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

March 2022

**SPRING
BREAK**
Fun Ideas
WITHOUT
Breaking
the Bank

Heading
**BACK to
WORK?**
Your Worry-
Free Guide

STAYING
connected
WITH YOUR
TEEN

**LUCKY
YOU!**

WIN a **FREE** Family
Photo Session!
See page 15

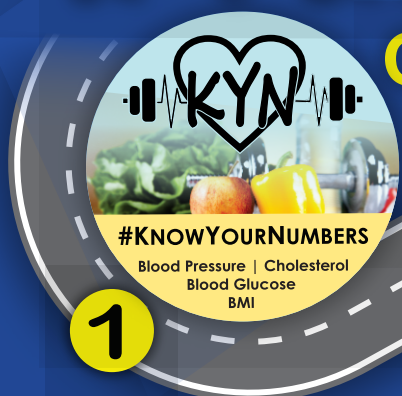
plus: stressed? tips for coping when you're overwhelmed pg 27
what our readers are reading pg 10 recipes: st. patrick's day classics pg 22



LET'S GET HEALTHY KERN 2022

Kern County Public Health offers three community initiatives geared at improving the overall health of Kern County.

Get started on your road to better health TODAY!



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Traveling 6-week program offers free health screenings and fitness and nutrition coaching.



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Kern County has some of the highest rates of obesity, diabetes and heart disease in the state.

Together we can change that.

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MEMBERS OF



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Hello, Happy Mama: Bakersfield Native
Natalee Garrett



Wishing you pots of gold full of luck & love!

Happy St. Patrick's Day, Kern County!



Our adorable cover model Talon was photographed for KCFM by Stacey Leigh Photography.



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Feature: Connecting with Your Teen



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Feature: Returning to Work Anxiety



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YCDI - Irish Eats:
Make a St. Patrick's Day Feast!

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Vaun Thygerson,
Contributing Writer

I am not an artist, but doodling is something I love to do. When I was in college (back in the 80s before the Internet), I would go over-the-top when decorating my envelopes with small, hand-drawn art, crazy stickers, and block letters for the “snail mail” that I would send to my family and friends back home. Even now, when sending packages or gifts, I go all out and make sure the ship-to address is artsy. Although I still haven’t mastered the perfectly penned letters of Calligraphy, it’s something I practice quite a bit.

When I heard Cloud 9 Coffee was having a “Brush Lettering Workshop” with Emma of Lemon Lettering, I had to sign up. She taught us the foundations of brush lettering, a sub-set of calligraphy. With templates and practice sheets, I learned a lot and wished I had learned these techniques years ago. It’s amazing how one hour of instruction from an expert can really help you in your hobby. I’ve been putting this newly acquired skill into action by sending out some letters to family and friends. I’m sure they are going to be surprised when they get the notes in the mail. After all, who even gets letters or cards in the mail anymore?



Handwriting cards is such a fun way to show appreciation to your loved ones. If you’re looking for a fun activity during Spring Break, you can break out the construction paper, scissors, stickers, and markers and create some fun mail. In the article, “11 Ways to Make the Most of Spring Break on a Budget,” Callie Collins writes about ways to make the most out of the school break without breaking the bank. Some of the ideas she suggests include being outside in nature with a walk, a picnic, or gardening. To see her full list, turn to page 12.

This month’s article, “Hello, Happy (Healing) Mama,” on page 14, Callie Collins interviews Natalee Garrett, Kern Medical Vice President, Strategic

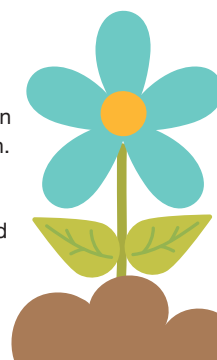
Development, and mother of two. She strives to balance her life, work, church, and volunteer service with motherhood, all while doing amazing things in the community. One of her favorite ways to balance all her roles is through music, especially Disney and Broadway songs.



Another way to help achieve a better sense of harmony in the home is through reading. March is National Reading Month and KCFM asked its readers to give us some book suggestions. Favorite novels ranged from historical fiction and non-fiction, to classics, self-help, romance, and thrillers. To read all the suggested titles, turn to page 10.

For your monthly dose of humor, Julie Willis’s Humor at Home article, “Delays and Disappointments: COVID Meets Home Repairs,” on page 20, discusses how home repairs, which are already stressful enough, were exacerbated by COVID diagnoses. She writes how her home remodel process disaster snowballed, but she can’t wait for it to be over when she will have the kitchen of her dreams.

While counting down the days of March, the weather starts to warm up, flowers start to peek through the soil, and spring fever sets in. Use that renewal of energy to enjoy life whether it’s a walk in the park or a workshop for a skill you want to learn. Spring is the time to explore and bring renewal to the Earth and yourself. Have a wonderful spring and hopefully you’ll find your pot of gold at the end of the rainbow!



Happy Spring!

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Goodbye Paper Checks,

Hello WIC Card!



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

YES!

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



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This institution is an equal opportunity provider.



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

WIC Benefits Include:

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

You May Qualify If You:

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- Had a recent pregnancy loss;
- Have a child or care for a child under 5;
- Have low to medium income; and/or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; and
- Live in California
- A family of 4 earning up to \$4,086/mo

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

Clinica Sierra Vista WIC

Bakersfield Museum of Art Offers Free Membership for Kern County Teachers

Bakersfield Museum of Art (BMoA) offers free individual memberships for Kern County's K through 12 teachers. BMoA believes teachers are inspiring the curiosity and creativity that define the next generation and hopes this program enhances both educators' ongoing education and the community.



Funded through the generosity of the Bakersfield West Rotary – Stroope Family Foundation, you can apply for this BMoA Educator Program at www.bmoa.org.

Kern High School District Partners With Bakersfield College for Early College Program

The Kern High School District (KHSD) partners with Bakersfield College to provide college course opportunities for high school students through the Early College Pathway Program. Applications are now being accepted until March 31, 2022.

Through this program, students will have the opportunity to earn an Associate Degree by the time they graduate from high school. Students who do not participate all four years will earn credit towards a degree, but not an entire degree. Some pathways may not be designed for full degree completion.

KHSD students, grades 9th through 12th, in the college pathways program will meet for classes at two different locations, BC Southwest Campus (BCSW) and KHSD Career Technical Education Center (CTEC). All courses are FREE and offered in the evening two to three times a week, after the high school day. Most courses are UC and CSU transferable and will count toward various Bachelor's Degrees.

Limited seats are available for each pathway. Applications will be reviewed by a committee and selected based on qualifications and fitness for the program. Parents and students are invited to attend a virtual information meeting via Zoom on March 7 at 6 p.m.

To register for the information meeting or apply for an Early College Pathway, please visit www.bakersfieldcollege.edu/earlycollege/khdsd.

United Way of Kern County Volunteer Income Tax Assistance Program

Need help with your taxes? United Way of Kern County offers Volunteer Income Tax Association (VITA), a free income tax assistance program that has granted low-income families and single individuals the option of not having to pay for such an expensive service, while still receiving quality work.

"The VITA program not only helps low-to-moderate income families file their taxes for free but also allows them to claim the tax refund they earned. The program also gives our volunteers an opportunity to develop new skills and build a relationship with their community," says Annelisa Perez, United Way of Kern County Financial Stability Manager.

For more information about the VITA program and to book your appointment, please visit www.uwkern.org/vital or call 661-843-1820.



Frontier High School Students Named Academic Decathlon Kern County Winners

Frontier High School will represent Kern County in the California Academic Decathlon this month in Sacramento after receiving the Claude W. Richardson perpetual trophy as the overall winner of the 41st annual Kern County Academic Decathlon. Nearly 200 students from 12 high schools participated in the Academic Decathlon made up of 10 events including Art, Economics, Essay, Interview, Language and Literature, Mathematics, Music, Science, Social Science, and Speech.

Each school's team consists of a maximum of nine students: three "A" (honor), three "B" (scholastic), and three "C" (varsity) entrants. They competed against other students in the same division. The team compiling the most points captured first place. Individual medals were awarded to first, second, and third place finishers in each category.

Honors Division: 1st place, **Lucas Bautista**, Arvin High School; 2nd place, **Justin Mugugat**, Stockdale High School, and 3rd place, **Alessandra Ela**, Arvin High School. **Scholastic Division:** 1st place, **Joshua Holland**, Frontier High School; 2nd place, **Nykolos Kidd**, Frontier High School, and 3rd place, **Brian Escutia**, Arvin High School. **Varsity Division:** 1st place, **Abigail Uribe**, Arvin High School; 2nd place, **Jahazariel Constable**, West High School, and 3rd place, **Jaden Rivas**, Frontier High School.

In addition, the Academic Decathlon Foundation Board awarded two one-time scholarships in the amount of \$250 and an annual award in the amount of \$1,000 to the following seniors: \$250, **Audrey Smith**, Stockdale High School; \$250, **Lucas Bautista**, Arvin High School; and, \$1,000, **Diego Garcia**, Arvin High School.

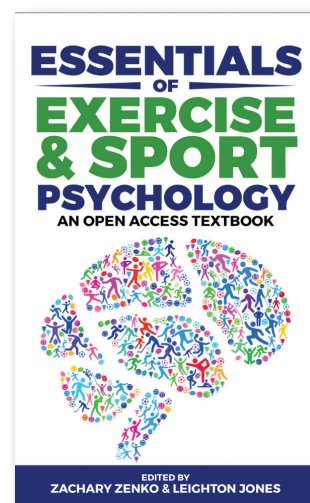
CSUB Professor Helps Launch Open-Access Textbook

Kinesiology majors at California State University, Bakersfield (CSUB) have a new resource available to help them study thanks to **Dr. Zachary Zenko**, CSUB assistant professor of kinesiology. He has co-edited a new textbook called, "Essentials of Exercise and Sport Psychology: An Open Access Textbook" that is now available free online to students, educators, and community members.

"We always want our students to have access to quality materials, but when there's a significant cost associated, this is very stressful and can cause anxiety and financial distress," says Zenko. "Gathering open-access resources is essential for supporting our students and creating equitable access to education."

More than 70 authors from around the world contributed to the textbook, which focuses on theories of physical activity and exercise behavior, music in sport performance, the positive effects of exercise for mental health, and more.

For more information, please visit www.news.csub.edu.



STUFF WE LOVE

MARCH

By Elena Epstein, Director of the National Parenting Product Awards

For more product reviews, visit nappaawards.com

Preschool Genius

A set of dry-erase activities and games with a genius twist. Includes beautifully illustrated activities that cover core learning outcomes as well as offering challenges like code-breaking and mapmaking that stimulate open-ended problem solving and creativity. \$27.95, ages 3-6, amazon.com

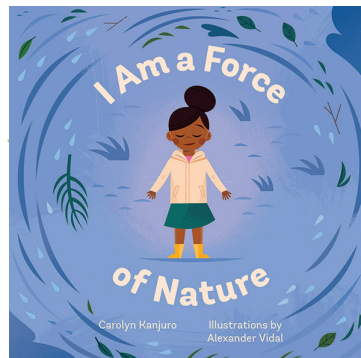


The Play Kits

A subscription, stage-based learning program designed to promote healthy brain development during the early years of childhood. The Play Kits deliver every 2-3



months and feature age-specific toys made with sustainably harvested wood, organic cotton, nontoxic paint and baby-safe plastics. \$80; ages birth - 4 years, lovevery.com



I am a Force of Nature

A beautifully-illustrated board book encouraging kids to explore their feelings and the world around them. Offers a great message that we can find the same brave, playful, colorful and crabby qualities found in animals and nature within ourselves. \$8.95, ages 1-3 years, Shambhala.com

The Lively Forest by Ginalina and illustrated by Kelley Wills

A beautiful story rooted in the diversity of the west coast forest biome and the joy of outdoor community. Features jaunty, lyrical text, harmonious and folksy illustrations, and imaginative and compassionate suggestions on how to help the environment. \$15, ages birth-8, beautifulworldbooks.com



You Are Magic

This debut album explores the silly and sensitive sides of childhood through lighthearted, upbeat and layered songs. Exudes positivity, fun and imagination. \$10, ages 3-9, tender-loving-empire.com



GET YOUR TAXES COMPLETED AND FILED FOR FREE!

RECURRING SITES

- United Way of Kern County
- South, East, & Foothill High School
- Strata Credit Union
- Greenfield, Arvin, & Lost Hills Family Resource Center
- UEI College
- Child Support Services
- Ridgecrest Women's Center
- St. John Baptist Missionary Church
- Vineland School District

ONE DAY SITES

- Delano Adventist Health (February 26th)
- Casa Amelia Cadena Apartments - Shafter (March 11th)
- Boys & Girls Club of Bakersfield (March 19th)
- Govea Gardens Apartments (April 1st)
- David Head Community Center (April 2nd)



Call (661) 834-1820 or visit uwkern.org/VITA to make your **FREE** tax preparation appointment! Drop-offs are now available.

UWKERN.ORG | 661-834-1820



National Sleep Awareness Week (March 13-19)

More than a third of American adults are not getting enough sleep on a regular basis, according to a new study in the Centers for Disease Control and Prevention (CDC).

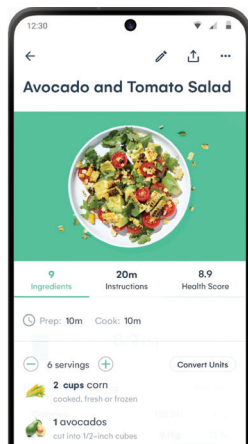
The American Academy of Sleep Medicine and the Sleep Research Society recommends that adults aged 18–60 years aim to sleep 7 hours each night. Sleeping less than seven hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress.

Lifestyle changes, such as going to bed and rising roughly at the same time and turning off or removing televisions, computers, and mobile devices from the bedroom, can help people get the healthy sleep they need, even on the weekends.



What's in That Recipe?

Ever wonder if your favorite recipes are smart choices? What's the calorie count on that new Instagram quick-fix dinner? Is there really any fat, sugar, or healthy ingredients in that 30-minute dish? Try these websites or apps for the juicy details:



RecipeIQ (www.recipeiqapp.com). This free app allows you to snap a picture of a printed recipe or paste a link of an online recipe and get the nutrition facts instantly. Modify recipes to fit dietary needs or tastes and your recipe gets recalculated.

Whisk (www.whisk.com.) This website and app let you cut and paste recipes or insert a recipe URL and provides nutritional facts for one serving. The recipe has a “Health Score” on a scale of 1-10. Higher is healthier and the scale is USDA recommendation based.

How to Contribute to the Red Cross

The International Red Cross helps communities in their own countries and across the globe every day and is perhaps the most visible in the aftermath of natural disasters. American Red Cross is active year-round, and there are plenty of ways for individuals to contribute to both organizations throughout the year.



Receive training from the Red Cross. The Red Cross notes that many professions require individuals to master lifesaving skills such as CPR and first aid. But millions of people are not required to learn such skills, even though they're useful for anyone. The Red Cross offers an array of courses, including CPR, that train individuals about how to effectively prepare for and respond to emergencies. Enrolling in these courses contributes to the mission of the Red Cross by building its potential base of qualified volunteers who can pitch in when natural disasters or other emergencies occur.

Pitch in with disaster relief. The American Red Cross notes that it responds to an emergency every eight minutes. Perhaps most remarkable is that 95 percent of the organization's disaster relief workers are volunteers. The American Red Cross relies on volunteers from all walks of life, and each organization has plenty of opportunities for individuals willing to give back. Learn more about volunteering at www.redcross.org.

Contribute financially. The work of the Red Cross continues after the emergency phase of a response has ended. The Red Cross provides emergency financial assistance in the immediate aftermath of a disaster, but also offers such aid to households that need extra help in the long-term. The financial contributions of donors help make that assistance possible and both the American Red Cross and the International Red Cross have made it easy to donate funds via their respective websites.

Assist the American Red Cross help those in need by going to The American Red Cross of Central California - 5035 Gilmore Ave, Bakersfield, CA 93308. Phone: 661-324-6427, or www.redcross.org

Go Bananas

Children who engaged in a memory game involving fruit ate more fruit than those who played a non-food memory game.

Source: Radboud University



Honey, You Know What I Forgot???

A new AAA Utah survey found that 51% of today's travelers have left behind at least one important item when taking a road trip. Toothbrush is the #1 most forgotten items along with cell phone chargers, hair care items, underwear, and socks.

The state you live in may determine the kind of stress that forgetting something gives you: those from California feel the most stressed about forgetting something, while Arizonans were the least worried. How do you not forget to pack items? Try making a list with a free app from PackPoint or PackKing.



Hello, neighbor.

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Q. What is the best book you've read lately?

March is National Reading Month. We know our readers often peruse our magazine, but they tend to be readers of fiction and nonfiction titles, too. We recently asked our readers to tell us the best book they have read in recent memory and their answers did not disappoint.

Here are some of our favorite responses:

The Five Love Languages
by Gary Chapman

- Submitted by Luz Garcia

Blind River
by Ben Follows

-Submitted by Charmagne Scott



Eleanor and Park
by Rainbow Rowell

- Submitted by Cheyanne Rigsby

A Wrinkle In Time
by Madeleine L'Engle

- Submitted by Candice Gonzales

Triggers: Exchanging Parents' Angry Reactions for Gentle Biblical Responses
by Wendy Speake & Amber Lia
-Submitted by Brittany Billington

The 49th Mystic
by Ted Dekker

- Submitted by Jennifer Holmes



Next Year in Havana
by Chanel Cleeton

-Submitted by Mary Gonsalves

The Bell Jar
by Sylvia Plath

- Submitted by Josh Jones



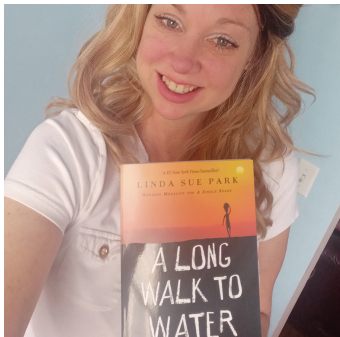
The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life: Before 8 AM

by Hal Elrod

-Submitted by Karrie Rhodes

When Breath Becomes Air
by Dr. Paul Kalanithi

- Submitted by Lindsey Moritz



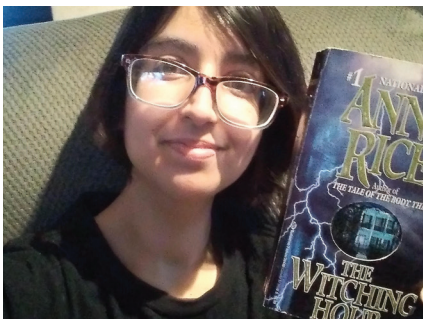
A Long Walk to Water
by Linda Sue Park

- Submitted by Charlinda Black

Malibu Rising

by Taylor Jenkins Reid

- Submitted by Janae Hansen



I absolutely adored curling up on the couch and reading **Anne Rice's The Witching Hour** last Friday night.

- Submitted by Marina Medrano



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



Need help finding
a dentist for your child?
Call (661) 321-3000



kernpublichealth.com

Funded by the California Department of Public Health under contract 17-10695



11 WAYS TO Make the Most of Spring Break on a Budget

The days are long, but the years are short in childhood. Making the most of school breaks gives families time to be together, try new seasonal activities, and learn life skills. What you choose to do doesn't have to be over-the-top; children remember when they were happy and engaged, an attainable goal that won't break the bank. This Spring Break, include some of these ideas on your bucket list.

Host a picnic: Set up lunch at one of the City of Bakersfield's newly renovated parks. Updates have been taking place throughout the fall and winter, so spring is the perfect time to see new play equipment and green spaces. Pack a basket of sandwiches or snacks and make a day of it. See which parks have been renovated at <https://bit.ly/kernbetterparks> or on social media.

Go for a walk: Get out and see nature in your own neighborhood. Look for birds, nests and eggs, new flower blossoms, and other signs of spring. Enjoy the physical activity and the time together.

Visit a venue: Find out about local museum exhibitions, events, and more with our calendar at <http://www.kerncountyfamily.com/>. Check for discount admission dates.

Teach life skills from cooking to car maintenance: What do children need to know before reaching adulthood? If you're not sure your preteen knows how to fry an egg, make pasta, or preheat the oven, now is the perfect time to get into the kitchen together. Sweep the garage, pop the hood of the car, and go over the basics. It's never too late to add to what children already have a vague idea of how to do, from writing a check to addressing an envelope. Be intentional about showing them how to go about errands, chores, and household tasks.

Tackle spring cleaning: Get through the chores no one wants to do by involving the whole family. Trot out a ladder and dust blinds, wash windows, and dust light fixtures. Clean out closets and scrub the oven. Participating in chores gives children a sense of accomplishment, purpose, and belonging within a family, studies show.

Stream a series or new movie: Family movies are fun. Host your own movie night at home with popcorn, candy, and a living room campout. It's less expensive than the theater and many new options are coming to streaming services soon this spring.

Plant something: Flowers, herbs, or small vegetables can freshen your space. Children can enjoy watching the growing process, from sprout to stem and beyond, and they are likely to be the most eager volunteers when it comes to watering or even weeding.

Visit your local library: Incredible resources are available at your Kern County branch library, including books, movies, test prep, job resources, and more. If you haven't dropped in recently, see what's new and add a reading hour to each day of your Spring Break.

Cloud watch: Lay back in the grass and dream. It feels great to disconnect and do what we normally just don't take the time to add into our day.

Host a St. Patrick's Day scavenger hunt: Hide coins and choose how elaborate you want to make your scavenger hunt, with maps, clues, or simply running around.



Visit a local restaurant: Patio dining can be fun and COVID-safe. Support a locally-owned restaurant and have a meal with fresh ingredients. Ask for family specials, which can be surprisingly affordable.

Need more ideas? Find spring break fun on our website at www.kerncountyfamily.com.

THE (MODERN) ART OF parenting

A virtual summit with
20 leading experts providing the
hope and help parents need now

April 1-8 • Watch on your own schedule

**Register for FREE today at:
kerncountyfamily.com/ParentSummit**

Sponsored by:





Natalee and Husband Ryan with Giovanna Claire and Paxton Connor
(Photo of her family submitted by Natalee)

healing Hello, Happy[^]Mama: Bakersfield Native Natalee Garrett

Navigating life phases, enjoying special moments, and finding work/life balance are all relatable themes present in Natalee Garrett's life. As a mother to two young children, her day-to-day efforts to connect with family, work, and the broader community likely sound familiar to many women.

Born and raised in Bakersfield, Natalee and her husband, Ryan, are the proud parents of Giovanna Claire, who's almost 5, and Paxton Connor, who will celebrate his first birthday in June. The couple met through family and they've been married for 16 years; Ryan is a California Highway Patrol officer and Natalee, a graduate of the University of La Verne, is Vice President of Strategic Development for Kern Medical.

"We both had master's degrees and were ad-

vanced in our careers before we had kids," said Natalee. "However, I want to say, that's supposed to make it easy and make you feel more prepared, but I really think parenting is difficult and a huge change any way you do it."

Having a strong family unit is important to Natalee and Ryan, with both parents being hands-on in their household. "With my husband being in law enforcement, people associate that with being stern or tough, but we joke around that he's actually a better mother than me," she laughed. "I'm the one who lays down the law in our house. Our daughter is very sassy. She looks just like my husband but acts like me."

Natalee also recognizes the significant social changes between having a baby before the pandemic versus during the pandemic, a factor

that can feel especially acute in the postpartum period when parents need extra support. "There were a lot more gatherings pre-pandemic and having a virtual baby shower was very weird," said Natalee. "We had dinners and all kinds of people would stop in to see Giovanna Claire after she was born. I am not a proponent of isolation, but we were more intentional about being around our family at that time."

"I have never been a helicopter mom...I never obsess over every little detail. It's okay when things are messy. I need my sanity at the end of the day." -Natalee Garrett

That sense of a broader network and the importance of care in more ways than one also extends to Natalee's work. She is proud to have been part of the Kern Medical team since 2014.

"We provide the best to everyone," she said. "Kern Medical is a safety net hospital that serves the insured and underinsured. My role is to work with different community partners to provide the best network of care and services. As the largest tertiary care facility in our area, we are focusing now more than ever on our specialist providers to expand beyond the safety net to other well-insured people in our community."

Kern Medical serves patients across the spectrum of incomes and insurances, being a resource for all as both a teaching hospital and a center for outstanding care from extraordinary specialists, with the ability to attract some of the best physicians in their unique fields. In her daily work, Natalee has seen firsthand the variety of needs that exist in the community, including the tremendous need for access to care by all sectors. She also leads a pilot program with the California Department of Health Care Services to better serve individuals experiencing homelessness and reintegration to society after incarceration.

In addition to an active life at work and at home, Natalee is also involved with the Church of Jesus Christ of Latter Day Saints as a young woman's president in her ward for girls ages 12 to 18. "I'm honored to spend time with them each week and learn from them, as well as teach them to have confidence in themselves," she said. She describes herself as a patriotic person and volunteers as vice chair for the California Veterans Assistance Foundation.

Dedicating time and attention to all that matters in her life can be challenging, but Natalee sets a great example that can become advice to other parents: "I have never been a helicopter mom," she said. "I never obsess over every little detail. It's okay when things are messy. I need my sanity at the end of the day. There are lots of times I'm not my daughter's favorite and that's okay, too. If she wants Dad, Grandma, or the nanny more, that's okay. I am cognizant of what my own limits are. We do what works for our family, even though sometimes there's an expectation from others to do something else. I know what works for us."

Three questions for Natalee Garrett:

Q What is your parenting PSA?

A. "Never be afraid to tell your kid 'sorry.' Sometimes, we're afraid to let our kids know we don't know everything, but that's part of what makes us human."

Q Do you have any hidden talents?

A. "I can hear something one time and repeat the whole thing. I'm an auditory learner, and I know all the words to every song I hear on the radio or just happen to have on while we're listening to Disney in the car or whatever it is."

"Never be afraid to tell your kid 'sorry.' Sometimes, we're afraid to let our kids know we don't know everything, but that's part of what makes us human." -Natalee Garrett

Q Mothers can sometimes find the experience of raising children lonely or isolating, especially in the early years. What advice do you have for respite and renewal for women going through that phase of life?

A. "I love music and musicals and it's been fun to share those with my daughter. It's really cool when you spark that creativity in your children. Recently, I had *Phantom of the Opera* on, and she sat down and watched it with me. Music has been a good healing thing for me all my life. It has been really special to me to share that passion with my daughter."

Natalee looks forward to taking piano lessons together in the near future.

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Fun fill-ins with Natalee:

I'm always laughing at...My daughter, Giovanna Claire. She's always hilarious and quick-witted and I love it.

The first thing I do when I wake up in the morning is...Check the emails on my phone.

Today, the strangest thing in my purse is...Dental floss.

My favorite food is...Mexican food.

My favorite dessert is...Anything fruity. I'd pick that over chocolate.

In my pantry, you will always find...Sugary cereal, but it is 100% my husband's.

Before I go out, I always make sure I have...My phone and an eyelash spoolie.

My favorite music group is...'90s country, anything musical, Disney and Broadway.

The best book I've read lately is...the latest "Outlander" book.

Also important to me...Skin care. Looking younger and feeling better makes for a more confident you.

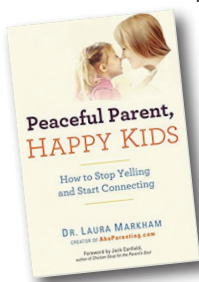


Staying Connected with Your Teen

Do you feel connected to your teen? My teens are always wearing noise-canceling headphones, which makes it a struggle just to communicate. And it can be hard to connect with someone who seems to be shutting you out.

But even though it may be challenging, it is important for parents to find ways to create and sustain connections with their teens. According to a new CDC study published by the American Academy of Pediatrics, there are noticeable benefits for teens who feel connected to their family and school. In addition to experiencing better mental health, teens with strong connections are also less likely to have experiences with risky or violent behaviors as adults.

"When kids hit the teen years parents often feel like they say the wrong thing or their teens rebel so they back off or they get over-controlling—none of that works," says Dr. Laura Markham, clinical psychologist and author of *Peaceful Parent, Happy Kids*. "What works is to realize that teens still need your guidance, but you can't control them. The only way you are going to have any influence is through your relationship with your teen."



Learn to connect with your teen

Dr. Markham stresses the importance of building a relationship with your teen through empathy

and understanding. Parents can take a different approach and create a connection with their teen while setting limits at the same time.

For example, if a teen has not emptied the dishwasher because he is playing his guitar, a parent might be inclined to yell across the room, "Get in here and empty the dishwasher."

Meanwhile, the kid is thinking, My parents don't understand. I'm almost done practicing this song. He might then respond, "Just a minute, Mom," which turns the situation into an unhappy interaction with both people feeling like the other person is wrong.

Dr. Markham suggests taking a more empathetic and understanding approach.

For the parent, emptying the dishwasher is a priority, but the teen doesn't understand why his parent is so upset about it. Yes, he is supposed to do the chore, but he thinks what he is doing is important. He would also like his parent to notice how much better his guitar playing has become.

Dr. Markham suggests that instead of yelling at the kid, the parent could sit next to them on the couch and say, "I love to hear you playing the guitar, but I need to get dinner started, so the dishwasher needs to be emptied. I would love to hear you play some more after you empty the dishwasher."

"In this scenario the parent is not fighting with their teen," she explains. "Rather, the parent is telling their teen what they need to do, in an un-

derstanding manner, so the parent has protected the relationship even while they have enforced a limit."

Create connectedness through routines and rituals

"Parents know they are supposed to have date night with their significant other in order to have a healthy relationship," says Dr. Markham. "But what about date night, or some version of it, with your teenager?"

Using her own experience as an example, she explains how her husband and daughter would go to brunch once a month. During their time together they would play cards, read the newspaper, and talk about topics that mattered to them.

She says that the routine or ritual we choose to share with our kids can be any activity, as long as we do it on a regular basis. It can even be a chore, such as doing the dishes together. By doing this activity together, we create a connection that becomes the foundation for a healthy relationship.

Make sure you're available

Dr. Markham points out that teens often open up on car rides. "You are not looking in their eyes and so they feel more open," she says.

But your conversations don't have to be confined to the car. She mentions a father who would wait up until midnight for his older teenagers to get home and then have a snack with them. This ritual, and making himself available, encouraged his teens to open up about their friends and interests.

If your teen asks to talk to you, make sure you're available, or schedule a time when you can give them your full attention.

Be a good listener

"Most parents are terrible listeners," says Dr. Markham. "Parents get anxious when their teen tells them about a problem."

She explains that most parents' initial reaction to a problem their child might be having is to try to solve it. But she recommends resisting the urge to figure out a solution. Our job is not to solve every problem, it's to listen and offer validation.

"If the parent listens and validates the issue by saying things like, 'That must have hurt your

feelings. Sounds like you are upset. And then what happened?’ You validate what is going on,” says Dr. Markham.

Validating a teen’s feelings helps them develop good judgment. Rather than fixing the problem for them, our validation empowers them to believe they can do something to make the situation better themselves.

Helping your teen feel connected at school

“Encourage your teen to see teachers at the school as a resource,” says Dr. Markham.

Feeling connected to their school is not only good for teens, the CDC study found it can also have positive results for them when they are adults. We can support our kids’ connectedness to school by encouraging them to attend school-sponsored activities, like sporting events or performances.

“Cheering as a group for a team makes us feel close to the people around us,” explains Dr. Markham.

Connected teens become healthy adults

As the CDC study highlights, the benefits of connectedness in the teen years carry over into adulthood. Teens who feel connected to their family and school are less likely to experience violence, be diagnosed with a sexually transmitted infection, or abuse controlled and illegal substances as adults.

“There is zero doubt in my mind that when kids feel connected to their parents, they are healthier and happier,” Dr. Markham says. “A connected teen is going to become an adult that feels the world is a good place and they are cared about. It is an emotional safety net—someone cares.”



Validating a teen’s feelings helps them develop good judgment. Rather than fixing the problem for them, our validation empowers them to believe they can do something to make the situation better themselves.

Alzheimer’s Disease Association of Kern County, Inc.

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The Kids Will Be Alright: Your Worry-Free Guide for Returning to Work

Whether you've been out of the workforce for months or years, making the transition back after staying home with your children can cause a mixture of excitement and anxiety. Read on and enjoy a smoother adjustment for your family.

Celebrate the change. How a child reacts and adjusts to changes in home life can vary by personality and age. Talk to your kids about your decision to return to the workforce by explaining how the transition will benefit the entire family.

Life and leadership coach Julie Edge, Ph.D., helps guide parents back into the workforce and says we often underestimate what our youngsters can understand.

"It's really about making it relevant for kids so that they can put it into context. Have them have a role in mom or dad going back to work: 'We're all going to chip in more' or 'we're all going to need to help out in certain ways so that mom can have this time to contribute to the family differently.' They can be a cheerleader for mom or dad and help celebrate the change," Edge says

Manage your own fears. When you think about the prospect of going back to work, try not to get carried away imagining all of the things that could go wrong during the transition. Edge says we often blow fears out of proportion.

Edge suggests saying your fears out loud. Often, what seems like a big deal in our heads sounds ridiculous to our ears.

"Stay the course and let things unfold instead of trying to over-manage everything," Edge says. "My clients are always surprised at how well it goes and that their fears really don't come true."

Expect multiple conversations. Talking through your return to work with your kids probably won't be a one-time conversation. Anticipate questions and concerns throughout the transition.

"What you don't want to do is promise that everything is going to be the same because it's not going to be and kids are smart," Edge says. "Reassure them and make sure quality time with your kids—eye to eye—doesn't feel like it's being taken away."

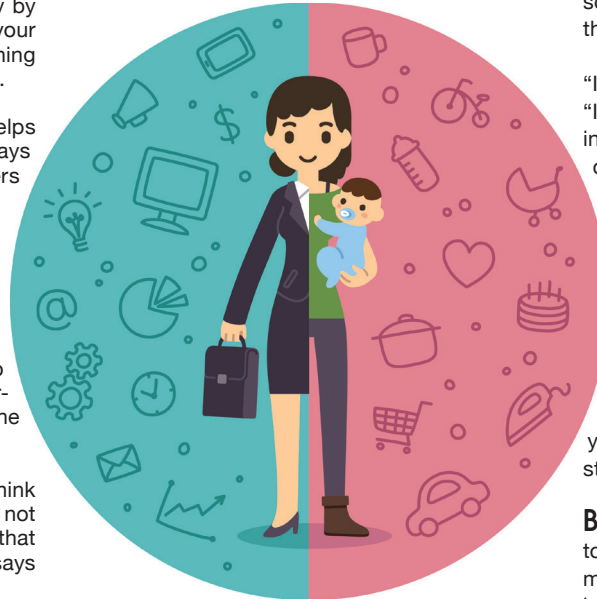
Quality time. While you may spend less number of hours overall with your kids once you start working, that doesn't mean you have to sacrifice quality time. Try to eat meals together and periodically schedule family activities.

Plan ahead. Take time on the weekend to scope out the upcoming week's activities. Also, plan meals and arrange carpools to alleviate last-minute stress.

Laura FitzSimmons, RN, a single mom of three sons, ages 14, 17 and 22, schedules family meet-

ings to discuss the week ahead during their Sunday dinners together.

"That little bit of planning is what's saving me right now," says FitzSimmons, who is a certified lymphatic specialist therapist and business owner.



FitzSimmons initially returned to the workforce on a part-time basis after staying home with her children for 13 years. But, she went back full-time soon after her husband died from a sudden heart attack in 2017.

"I had to learn quickly how to plan more crock-pot meals," she says. "And, when you're working evenings, you can't follow strict family dinner time hours. Dinner is always on the table, but not at exactly 5 o'clock."

Ask for help. When you were a stay-at-home parent, it may have been easier to manage the moving parts of a busy household.

But once you start working, your family may have to participate more when it comes to household chores or helping with meals.

"It took solid and honest cooperation with my husband. We had to focus on communicating about shifts in the priorities and duties around our home as well as continuing to focus on work-life balance" Carr says.

Carpools can also help take some of the pressure off, especially when your kids are involved in multiple activities.

FitzSimmons relies on her older son to help with driving his younger brother to his activities.

"If he's not available, I'll just put a text out to a couple of his friends in the neighborhood," she

says. "We call it the Teen Uber. I flip them five bucks for gas—it's awesome."

Forgive yourself. Some days will be harder than others. Work obligations might sometimes prevent you from attending a school program, a soccer game or getting a home-cooked meal on the table.

"I've learned to forgive myself," Fitzsimmons says. "It's ok if they have a turkey sandwich two nights in a row at dinner because that's the best I can do. Allow yourself to be in that place of surrender and quiet and accept that it's ok if you fail. At the end of the day, my kids have a roof over their heads and their bellies are full—they're fine."

Carr agrees. "Outside influences do not understand your own family's dynamic and what is in the best interest of your family. Go easy on yourself. It does no one any good to be hard on yourself when things don't go quite right or get stressful."

Benefits of working parents. In addition to gaining valuable life skills like helping to prep meals, budgeting and learning personal responsibility, kids take pride in seeing their parents pursuing goals outside of the home.

"Despite the initial guilt and stress of returning to the workforce, for my children to see continued hard work, dedication, perseverance, compassion and motivation both in the home and outside is such a true blessing," Carr says.

The Kids Will Be Alright

Studies find that working moms tend to raise:

- Children who become high-achieving adults
- Daughters who enjoy successful careers
- Sons who believe in gender equity in the workplace
- Kids who are just as likely to be happy adults as kids raised by stay-at-home parents

Source: Harvard Business School

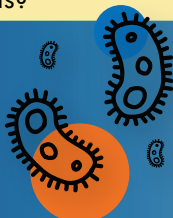
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Delays and Disappointments COVID Meets Home Repair



Just in case living in a small space with three extreme hoarders did not create enough chaos (read: mess), we started remodeling our kitchen. Emphasis on “started.” The starting has only just... ahem, started.

We did not stop with just replacing a few cabinets and fixing the leaky faucet. We had to replace the floor. But not just the floor in the kitchen. The floor in the entire front part of the house. Leading us to move all of our belongings to the bedrooms, the garage, and a POD that is so big it sticks out of our driveway and into the street several feet, causing the neighbor in the next spot of our cul-de-sac to have to develop some extreme driving skills involving all mirrors and the new sixteen-point turnabout, which, it turns out, is a great way to challenge new drivers. If you have a new driver in your family, watch for this on the driving test. If they ask your teenager to pull into a driveway and back up around a POD, you will know it is my house. That POD is going to be there for a while.

I don’t even know what we have out there. If I could just get back my refrigerator and maybe the sink, I don’t think I would want any of the rest of it. Except maybe that special homemade taco seasoning that is somewhere in a box out there.

And that one book my daughter is supposed to be reading this week that I can’t get on kindle.

But it seems like mostly our living room just threw up into every spare corner. We have shoes in the hall, a piano in the office, and boxes of stuff in every bedroom.

We tried to dog sit for the neighbor, but the dog just wandered around the house looking for a place to lie down (also crying, which I couldn’t disagree with), so we had to take her home.

We found mold in the walls.

My vacuum died.

The H-VAC system overloaded our ability to power it, so it crashed.

And then we all got COVID.

At first, just my husband and my 9-year-old were sick. They quarantined in the master bedroom/bathroom (read: MY bedroom), while my 11-year-old and I had the run of the house (read: the construction zone). This put all remodeling on hold, and I found myself wishing that the mold had not made us tear out the sheetrock between the kitchen and garage because that gaping 9-feet by 9-feet hole was letting in an awful lot of cold air.

While my husband and daughter hung out playing Monopoly and giving each other pedicures, I learned some advanced camping skills, like how to wash dishes with a bucket and a hose.

Their quarantine was a fail, however, and I was the next to fall ill. I am not sure where those guys found the energy for Monopoly. I could only keep my eyes open for about forty-six minutes at a time while I was sick. Except in the middle of the night. Then I could lie awake uncomfortably from midnight til 6am as I recounted each day’s progress. And setbacks. And progress. OK, mostly setbacks.

Note to self: Maybe the next time you plan a major renovation, don’t do it during a global pandemic. Maybe do it when you are living somewhere else.

Or maybe just no more remodels.



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you can do it

Fun Irish Classics for St. Patrick's Day

Turn your St. Patrick's Day celebration into a chance to enjoy Irish heritage with hearty foods and a lively atmosphere. When it's the one day each year it's acceptable to pinch non-conforming friends and family, it'd be a shame not to go all out. From hearty stews to minty pies, St. Patrick's Day celebrations are all about enjoying the flavors of the holiday.



Irish Potato Bread

Ingredients

- 2 medium or large russet potatoes
- 1 egg
- 1 egg white
- 1/3 cup canola oil
- 3/4 cup milk
- 2 tablespoons green onion, minced
- 1/2 teaspoon caraway seeds
- 3 1/4 cups all-purpose flour, plus additional for dusting and kneading
- 1 1/2 tablespoons baking powder
- 1 teaspoon salt

Directions

1. Heat oven to 375 F.
2. Peel potatoes. Slice one potato and boil in saucepan 15 minutes, or until tender. Remove potato from saucepan into large bowl. Mash potato then set aside.
3. Grate second potato onto cloth. Wring potato in cloth to remove excess water. Add grated potato to mashed potato in large bowl. Add egg, egg white, oil, milk, onion, caraway seeds, 3 1/4 cups flour, baking powder and salt. Stir with wooden spoon until mixture is soft and sticky.
4. Turn dough onto floured surface. Adding flour as needed, knead dough to form 8-inch round shape with slight dome. Place dough onto baking sheet lined with parchment paper. Cut large "X" on top of dough about 1/2 inch deep.
5. Bake 55 minutes until golden brown. Cool on wire rack 1 hour before serving.



American Irish Stew

Reprinted with permission from the American Institute for Cancer Research
Servings: 6

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 1/4 pounds beef, top round, cut into 3/4-inch pieces
- 3 cloves garlic, minced
- salt, to taste
- pepper, to taste
- 1 medium onion, coarsely chopped
- 3 medium carrots, peeled and cut into 3/4-inch pieces
- 2 medium parsnips, cut into large chunks (optional)
- 3 cups low-fat, reduced-sodium beef broth
- 4 medium russet potatoes, peeled and cut into large chunks
- 1 tablespoon chopped fresh rosemary
- 1 leek, coarsely chopped
- 2 tablespoons chopped fresh parsley

Directions

1. In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper.
2. Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.
3. Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook.

Serve hot and garnish with parsley, if desired.

Nutritional information per serving: 370 calories, 8 g total fat (2 g saturated fat), 43 g carbohydrate, 32 g protein, 6 g dietary fiber, 427 mg sodium.

Sweet 'n Minty Shake

Patrick's Day may call to mind hearty meals and pots o' gold, but that doesn't mean sweets can't be part of the equation, too. Add dessert to your celebration with this green Minty Shake, a cold, refreshing way to honor the colorful tradition.

Ingredients

- 1 cup whipping cream
- 1/2 teaspoon peppermint extract
- 2 teaspoons powdered sugar
- 1/2 cup milk
- 1 3/4 ounces Baileys Irish Cream liqueur
- 3 scoops mint chocolate chip ice cream
- chocolate syrup
- chopped sugar cookies, for garnish (optional)
- pistachios, for garnish (optional)
- mint chocolate candy, for garnish (optional)



Directions

1. Using mixer, whisk whipping cream until soft peaks form. Add peppermint extract and powdered sugar; mix until well blended. Set aside.
2. In blender, blend milk, liqueur and ice cream until smooth.
3. Drizzle chocolate syrup inside soda glass. Pour ice cream mixture into glass.
4. Top with whipped cream and garnish with cookies, pistachios and mint chocolate candy, if desired.

All recipes from *Culinary.net*



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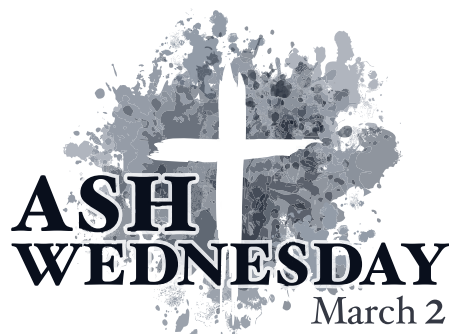
(Not Valid for Newborn Sessions) See entry page for details.

TO ENTER: See page 15 and visit

https://bit.ly/March_happymama

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



March 5 & 6

28th Annual Bakersfield Model Train Show

The Golden Empire Historical and Modeling Society Model Railroad Club, of Bakersfield, will be hosting their 28th annual model train show on March 5th and 6th at the Kern County Fairgrounds, in Bakersfield.

But if you just want to watch trains run—from reliving the age of steam to the most modern diesel locomotives—there will be several operating model railroad layouts on display.

The train show will be open to the public from 10:00 AM – 5:00 PM on Saturday, March 5th, and 10:00 AM – 4:00 PM on Sunday, March 6th, at the Kern County Fairgrounds located at 1142 South “P” Street, in Bakersfield. Admission is \$8.00 per person with children ages 13 and under admitted free when accompanied by a paying adult. The one-time admission charge is good for both days of the show.

Kern Country Fair, Building #2
1142 South P Street
Bakersfield, CA
661-331-6695

Time: 10am – 5pm (Sat)
10am – 4pm (Sun)

<https://gehams.club/2022-train-show-info-1>

March 13

Family Bowling for Autism Awareness

The Kern Autism Network, Inc. brings you a "Family Fun Bowling Event". This activity will include in its price of \$10 per person: 2 hours of bowling and shoe rental. So come out and enjoy the fun with other families and BOWL FOR AUTISM TOGETHERNESS! Dress alike and create your own teams or wear autism colors! Bowling lanes can accommodate up to 6 players per lane.

Many times it has been shared that, families need a time where they can just be a family without judgement in an environment that allows the whole family to have fun! This is what our bowling events are meant for, for families to come out and have a day of fun with their children. Dress in your favorite character theme, football/baseball/basketball team, or autism spirit colors!

NOTE: The fee is ONLY for those participating in the bowling lanes that can accommodate 6 participants in required shoes. The fee is for all ages per person bowling. Registration check-in begins at noon and a list of participating paid bowlers will be checked in to obtain shoes upon arrival. With the event being on a Sunday afternoon, the bowling alley is not busy and it is safe for our loved ones to have fun!

Bowlero
3610 Wible Rd., Bakersfield, CA
661- 489-3335

Time: 12pm – 2:30pm

<https://www.facebook.com/events/971434527110267?ref=newsfeed>

March 17



LOCAL SPORTS Home Games

CSUB Men's Basketball March 3 & 5

Cal State Bakersfield
9001 Stockdale Hwy., Bakersfield
(661) 654-3081
Time: 7pm - 9pm (March 3),
1pm – 3pm (March 5)

Bakersfield Condors Home Games March 5, 11, 19, 23 & 25

Rabobank Arena, Theater and Convention Center
1001 Truxtun Ave., Bakersfield
Time: 7pm
<https://www.bakersfieldcondors.com/schedule/schedule-list/>

HAPPENINGS CONTINUE →

March 19 & 20

National Jet Boat Association's Season Opener Race

This is the first race of the NJBA 2022 Season at Lake Ming in Bakersfield, California.

\$10 Entry Fee / Kids 12 & under are free. FREE PARKING – Bring your coolers, chairs, and EZ Ups

Lake Ming

12768 Lake Ming Rd, Bakersfield, CA

Time: 8am – 5pm

562-400-9062

njbaracing.com/race/season-opener/

March 20

Kern County Museum's Grand Opening of the Bakersfield Sound Exhibit

Join us on March 20th from 1 pm to 4 pm for the unveiling of our new stand-alone Bakersfield Sound exhibit. This new exhibit will feature costumes, musical instruments, and over 100 artists who have contributed to the infamous Bakersfield sound. Enjoy live music by the Soda Crackers band.

BBQ, beer, and wine will be available for purchase.

Regular admission rates apply. No reciprocal memberships will be honored for special events.

Kern County Museum

3801 Chester Ave., Bakersfield, CA

661-437-3330

Time: 1pm – 4pm

<https://kerncountymuseum.org/lori-brock-discovery-center/calendar-of-events/>



CORRECTION: We mistakenly listed Ash Wednesday on February 17 in last month's calendar. We regret the error.

Worship Guide

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www.visitbakersfield.com/events-calendar/valley-farmers-market/

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(760) 417-9575

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Mondays

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(Parents that have lost children)

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(661) 410-1010 to schedule.

ZOOM (online group)

Bakersfield, CA

(661) 410-1010

Time: 5:30-6:30pm

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

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Time: 4pm – 5pm,

5pm – 6pm

PLANNING A LOCAL EVENT YOU'D LOVE TO SHARE?

Our Happenings section is dedicated to bringing the most current local events to our readers, but we need your help! You can submit your calendar events at

kerncountyfamily.com

"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. We don't have room for all happenings to be listed in print, but all appear online.

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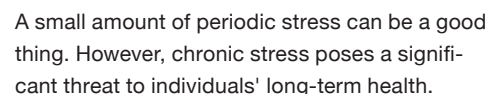
Simple tips to help cope when you're feeling overwhelmed

Harvard Medical School says stress can manifest itself in myriad ways. Stress can cause tension headaches, indigestion, aches and pains, or even heart palpitations, and it may affect the mind by making it hard to concentrate or make decisions. Many people experience stress through emotional or psychological symptoms, such as irritability or feeling down. Learning how to effectively manage stress is essential for individuals' overall well-being.

Exercise serves many functions, including acting as a potent stress relief strategy. The Cleveland Clinic says aerobic exercise releases endorphins, which are natural substances that help a person feel better and maintain a positive attitude. Movement activities like yoga or Tai Chi also can relax the mind and body and promote physical health.

Overwhelming one-self with a barrage of negative news stories or constant information can increase stress levels. Individuals can strive to remain informed and still build breaks into their schedules. Shut off news programs, turn over

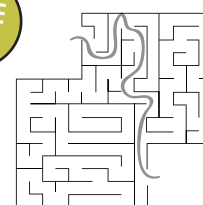
Negative self-talk may increase stress, but positive self-talk can help a person calm down. Individuals should practice positive self-talk every day. Instead of saying, "I hate when this happens," say, "I know how to deal with this, I've done it before."



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

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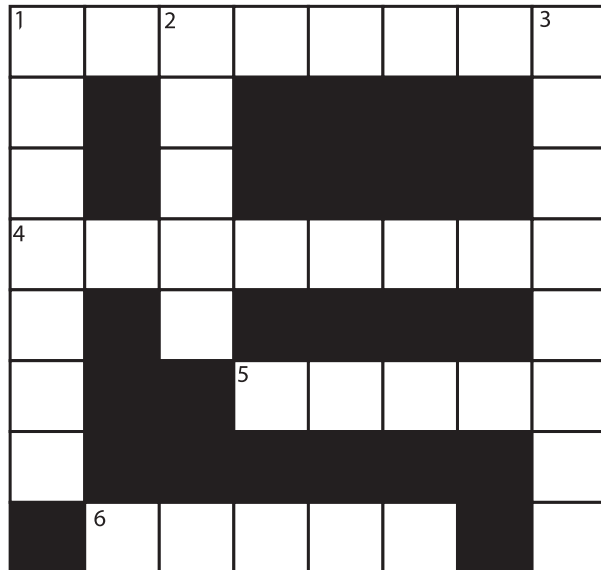
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Crossword



ACROSS

1. Wrapped items
4. State again as fact
5. Brief appearance
6. Having good fortune

DOWN

1. Irish patron saint
2. Inexpensive
3. Clover

Word Find

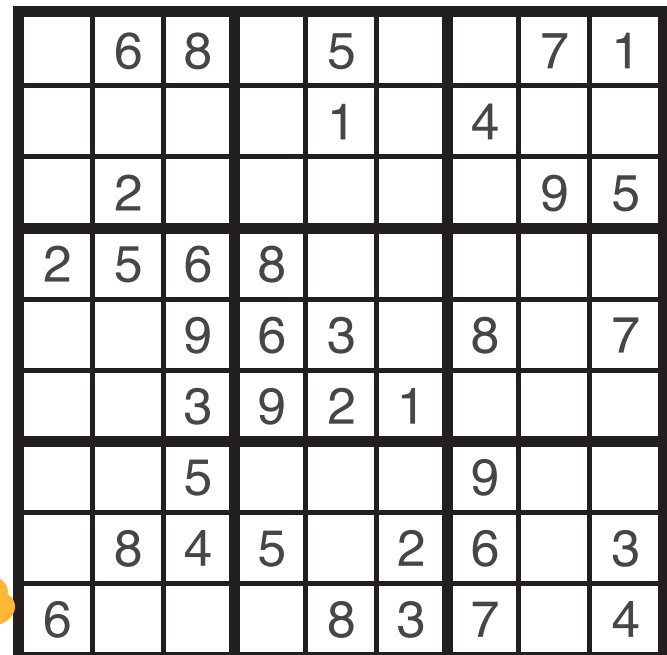


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Sudoku

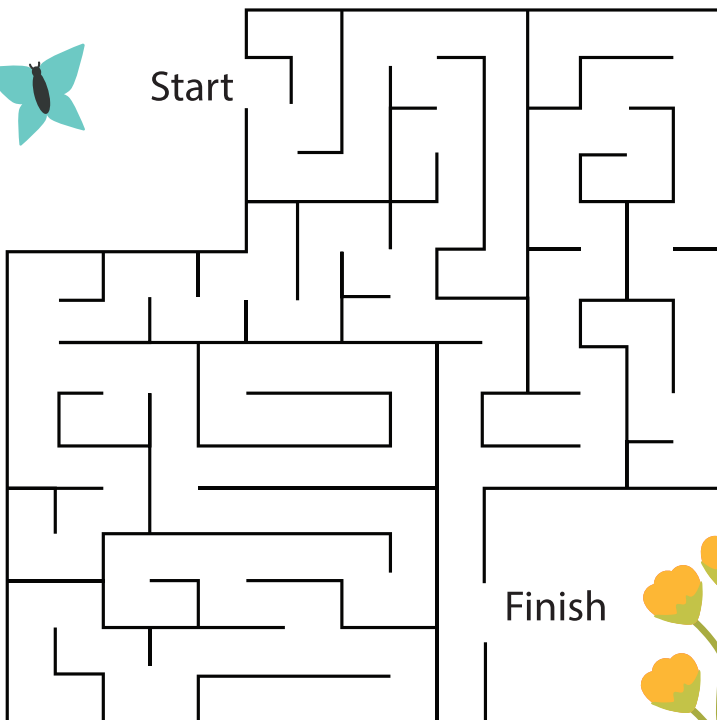


Level: Beginner

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!

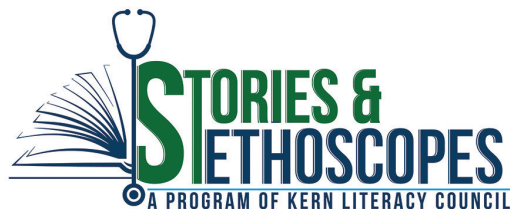


Start



Finish





Reading in our Rural Communities

This month Kern Literacy Council staff introduced the Stories & Stethoscopes program in our rural communities. At Adventist Health Delano, a Stories & Stethoscopes library box was presented to Matthew Cauthron, Director of Community Integration. The library box was filled with books pertaining to health and wellness...tenants of the Adventist Health philosophy. Matthew stated, "I'm happy to receive the books for the Delano community."

After a quick trip to McFarland, the Stories & Stethoscopes program met up with Adventist Health's recently launched Mobile Health Program. In partnership with Chevron, the Mobile Health program was three years in the planning stage and was launched in December 2021. The program is designed to make access to primary care services easier for individuals in remote communities.

Leading the team for the Mobile Health Program is Gabriel Villachica, a board-certified nurse practitioner. Gabriel and his team were set up in McFarland, ready to provide needed care to the community. Another Stories & Stethoscopes library box was presented to the Mobile Health Program team for distribution of children's books in the rural communities they serve, including Tehachapi and Arvin.

Pictured below:

(1) Robin Fleming, Kern Literacy Council presents the library box to Matthew Cauthron, Adventist Health Delano

(2) L to R: Gabriel Villachica, Nancy Mosqueda, Lourdes Ramirez and Ivon Avila

(3) The Mobile Health Program team with their new Stories & Stethoscopes library box.



The Mobile Health Program is needed year-round, but as spring approaches, allergies can be an issue. Check out Gabriel Villachica's tips for managing 2022 Spring Allergies in the Stories & Stethoscopes Healthy Tips section of this article.

Stories & Stethoscopes focuses on teaching children the benefits of a healthy lifestyle, from healthy eating to physical wellness and is a great way to inspire, encourage and advance literacy in pre-K through elementary age children. Sponsored by a generous donation from Adventist Health Medical Staff Kern County, the program takes place throughout Kern County.

Stories & Stethoscopes...Health, wellness, and literacy...the perfect prescription!



READ
FOR
SUCCESS

For more information on Kern Literacy Council, call us at 661-324-3213, or check out our website at www.kernliteracy.org.

Stories & Stethoscopes HEALTHY TIPS for Managing 2022 Spring Allergies



with
Gabriel
Villachica,
FNF-C, AR

Winter is almost over and soon spring will be here. In spring the sun will shine, the

birds will sing, and the flowers will bloom once more. That means allergy season will bloom too! In order to stay healthy this spring, and throughout the year, here are a few tips to help with those bothersome allergies.

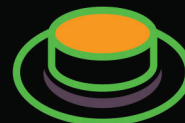
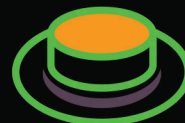
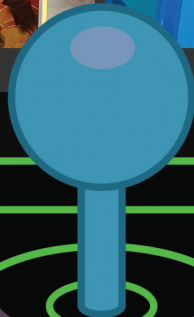
- Identify if it's an allergy or something else.
- Wear sunglasses to keep pollen out of your eyes.
- Stay indoor on windy days.
- Keep windows closed and use air conditioning.
- Try a saline nasal rinse.
- Use over-the-counter or prescription allergy medicine as instructed.
- Use masks when outside.
- After spending time outside, always remove pollen by changing clothes and taking a shower to clean skin and hair.
- Focus on your health.
- Lastly, if your symptoms don't improve, please schedule an appointment with your Primary Care Provider or our Mobile Health Program.

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