Most recently, he worked to pass a board resolution to recognize Delores Huerta Day within the Bakersfield City School District.

For more information, please visit www.kernhigh.org.

High School Students Team Up With JJ's Legacy's Got The Dot Program

The Career Technical Education Center's (CTEC) video production students, with their teacher **Lisa Krch**, teamed up with the local nonprofit, JJ's Legacy for its Got the Dot leadership program whereby students educate Kern County residents on the value of organ, eye, and tissue donation and the significance of the pink dot on the driver's license. Students were given the opportunity to create Public Service Announcements and compete for \$500 in scholarship money for each winning team member.



The AM CTEC video production class first place winner was **Jared Mayoral** (left) for his PSA "Hope in Our Community," and second place winner was **Jacob Tran** for "The Skater." The PM CTEC video production class first place winner went to the team

of **Josiah Bunde, Samuel Perez, and Gracie Contreras**, for their PSA, "Hero." Second place was a tie between the video "JJ's Legacy" by **James Fulfer and Carlos Salazar**, and "Heart to Heart Conversations," filmed by **Madison Bow, Alison Solis, and Svade Russell**.

In response to COVID, JJ's Legacy transformed the traditional Got the Dot High School Leadership Program into an academic year long club that could meet virtually. Throughout this year, the participating students from multiple high school and college campuses have continued to meet and work together. JJ's Legacy honors the legacy of Jeffrey Johns by educating Kern County residents and inspiring them to become registered organ, eye, and tissue donors, and by providing compassionate support to donor and recipient families.

For more information, please visit www.jjlegacy.org or www.roc.kernhigh.org.

Give Big Kern Fundraising Efforts Break Records

Kern County's nonprofits broke a record with a 13 percent increase in the support they received this year during the annual Give Big Kern. With the community's help and donations from all over the world, from



Japan to Norway to South Africa, Kern's county-wide online day of giving totaled more than \$830,000 and will benefit 129 participating nonprofits.

Hosted by Kern Community Foundation as part of its Nonprofit Strengthening Initiative, Give Big Kern's goal is to increase visibility, capacity, and sustainability of local charities.

Since its launch in 2016 on the first Tuesday in May, the effort has now raised more than \$2.5 million and procured close to 390,000 pledged volunteer hours.

"Year after year, the results of Give Big Kern illustrate the giving spirit of our community, as well as the amazing efforts of our nonprofit partners," says Foundation President and CEO **Kristen Beall Watson**. "It is truly inspiring to see the resilience of so many of these organizations that have been hit hard by the pandemic. Our hats are off to everyone who came together to celebrate this wonderful place we call home."

Mark your calendars for next year's Give Big Kern: **May 3, 2022**. For more information, please visit www.givebigkern.org.

Out Now! Mento Buru & Bakersfield College "Renegade Sounds" Music Project

Bakersfield Latin ska reggae group Mento Buru, in collaboration with the Bakersfield College Commercial Music program and Bakersfield College Foundation, is excited to announce the release of "Renegade Sounds," a three-song EP featuring new recordings of the school's iconic "Renegade Fight Song."



Set to both swing ska and punk rock styles, the song's original arrangement, written by then-BC music director **Cal Mueller** between 1951 and 1953, has never sounded quite like this.

"Renegade Sounds" can be found on **Apple Music, Spotify, Amazon, Pandora, YouTube Music, Tidal, Tik Tok** and more.

Groundbreaking for New High School

Kern High School District recently broke ground for its next comprehensive campus, **Del Oro High School**, located on the northeast corner of E. Panama Lane and Cottonwood Road. This high school will be the district's 19th comprehensive school and is scheduled to open August 2022 welcoming an initial phase of freshman and sophomore students. Built on 58 acres, the school will include new state-of-the-art teaching and learning spaces, a 3-court gymnasium, a 2,500-seat stadium, and a 600-seat performing arts center. The development and construction of the new school have been made possible in part through Measure K, a general obligation bond passed by Kern County voters in 2016.

Readers Respond:

Plans for Summer Fun

We asked our readers to share their summer plans. Find inspiration from other community members here! Have summer fun to share? Tag us on Facebook with the hashtag #KernCountyFamily, and we'll let our readers see what you're doing to make the most of the season.



Going to Big Bear and getting a pontoon boat to go out on the lake.
— Shirley Petersen

Beach and mountain trips; trips to museums and learning experiences.

— Dawn Miller

Trying to stay cool and beat the heat. Teach the boys how to swim. BBQ and enjoy family time.

— Ariana Martin



Taking my children to the beach.

— Amy Downum

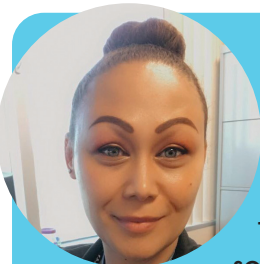
I am hoping to entertain some friends and family in our backyard. Even have the kids invite some friends. That's some good fun right there!

— Nicole Taylor



My summer plans are to spend more of the time we lost during COVID with family.

— Diane Sanchez



I am looking forward to spending time outdoors with my family. As we see lockdowns beginning to subside, I can't think of a more enticing thing than to get outside and have some fun! Bicycles, soccer parks, painting classes: we will do it all!

— Chrystal Sheppard

Camping in our renovated trailer. Home away from home. Nothing better.

— Christina Wood

Just staying home and enjoying summer with the kids and the pool; can't beat the heat, might as well play in it.

— Regina Galvez

In the Know: COVID-19 Vaccination Now Available For Ages 12+

Children ages 12 to 15 are now included in the population eligible to receive the COVID-19 vaccine. The U.S. Food and Drug Administration (FDA) amended its emergency use authorization for their inclusion following clinical trials in the age group with only minimal side effects such as headache and fatigue. Vaccination began in Kern County and throughout the country on May 13.

Benefits of the vaccine far outweigh the risks of COVID-19, which can include spreading the virus to those who will not recover well, hospitalization, lifelong side effects, and death. It is offered without charge regardless of health insurance coverage.

"Ending this pandemic requires using all of the tools we have available, including practicing healthy habits, masking, distancing, and, most importantly, getting vaccinated. **Get vaccinated for yourself, your family, and our community.**"

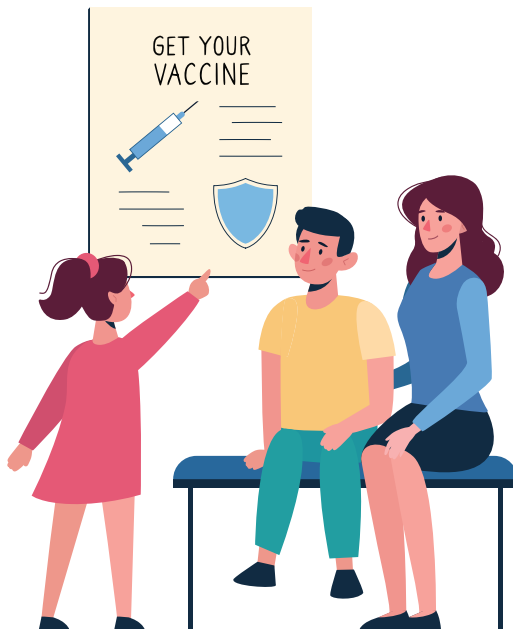
-Brynn Carrigan,
Director of Kern County Public Health



"Vaccination is the safest and most effective way to build immunity against COVID-19," said Brynn Carrigan, director of Kern County Public Health. "Ending this pandemic requires using all of the tools we have available, including practicing healthy habits, masking, distancing, and, most importantly, getting vaccinated. Get vaccinated for yourself, your family, and our community."

Parents and guardians can schedule appointments using statewide scheduling options at www.MyTurn.ca.gov. According to the Kern County Public Health Services Department, "the Kern County Fairgrounds Mass Vaccination Clinic offers the Pfizer vaccine from the comfort of your car." The clinic offers a walk-in option Wednesday through Sunday from 9:30 a.m. to 4 p.m.

The vaccine may also be available at community vaccination events and through private providers, including local pediatricians, family medicine specialists, and at select pharmacies.



A parent or guardian must be present with the child during the vaccination session. Please bring a birth certificate or other identifying documents that list a birth year to verify age. Availability is not based on residency, insurance, or other social factors.

If you have questions about the COVID-19 vaccine, talk with your doctor. In an effort to encourage public vaccination, you may also direct questions to the COVID-19 Vaccine Nurse Hotline coordinated through Public Health. Call or text your question to **661-677-4177** between 7 a.m. and 7 p.m. any day of the week for more information.

Visit www.kernpublichealth.com for updates as more events are planned.

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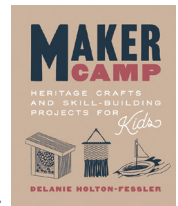
Lit League

A subscription-based book club for kids. Each box includes a book, a vocabulary bookmark, 4-5 fun-filled activities, discussion questions and answers, and the tools to enjoy a shared family experience or to participate in a book club with friends. **\$30.99-\$36.99, ages 3-12, litleagueboxes.com**



Maker Camp

Create with your kids with 20 classic and inventive projects. From soap carving and knot tying to building toy cars and junk robots, this book links techniques of the past with the present while offering the fun of making things with your own hands. **\$19.95, ages 3+, roostbooks.com**



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Continue: A Local Firefighter's Story of Surviving the Darkness of Post Traumatic Stress

As the spring season comes to a close, the days are growing longer, and the weather is getting hotter. When the calendar turns the page to June, it signifies the end of the school year, the start of vacation season and coincidentally, what is typically a very busy part of fire season in California. It's important to note that June is also Post Traumatic Stress Disorder awareness month, a disorder that is usually associated with war-related trauma for veterans, but is also a very common side effect for first responders who deal with trauma on what can be a day-to-day basis. Left unchecked and untreated, the effects of PTSD can lead to anxiety, depression, and for some, suicide.

The struggles of Post Traumatic Stress Disorder hit close to home for one of Kern County's own—Fire Captain, Derek Robinson. After a few years of silence, Derek decided to open up and share his story of how he overcame the darkness of PTSD and detail his steps to recovery, in hopes that he may help someone else on their own journey. I recently had the chance to ask him a few questions about his new book, *Continue: Surviving the darkness, choosing to live*.



KCFM: Why did you decide to write a book?

Robinson: Honestly, I don't remember specifically deciding to write a book. I wrote a post one night that I ended up sharing on my Facebook page. I was nervous to share something so intimate and personal to such a wide audience, but I felt it needed to be done, in case it could help someone else going through the same thing. The book was something many suggested after the post was so well-received. I decided to start journaling my thoughts until one day I realized I might actually have enough to put in a book format. The Facebook post became the first chapter of the book.

KCFM: You've said your main goal was to help just one person choose life over suicide, have you seen that come to light since your book has been published?

Robinson: I can't say that I have seen this come to fruition directly, but indirectly it has definitely helped some I know personally, get on a better path in dealing with their Post Traumatic Stress.

KCFM: Post-traumatic stress disorder (PTSD) was first classified as a specific condition by the APA in 1980. In your book you talk about a newer name for it, post-traumatic stress injury (PTSI). Can you explain the differences and how they specifically manifest and relate to firefighters?

Robinson: I think changing it to Injury from Disorder is a concerted effort to break a stigma associated with Behavioral Health. "Disorder" sounds like a

condition you carry for life, and there may not be a recovery from it. Saying, "injury," is closer to the truth as PTSI is very treatable. Proper treatment is key, but we are all unique individuals from the way we grieve, to the way we laugh. The key is to find the method that works for the individual and to find the right counselor.

KCFM: In your opinion, do you think the numbers of first responders struggling with job-related PTSD/PTSI have increased or are we just more aware of it and it is becoming less of a stigma to tell someone when help is needed?

Robinson: Both; this job continues to be more violent and the numbers of calls keep going up. We are definitely becoming more aware of the stressful impacts the job put on us, but sadly, the stigma is still very strong. It is literally killing people because they are afraid to ask for help.

KCFM: When you feel your anxiety or symptoms of PTSI creeping back in again, what are some things you do for yourself as a type of self-care?

Robinson: Swimming has always been my go-to outlet for reducing stress. As detailed in the book, I almost lost that love. I was also introduced to Cross-Fit during my dark days. I still do both, but have added meditation and practice being mindful. Now a bad day is just a bad day; it's just a low, and it will pass. Before I got help, I lived every day in that low.

KCFM: What advice do you have for families of first responders or a loved one of a first responder? What are the most common symptoms?

Robinson: Some early indicators could be as simple as an increased use in alcohol or sleep aids. An increase in irritability may also present itself. Others can be more subtle, like avoiding social gatherings or a loss of interest in a long held hobby. There are many more and it manifests itself individually as the stressors impact us each individually. The best thing a family member or loved one can do is get educated on signs and to be hyper aware. There are also two pages of symptoms and more resources listed in the book.

KCFM: How has your book been received among your own family members and friends?

Robinson: My family and friends have been wildly supportive. It has helped create stronger bonds and has promoted more open communication. None of them, friends and family alike, had any idea I was struggling until the Facebook post. I think the point, and the scariest part of all this, is that you can be intimately engaged in someone's everyday life and still have no clue.



Son, Chance, dog Steevie and Derek. StaceyLeigh Photography

I gave my 14-year-old son a signed copy of the book and he sat down and read it in one day. He knows all about the book and my struggles. He sat next to me many times as I shared my story with friends and family and even helped prompt me when I would forget something!

KCFM: Now that your book is published, what's next? Will there be a second book?

Robinson: Going forward I will continue to advocate for Behavioral Health Awareness and work to reduce a stigma that is killing first responders. I started public pages on social media to promote awareness and encourage healing, and many have reached out. I have not committed to a second book, but I wouldn't rule it out. I just put so much into this one; I am not sure what I have left to write.

Continue; surviving the darkness, choosing to live, is available on Amazon.com, both in print and digital editions.

Local resources for emergency responders and their families

Public Safety Professionals Retreat (ProSPeR) provides a confidential and secure facility for stress- and trauma related healing and education for those professionally committed to, or retired from, law enforcement, firefighting, and other public safety and emergency response roles in their communities. www.prosperetreat.com

Firefighter & Family Crisis (844)-525-FIRE (3473), crisistextline.org or text 741741, www.copline.org or (800)-267-5463, suicidepreventinlifeline.org or (800)-273-8255, and safecallnowusa.org or (206)-459-3020.

National Suicide Prevention Lifeline
1.800.273.8255

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Clinica Sierra Vista WIC

11 Ways to Make This Summer Unforgettable With Family Fun

The end of the school year, fun, and freedom characterize summer. After a difficult year with travel restrictions and fewer opportunities to have fun at local venues, this year's season of sun feels cautiously optimistic. At the time of this article, Kern County remains in the orange tier, with some limitations on indoor activities. For that reason, we have selected reader-suggested summer activities currently accessible to all.

Here are 11 ways to take time out together and enjoy summer fun:

- 1. Design a summer bucket list:** What do your children want to do this summer? Ask them. Brainstorm summer fun ideas and plan accordingly.
- 2. Don't forget food:** Add in the taste of summer to your plans, from ice cream stops to no-bake dinners. Popsicles, s'mores, and lemonade add to the tastes of summer.
- 3. Go fly a kite:** During the heat of the day, stay inside and make a kite together. Find instructions on YouTube and enjoy creating it with colorful household items. Fly it outdoors as you watch the sunset.
- 4. Make a park tour:** Set a goal to visit all the parks in Kern County. Download a geocache app for added interest and go hunt for treasure.
- 5. Host a picnic:** Take a picnic lunch to the park, or spread a blanket in celebration of Father's Day. Have an outdoor party with lemonade, fresh fruit, and traditional picnic foods children can help prepare.
- 6. Plan a nature outing:** Go for a hike or try cycling. Take time away with a day-long road trip. Visit the beach or a state park.
- 7. Add water play:** If the beach is out of reach, bring the water to you with water balloon and wading pool fun.



"Summertime is always the best of what might be." — Charles Bowden, American author

- 8. Play like a child:** Turn off electronics and enjoy a full day of carefree fun. Forget your worries for the day and enjoy simple pleasures with no multitasking. If you need help, let your children lead the way.
- 9. Try a Yes Day:** If your family has seen the Netflix movie "Yes Day" featuring Jennifer Garner and Edgar Ramirez, the concept should be familiar. For one day only, with some ground rules, your children are in charge. Flip the switch and leave the day's activities up to them.
- 10. Share a movie night:** Stream the summer classics you loved during childhood. "The Sandlot," "E.T." and "The Neverending Story" may be films your children or grandchildren have not yet seen. Visit your local library for a free option by checking out DVDs.
- 11. Beat the heat with a great read:** Participate in the Summer Reading Challenge through Kern County Library. Share a favorite classic like *Charlotte's Web* by E.B. White, *Henry Huggins* by Beverly Cleary, or the Fudge series by Judy Blume. Younger readers will enjoy the time and the story shared with you no matter what the title, while older tweens and teens can benefit from a family book club-style approach.

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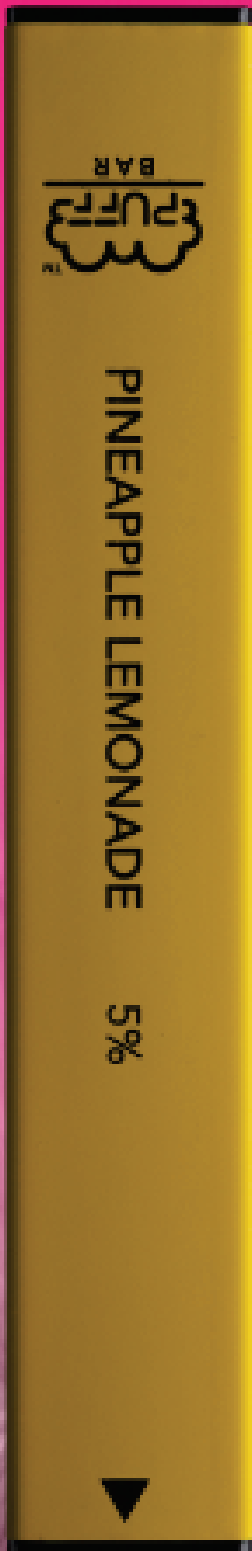
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Reese Osthimer, 8,
photographed in Bakersfield
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Make Campfires Safe and Enjoyable

Who doesn't look forward to sitting around a crackling campfire in the evening with family or friends? Such an experience attracts people to try camping, ultimately converting many of them into lifelong camping enthusiasts.

Campfires serve various purposes, from heating up simple foods to keeping wildlife at bay. Campfires also light up camps where people dine and sleep while providing much-needed warmth.



Campers must always exercise caution with their campfires. The University of Vermont Medical Center says 80 percent of pediatric campfire burns resulted from day-old campfires. The National Interagency Fire Center advises that, in 2017, 88 percent of wildfires were caused by humans.

When building campfires, the following precautionary measures can ensure a safe time is had by all.

Learn if it's safe. Campground and other areas will post if the conditions are safe for a fire. Heed all signs and do not ignite a campfire if posted warnings say it is too dry and unsafe to do so.

Choose the right location. Look around and up to make sure that the fire will be in a safe location away from low-hanging branches or brush. Keep a radius of at least eight to 10 feet around the fire clear of tents, food, chairs, and other items, states the health and fitness resource Active.

Prepare your site. Dig a small pit in which the fire can be housed, offers Smokey Bear. Place a ring of stones around the pit.

Add fuel only as needed. Keep the fire at a manageable size and height. Do not let it grow just to impress fellow campers, as it can spread and become a problem.

Beware of the "duff." The rangers at Modoc National Forest in California say duff is a layer of decomposing wood material that lies between pine needles and dirt on the forest floor. It is highly flammable, and some mistake it for dirt. Be aware of duff near the campsite and extinguish any embers promptly.

Maintain a close watch. Make sure at least one person is always tending to the campfire.

Keep kids and pets away. Set a proper distance for pets and young children who may not understand the dangers of fire.

Extinguish the fire properly. Keep a shovel and water nearby to drown the fire and embers. Mix the ashes and water again to catch anything that may be smoldering. Continue adding water, dirt or sand and stirring with a shovel until all material is cool. Never leave a former campfire hot. Check a decent perimeter around the campfire to ensure that no stray embers escaped.

you can do it

Fresh & in Season Sweet Snacks for the Summer

June in California is the perfect time to celebrate two huge local industries —not only are cherries and other stone fruits coming into season, it's also National Dairy Month. Take advantage of living in one of the nation's most prolific agricultural areas (did you know CA has more dairy cows than any other state?*) with these summer recipes. And both are perfect for washing down with a cold glass of milk! *www.statista.com



BING CHERRY THUMBPRINT COOKIES

Recipe courtesy of calcherry.com

Ingredients

Bing Cherry Jam:

- 1 lb fresh California Bing cherries, washed and pitted (about 2 cups)
- 1/8 cup water
- 1 tsp lemon juice
- 1 tsp grated lemon zest
- 1 cup sugar

Cookie Dough:

- 1 cup (2 sticks) unsalted butter, softened
- 3/4 cup sugar
- 1 egg
- 1 tsp vanilla extract
- 2 cups flour

Instructions

Preheat oven to 350 F.

For jam:

1. Combine cherries and water in a small pot and simmer over low heat until fruit is tender, about 10 minutes. Add lemon juice, zest, and sugar and stir gently until sugar dissolves. Bring to a boil and boil rapidly for 10 minutes, stirring on occasion, until thick and syrupy.
2. Pour into a shallow bowl and cool, or alternately refrigerate until jam is set. This can be made a day ahead.

For cookies:

1. Beat butter and sugar with an electric mixer until creamy. Beat in egg and vanilla or almond extract. Add flour and mix until just combined.
2. Form dough into 1-inch balls and arrange on an ungreased cookie sheet. Using your thumb, make an impression in the center of each ball.
3. Fill each cookie with cherry jam making sure each has a cherry.
4. Bake for 12-15 minutes, until the dough is set and lightly browned on bottom. Remove from pan and cool on a wire rack.

Nutritional Information: (per cookie) Calories-140; protein-1.25 grams; carbohydrates.-19.68 grams; fat-6.48grams; saturated fat-3.91 grams; mono-saturated fat-1.87 grams;

ZUCCHINI OATMEAL MUFFINS

Recipe courtesy of registered dietitian Bri Butler and Power Portions

Total time: 15 minutes | Servings: 12

Ingredients

- 1 zucchini
- 1 1/2 cups dairy milk (2% recommended)
- 3 bananas
- 6 pieces pitted Deglet Noor dates
- 1 teaspoon vanilla extract
- 2 tablespoons safflower oil
- 2 1/2 cups old-fashioned oats
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 F.
2. Grate zucchini. Using kitchen towel or cheesecloth, wring as much water as possible. Set aside.
3. In blender, blend dairy milk, banana, dates, vanilla and oil until smooth. Set aside.
4. In large bowl, combine oats, baking powder, salt and cinnamon.
5. Combine milk mixture, zucchini and oat mixture until well combined. Pour into coated 12-muffin pan.
6. Cook 30 minutes, or until golden brown.



Photo courtesy of Getty Images

hello, happy mama by callie collins

Dancing

Hello, Happy^Mama

Creativity, Discipline, & More:

Andrea Hansen Explains Why Dance is for Everyone

Andrea Hansen, co-founder of Kern Dance Alliance, leads with grace. At work and in community life, she embraces the challenge of advocating for the arts. A professional dancer by trade, their influence is evident in her life, including how she approaches opportunities both at work and at home.



Hansen Family photo courtesy of Posh Creative Photography/ Nancy Lynn Miller

A local champion in both formal and informal capacities for the arts, Andrea is also a wife and mother of two children. Her husband, Michael, is best known for his involvement with the family business, Hansen's Moving and Storage, which has helped people moving throughout Kern County and across the country for more than 40 years. Michael is president of Advanced Data Storage, a separate enterprise dedicated to records management.

The couple attended Bakersfield High School and graduated one year apart but did actually meet during their time as students there. Both attended college far from home before circling back to later meet in Kern County 10 years ago. Now celebrating eight years of marriage, they are the parents of Alexander, 5, and Hannah, 4.

A graduate of Mercyhurst in Pennsylvania, Andrea majored in dance, with a minor in political science and graduated from the University of Arizona with a Master of Fine Arts in choreography. In addition to teaching dance, she currently serves as president of Kern Dance Alliance and as a board member, in addition to an extraordinary number of other board appointments, including on Fox Theater Foundation's Board of Directors, for Cal-

ifornia State University, Bakersfield (CSUB)'s Arts and Humanities Executive Advisory Council.

Taking time out of her busy schedule to speak with us, Andrea offered insight from her unique vantage point as a parent, advocate and artist.

Q. What would you like Kern County Family Magazine readers to know about the dance community where they work and live?

"Collaboration is the pillar of success," said Andrea in light of the community partnerships that have helped further the work of Kern Dance Alliance. The organization is known throughout Kern County for its collaborative efforts to reach people of all ages and throughout so many phases of life. Kern Dance Alliance represents more than 70 dance organizations in Kern County.

"It is not a studio. It is not a company. It is more like an arts council for dance studios," said Andrea. Professional resources for dance teachers, scholarships for students and coordinated promotion of dance through a united effort are also part of its foundational work, in addition to program coordination and community presence for

all things dance. MemoryMOVES, for example, is a dance movement therapy program serving memory-impaired clients through Alzheimer's Disease Association of Kern County (ADAKC)'s adult day program with the guidance of a registered dance therapist.

"Dance and movement are a respected form of therapy," Andrea explained. "That connection to movement as a prehistoric ritual has always been part of our humanity. We had dance before we had words as a method of communication. It is ingrained in us. Being a mom, I have just watched kids move without inhibition, without embarrassment. Even though that changes with age, it is ancestral to us."

Andrea recalled observing an elderly man in a wheelchair who was generally very reserved and appeared disengaged until Charleston-style music began. He suddenly recognized the familiar song, stood up and began to dance, recalling that he and his wife had danced the Charleston at their wedding decades before.

"That's what is so incredible about these therapeutic programs," said Andrea. "The experience swept the cobwebs away and for a moment, for that individual, there was absolute clarity. That's what makes it all worth it: art is so much more than the art itself."

Kern Dance Alliance's SHINE for Girls program is a program that has garnered national attention for its outstanding approach to math through movement. As an acronym, SHINE is an acronym that stands for:

- Supporting** local youth in education pursuits
- Harnessing** self-esteem and confidence on stage and in the classroom
- Inspiring** young women to pursue STEM fields
- Nurturing** a love of mathematics
- Empowering** women across America.

Bakersfield is the first city on the West Coast to offer SHINE, which is also taught in Boston, Chicago and Washington, D.C. It boasts 100% improvement in math skills for middle school girls, the target audience, who come from a variety of backgrounds, including public and private school students, girls from varying socioeconomic circumstances and with varying academic abilities.

"Oftentimes, we meet girls who lack confidence. They may not have much motivation to succeed in math, but through kinesthetic learning, we teach them pre-algebra, algebra, geometry, statistics and more," said Andrea. "We help them fall in love with math and see how a future in STEM [science, technology, engineering and math] could be the path for them."

Offered each fall, SHINE pivoted to an online model due to the COVID-19 pandemic, but like all of Kern Dance Alliance's programs, the goal to be back in person soon seems possible.

Books in Motion, a program familiar to the Kern County community thanks to a partnership with Kern Literacy Council and Kern County Library, also encourages literacy through kinesthetic learning. The goal is to inspire a child to read through dance, with crafts and performance art as part of the process. A free book and craft kit are offered as part of the program each summer. Check with your local library branch for more information.

"We want to be where people are," said Andrea. She anticipates more involvement in schools and even corrections system programs.

Q. Can you speak to the role of art in our community and why it's so important?

"Arts organizations are never just about painting pictures and pointing toes," said Andrea. "Those activities are vitally important but the arts also make our community vibrant and dynamic. If the arts aren't happening, tourism isn't happening. People want to live in places where they can see and do things."

The role of the arts in creating well-rounded students, adults capable of both critical and creative thinking and the ability to cultivate discipline, discover flexibility and multitask are all underscored by related skills honed under that broad umbrella.

"My arts education has given me the tools to shift gears when needed and make things work, to see another way," said Andrea, who began training with the London-based Royal Academy of Dance at age 7.

Her own approach with Alexander and Hannah is more relaxed, a fact that may help allay fears sometimes parents have that it's simply too late to get started with the arts. Andrea plans to be there for her children as they develop related interests, as needed and desired.

"We're not too serious yet. We are enjoying the early years. We dance around the house, I show them dance on YouTube, but we are just starting to get involved in organized dance," said Andrea. "Leading by example shows children you truly can be anything you want to be. There is no one-size-fits-all when it comes to parenting."

Q. How can our readers better support local arts opportunities?

The arts have been some of the hardest hit industries through the COVID-19 pandemic.



Courtesy April & Co Photographers/
April Massiro

"I remember reading a 2019 summary listing the state of California's creative economy at more than \$615 billion," Andrea said. "Throughout the pandemic, about 200,000 people lost their jobs in the creative workforce."

An Otis College of Art and Design report confirms related data, with updates for 2020 at <https://www.otis.edu/creative-economy/2020>. The report lists California's total creative economy output at \$650.3 billion across all arts-related industries, including fashion, film, performing arts, architecture and related goods and services.

"When we talk about getting the economy back on track, that also includes creative people. Supporting the arts is not just an investment in the arts but also in the economy," said Andrea. "If you decide to take a night out and enjoy the arts, that might also involve hiring a sitter, maybe a new outfit, putting gas in your car and going to dinner. It all

works together, it's an integral approach, and until you notice the deficit whether it's in skills people bring to their fields or in our economy, the arts are not always appreciated in the ways they should be."

Q. As a parent in the area, what do you recommend other parents do to educate their families about community resources for the arts?

Andrea suggests following local arts enterprises on social media, liking and sharing their content, which can seem more approachable through a familiar platform. Organic promotion can help promote what a brand has to offer. If you are not on social media, word of mouth is a method she also encourages.

Q. Working throughout the COVID-19 pandemic with children at home has been a challenge throughout the pandemic. Is there any insight you would like to share on this topic? What have you found to be helpful as a professional who is also a parent?

"I like to surround myself with people who do things better than I do," said Andrea. "I have a true tribe, my circle of mommy friends. Sometimes, I look over my shoulder and I see a person who is doing it differently than I am and that's beautiful. Feeling inspired by others has really been helpful to me. The pandemic has been hard on all of us as parents. There have been moments of strength and moments of weakness. We all have them. Sometimes, though, we just need our tribe. Check in on others and accept their friendship. You'll find strength in yourself through them."

See a full list of where Kern Dance Alliance is involved in the community and find out upcoming opportunities to participate at <https://kerndance.org/kda-programs/>.

Hello, Happy Mama
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Enter before June 28th at 11:59pm for your chance to win!
http://bit.ly/June_HappyMama

Kitchen Remodel, Here We Come

Phase 1: Planning the New Kitchen

We came up with the not-so-brilliant idea that we would remodel our kitchen: new design, new appliances, new counters, new cabinets, new lighting, new flooring. And while we are at it, why not also put new flooring in the living room and dining room? And install a built-in entertainment center in the living room. And replace the patio door.

I'm thinking we need to move out while this is happening.

My husband is thinking that maybe it was easier to tear up tile flooring when he was in his 20s.

My kids are thinking this is the worst thing that has ever happened to them. They are asking to keep cabinet door handles and entire drawers and scrap tile. They have spent the past two months taking pictures of the old kitchen, so they don't forget it.

As for me, I would just be happy if there were enough cabinets that we didn't have to leave cereal boxes on the counter.

Also a dishwasher that actually cleans the dishes. Without leaking. A refrigerator with shelves that aren't broken. A stove with burners that turn on. A microwave that doesn't sound like someone left the cat in it when it's running. I'm not asking for much.

Only now I am. I'm asking to move out while this is going on. I want my dog and my kids to be able to walk into a kitchen for a drink of water – and actually be able to get to the water. I want to be able to work in peace without jackhammers breaking up tile six feet away from my Zoom meeting. I am particularly interested in having a place (besides my grill on the patio) from where I can teach my live Outschool cooking classes.

As we start to plan this project, I am trying to remind myself that this is not our first remodeling project. That we will get through the chaos and the mess. (Though, at this point, I'm not sure we'll get past Phase 2: Budgeting.)



Then again, the last time we remodeled a kitchen, we did not have kids. We did not have meltdowns every time we tried to make a decision about where a new cabinet would go or which material we would choose for counter-tops. Oh, and I wasn't working from home. During a global pandemic.

This endeavor is making me realize how much my husband and I agree on everything. I didn't notice it before the kids. But those little guys are kind of contrary. They don't like anything we are deciding.

So... two things: One, my husband taught them how to use Chief Architect, so now they are happily designing their own houses. (And I'm keeping my mouth shut about maybe not wanting to open the front door and see nothing but a stair case right smack in front of you.)

And two, we have to get the kids out of the house as soon as the demolition begins. Unless we want them hoarding scraps of splintered wood and handfuls of dust. I know where they put things like that: under their beds. (We once found a used blackberry container under Ashley's bed. And not before the ants found it, either. She also confessed to possession of an empty soda can. She was keeping it to remember the one time she got to drink a Dr. Pepper.)

In next month's edition, I may just confess that I am buried under a pile of rubble and can't find my laptop. Maybe I will just stay buried until September.

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Join us live on Facebook June 24 & 25 from the comfort of your own home. The three-day event will conclude with Walk through Memory Garden Resource Fair at the Rose Lazzarini Campus.



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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

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City Center

3201 F St, Bakersfield, CA
(661) 342-4671

Time: 7:45am – 12pm

[www.visitbakersfield.com/
events-calendar/valley-farmers-market](http://www.visitbakersfield.com/events-calendar/valley-farmers-market)

Lakeshore Farmer's Market-Wofford Heights

We have some great farmer's markets in Kern County, and this is another one. Give your whole family the gift of fresh fruits, vegetables, and homemade goodies. Drive up the hill for some amazing finds on Saturdays.

7466 Wofford Blvd

Wofford Heights CA 93285

(760) 417-9575

Time: 9am – 1pm



Ongoing Each Monday

Hoffmann Hospice Grief Support HEALING HEARTS

(Parents that have lost children)

This is a particularly difficult time to experience the death of a loved one. Hoffmann Hospice Grief Support groups are led by trained grief counselors. The meetings are free and open to all. You do not need to have a loved one on our service to attend.

Space is limited, reservation required for all groups. Please call (661) 410-1010 to schedule.

Mondays via ZOOM (online group)
Bakersfield, CA

(661) 410-1010

Time: 5:30-6:30pm

<https://www.hoffmannhospice.org/grief-support-groups/>

June 5

Concert for the Causes

Concert for the Causes is a country concert event benefiting 3 amazing Kern County nonprofits: The Wounded Heroes Fund, MARE Therapeutic Riding Center and League of Dreams.

This event is an outdoor concert with headliner Granger Smith featuring Earl Dibbles Jr., Bakersfield native Jim Ranger, and local artists Joe Peters and Boones Farm Trio. The event will be at the Kern County Raceway Park on

Saturday, June 5th. Doors open at 4pm. First act at 4:30pm. Tickets starting at \$50 and sponsorships available.

Kern County Raceway Park
13500 Raceway Blvd Interstate 5 and Enos Lane, Bakersfield, CA 93311

Time: 4pm – 11pm

[www.tickettailor.com/events/
woundedheroesfund/513026](http://www.tickettailor.com/events/woundedheroesfund/513026) or
www.kernraceway.com.

2021 Bakersfield Ronald McDonald House Walk for Kids

The Bakersfield Walk for Kids is a virtual fundraiser where YOU can walk your own way to raise funds to help families served by Bakersfield Ronald McDonald House. This year's Walk will be re-envisioned to adapt to today's reality. Join the Bakersfield Ronald McDonald House Walk for Kids, virtually, on Sunday, April 25 for an engaging and inspirational day, which will bring us together wherever we are.

The Bakersfield Ronald McDonald House Walk for Kids has been a beloved community event supporting children and families who rely on the life-changing services and programs provided by the Ronald McDonald House Charities of Southern California. Together, we create a community where children and their families embrace life and healing with a sense of hope, enthusiasm, courage, and joy.

100% of the funds you raise help families with seriously ill children - right here in your local community.

Location: Online

Time: 8am – 11am

www.walkforkids.org/Bakersfield

June 12

24th Annual Super Cruise Car Show for SODC

We would like to extend an invitation for you to be part of our 24th annual Charity Event, Society for Disabled Children of

Kern County, Super Cruise Car Show. They have a local program that sends disabled and special needs children to camp and our event covers the cost for any local child to attend at no costs. Over \$400,000 has been raised since inception of the event thank to sponsors and supporters as yourself and dedication of the 100 plus clubs of Bakersfield Car Club Council, Inc. and over 3000 enthusiasts. We anticipate between 400 and 500 car entries and spectators throughout the day of the event.

Kern County Fair Grounds
1142 S P St, Bakersfield, CA 93307

Time: 7am – 3pm

www.bakersfieldccc.org



June 24 & 25

Virtual and In-Person Conference:
Caring for the Caregiver-Health, Healing and Harmony 2021

This conference is provided free of charge for family caregivers. Focusing on person-centered care for families, the day will be filled with engaging speakers highlighting Alzheimer's Disease. Join us live on Facebook June 24th & 25th from the comfort of your own home. The 3-day event will conclude with Walk through Memory Garden Resource Fair at the Rose Lazzarini Campus.

Location: Online

(661) 665-8871

[www.facebook.com/ADA-
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4 Great Ways Dads are Different

By Sarah Lyons

There is no denying that there are differences between how moms and dads parent their kids. Just because dads may do things differently than moms doesn't mean their parenting style is less beneficial to kids. A different perspective on how to handle challenges, how to have fun, and how to show affection is great for kids. Here are some great ways dads are different.

DADS PLAY DIFFERENTLY

When I watch my husband interact with our kids, I notice one major difference: how they play together. My husband will often hide and when the kids start looking for him, he will jump out and scare them. He fills water balloons for an hour to have a water fight that lasts five minutes. He spends time building Legos and helping the kids learn how to follow the instructions. He wrestles with, laughs with, and good-naturedly teases the kids. They love it. Most of these things I would rarely do, some I would avoid if possible. Dads have a way of bringing silliness and fun into our kids lives, usually in the form of a game. The kids love it, the dads love it, and it strengthens the bond between them.

DADS ARE MORE FLEXIBLE

This may not apply to all dads but many are a little more flexible than moms. When I was a little girl my mom had a weekly night out with her friends and my dad was in charge. This often meant fried egg and ketchup sandwiches and staying up late watching TV. I remember one day dad let us have ice cream for dinner. We walked to the ice cream shop and my brother and I ordered bubble gum ice cream cones. By the time we had walked home, we were covered in a sticky mess. Instead of a bath, dad sprayed us down with

a hose, took us inside and changed us right into our pajamas, and called it a night. We all laughed the whole time, including my dad, and I remember thinking how mom would never have allowed that. The next night we went back to our normal routine but those little moments of silliness and flexibility taught me that sometimes it's okay to set aside the rules and routine and have fun.

DADS SHOW AFFECTION DIFFERENTLY

Kids enjoy snuggling up with both mom and dad, but in addition to sitting together reading a book or watching a movie, dads also often wrestle, tickle, and roughhouse. They lift kids up on their shoulders and carry them around and often spend time roughhousing and showing affection in a totally different way than women typically do. They carry kids to their beds and throw them onto a pile of pillows, which is usually rewarded with giggles and a shout of "Do it again!" Dads have a knack for showing affection and having fun at the same time.

DADS ENCOURAGE NEW THINGS

It is usually easier for me to just order food for the kids when we are at a restaurant but my husband lets them speak to the waitress themselves and order their own food. This teaches them independence and how to be comfortable speaking to other adults. If they are too shy to do so, he pushes them out of their comfort zone and tells them they can do it, gently encouraging them to try something new. There are so many situations like this. Dads often will push kids to try new things, learn to do things themselves, or tell them to follow the directions on their own.

There may be differences between how moms and dads parent their kids but neither is right or wrong. Each parent has something unique to teach their kids and different ways of showing love.

DO YOU HAVE A LOCAL EVENT SPROUTING UP?



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

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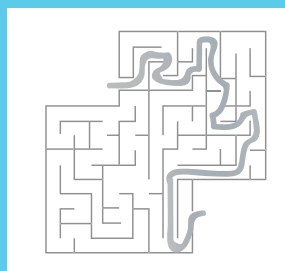
"Submit Calendar Event" can be found under the Calendar tab. Please submit calendar events by the 10th of each month prior to ensure we have enough time to consider your event.

Best of all, it's FREE!

PAGES 26-27

ACTIVITY CORNER ANSWERS

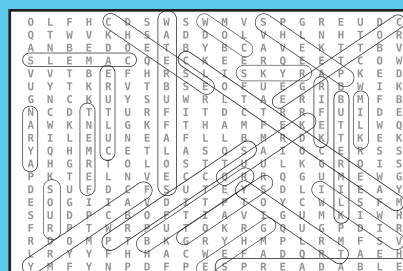
MAZE



SUDOKU

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

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

EARLY SIGNS OF AUTISM:

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

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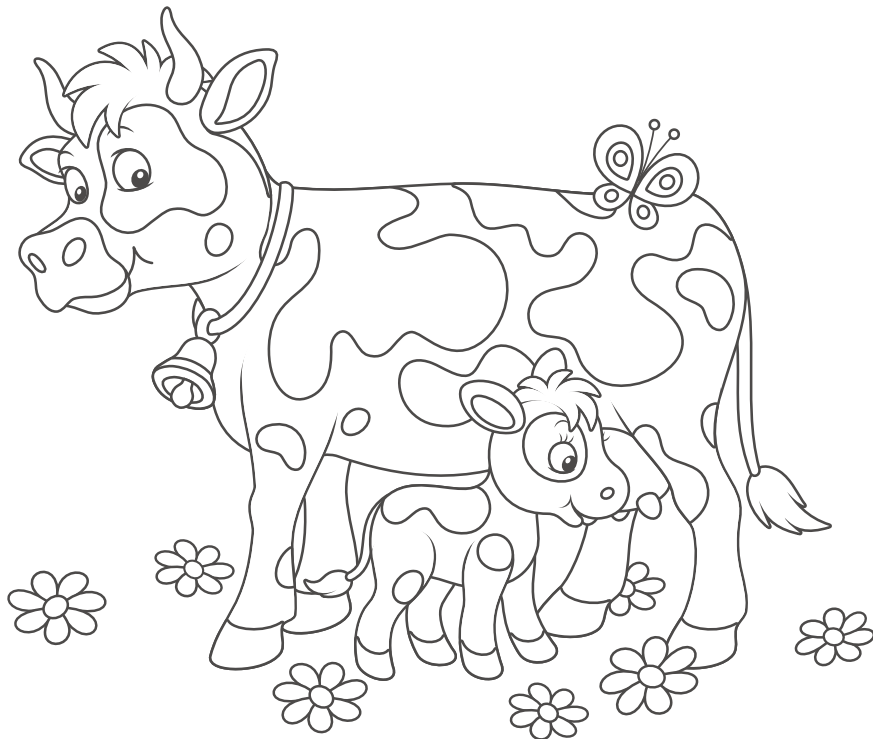
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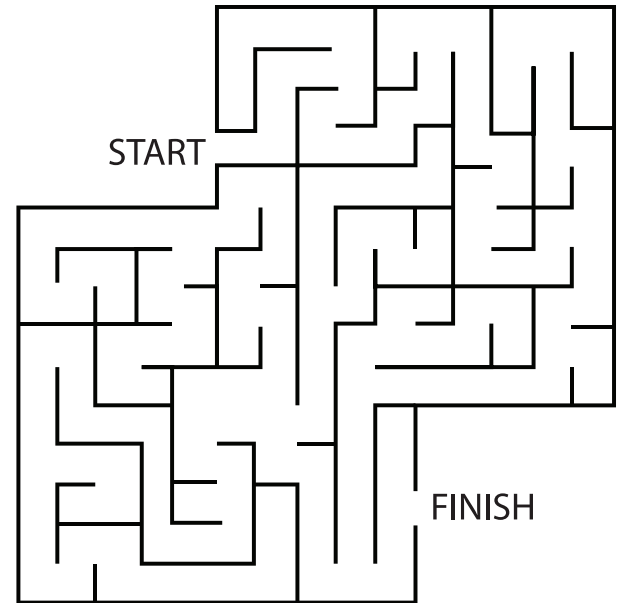
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June Activity Corner ...answers on page 23

Color Fun



Maze Craze



Sudoku

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

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!

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

- | | | |
|---------------|----------|-----------------|
| AYRAN | CULTURE | QUARK |
| BUTTER | FACTORY | SHEEP |
| BUTTERMILK | FERMENT | SKYR |
| CAMELS | GHEE | SOUR |
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