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May 2022

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**SHOP FOR MOM  
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Our Readers  
Respond:  
**SUMMER  
CHILCARE:**  
What are  
your plans?

Kids &  
Adults  
*Love*  
**CAMP**

*plus:* make the best salsa & guacamole for Cinco de Mayo! pg 23  
hello, happy mama: Gabriela Gonzales pg 14 The Case of the Missing Truffles pg 22





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**MEMBERS OF**



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**Health News:**

It's National Vision Health Month - What YOU Can Do NOW to Take Care of Your Peepers.



**He's got us covered~**

Wells Warner, 8 months old of Bakersfield, brings his charisma to our readers. Photographed by Stacey Leigh photography.



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**Hello, Happy Mama**

Gabriela Gonzales comes full circle with work, family and personal conviction



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Creative ways to find childcare this summer

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the FUN, the  
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and the  
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dear reader

by Vaun Thygerson



Vaun Thygerson,  
Contributing Writer

My older son, who is a senior at Liberty High School, was giving me a tour of Kern High School District's Career Technical Education Center (CTEC) and his mobile app and digital marketing teacher, Walter Suazo, let me hold his Emmy he won for working on a documentary! It was empowering and surreal. But, it also made me realize what kind of talent we have here in Kern County.

As a senior, my son only had to take three classes for graduation, so he could have been done with his school day at noon, but his best friend talked him into going to CTEC for afternoon classes. This was the best decision he made, because this place is amazing and offers so many careers and opportunities. CTEC has health career classes for CNAs, medical assistants, pharmacy techs, and many robotics, technical, 3-D animation, and computer classes and certifications. KCFM's friend Lisa Krch is even teaching fun and informative video production classes at CTEC.

I highly recommend any junior or senior in high school take advantage of this program. Not only is the building state of the art, even winning a Beautiful Bakersfield award for architecture, but the equipment and teachers complement its cutting-edge class schedule. I am so thankful we found this program, and I am going to encourage my younger son to participate in it as well.

There are many wonderful things that happen as your children get older, but they also become much more astute so you can't "trick" them at all. In

Anyone who knows me knows that I am obsessed with all things pop culture. With a 30-plus year career in media, I even taught a class about this subject for University of Phoenix.

But, as much as I've seen and done in my life, I have never held an Emmy... until last month.

My older son, who is a senior at Liberty High School, was giving me a tour of Kern High School District's Career Technical Education Center (CTEC) and his mobile app and digital marketing teacher, Walter Suazo, let me hold his Emmy he

won for working on a documentary! It was empowering and surreal. But, it also made me realize what kind of talent we have here in Kern County.

this month's Humor at Home, Julie Willis writes in her article, **"Afternoon Naps and Sneaking Snacks: The Case of the Missing Truffles,"** that as her kids get older she has to be more accountable. She remembers how she could have a nap while they watched a movie or eat a snack without them knowing, but now they are onto her antics. To read all about it, turn to page 22.

As school ends and the summer months bring an end to school, many families have a conundrum of what to do about childcare. In the article, **"11 Ways to Find Child Care this Summer in Kern County,"** on page 12, Callie Collins writes about ideas for both full- and part-time child care. In addition to nannies and babysitters, she recommends finding unique situations like summer camps, field trips, or playgroups. To give even more ideas, KCFM asked its readers in **"Readers Respond,"** where their children will spend the day this summer while parents are at work. To find out what local families are doing for childcare, turn to page 11.

Thanks to Gabriela Gonzales for being featured in Callie Collins' article, **"Hello, Happy (Dog) Mama: Gabriela Gonzales comes full-circle with work, family and personal conviction."** She knows her "why" and says people need to know their purpose to be happiest and most successful. Born and raised in Kern County, Gabriela wants to make life better for local residents. To read all about her passions, her job at California Resources Corporation, and her three dogs, turn to page 14.

As your school time routine winds down and summer's activities pick up, look for local opportunities to enrich your children's lives. Bakersfield has so much to offer. You may find the most amazing program in a place where you didn't even know to look. I still can't believe that I didn't know about the amazing things happening at CTEC until this year. And, who knows? You might get to hold an Emmy!

**Happy May!**

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## Bakersfield Launches New Bike Share Program Exclusively with Spin

The City of Bakersfield recently launched a new transportation option for residents and visitors with its first bike-share program exclusively with Spin. As part of a two-year agreement, Spin deployed 125 e-bikes in the City. These bikes feature pedal-assisted rechargeable electric motors and will provide riders with the ability to travel longer distances, navigate hands-free with their smartphone and carry cargo.

“We are very excited to see this program and these bikes come to our City,” said Bakersfield City Manager Christian Clegg. “The agreement with Spin is another example of the innovative thinking our staff is using to come up with new transportation options for our residents.”

For users, the cost is \$1 to unlock each bike, plus \$0.39 per minute to ride. The e-bikes may be used on the City of Bakersfield’s multi-use trail and riders must be 18 years old or older. The City’s agreement also includes a Spin Access Program that provides a 50% discount for all riders to low-income residents and students (\$0.50 to unlock, \$0.20 minute to ride). **Eligible riders can apply for that discount at [www.spin.app](http://www.spin.app) or 1-888-262-5189.**

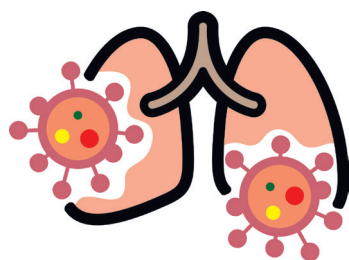
## Kern County Career Expo and STEMposium

More than 2,000 students from across Kern County recently enjoyed a full day of hands-on learning at the Kern County Career Expo and STEMposium teaming up with Kern High School District (KHSD), Kern Education Development Foundation, local educational organizations, and employers. This event, held at KHSD’s Career Technical Education Center, helps build career and science, technology, engineering and math (STEM) awareness for tomorrow’s workforce.

The day also included presentations from local innovators like Stuart Witt, CEO at Mojave Air & Space Port, who shared his unique story with students about how he ended up pursuing a career in aviation and space exploration. He encouraged students to remember that no dream is too big. **For more information, please visit [www.khdsd.org](http://www.khdsd.org).**



## Kern Medical Hosts Valley Fever Conference and COCCI-CON



Kern Medical recently hosted the 66th Annual Valley Fever multi-day conference, Coccidioidomycosis Study Group (CSG), with a series of educational events leading up to the big day called COCCI-CON. This meeting included clinical and case presentations on ecology, epidemiology, basic science and veterinary.

These new COCCI-CON events will provide an even larger platform and opportunity for researchers, physicians, legislators and health partners to come together with the common goal to bring additional resources, identify funding needs and achieve consensus on Valley Fever research priorities.

“We all know people that Valley Fever has had devastating impacts on their lives. We are grateful for the physicians and researchers at Kern Medical’s Valley Fever Institute and other institutions that work to find more effective treatments and hopefully someday a cure,” said Scott Thygerson, CEO at Kern Medical. **For more information, please visit [www.valleyfeverinstitute.com](http://www.valleyfeverinstitute.com).**

## Boys & Girls Clubs of Kern County Partners with Mystic Aquarium to Empower the Next Generation of Environmental Leaders

Boys & Girls Clubs of Kern County partner with Mystic Aquarium as part of its national youth conservation initiative to bring this impactful program to local communities. This summer, Mystic Aquarium will bring together teen mentors for all over the country in a series of intensive summer workshops that will build their environmental leadership and advocacy skills, connect them with the Aquarium’s research and conservation efforts and engage them in environmental stewardship programs such as planting marsh grass, removing invasive species, testing water quality and monitoring populations of threatened animals.

“Mystic Aquarium is a national leader in working with underserved youth and engaging them in conservative projects while empowering them to take action to protect and restore their local environment,” said Katie Cubina, Senior Vice President for Mission Programs. “We are celebrating our tenth year of implementing this program model, and it is core to how we think about the role of

Mystic Aquarium, not only as a place people visit, but as a resource for addressing challenging environmental issues, including the inequity and injustice of how these issues, such as air and water quality, impact low-income communities and communities of color.” **For more information, please visit [www.bgclubsofkerncounty.org](http://www.bgclubsofkerncounty.org).**



# CSUB Special Education Programs Offering New Residencies

California State University, Bakersfield (CSUB) will offer one-year residency programs for special education teachers to get hands-on classroom experience starting this fall at Bakersfield City School District and Greenfield Unified School District. These are the first special education credential residency programs to be offered in Kern County.

"We're happy to have this opportunity to impact schools in a way that's positive and brings working with students with disabilities to the forefront," said Dr. Sarana Roberts, director and assistant professor of the special education program at CSUB. "Being able to provide teachers who will be more qualified to serve in that capacity is very exciting for our candidates, our district partners and the community at large."

During the one-year program, residents will teach special education students three days a week, with the assistance of a mentor from their respective school district. Residents will spend Thursdays and Fridays in their own classes and will also have the option to work as substitutes.

Interested students need to apply at <https://www.calstate.edu/apply> for the special education credential program by May 23 in order to be eligible for one of the residencies, which will be offered to 10 to 15 students per school district. Each student will receive a stipend of \$23,000 from the school district they join to help cover tuition while they are in the program. All programs are accredited by the California Commission on Teacher Credentialing (CCTC).

"We're looking for people who really have a heart for this, who are enthusiastic about working with children with disabilities and are really dedicated to that kind of work," Roberts said.

One of the main goals of the residencies is to help address a widespread shortage of credentialed special education teachers that began prior to the start of the COVID-19 pandemic,



Photo courtesy of CSUB

which has only made the deficit worse. After completing their residency, students will have the opportunity to be hired by the school district they chose.

Dr. Roberts said if the programs are successful, they plan to offer them every academic year. She hopes students who participate in the programs will go on to become mentors themselves for future residents.

**"We're looking for people who really have a heart for this, who are enthusiastic about working with children with disabilities."**

*Dr. Sarana Roberts*

"We want to create this cycle where our residents are learning, growing and giving back so that we always have mentors who are qualified to serve our residents," she said.

As a special education professor at CSUB, Dr. Yeunjoo Lee says the new residency programs puts the University in a position to be a leader in teacher education, not only in the Valley but across the state. "There are very few residency programs like this focusing on special education," she said. "This is a really great model that will help CSUB be recognized for producing highly qualified special education teachers in this area."

The Special Education Program at CSUB helps to prepare special education teachers who can work effectively with students with Mild to Moderate Support Needs (MMSN) and Extensive Support Needs (ESN). CSUB offers the following programs at its Bakersfield and Antelope Valley Campuses: Preliminary Education Specialist Credential Program and Master of Arts (M.A.) Degree in Education, specializing in Special Education.

For more information about the residency programs, visit [csub.edu/specialed](https://csub.edu/specialed).

Kern County Family Zine cover featuring a young girl and text about local services and outdoor play.

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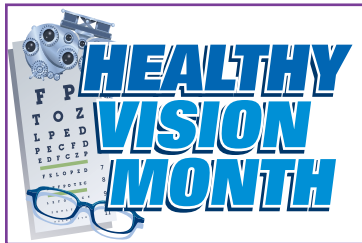
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## May is National Vision Health Month

The prospect of vision loss is not typically a concern for most people until a decline in visual acuity becomes noticeable. Vision changes as a person ages, and it also may be affected by injury. But there are entirely preventable factors that contribute to poor vision or diminished eye health as well.

Taking inventory of behaviors that put eyes at risk, and making important changes, can safeguard the eyes for as long as possible.



### Get routine comprehensive wellness exams

The Centers for Disease Control and Prevention says about 93 million adults in the United States are at risk for vision loss. Factors that contribute to vision loss can include being overweight or obese, diabetes, high cholesterol, and high blood

pressure. A wellness exam also may uncover family history issues that increase risk for hereditary eye conditions.

### Receive a dilated vision exam

Many eye diseases, like glaucoma or age-related macular degeneration, have no warning signs, states the CDC's Vision Health Initiative. The only way to determine if there is an eye health issue or compromised vision is to get a complete vision exam, which includes dilating the pupil to see the retina, blood vessels and other components of the inner eye. This is the only way to detect diseases in their earliest stages.

### Step up healthy eating

Many eye-healthy foods are rich in vitamins and minerals. Dark, leafy greens like spinach, kale and collards are good for the eyes, according to the National Eye Institute. In addition, foods rich in omega-3 fatty acids, like salmon, halibut and tuna, also are good choices for maintaining eye health, as they lower the risk for dry eyes and eye diseases such as macular degeneration and cataracts.

### Sip on green tea

True Eye Experts says green tea is a great source of antioxidants that can keep eyes healthy and defend them from cataracts and AMD.

### Wear protective eyewear

Always don sunglasses with UVA and UVB protection when outdoors. Protective eyewear is a must for those who work in an industry that requires eye protection or athletes who play sports in which eye injuries are a consistent threat.

### Discard old cosmetics

Exercise caution with outdated eye makeup. Experts suggest discarding mascara that is more than four months old. Avoid applying eyeliner to the inside of the eyelid, as that can lead to irritation or infection.

### Practice smart contact hygiene

Always wash hands before inserting or removing contact lenses. Lenses should be stored properly in cleansing solution and discarded after the recommended amount of time for the particular type of lens (daily, bi-weekly, monthly). Unless they are approved for overnight use, remove contacts before going to bed.

### Quit smoking (or don't start)

Smoking increases a person's risk of developing various eye diseases and can make diabetic eye disease more severe, says the CDC.



**It's never too late to make changes that can preserve vision.**

## Food in the Fight Against Cancer

Despite the fact that it claims millions of lives every year, cancer is often preventable. Estimates from the World Health Organization indicate that between 30 and 50 percent of all cancer cases are preventable, and cancer prevention strategies are often rooted in taking simple, daily steps to safeguard overall health.



The University of Kansas Cancer Center notes that no cancer is 100 percent preventable. So even individuals who'll do

### Great Foods To Improve Health

- Apples
- Asparagus
- Blueberries
- Broccoli
- Cherries
- Coffee
- Flaxseed
- Garlic
- Grapefruit
- Kale
- Raspberries
- Spinach
- Strawberries

everything possible to reduce their risk for cancer may still develop the disease. However, making the right lifestyle choices can reduce cancer risk by a significant percentage.

Food is one potential weapon in the fight against cancer. The American Institute for Cancer Research reports that numerous studies have found that many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. Those minerals, vitamins and phytochemicals can be found in a variety of vegetables, fruits, whole grains, and beans.

## The Dangers of Bellyfat

Johns Hopkins Medicine notes that visceral fat is just as harmful for the heart as high blood pressure and smoking. So while efforts to reduce belly fat may initially be embraced to improve appearance, individuals should know that reducing fat in their midsections also can reduce their risk for a host of conditions, some of which are deadly.

### How much belly fat is too much?

No two individuals are the same, and some who are already at increased risk for heart disease and other ailments may be in greater danger than others if they have a significant amount of belly fat. But the National Institutes of Health notes that women with a waist that is more than 40 inches and men with a waist that is more than 35 inches may be more likely to develop health problems related to belly fat, including heart disease and type 2 diabetes, than their peers with smaller waistlines.







# Naptime Know-How

by Sarah Lyons

Nap time can be a battle between parent and child that leaves you feeling exhausted rather than rested. This leaves parents searching for suggestions to make things go more smoothly, ultimately resulting in more rest for everyone.

## Tips for the newborns...

It is common for newborns to have their days and nights mixed up. The goal for this age is to help babies sleep more at night and take many short naps in between feedings during the day. Newborns need up to 16 hours of sleep per day and it's okay if they rest in their cribs, in the car, or in your arms. You cannot spoil a newborn baby with too many snuggles. Play and interact with your baby during daytime hours and create quiet restful times at night to encourage correct sleep patterns.

## Tips for the infants...

At 3 months old, babies can sleep 5-6 hour stretches at night. This is a great time to start introducing a nap schedule. Consistency is key and parents often have success by creating a routine. Turn down the lights, snuggle in the chair, read a book or sing a song, swaddle the baby and lay them



down while still awake but sleepy. Babies learn what to expect by routine and when they start to recognize the bedtime cues they will begin to relax and prepare for naptime. During this stage babies typically take two naps per day. Some parents will set their nap schedule by taking note of when the baby wakes up. Two to three hours later they start their naptime routine, followed by lunch or midday feeding and playtime. Similarly, the afternoon nap would follow two to three hours after the child wakes up from morning nap, followed by dinner or evening feeding, playtime, bath time and bedtime. The bedtime routine should be similar to the pre-naptime routine to create consistency. Once the naptime schedule and routine are established, continue to be consistent and naptime will become a positive experience for both of you.

## Tips for the toddlers...

Usually between 12 and 18 months, your child will begin to give up their morning nap. While this may worry some parents, it can be freeing. Moving to one long nap in the afternoon can give parents more freedom to explore activities in the morning with their child. Some parents may find that moving the afternoon nap to an earlier time as they make this transition may be easier for the child. If you prefer a later afternoon nap, begin moving the time by 15 minutes until you reach the time that works for you.

## Tips for the preschoolers...

Most kids will give up naps between the age of 3 and 5 years old. As parents transition out of naps, providing a quiet time to rest is still very important as kids of all ages (and their caregivers) need downtime to recharge. Provide a quiet space either in their bedroom or a comfy chair for them to play quietly, read, listen to music, or watch a favorite show. Get the whole family to participate, including mom and dad. This may be a nap for some, reading a book for others, or drawing or journaling for some.



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Child care is essential for families. Many wonder how others are balancing the need for quality supervision with enrichment opportunities and work requirements. We asked our readers about their summer child care plans to get a better understanding of family solutions in Kern County.

## Q. Summer Childcare: What are your plans?



**My husband and I are waiting till the youngest starts school before my husband gets a job, for now he's the stay-at-home parent.**

-Amanda Roberts

**I work for a school. I will be home with them.**

-Brittany Billington

**When my children were school aged they attended camps with a local gym. They had a great time and did not sit around bored.**

-Cassie Coker

**Summer school... because covid took a toll on their education.**

-Janet Maness

**I'll have to juggle trying to work from home, since daycare or summer camps are so expensive. Big brother will most likely help.**

-Ebony Minjare



**We are lucky enough to have my mom living close by.**

-Crystal Carney

**Summer school gives me the opportunity to work the same hours as my children and not have to worry to pay a babysitter.**

-Doris Reyes



**My son is going to be 2 and he will continue with his daycare during summer.**

-Elizabeth Bailon

**I'm still looking for affordable or free stuff for my kids to do over the summer. For a single parent, child care can be very expensive.**

-Kristen Briggs

**I am lucky to have family that will watch my children while I work.**

-Evelyn Chavarin

**I think a huge topic affecting child care is the cost being so high that a lot of working people cannot afford it. I am lucky enough that I don't have to pay for child care because I work for the school district and I am off during the summer months.**

-Shauna Shelton

**My kiddos will be taking advantage of summer courses offered at the local high school.**

-Frankie Jenkins

**My siblings will be spending their first month of summer at school in the engineering program.**

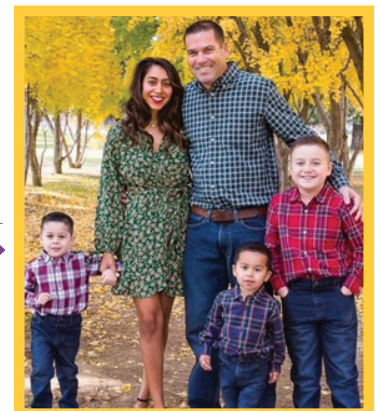
-Edith Duran

**I would recommend vacation bible school during the summer.**

-Darcie Allquist

**Cal Ivy Prep is top on my list. I've heard many positive stories.**

-Enriqueta Hurtado





# 11 WAYS TO find child care this summer in Kern County

School is almost out for the summer. May marks the beginning of a new season, which often brings child care challenges for families. Whether you need full-time care or just a break from hot days indoors, here are 11 ways to find summer fun with other caregivers.

Here are 11 ways to find childcare this summer.

## 1. Consider summer camps

See our guide online! If you're considering a sleep away experience or looking for activities, we have it covered. Options appeal to special interests and also provide new social opportunities.

## 2. Locate a Mother's-Day-Out

Half-day options may work for you from local churches or preschools. Many operate from 9 a.m. to 3 p.m. or similar schedules.

*"And at the end of the day,  
your feet should be dirty, your  
hair messy and your eyes  
sparkling."*

*-Shanti*

## 3. Enroll in daycare

Traditional child care options like daycare may be what you need for a full-time work schedule. Most offer care from 7 a.m. to 6 p.m. Subsidies are available if you qualify. Find information at <https://www.cdss.ca.gov/inforesources/cal-works-child-care/program-eligibility>.

## 4. Hire a babysitter

College students with fewer classes during inter-session or the summer semester may have more availability than during other times of the year.



## 5. Hire a nanny

Consider a part-time or full-time employee to help out with children and lend a hand around the house. Nannies are not independent contractors, so be aware of related taxes and workers' compensation insurance requirements.

## 6. Hire an au pair

Au pair services can be a win/win. Related services help students earn needed income while staying in the U.S. on a temporary basis. Dedicated finding agencies may also help with payroll tax reporting.

## 7. Consider reaching out to grandparents or other family members

Working with older relatives adds joy and activity to life in later decades while reinforcing valuable family relationships. Keeping those connections can be vital.

## 8. Consider new classes

Consider enrolling in something totally different

this year. The great thing about summer is it's not for a grade or a long period of time. From art and swimming to cooking or other life skills, summer is the perfect time to discover new interests. The planned period a child is engaged can be perfect for a parent to catch up on work email, run an errand or take a break.

## 9. Form a playgroup

Other parents face similar dilemmas with summer child care. Get to know families with other children who have the same need and make arrangements to trade care schedules, carpool or help out during hectic times.

## 10. Plan field trips together

Rotate field trip chaperones and get to know great venues around Kern County.

## 11. Consider changing schedules

Can changes be made to your existing work schedule? Fewer hours or a different shift may allow you to keep care costs contained.



**WE LOVE IT!**  
BEST FOR MOM!

**MAY**

By Elena Epstein, Director of the National Parenting Product Awards

For more product reviews, visit [nappaawards.com](http://nappaawards.com)

### The Cloud Robe

Buttery soft and a great addition for mom's lounge wardrobe. Lightweight, airy and stylish. \$118, [bumpsuit.com](http://bumpsuit.com)



### Milkmakers Rest & Rise Pregnancy Wellness Balms



With shea butter and jojoba oil, these soothing balms are infused with therapeutic essential oils that relax and awaken the sense. Dab them on wrists, temples and pulse points for an instant dose of pre or post-natal self-care. \$20, [munchkin.com](http://munchkin.com)

### Mommy Goes to Work

A sweet book with bright and imaginative illustrations celebrating working moms. This playful story sparks imaginations, calms separation anxiety and eases mommy guilt. \$19.99, [woom.us](http://woom.us)



### The Moodies

Moms can share cuddles and big



feelings with their kids with these adorable storybooks. These social-emotional learning books are crafted by childhood development experts to promote positive self-expression. \$29, [owlandoak.co](http://owlandoak.co)

### Bamboo Seamless No-Rub Thigh Saver

Made from premium bamboo fabric—ultra-soft, lightweight and breathable. With a seamless, smooth design and built-in gusset, these also work well as an undergarment for skirts and dresses. \$19.99, [kindredbravely.com](http://kindredbravely.com)



### Willow Go



Designed for multitasking, break free from the wall and quietly and discreetly pump hands-free with no cords, tubes or dangling bottles. In-bra wearable pump offers up to 14oz of capacity with hospital strength suction. \$329 (or less with certain insurance plans), [onewillow.com](http://onewillow.com)

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### LeapFrog LF925HD Remote Access Smart Video Baby Monitor

Give moms a hassle-free way to watch over little ones. Features vertical tilt angle, side to side 360-degree horizontal pan capability, Color Night Vision technology, soothing sounds and calming melodies. \$159.95, [store.leapfrog.com](http://store.leapfrog.com)



### HoFish Women's Maternity Leggings

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### Queepsake

Makes it effortless for mom to capture life's journey. The app sends members daily prompts to text back a favorite story, moment or milestone with a photo. It securely builds these texts and photos into a digital journal to be shared with family and printed into a book. \$95.88, [queepsake.com](http://queepsake.com)



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# Hello, Happy<sup>Dog</sup> Mama: Gabriela Gonzales comes full-circle with work, family and personal conviction



Photo by Stacey Leigh

## GABRIELA GONZALES KNOWS HER WHY.

Why Statements summarize a person's purpose and the way it is applied in their life, often in connection to a personal mission. The concept has been covered in recent books and TED Talks and applied

.....  
*I'm always laughing at ...*

**My husband. He loves to dance and loves people and getting together with family and friends.**

.....

.....  
*My favorite food is...*

**Pasta, especially white pasta and vodka pasta. And for desert, rich, creamy chocolate cake.**

.....

in professional organizations, community groups and parenting circles.

"If you don't know your 'why,' you'll quit because you'll burn out," explained Gabriela. Through participation in Latina Leaders of Kern County's Leadership Program in 2015, Gabriela discovered and was able to articulate a clear distillation of her approach to life. She is currently serving as president of the organization. "My 'why' is being a resource for people. That ties back to my personal story and is something I use in my job every day. It has formed my career but also my outlook as a person living in our community," said Gabriela.

Born and raised in Kern County, Gabriela credits early experiences with shaping her perspective. Her Mother, Xochitl Vivanco, was a teacher in Mexico before immigrating in the '80s. For decades, she worked cleaning homes. Ant's Janitorial Services may be a familiar name to residents who remember her domestic and office labors.

"I remember cleaning houses and offices after school with my Mom. I remember being her translator, her receptionist, her marketing person. I remember helping print her fliers and going with her to take them to good neighborhoods so she would have good clients," said Gabriela. "I remember when she wasn't paid for her work and she ended up having to take people to court. I saw firsthand how immigrants are treated sometimes, how women keep going even when they're tired because they have a job to do." Gabriela also recalls the toll domestic work takes on workers, with exposure to caustic fumes, painful skin issues due to harsh



So far,  
my best life advice is...

**Don't be afraid. Do it!**

chemicals even with the use of gloves and pain from continuous physical effort.

"My goal was to retire my Mom. She moved in with me, of course, and I wouldn't have it any other way. She lived her best life and I am able to provide that for her," said Gabriela, who is external affairs advisor at California Resources Corporation.

"When I see people struggling now, I see my Mom and think 'If only they knew about resources here that could make a tremendous difference in their quality of life,'" said Gabriela.

According to its website, "California Resources Corporation is an independent oil and natural gas company committed to energy transition in the sector." Gabriela's work comprises internal efforts for employees but also coordinates community engagement, including the entity's charitable portfolio.

"I get to learn about the needs of our community and consider how our employees or the broader community can benefit from life-enhancing initiatives," said Gabriela. "I work with nonprofits to see if CRC can assist. It is really rewarding."

A new project in partnership with Adventist Health called Blue Zones, for example, will focus on how employees and local families can live better through access to mental and physical health resources, with the ultimate goal of also living longer. CRC is also a Relay for Life sponsor, an American Cancer Society event. When she's not at work, Gabriela enjoys spending time with her husband, Timo-

*I'm currently reading...*

**"I am Not Your Perfect Mexican Daughter"**

**by Erika L. Sánchez**

thy Gonzales, who works as an energy specialist with Southern California Gas Company. He was recently elected regional officer for the San Joaquin Valley Utility Workers Union.

They own three dogs: Bettis, a pitbull mix, Dallas, an Australian shepherd, and Deebo, a poodle/shitzu mix. A dog mom, Gabriela stays busy keeping up with their family.



**Bettis**

**Dallas**



**Deebo**

Tenacity stands out in Gabriela's life, as well as willingness to seek out workable solutions. She recalled having played the violin in fifth grade and her sadness upon having to give up school participation.

"I loved playing the violin but we couldn't afford it anymore," she explained. "I think there are better programs now to help kids in situations where they can rent instruments and be involved but I didn't have that opportunity. The other day, though, I bought one at an estate sale and plan to take it up again. It's a fixer-upper and definitely needs new strings, the bow is completely ruined but it's totally fixable. I will get it fixed, I will take lessons and I am absolutely going to play the violin now."

Gabriela is fulfilled with her "why" and Kern County benefits from her work, life and commitment.

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## 2 QUESTIONS WITH Gabriela Gonzales

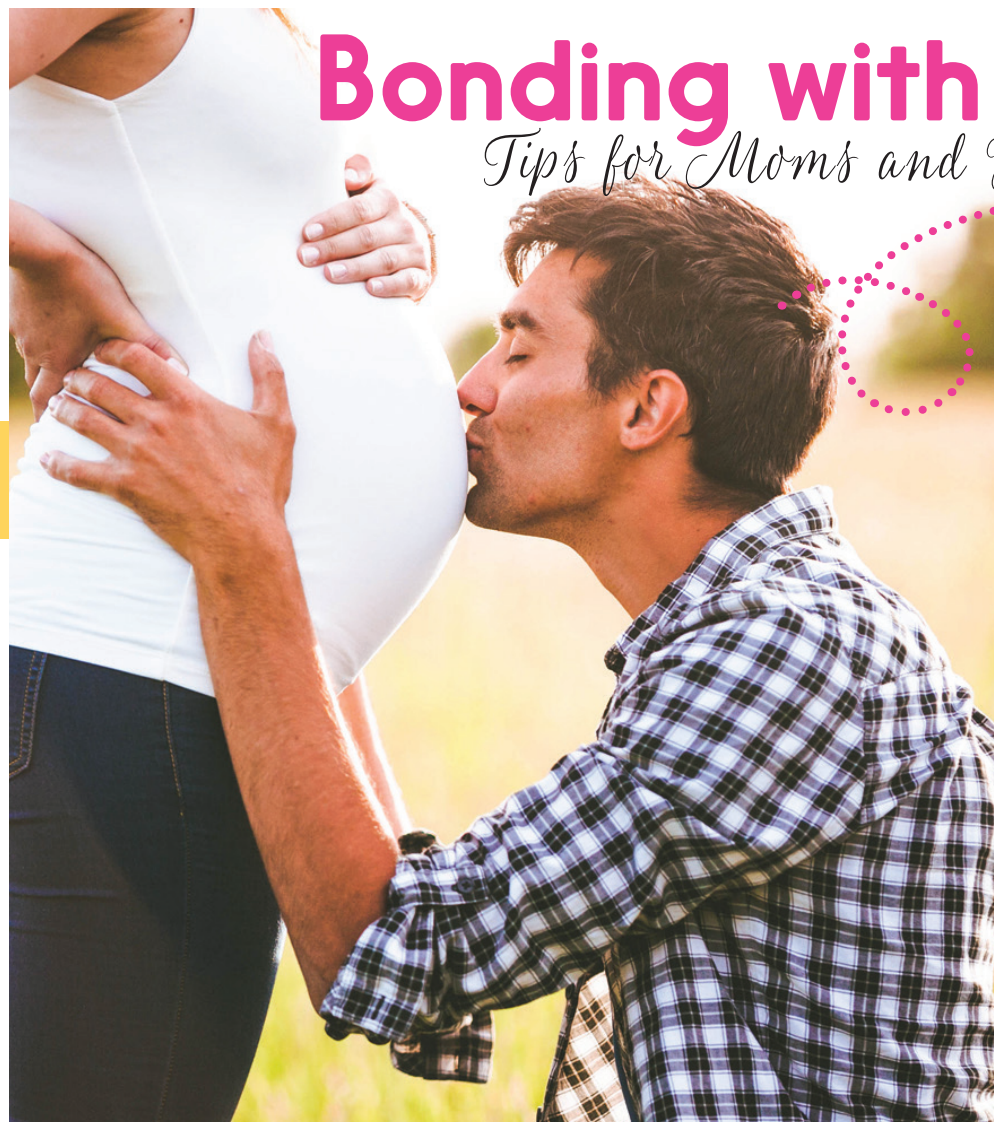
### Q. WHAT DO YOU WISH KERN COUNTY RESIDENTS BETTER UNDERSTOOD ABOUT YOUR WORK?

I want people to know they can help others in different ways. Be kind and pay attention to others. You never know what people are going through. Give back when you can and pay it forward when you can. For me now, working with CRC allows me to be a resource in my community but I think everyone should know about the needs that exist here. Be a resource for someone. You never when they're going to need it.

### Q. WHAT SHOULD FAMILIES IN THE KERN COUNTY AREA KNOW MORE ABOUT IN THEIR COMMUNITY?

Families should be aware of the availability of resources and help others know what's out there too. Maybe you have a resource but you don't want to share that because they've been helping you, but remember, we are all on the same path. We all want better, well, everything. Being open and being willing to help goes a long way. Please, don't be shy to ask for help. One of the main organizations that comes to mind is [Shafter Christmas Store](#), which provides the opportunity for parents to purchase toys. It's a pay-as-you-can model, so parents can buy toys at whatever cost they're comfortable with and know that Christmas didn't come from a charity per se, as sometimes people don't want to take advantage of charitable organizations and they would rather buy it on their own. There's dignity in that.





# Bonding with the bump

## *Tips for Moms and Dads Before the Birth*

Author Sarah Lyons is a mom of six kids including seven year old triplets. She enjoys reading, writing, and spending time outdoors with her family.

**A** positive pregnancy test is just the beginning of the loving relationship you will have with your child. As your body begins to change and the time to deliver grows closer, you may feel a disconnect to your unborn child. This is normal. Give yourself the time needed to bond with your unborn child. Try these techniques if you want to form a stronger bond with your bump.

**Here are 7 practical ways to bond with your child in vitro.**

### 1. SPEAK UP

Babies begin to develop hearing during the second trimester and can listen to their mother's voice and heartbeat. Spend time talking or singing to your baby bump. You may notice that your child will respond with pushes and kicks. Rubbing your belly in response to movements is another way to bond with your unborn child.

### 2. EXERCISE

Participating in light exercise can be a great way to get in touch with your changing body and bond with your baby. Taking a walk, swimming, or a prenatal yoga class will help you stay healthy, refreshed, and give you time to reflect on the miracle of pregnancy.



### 3. KEEP A PHOTO ON HAND

Sometimes pregnancy can feel surreal until the first glimpse of the baby is seen during an ultrasound. Ask for a printed photo of the scan and keep it on hand. This can help remind you that the baby is growing and changing. Also consider doing a prenatal photo shoot. Many women will see the beauty in pregnancy when it is captured through photography.

### 4. WRITE IT DOWN

Journaling is a great way to record the day-to-day feelings of pregnancy. Write down how you are feeling, your body changes, and other observations during pregnancy. This can be for you or for your child to read someday. Some women may also choose to write their child a letter explaining their feelings and excitement in meeting their baby. Putting feelings into words can help a mom-to-be process feelings and adjustments that are happening in her life leading up to birth.

### 5. PREPARE

There are many preparations that need to be made before the baby is born. You will most likely shop for clothes, a car seat, stroller, a crib, and register for and attend your baby shower. All of these things will help you get excited for the baby's arrival. Choosing an outfit to bring your baby home in, decorating your nursery, and planning for life with a newborn will help you bond with the baby also.

### 6. FIND YOUR PEOPLE

Many women find that when they become a mother they instantly have things in common with other moms.



Reach out to other pregnant women and discuss how you are feeling and what you are excited about, consider joining a local moms's group, or speak to your own mom about what pregnancy and the newborn stage was like for her. Surround yourself with people who understand what you are going through and can be excited for the things to come.

## 7. GET CREATIVE

Use your creativity to help you grow closer to your unborn child. Sew a quilt, crochet a hat or blanket, create a scrapbook, paint the nursery, or use your own talents and artistic gifts to make something special for your child. This is a great way to bond with the baby and it will be a keepsake that will be cherished for many years to come.

There is no right or wrong way to bond with your unborn child. If none of these suggestions work, find something that feels right for you. Give yourself time and the chance to adjust to the big changes that come along with parenthood. You have a lifetime of love, joy, and great experiences ahead.

**D**ads are an important part of the baby's life right from the start but bonding with your unborn child may be difficult for dads because they don't experience the physical changes women do.

Here are some great tips for dads who want to bond with the bump.

### 1. BOND WITH MOM

Stay in tune to your partner's needs and the challenges she is facing.

### 2. ATTEND BIRTH CLASS

Educate yourself on pregnancy, birth, and newborn care so you know what to expect when the time comes.

### 3. GO TO DOCTOR APPOINTMENTS

Go with your partner to doctor appointments so you can hear the heartbeat, see the sonograms, and experience pregnancy with her.



### 4. TALK TO BABY

Baby can hear you and get to know your voice, just like mom's.

### 5. WRITE A LETTER

Consider writing down your thoughts and feelings about pregnancy to share with your child when they are older.

### 6. TALK TO OTHER DADS

Connect with other men who have experienced parenthood.

### 7. SNUGGLE UP

Cuddle with mom and feel for baby's movements and kicks.

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# SIX WAYS CAMP EXPERIENCE INFLUENCED ADULTS.....

**H**ow many kids do you think go to camp in the summer? According to the ACA (American Camp Association) website 14 million kids and adults attend camp every summer. Camp is an \$18 billion industry.

To understand why kids love going to camp, I spoke to five adults about their camp experience when they were kids. They shared with me how going to camp helped shape them into the people they are today. Here are some ways they benefited from going to camp:

## Learned New Skills

Attending camp gives kids the opportunity to learn new skills they might not be able to learn anywhere else.

"I learned how to juggle and play guitar at Camp Kingsmont. I vastly improved while there each summer because one of the counselors offered daily lessons as a free time activity. Juggling lessons was also a free time lesson from one of the counselors who went on to become a puppeteer on Sesame Street," says Andrea Simokonis, 38 from Quincy, MA.

At Chen-a-Wanda I learned swimming, boating, and jewelry making," says Kim Liberman, 38 of North Andover, MA.

"I learned to sail, leather work, water ski, camping (map reading, pitching tents, fire building), canoeing, woodworking and cribbage at Camp Kabeyun," says Jake Wolf-Sorokin from Brookline, MA.

## Discussed Social Challenges

Since camp is more interactive than a school setting, kids have a chance to discuss social issues.

"At camp, we would talk about the hard issues that teens face like using drugs and alcohol, love, peer pressure, and often we talked about how God impacted our decisions in

these areas. Every year there was a theme," says Simokonis.

## Developed Connections and Camaraderie

The social setting of the camp helps kids to make new friends and feel a sense of camaraderie with one another.

"At the end of the day, we raced back to our cabins to have camaraderie with our friends while we got ready for whatever evening activity. In our cabin, we had endless conversation. I don't think anyone ever really slept. It was 20 of my closest friends all hanging out in our goofiest PJs, having girl talk and eating junk food all night. It truly was amazing," says Simokonis.

"Camp always gave me a great sense of freedom, independence, and community."

- Linsey Pimentel

"At camp, I developed a set of friendships with fellow campers and counselors that continues to bring me joy and fulfillment to this day," says Wolf-Sorokin.

## Developed Independence and Confidence

Camp provides an environment that encourages kids to try new activities or select activities kids want to learn which helps them to develop independence and build confidence.

"For me, Camp Kabeyun's enduring legacy, was building independence, confidence and self-reliance by treating chil-



dren as 'grown ups' by entrusting them with more responsibility than they may otherwise take on during the year. At camp, I got to choose what I did every day, be it out of camp hiking and paddling trips, or in camp sailing, tennis and leather working. This was a stark and refreshing contrast from my hyper-scheduled life at school during the year. The camp's non-competitive focus encouraged me to take risks and push myself, knowing I could return to my supportive set of cabinmates and counselors, even if I had just wiped out on the water-skis or lost a tennis match," says Wolf-Sorokin.

"Camp always gave me a great sense of freedom, independence, and community. I could participate in a wide variety of activities every day from land or water sports to art and music classes. I was away from home which gave me a sense of independence but I had the support



network of my peers and the many different staff members. Being in this kind of setting, in the woods on a lake, and sleeping in a cabin gave me an incredible feeling of freedom,” says Linsey Pimentel from Andover, MA.

“I went to Camp Yomechas and I liked the adventure and fun that went along with each day,” says Darlene Cofran 38 from East Bridgewater, MA.

“Every morning, the entire camp would get a sheet of paper with a bible passage on it and then some questions to help you reflect on the verse and how it pertained to your own life. Then you could sit and meditate on it for 15 minutes. The camp was entirely present, yet completely silent everyday. It truly was magical to get 500 teenagers to sit in silence for that long,” says Simokonis.

## Found A Mentor

Camp counselors often develop mentor relationships with their campers.

“The camp counselors shared their experiences as a teen and were truly mentors to me. I loved my counselors and I keep in touch with them. It’s kind of amazing,” says Simokis.

## Developed A Career

Most of the people I spoke with either became a camp counselor as a teen or went on to be a camp director or serve on the Board of Trustees of the camp as an adult.

“I went on to be a counselor at Camp Kingsmont for 7 summers after I graduated high school and had just as much fun as a counselor as I did when I was a camper,” says Simokonis.

“My love for the camp experience led me to go back to work in the camp field. After sending my kids to camp Jori, I then worked again at Camp Jori as a counselor. After that I was offered the camp director role,” says Liberman.

“I attended Camp Kabeyun, a boys camp on Lake Winnepesaukee for 6 summers when I was growing up. I then worked there as a counselor for 3 summers, and I now serve on the Board of Trustees of the non-profit organization that owns and operates Camp Kabeyun,” says Wolf-Sorokin.



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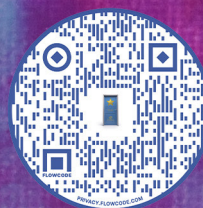
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# Swing into Spring with a Special Dessert



**Meringue Nests with  
Vanilla Bean Whipped  
Cream and Strawberries**

Recipe of the American Egg Board and Sam Adler (@frostingandfettucine)

Prep time: 15 minutes

Total time: 6 hours

Servings: 6

## Meringue Nests:

1 1/4 cups granulated sugar

6 large eggs

1 teaspoon cream of tartar

1 teaspoon vanilla extract

2 teaspoons cornstarch

## Garnish:

1 cup heavy whipping cream

1 teaspoon granulated sugar

1/2 teaspoon vanilla extract (or 1 vanilla bean, scraped)

1/2 pint fresh strawberries, sliced

- 1** To make meringue nests: Preheat oven to 200 F. On parchment paper-lined baking sheet, spread sugar evenly and bake 5-7 minutes to slightly heat. Remove sugar from oven then increase oven temperature to 225 F.
- 2** Carefully separate egg whites from yolks completely. In bowl of hand or stand mixer fitted with whip attachment, whisk egg whites on medium-low speed until foamy about 1 minute.
- 3** Slowly add sugar 2-3 tablespoons at a time and mix on medium speed 2 minutes between each addition. Sugar needs completely mixed into egg whites to ensure success. Continue mixing on medium until mixed through and meringue does not feel gritty.
- 4** Add cream of tartar, vanilla extract and cornstarch. Increase to high speed and beat until stiff peaks form.
- 5** On two parchment paper-lined baking sheets, pipe or spread meringue with spoon into six 4-inch circular "nests."
- 6** Bake 1 hour, 15 minutes then turn off oven and let meringues cool without opening oven for at least 4 hours or overnight. The USDA recommends egg dishes be cooked to 160 F.
- 7** Garnish: When ready to serve, in clean mixing bowl fitted with whip attachment, whip heavy whipping cream on medium speed. Slowly add sugar and vanilla. Continue mixing on high speed 2-3 minutes until stiff peaks form. Dollop whipped cream on meringue nests and top with strawberries.

**CONTINUED ON PAGE 23** →

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# Afternoon Naps and Sneaking Snacks

## The Case of the Missing Truffles

"Mom, where are the truffles?" Samantha asked, with hope in her eyes after lunch one day.

"Truffles? What truffles? I do not know anything about any truffles." I had, of course, finished off those truffles by about 10am. But I did not really feel inclined to admit that if I could get out of doing so.

Samantha (not surprisingly) persisted: "Dad said I could have a truffle after lunch."

"Um, yeah, that is not possible."

"Mom..." Suspicion was rising in her voice. "Where are the truffles?"

"They are gone."

"No, Mom. Seriously. Where are they?"

"I am serious. They are gone." Pause. "There are no more truffles."

"What?!"

Me: ...

Her: "Mom!"

Me: ...

She panicked. She was desperate for a truffle. (As I had been earlier that day. Which explains why they were gone. Obviously.) She continued, "Mom. You ate ALL the truffles?"

Me: ...

Her: "Mom!"

After briefly fantasizing about making up a story about how our six-pound puppy climbed to the top of the bookcase where they were hidden and ate them all and got sick and had to go to the emergency vet and almost died and I just didn't want to tell her about it earlier because I didn't want her to worry... I decided to just confess. "Sam. Yes, I ate the truffles. I am an adult. I can make poor decisions like that, and there is nothing you can do about it." (OK, that last part may have been unnecessary.)

"But Mom, there were nine truffles in there. You ate nine truffles?"

Me: "There were nine?"

"Yes, Mom. The box had 12. I ate one yesterday. Ashley ate one. Dad ate one."

Me: "You only had one?"

Her: "Yes."

Me: "Well, then, it looks to me like your math is solid. I guess I ate nine. Wow, that seems like a lot of truffles in one morning. Don't you think?"

She let me know that indeed, that was exactly what she thought.

Nine truffles in a morning. Without getting caught. Score! OK, well, technically I did get caught—but not before enjoying nine (NINE!!!) truffles.

It would, of course, be easier if she did not remember that we HAD truffles to begin with.

That is, of course, the problem with kids: They grow up and become more aware of all the ways in which we are (or at least I am) unfair or hypocritical. Gone are the days when I could let them watch a movie at 1pm, so I could sneak in a nap. Or go through the drive-thru and not get them anything as they sat, unaware, in rear-facing car seats. They are on to me. I am going to have to pull myself out of my eleven-year stupor. I am going to have to transform myself from Number One Stick-in-the-Mud Mom to Fun Mom. Mom who Does Things. Mom who Shares the Treats.

I am not sure I have it in me. I mean, after all, I am still recovering from those first couple years of not sleeping. Also (as you may have been able to predict), I have a tendency to find myself in the depths of a sugar crash.

I will now start mentally preparing for unsticking myself from the mud. Hello, more vegetables and exercise; goodbye, afternoon naps and sneaking snacks.





you can do it



## Get the Cinco de Mayo Party Started!

Cinco de Mayo provides an opportunity to celebrate Mexican culture and enjoy some tasty food along the way. No Cinco de Mayo celebration would be complete without a spicy, tangy salsa dip. Why not pair it with the equally delicious "Guacamole" for plenty of menu options?

### Salsa

Makes 4 1/2 cups

- 1 can (28 ounces) whole Italian plum tomatoes, undrained
- 2 fresh plum tomatoes, seeded and coarsely chopped
- 2 tablespoons canned diced green chiles
- 1 tablespoon canned diced jalapeño peppers (optional)
- 1 tablespoon white vinegar
- 1 clove garlic, minced
- 1 teaspoon onion powder
- 1 teaspoon sugar
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt

Combine tomatoes with juice, fresh tomatoes, green chiles, jalapeños, if desired, vinegar, garlic, onion powder, sugar, cumin, garlic powder and salt in food processor; process until finely chopped.

### Guacamole

Makes 2 cups

- 2 large ripe avocados
- 2 teaspoons fresh lime juice
- 1/4 cup finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1/2 jalapeño, finely chopped
- 1/2 teaspoon salt

Cut avocados in half lengthwise around pits. Remove pits. Scoop avocados into large bowl; sprinkle with lime juice and toss to coat. Mash to desired consistency with fork or potato masher.

Add onion, cilantro, jalapeño and salt; stir gently until well blended. Taste and add additional salt, if desired.





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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**



# KERN COUNTY FAMILY MAGAZINE *daily happenings* THE **BEST** LOCAL CALENDAR OF EVENTS!

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

## May 2-5

### Bakersfield College Art Student Exhibition

The directors of the Wiley and May Louise Jones Gallery are pleased to present the 2022 Bakersfield College Art Student Exhibition. The exhibit includes student-made artwork created in Bakersfield College art courses in media ranging from charcoal drawings, acrylic paintings, photography, graphic design, and many others. The work was juried by Clovis, California-based artist and educator Steven Dent. For more information please contact [jonesgallery@gmail.com](mailto:jonesgallery@gmail.com). Accommodations are available with advanced notice, please contact Ronnie Wrest, [ronnie.wrest@bakersfieldcollege.edu](mailto:ronnie.wrest@bakersfieldcollege.edu), or (661) 395-4552.

Wylie and May Louise Jones Gallery - Bakersfield College  
1801 Panorama Drive  
Bakersfield, CA 93305  
661-395-4552  
Time: 2-5pm  
<https://www.bakersfieldcollege.edu/event/2022-bakersfield-college-art-student-exhibition>

## May 5



Check Out Our Amazing Salsa & Guacamole Recipe: Page 23!

## May 6-8

### Disney on Ice: Mickey and Friends

Grab your mouse ears and get ready for a party in your hometown as Disney On Ice presents Mickey and Friends skates into Bakersfield playing six fun-filled

performances at Mechanics Bank Arena from May 6 - 8. Produced by Feld Entertainment Inc., your favorite Disney stories come to life in this production that will inspire families to make memories they will treasure forever!

Rabobank Arena, Theater and Convention Center  
1001 Truxtun Ave  
Bakersfield, CA  
Time: Various  
<https://www.mechanicsbankarena.com/events/detail/disney-on-ice-mickey-and-friends>

## May 7

### Bakersfield Symphony Orchestra: Navarro and Maher 1

This concert marks the final event in the Bakersfield Symphony 2021-2022 concert season, and it's a performance you won't want to miss. The concert opens with Oscar Navarro's oboe concerto Legacy, performed by our very own principal oboist, Laura Arganbright. Laura will then rejoin the orchestra for the emotionally intense and beautiful Symphony No. 1 by Mahler, also known as Titan.

Rabobank Arena, Theater and Convention Center  
1001 Truxtun Ave  
Bakersfield, CA  
Time: 6pm  
<https://www.mechanicsbankarena.com/events/detail/bakersfield-symphony-orchestra-navarro-and-maher-1>

## May 7

### Hoffmann Hospice's 4th Annual Pickleball Palooza

Hoffmann Hospice's 4th Annual Pickleball Palooza Tournament is fast approaching. We invite you to join us, along with hundreds of

fellow pickleballers, on Saturday, May 7th, 2022 at Stockdale Country Club for a jam-packed day of fun, competition, and camaraderie. The tournament supports Hoffmann Hospice's programs and services. Please join us in sending a HUGE thank you to all of our "Tournament" sponsors who have stepped up to generously support Hoffmann Hospice's efforts to serve our Kern County community.

Stockdale Country Club  
7001 Stockdale Highway  
Bakersfield, CA 93309  
661-410-1010  
Time: 8am-2pm  
<https://hoffmannhospice.salsalabs.org/pickleballpalooza2022/index.html>

## May 8



## May 13

### Kern County Museum Presents: Get Lit!

The Kern County Museum is hosting an exclusive opportunity to see the amazing Neon Courtyard at its finest - at night! Friday, May 13, 2022, from 7:00 PM to 11:00 PM is where you will want to be for our Get Lit fundraising event. The Mission Bank Neon Plaza will be completely lit for all to enjoy. Margaritas and beer will be available for purchase.

Tickets are \$30 per person, \$25 for Kern County Museum members.

Kern County Museum  
3801 Chester Ave  
Bakersfield, CA  
661-437-3330

Time: 7pm - 11pm  
<https://kerncountymuseum.org/lori-brock-discovery-center/calendar-of-events/>

## May 20

### The Never Forgets Senior Prom

Presented by the Lazzarini Family Foundation for the benefit of Alzheimer's research and support.

Time: 3-8pm  
4203 Buena Vista Rd. Bakersfield, CA 93311  
For tickets call 661-665-8871

## May 21-22

### May Madness - National Jet boat Association

The National Jet Boat Association is an organization to promote the sport of drag boat racing. Over the past four decades the club has had an enormous following and dedication for the purpose of advancing the sport on the liquid quarter mile. \$10.00 Entry Fee | Kid 12 and under FREE. Free Parking Bring your coolers, chairs. Racing starts at 8:00 a.m.

Lake Ming, Bakersfield  
12768 Lake Ming Road  
Bakersfield, CA  
Time: 8am - 5pm  
<https://www.visitbakersfield.com/events-calendar/may-madness-national-jet-boat-association1/>

## May 30



HAPPENINGS CONTINUE →



# ONGOING HAPPENINGS

## Saturdays

### F St Farmers Market

Come and meet your local Farmers and Craftsmen and buy local, buy fresh! Chat with the people who grow your food and the craftsmen who hand make their products while supporting local businesses.  
City Center: 3201 F St. Parking Lot, 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  
(760) 417-9575  
Time: 9am – 1pm

## Mondays

### 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/>

## Mondays and Wednesdays

### Art Classes for Children with Charlotte White

All Media Art Classes with Charlotte White. First Grade through 8th Grade. Materials are provided by the instructor. Cost: \$10.00 per class. For registration and additional information contact Charlotte White (661) 330-2676 or [charlottewhiteartist@icloud.com](mailto:charlottewhiteartist@icloud.com)

Bakersfield Art Association Art Center Gallery

1607 19th Street, Bakersfield (661) 330-2676

Time: 4pm – 5pm, 5pm – 6pm

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**PAGE 29**

**ACTIVITY CORNER**

**ANSWERS**

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

Down

1. Riptide

3. Summer

4. Ocean

1. Rainbows

2. Paws

5. Item

6. Magma

7. Suffer

**CROSSWORD**

Across

1. Rainbows

2. Paws

5. Item

6. Magma

7. Suffer

Down

1. Riptide

3. Summer

4. Ocean



## NATIONAL CLASSIFIED ADS

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**Charlotte White (661) 330-2676 or [charlottewhiteartist@icloud.com](mailto:charlottewhiteartist@icloud.com)**

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**KERN AUTISM NETWORK, INC.**  
"Kern Autism Network Inc. provides support, awareness, information and education to families and the public throughout Kern County"  
Happy Mother's Day  
Parent Support Group Meeting  
Wednesday, May 18th - 6-7:30 p.m.  
Yoga for Moms: Saturday, May 7th  
Autism Seminar topic "IHSS":  
Wednesday, May 25th register via Eventbrite  
EARLY SIGNS OF AUTISM:  
• Delayed language development  
• Repetitive language  
• Little or no eye contact  
• Repetitive mannerisms  
• Inflexible routines or rituals  
• Preoccupation with object parts  
• Little interest in friendships  
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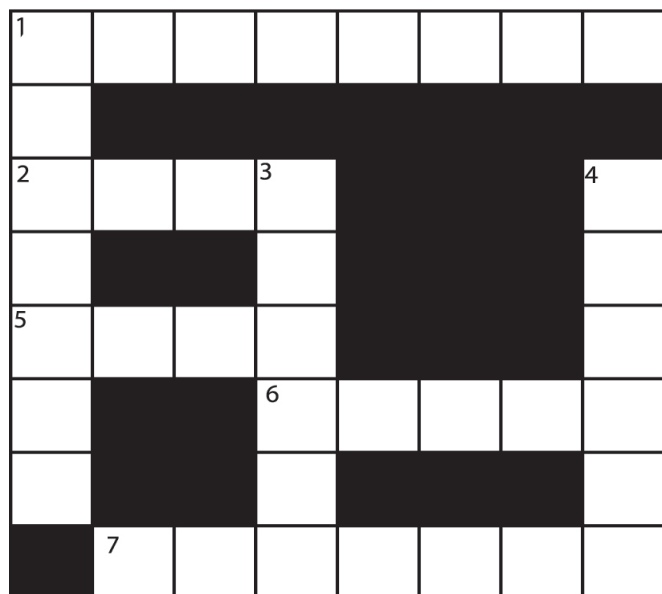
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# MAY ACTIVITY CORNER

puzzle  
answers  
on page  
26

## Crossword



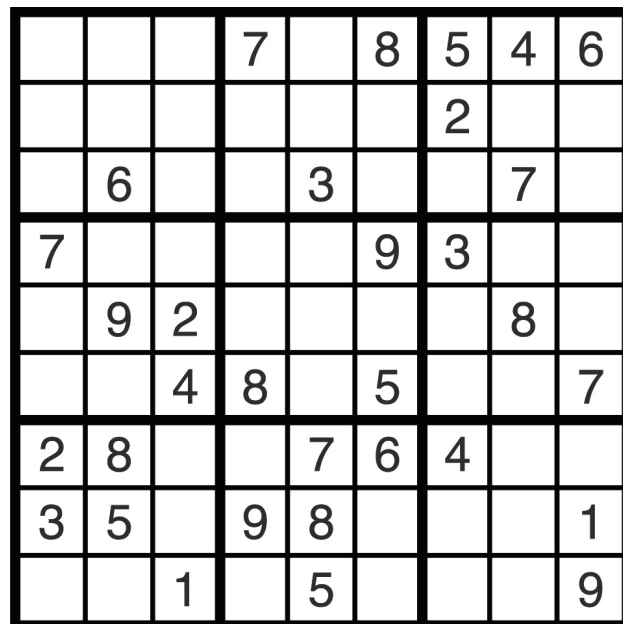
### ACROSS

1. Colored arches
2. Cats and dogs have them on the ocean
5. Individual unit
6. Hot fluid in the earth
7. Those who ride waves

### DOWN

1. Dangerous dragging mo-
3. Warm season
4. Covers most of the earth

## 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!

DID YOU  
KNOW?



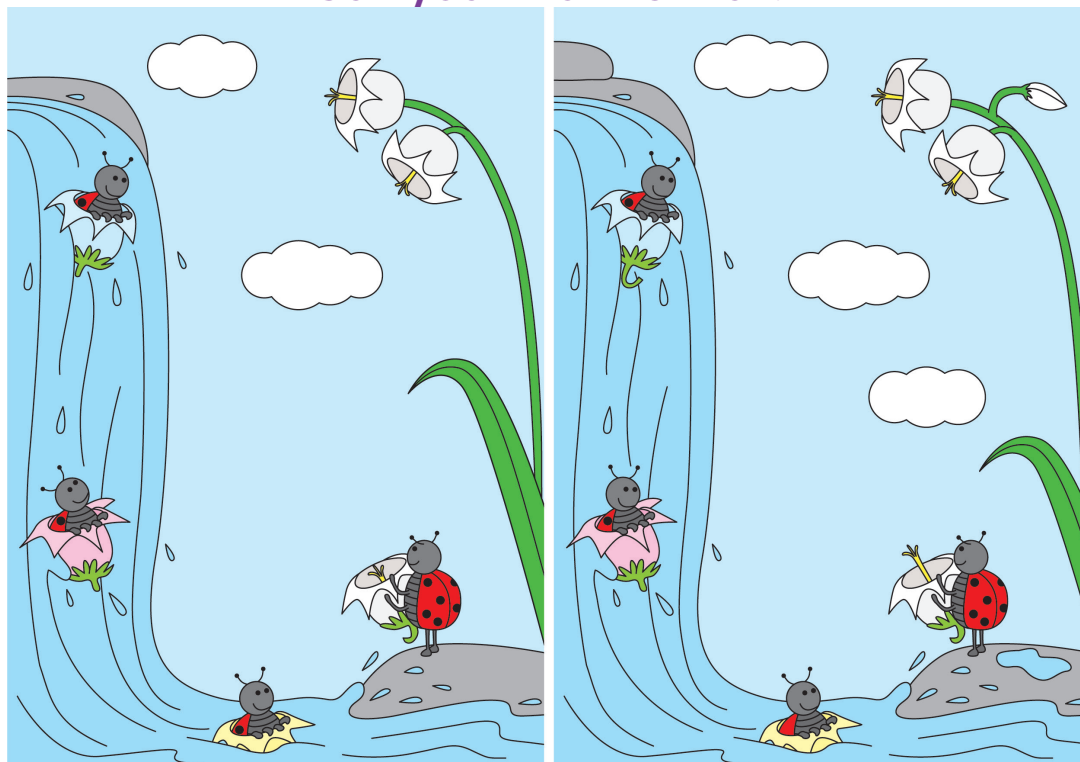
✓ More calls are made on Mother's Day in the USA than on any other day of the year.

✓ The flower industry makes more than 25% of their annual sales revenue on Mother's Day week.

✓ President Woodrow Wilson established Mother's Day in 1914.

✓ Mother's Day is on Sunday May 8th this year.

There are 10 differences below.  
Can you find them all?







# MAY ACTIVITY CORNER

puzzle  
answers  
on page  
26

## The Great Gardening Word Search

Presented by Pacific Ag Rentals

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

ANNUAL  
CLAY  
CLIMATE  
CLIMBING  
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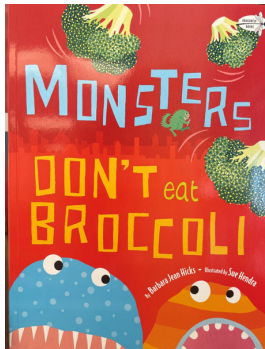
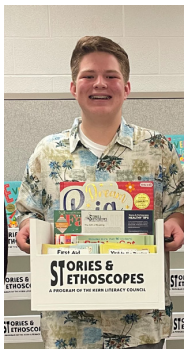
## Monsters Don't Eat Broccoli but Eagle Scouts Do!

Stories & Stethoscopes is a program of Kern Literacy Council that focuses on teaching children the benefits of a healthy lifestyle, from healthy eating to physical wellness, and is a wonderful 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, we provide books to children throughout Kern County to help them read and live better.

This month we feature the book *Monsters Don't eat Broccoli*. In this rollicking picture book written by Barbara Jean Hicks and illustrated by Sue Hendra, monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two, or tender trailer tidbits, or a wheely, steely stew. But boy do those trees they're munching on look an awful lot like broccoli. Maybe vegetables aren't so bad after all!

This hilarious book will have youngsters laughing out loud and craving healthy monster snacks of their own. Mama Bearian, a reviewer on Goodreads shared, "This would be a great story for picky eaters and gives parents ideas for how to get their little ones to try new foods under the guise of other items. I enjoyed the rhyming text and repeating rhyme."

Another customized feature of the Stories and Stethoscopes program is the library boxes of books that are being distributed to various Adventist Health locations and mobile units in Kern County. The boxes were made and donated by Bradley Andersen as part of his Eagle Scout Project. Bradley has been in scouting for six years and is a member of Troop 47 in the Southern Sierra Council. Eagle Scout is the highest rank attainable in the Scouts BSA program of Boy Scouts of America. Since its inception in 1911, only four percent of Scouts have earned the rank after a lengthy review process. We appreciate Bradley's dedication and excellent work. His legacy will live on throughout Kern County for years to come. Thank you, Bradley!



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



READ  
FOR  
LIFE

For more information on Kern Literacy Council, call us at 661-324-3213, or check out our website at [www.kernliteracy.org](http://www.kernliteracy.org).

## Stories & Stethoscopes **HEALTHY TIPS**

### OUR EAGLE SCOUT SAYS EAT YOUR BROCCOLI!

#### FUN FACTS ABOUT BROCCOLI

Broccoli has the same name in every language.

Brussels sprouts, cabbage, kale, kohlrabi, cauliflower and collard greens are all close cousins of broccoli.

The best-known broccoli is a human being! Albert Romolo "Cubby" Broccoli is famous as the producer of the James Bond spy movies.

#### HISTORICAL BROCCOLI

The Romans grew and enjoyed broccoli in the first century CE. Their favorite seasonings for it were cumin, coriander seeds and chopped onion plus a few drops of oil and sun-made wine. They also liked it with creamy sauces.

When broccoli first arrived in England in the 1700's, it was called "sprout colli-flower" or "Italian asparagus."

Americans didn't pay much attention to broccoli until it was advertised on the radio in 1922. Soldiers returning from Europe after the war also brought a taste for broccoli back with them.

Source: <http://gggiraffe.blogspot.com>, 14 August 2009.

#### NUTRITIONAL BROCCOLI

- It tastes good and it's good for you!
- High in Vitamin C and calcium to fight off colds and build strong bones
- Rich in fiber which is good for the tummy.
- Full of beta-carotene which turns in to Vitamin A in the body.
- Linked to fighting off many bad diseases





Food

Bowling

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