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July 2022

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• **SUMMER FOOT CARE**



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hello, happy mama: Jennifer Rogers-Etcheverry pg 12 delish dessert pg 23

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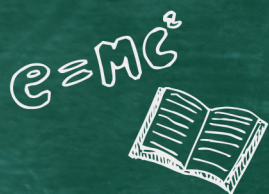
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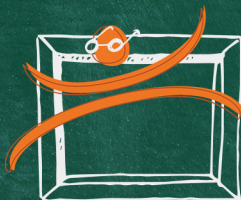
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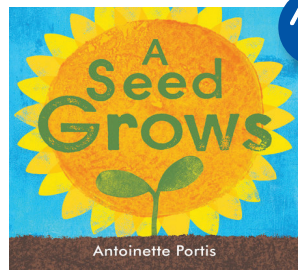
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MEMBERS OF



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Summer Reads:

These entertaining, engaging, and educating titles are perfect for backseat entertainment, summer story times, and gift ideas!



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Hello, Happy Mama

How Jennifer Rogers-Etcheverry Upholds Family, Self & Community through Fame, Entrepreneurship & Future Generations



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National Grilling Month:

Make that outdoor foodie adventure delicious and safe!



Our July Cover Models

Reagan, 8 and Bennett, 3 at the 1000 Flags Memorial Day Remembrance at Riverwalk Park
Photography by Stacey Leigh



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Enter To Win! Cutest Pet Photo Contest

Sponsored by Fur and Feathers Luxury Pet Resort, Grocery Outlet, and Gregory D. Bynum & Associates.

PLUS

Don't miss
the **FUN**, the
FEATURES,
and the
FACTS!



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Vaun Thygerson,
Contributing Writer

In 1986, like most teen girls, I had “Tiger Beat’s” tear-out posters of Rick Springfield hung up all over my bedroom. I was completely starstruck! For my 16th birthday and my first live concert ever, I went to see him perform at the Mini Dome in Pocatello, Idaho. The night was magical – I even remember what I wore and how much I screamed and danced while he sang. But, most of all, I remember the feeling of pure excitement. Ever since that night, going to concerts has become one of my favorite activities to do. There

is nothing like seeing someone you idolize in person and singing along with the crowd for a shared experience of awe.

One of the many things I love about living in Bakersfield is that there are so many options for live music. Locally, we have a lot of musical talent that you can find playing at different venues, lake settings or even backyard parties. And, if you follow Bakersfield Sound Co. on Instagram, they do a local gig menu every week where you can find out who’s playing where in Bakersfield. I’ve been to various concerts at Mechanics Bank Arena, Fox Theater, Dignity Health Amphitheatre, The Marketplace Fountain and the Kern County Fair, where I even saw Rick Springfield again about 25 years later! Another plus to great music is fun videos that are created to promote it. My boys have been actors in two music videos for Hate Drugs and High Voltage Arcade.

If you can’t find what you want in Bakersfield, just a short hour and half drive to Paso Robles is one of the best places to hear live music – Vina Robles Amphitheatre. It’s a perfect outdoor setting as the temperature cools down a little bit more at night than here in town and they get a lot of big names. They also have food vendors and a brick pizza oven on the premises. I promise it’s worth the drive.

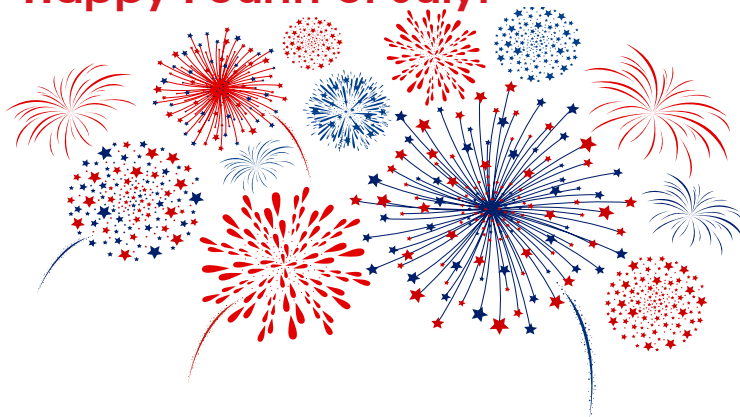
Attending an outdoor concert sounds like a perfect summertime activity for me. Callie Collins gives us some more ideas in her article, “11 Ways to Plan the Perfect Summer Gathering.” She says there are a lot of ways to have fun this summer that include everything from a block party to a book club to a movie night. To read all 11 ideas, go to page 5. For even more advice on summer activities, KCFM asked in “Readers Respond” what makes for a successful summer weekend. You can read all of the great answers on page 10.

I can really relate to this month’s Humor at Home, “My Kids’ Lives: Wrapped up in Memories Set in Target and Starbucks,” by Julie Willis on page 22. She writes about mom life and how it really is spent at Target and Starbucks, and it goes by way too fast. It’s easy to become nostalgic as your little ones turn into bigger ones, and when you know that one day they will become adults. And, she also recounts that she breaks some of the rules she swore she would never break before she had kids. Oh, the irony that happens to each and every one of us!

Special thanks to Jennifer Rogers-Etcheverry for the article, “Hello, Happy (Multi-Tasking) Mama: How Jennifer Rogers-Etcheverry Upholds Family, Self and Community through Fame, Entrepreneurship and Future Generations,” by Callie Collins on page 12. As the great-granddaughter of actor, author, and social commentator Will Rogers, Jennifer has learned from an early age to appreciate legacy and hard work. Today, she wears many hats and created her own business from her family’s almond production called, “My Husband’s Nuts.” You can find these delicious flavored almonds and related merchandise both locally and nationally. Or, you can order online at <https://myhusbandsnuts.com>.

No matter what you have planned this summer, whether it’s an outdoor concert in Paso Robles or a lazy afternoon with friends by the pool, don’t forget that in just a few short weeks your life will return back to the school grind, so enjoy every minute now! Making these fun memories is the best part of summer. If you’re looking for some great local music, make sure to check out Bakersfield Sound Co.’s Instagram for its weekly gig post. You are sure to find some great talent and a memorable time! And, if you stop for a snack, make sure to pick up some of “My Husband’s Nuts” for your road trip.

Happy Fourth of July!



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Bakersfield Museum of Art Participates in Museums for All

The Bakersfield Museum of Art (BMOA) is a participating museum of the national program Museums for All, where those receiving food assistance (SNAP benefits) can gain free or reduced museum admission. A cooperative initiative between the Association of Children's Museums (ACM) and the Institute of Museum and Library Services (IMLS), Museums for All has more than 850 museums throughout the United States where guests can simply present their SNAP EBT card to gain entry to the museum. At BMOA, guests receive free admission for up to four individuals per EBT card.

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

Assemblymember Salas Honors United Way of Kern as 2022 Nonprofit of the Year



Assemblymember Rudy Salas (D-Bakersfield) recently recognized United Way of Kern County President and CEO Mari Perez-Dowling as Nonprofit of the Year for Assembly District 32. United Way of Kern has championed efforts to reduce homelessness and food insecurity, and has supported free income tax assistance and early childhood literacy programs that have benefited countless families throughout the Central Valley.

"I am thrilled to recognize United Way of Kern as Nonprofit of the Year for their service and invaluable contributions to our community," said Assemblymember Salas. "Kern County is better because of the work of people like Ms. Perez-Dowling and those at United Way, who bring the community together and strive to improve the lives of working families in the Valley. United Way of Kern has been on the frontlines of countless food drives, pouring their hearts into uplifting the community. I look forward to our continued work together to help make the Valley a better place for everyone."

Founded in 1963, United Way of Kern has led efforts to improve education, health, and financial stability for families within Kern County. As a trusted nonprofit, they enable everyone to give and invest funds where they are needed most, and empower residents to volunteer and maximize their impact on the lives of others. Programs run by United Way of Kern include early childhood literacy programs, free COVID testing, mental health workshops and youth advocacy classes.

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

Boys & Girls Clubs of Kern County Members Invited to Perform in Chicago



A Boys & Girls Clubs of Kern County's performance group, Music Fusion, were invited to perform at the annual Boys & Girls Clubs of America Conference with an all-expense paid trip to Chicago.

In addition to their performance, the Club members went to a Cubs games, visited with Magic Johnson and Denzel Washington and were recognized for their hard work, outstanding character and professionalism.

"Not only did our team exceed our expectations for their scheduled performances they worked so hard to create, but they were also so good that the national staff added additional rehearsals and stage time to an already busy program," said Jill Burdick, performance director and Chicago chaperone. Their performance has garnered invitations to perform at other upcoming Boys & Girls Club events in Los Angeles and Huntington Beach. The Music Fusion members have demonstrated gratitude for the hours of voice, choreography, and acting lessons given at the Boys & Girls Clubs of Kern County.

For more information, visit www.bgclubsofkerncounty.org.

Summer Meal Programs

Summertime brings a break from school but the need for good nutrition doesn't take a break. Seamless Summer Breakfast Program is available to all Kern High School District students and community children 18 years or younger, 21 or under if disabled at qualifying sites for free.



Eating nutritious foods help ensure students retain their hard-learned knowledge throughout the summer. For many of these children, summer vacation can bring the temptation of eating empty calorie snacks and foods that are high in sugar, fat and sodium. And for many others, summer exposes students to an increased risk of hunger and development decline. This program is running through July 15.

Qualifying sites can be found at www.kernhigh.org.

2022 Southern San Joaquin Research Forum

Kern Medical recently hosted its third annual Southern San Joaquin Research Forum where a record number of 106 case extracts were submitted by physician residents, fellows, medical students and local students from California State University of Bakersfield and Bakersfield College. This research collaboration will hopefully lead to more medical breakthroughs and quality enhancements.

"Research forms the basis of the incredible medical advances we all benefit from," said Kern Medical CEO Scott Thygerson. "We thank all those who contributed to each scholarly project and the impact it has at our institution and in our community. This annual research forum evidences the remarkable depth and innovative thinking we have right here in Kern County."

For more information, visit www.kernmedical.com/academics/2022-southern-san-joaquin-research-forum-call-fo/.

The Open Door Network: Coordinating services for those in need

Helping those in need happens one step at a time, especially when defining a new path that changes lives. Two local non-profit agencies, Bakersfield Homeless Center and Alliance Against Family Violence and Sexual Assault, are making an important change of their own. The groups have announced a merger to form The Open Door Network, as of July 1.

The Open Door Network also coordinates services through a 24/7 hotline, a confidential non-judgmental support service where staff and volunteers are available to provide emotional support, advocacy, information and referrals. If you or someone you care about has been a victim of sexual assault, domestic violence or stalking, call the 24-hour crisis line toll free at (800) 273-7713 or the LGBTQ hotline at (661) 322-2869.

Open Door Network details:

The community work each organization formerly provided in separate capacities for women and children will continue to be available, with a streamlined approach designed for expedited wraparound services. The organization is a 501 (c) (3) and community support, in addition to grants and endowments, provide its funding.

"We are an agency with an amazing team focused on supporting our community when dealing with what might seem like everyday problems but that can be life altering," said Lauren Skidmore, CEO of both organizations that have now made the transition as The Open Door Network. "Our goal is to facilitate interventions in caring ways that empower individuals in need who allow us to guide them back into the community. We work from a compassionate place to meet them where they are, without judgment. I want people to know there is a team here with support for them."

Skidmore noted the crossover that formerly existed between both organizations, a factor that led to the decision to combine agencies. She described the Open Door Network as an agency where people in crisis can heal from trauma and begin to rebuild their lives.

"We are here to nurture the resilience of all people, with a network of professionals who work with individuals who might feel there is nowhere to run. One thing consistent among staff is compassion and guidance, which can go a long way," said Skidmore. "Any woman at a time of crisis can come to us. We offer support services for children as well, including those who have experienced child abuse or bullying."

"The Open Door Network is an agency where people in crisis can heal from trauma and begin to rebuild their lives."

-Laura Skidmore CEO

A homeless shelter and two domestic violence shelters are part of the Open Door Network, along with a dedicated space for specialized care, including counseling and therapy. A jobs program for those coming out of homelessness is also a resource it oversees. "As a full service organization, we are built to meet the range of needs facing all of our neighbors walking through a vulnerable

situation in their lives," said Skidmore. "All we need is willingness to come to us and say 'Here's what I'm dealing with in my life. How do I get help?'"

None of the services previously offered through both organizations will be eliminated. In fact, growth is anticipated for both organizations in response to increased need. A free rural therapy program, for example, will serve northern Kern County communities like Delano, McFarland, Shafter and Wasco.

Clients often seek services on their own or are referred from police officers, social workers or fellow non-profit groups. An ID is not required to seek services, which is often a barrier for applicants to gain employment, receive medical, food or housing aid or be able to drive legally. Skidmore's team can actually help those who need vital documents obtain copies of them through organized processes.

About The Open Door Network

The Open Door Network is an agency where people in crisis can heal from trauma and rebuild their lives. At the Open Door Network, we believe compassion and guidance go a long way in nurturing the resilience of all people – especially people dealing with major crises like joblessness, homelessness, or abuse. Every day, our team of experts works with families and individuals with nowhere else to turn, and we unlock the tools and resources they need to begin again. Because Kern County is stronger when all our neighbors have a chance to flourish.

Hours & Contact Information

Physical address for administration: 1921 19th St.

On-site help: Monday through Friday, 8:30 a.m. to 5:30 p.m.

info@opendoorhelps.org

Phone: 661-322-9199

www.opendoorhelps.org

"All that we ask potential clients to bring is openness for change," said Skidmore. "Other good things to come include sharing more client experiences and stories, as well as a capital project over the next few years. There are lots of exciting things coming that will help our community overall."

Skidmore recognizes the needs across Kern County as both unique to the area but also in keeping with national trends.

"Bakersfield specifically and Kern County more broadly are like any other area in the state, dealing with some intense local issues. Domestic violence is not easy for anybody. Our organizations coming together will allow us to serve more women and child to give them access to the safety and support they need," said Skidmore. "We will serve the community locally and help end vicious cycles of poverty."

Donors can give monetarily but donations of material new or gently used material goods are also accepted. Diapers are an acute need, an item that can always be of help, Skidmore said. Children's daily use items, including hygiene products, beds, mattresses, shoes and clothing are also requested, along with nonperishable food items. Skidmore looks forward to continuing to see change in the work she does each day.

"In order to overcome their circumstances, these clients need a supportive community to meet them where they are. Then, we can guide them to build their own path," said Skidmore. "Our job and our hope is to support them and help them see next steps through a job, education, housing and all those elements to get out of their situation, for the better."

11 WAYS TO create the perfect summer gathering

Picnics, parties and poolside lounging: So much of summer fun has to do with social gatherings. Throughout the past few summers, meeting up has been hampered by circumstances beyond anyone's control. This year, though, the season feels just right to plan for a memorable get-together.

Plan the perfect summer gathering this year with these 11 tips and ideas.

1. Meet up at the pool:

Plan for a day complete with built-in fun by scheduling a playdate at a local pool. Find out about concessions or bring your own. Meet up, chat with other parents and enjoy your time together. A nap after all that physical activity is almost guaranteed.

2. Plan outdoor activities:

Hikes and picnics can be perfect for a summer day. Start early to avoid peak hours of the day. A local park could be an ideal short outing.

3. Grill out:

Invite others over for a grilled dinner outdoors. Steaks, fish, vegetables and more can make for a fun dinner out of the kitchen.

See our BBQ recipe ideas on page 21!



4. Try a movie night:

Have friends over for a backyard or living room screening of a movie, complete with popcorn and candy.



Invite friends and family for a grill out.

.....
**"Live in the sunshine.
Swim in the sea. Drink
in the wild air."**

-Ralph Waldo Emerson
.....

5. Reunite with classmates:

Help children keep friendships over the summer by reaching out to the friends they made during the school year. Go to a museum together, try an ice cream parlor or go to a summer movie.

6. Relive childhood:

Does your child know how to ride a bike? Now could be the ideal time to learn! Remember what you love from childhood and teach your children about rollerskates, hopscotch, jacks and marbles. Give your kids memories: recreate some of your best childhood moments with them.

7. Consider a neighborhood book club:

Meet up with friends or neighbors for a book club that can be open to children or adults. Meet at a patio or park and enjoy with online guides.

8. Host a block party:

Get to know your neighbors. Coordinate with your homeowners' association or other neighborhood group. Come together to plan for a potluck or cakewalk..

9. Attend a holiday gathering:

Parades and public events can be an ideal way to celebrate Independence Day. Decide how you'll spend your holiday time with our community calendar.

10. Break out the decorations:

If you haven't brought out paper decorations in recent years, the concept may be totally new for the youngest members of your family. Enjoy decorating together and consider inviting cousins, grandparents or other family to make it a party.

11. Remember bug spray and sunscreen for all your summer gatherings:

No matter what activity you're doing outdoors, having bug spray on hand can keep out summer's peskiest uninvited guests. Sunscreen can also save your days of misery and even mitigate health consequences for years to come. Remember to reapply if you are in the water.

July is National Grilling Month— Grill with Care



Before the grill is fired up, it's a good idea to consider ways to grill with healthier living in mind. The American Institute for Cancer Research (AICR) warns that grilling and barbecuing meat with high heat can form potential carcinogens, such as polycyclic aromatic hydrocarbons (PAHs) and heterocyclic amines (HCAs). Studies have shown that these substances have been linked to the development of cancer through changes to the DNA.

Read on for some tips on healthy grilling.

AICR recommends these ideas:

1. **Marinate:** Studies suggest that marinating meat before grilling can decrease the formation of HCAs.
2. **Pre-Cook:** If you are grilling larger cuts, you can reduce the time your meat is exposed to a flame by partially cooking it in a microwave, oven, or on the stove first.
3. **Go Lean:** Trim the fat off your meat to reduce flare-ups and charring. Cook your meat in the center of the grill, and make sure to flip it frequently.
4. **Mix It Up:** Cut the meat into smaller portions and mix them with vegetables to shorten the cooking time.
5. **Go Green:** Grilling vegetables and fruits produces no HCAs. So, add veggies and cut back on the meat. Grilled pineapple, peaches, zucchini, asparagus, and broccolini are some good choices for flavorful grilled produce.

DID YOU KNOW?

- ✓ 72% of American households own an outdoor grill.
- ✓ The 4th of July is the #1 day for grilling and grill-related injuries.
- ✓ Grilling in aluminum foil over high heat is not recommended.
- ✓ The most popular grilled item in the U.S. is a hamburger.
- ✓ Grilling cooks foods directly over the heat and barbecue cooks through the convection of hot air.

Summer Hiking Safety Tips

The benefits of hiking are numerous—fresh air, exercise, communing with nature, a destination in mind with a view as a reward, and a sense of accomplishment. Lack of planning before a hike can lead to problems, though, especially in the summer. Here are some ideas for a successful hike in the summertime:



- ✓ **Hydrate**—The number one thing you can do before any outdoor exercise is drinking plenty of water. When you feel thirsty, you can guarantee you are already on the way to dehydration. Drink half your body weight in ounces in a day.
- ✓ **Protect your skin**—Slather on the sunscreen or spray on bug spray. Depending on your location, bug spray may or may not be needed. Bring it just in case. Don't skip the sunscreen, though! Even if it's overcast, protect your skin from UV rays with mineral sunscreen and wear a hat to offer more sun protection for your face.
- ✓ **Know the area**—Please research the area you will be hiking. Know the terrain and the level of difficulty of the hike or trail. Learn what the local flora and fauna are, and be prepared for wildlife. Hiking in the desert is very different from hiking in the mountains! The website alltrails.com is a great way to prepare.
- ✓ **Bring a map**—Do not rely on GPS guidance alone. If you lose a signal and don't have a map on hand, you could easily get lost, especially if the signage isn't well-done.

Do Your Supplements Interact with Your Prescriptions?



Do you take dietary supplements regularly? Are you also on prescription medication of any kind? Millions of Americans take both but often don't disclose to their doctors or pharmacists the supplements they take. Educate yourself on possible interactions between prescriptions and supplements.

According to the National Center for Complementary and Integrative Health, sometimes taking a drug and a supplement together may increase the drug's effects. The drug's effects may become too strong, and unwanted side effects may increase. For example, taking St. John's wort with certain types of antidepressants can cause harmful side effects. In fact, St. John's Wort interacts with almost 70% of prescription drugs.

Knowing interactions is especially important if you have an upcoming surgery. With emergency surgery it is important to have a loved one tell the surgeon or anesthesiologist which supplements you are taking.

To find more information about supplement/drug interactions and other aspects of the safety of dietary supplements, try these resources:

- Your health care providers and your pharmacist
- The National Center for Complementary and Integrative Health's online resources on dietary supplements and herbs
- The Office of Dietary Supplements at the National Institutes of Health
- The U.S. Food and Drug Administration
- MedlinePlus, resource provided from National Library of Medicine.

Treat Your Tootsies Well in Summer



Sand, pool days, boating, sun, and ocean swimming—all these wonderful parts of summer are reasons to take really good care of your feet! Sun and salt can dry our feet, and no one wants a case of athlete's foot from a public pool.

The American Podiatric Medical Association (APMA) has some great tips for treating those tootsies well all summer long:

1. Limit walking barefoot as it exposes the feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections.

2. Wear your shoes or flip-flops around the pool, to the beach, and in the locker room.

3. Remember to apply sunscreen all over your feet, especially to the tops and fronts of ankles, and don't forget to reapply after you've been in the water.

4. Stay hydrated by drinking plenty of water throughout the day to minimize any foot swelling caused by extreme heat.

5. Keep your blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.

6. Some activities at the beach, lake, or river may require different types of footwear to be worn, so be sure to always pack an extra pair of sneakers or protective water shoes. If your shoes get wet, let them dry completely before your next wearing to prevent bacteria or fungus from growing.

7. If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician. Many will often only contact a doctor when something is broken or sprained, but a podiatrist can begin treating your ailment immediately while you're away from home.



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Summer is here, with fun and family but also heat and high gas prices. We asked our readers for seasonal ideas on how to make free time better and some life-enriching ideas just right for summertime are featured below.

Q. What makes a successful summer weekend?



Being at the beach relaxing with friends and family with barbecue.

-Andrea Jackson

Going out to dinner with friends or family, on Saturday morning enjoy a round of golf then relax by the pool and grill those hot-dogs and hamburgers. Attend church on Sunday and count your blessings and pray that you get to do it all over again for another week.

-Bobby Bishop

All family members in the home hiking, picnic spending time together off the grid.

-Paula Rodriguez

Being intentional about spending quality time with the family. Planning a weekend where the adults and kids can interact through games and conversation.

-Luz Robles

Taking the family on a weekend getaway to the coastal area to get away from the heat!

-Andrea Ybarra



If you want to be active, then you have to go to the beach. Morro Bay or Pismo are my choices. If you're really adventurous then Magic Mountain or Disneyland. However, if you just want a relaxing weekend then order pizza and watch movies.

-Peggy Abrego



Watching my grandkids swim.

-Sherry Coontz

Getting my cleaning, shopping and menu ready for the next week.

-Ceresa Robinson

Water play and movie marathons! Don't forget sunblock and snacks.

-Courtney McMahon

Family fun around the pool.

-Shanelle Aguyao

A successful summer weekend includes laughter, charity, helping others, attending church and time with family

-Bertha Jarzaro





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Multi-Tasking

Hello, Happy^Mama:

Jennifer Rogers-Etcheverry Upholds Family, Self and Community through Fame, Entrepreneurship and Future Generations



Photography by Isabel Alvarez

Jennifer Rogers-Etcheverry knows about family legacies and the many ways family members care for one another, generation to generation. Grandmother, mother, farmer's wife, caregiver, businesswoman, philanthropist, board member: different roles fill her life and work, with full days and lasting impact sure to make a difference for friends, family and strangers.

"I am one of the best multitaskers that I know," said Jennifer. "I run a couple of foundations and sit on the board of others and travel out of state but I'm also here for the farm and for my family."

Jennifer is the great-granddaughter of Will Rogers, best known as an early 20th

century social commentator, author and vaudeville performer turned actor, and she serves as a public representative for the Rogers family.

The unpaid role is a labor of love, a responsibility with private significance. Famous for his wit and words of wisdom, Will Rogers is perhaps best known for the quote "I never met a man I didn't like," but Jennifer finds inspiration in a less-recognized phrase of his: "Live your life so that whenever you lose you're still ahead," advice she would recommend throughout different phases of life, with its inherent ups and downs.

"Will Rogers was a person that if we could have him around today, our world would be in a different place," said Jennifer,

whose grandfather, Jim, was Will Rogers' son; James, her father, was Will Rogers' grandson.

Often called "Oklahoma's favorite son," Will Rogers moved to California to further his acting career after years of stage work and silent movies just as sound came to the big screen. A staple of movies throughout the 20s, he was equally outstanding in black and white of another kind. His writings were regularly featured in "The New York Times" and "The Saturday Evening Post" for decades, in addition to radio work and political aspirations. His name lives on in the states he has called home, with numerous landmarks and namesakes in Oklahoma and California. Sometimes confused with Roy Rogers, Will Rogers' sincerity and philosophical tendencies made him an endearing figure whose charm outlived the golden age of the silver screen.

.....
The best book I've read lately is...

"Will Rogers" by his wife Betty Rogers. I originally read it 40 years ago and recently re-read it and found it to be even better than the first time.

.....
Jennifer co-founded the Will Rogers Ranch Foundation in 2000, which provides support to Will Rogers State Historic Park in Pacific Palisades. She is an advisory member of the National Cowboy & Western Heritage Museum in Oklahoma City and continues to be involved with the Friends of Will Rogers Foundation in Claremore, Okla., his place of burial. Jennifer has also served on the boards of the Will Rogers Memorial Museum and Will Rogers Motion Pictures.

Family is a point of pride for Jennifer. She and her husband, Mark, were born in Kern County and chose to raise their children in the same community, which is still home for all, plus their grandchildren. Mason, the couple's son, age 27, bought his first house about half a mile from their home

before having to relocate for a job in San Jose. Their daughter, Meehan, age 30, and her husband, Dominic, bought a home just three blocks away, where they in turn raise Wyatt, 6, and Claire, 4.

"We are thrilled they are so close," said Jennifer of the opportunity to watch her grandson walk to school and be involved with helping out wherever possible. "We have dinners together at least three nights a week. One of the greatest blessings is to have your family in the same town. It's magical how it all came together."

Family life centers around farming. Mark is a third-generation farmer, descended from Basque immigrants.

So far, my best life advice is...
Never give up and never take any day for granted.

"For us, ERE Sheep Company is 'the ranch.' My husband grew up there, a couple of miles from us now," said Jennifer, who created her own business from its almond production. She founded My Husband's Nuts in 2003, a specialty retailer of flavored almonds and related merchandise.

"At that time, a lot of people were farming almonds. There was a lot of demand, it was very popular, so we took a stab at it and planted almonds when the market was at an all-time high. Soon after, it went to an all-time low. Almonds were just a hard start and it took about three years to get going," Jennifer explained. "We kept saying 'next year will be better, next year will be better,' and the name of the business came from something I said to my husband in conversation, 'What do I have to do, sell your nuts for you?' I took the idea and dabbled with it, and here we are, almost 20 years later."

I'm always laughing at...
My grandkids!

The company ships nationwide, with distribution established in more than 20 states. Making a successful transition to e-commerce has also been key throughout the pandemic. "COVID really took the wind out of our sails. We were in wineries, hotels, gift shops, tourist destinations, and when all those places were forced to close, we came to a

screeching halt," said Jennifer. "So we really ramped up our online sales and started offering gifts, things people could purchase for special occasions or just because. We have also been intentional about supporting local businesses."

Kern County residents can find My Husband's Nuts at Luigi's, The Roundup, Sully's Neighborhood Market and Sweet Surrender and online at <https://myhusbandsnuts.com/>. "We fill orders and ship it all right back out," said Jennifer, who works with her daughter

in the family business. "We do a lot of it ourselves. Our grandkids help fill orders. The next generation is coming into it."



Jennifer with Husband Mark
Photo by Isabel Alvarez

While the possibility of hiring a contract packager, often called a copacker, is likely in the brand's future, Jennifer is still involved in day-to-day business and farming operations. She is a graduate of California State University, Bakersfield, where she studied communications.

Through it all, Jennifer has seen the value in being adaptable and showing up as needed.

"You just never know what curves life is going to throw at you," said Jennifer. "When my son was a senior in high school and my daughter was in college, I was thinking 'It's our time, finally, it's going to be all for us, time, resources, just us. But lo and behold, that year my Dad was in a tragic car accident in Nashville. I became his primary caregiver. He passed away in Bakersfield two years later.'"

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Jennifer learned the value of making sure one's affairs are in order from the experience, a topic she feels strongly about and wants to make others, including parents, aware of.

"You can always update them as your children grow but have your finances, trust and will lined out," she said. "If I could speak on this topic, I would want to because it is so important for families. The biggest blessing when my Dad had his accident was he already had expressed his wishes at a young age and had drawn up his papers and named us as his executors. That makes it so much easier for caregivers. It is something people don't take seriously. We all hope to be 100 years old and pass away in our sleep but it doesn't always happen that way."

My favorite dessert is...
Birthday cake with extra icing, the corner piece.

The experience of becoming a caregiver to an incapacitated adult shaped Jennifer's worldview and the advice she chooses to share with younger mothers.

"You can't sit and think about doing whatever it is you want to do when your kids go off to college because you just never know," she said. "Every mom struggles. Every mom pulls her hair out with kids and that is why I believe you have to find something just for you. Find what makes you relax a little. Some people talk a walk or meditate in the morning but that's not always possible for moms. Even if it's not a full hour, get outside for 15 or 20 minutes. Find what makes you happy."

Mothers often recognize a shared sense of strain and when Jennifer notices it in her daughter, she tells her son-in-law to take

her to dinner, whisks away the grandkids and makes a break possible.

Even as someone involved in so many different enterprises, she offers standout advice of her own:

"For me, I love to plant my flowers and have them looking nice," said Jennifer. "You've got to breathe and let something go."



Mason Etcheverry (son), Mark (husband), Jennifer, Meeghan Sill (daughter), Dominic Sill (son-in-law), Claire and Wyatt (grandchildren)
Photo by Isabel Alvarez

4 Questions with Jennifer.....

shaped your identity?

A. I raised my family here and I get to travel the U.S. but what I can tell you is Kern County is the definition of a community. People here do not judge you like they might in other places. They are truly here to help you. We have gone through situations where people have asked "How can we help you?" Kern County residents are always supportive of their people. Seeing that support has helped me be able to turn around and offer it to other people.

Q. What should families in the Kern County area know more about in their community?

A. Families should know they are living in an amazing place. If they get out and travel and see other areas, they'll realize how blessed they are to be living in Kern County. We are two hours from mountains, two hours from the coast and there is something for everyone in-between. There's so much to do here and our reputation isn't what it should be. It really is a wonderful place.

Q. What is your parenting PSA?

A. Your kids don't have to be in every single sport. My son was in every sport known to man, all these sports and then also Cub Scouts. My daughter was also in a million things and I was just running all over taking them to these things. My Dad saw what was happening and asked "Why are you doing that?" It's not really the kids that always choose the sport; it's often the parents. His advice was to try one thing at a time until they find what they love, one special individual sport for each kid. He was right. When you're just running and running and running, kids miss the family time. We ate at the dinner table, had the TV off and we never ate on the carpet. If you can't do dinner together, then make it breakfast.

Q. Do you have any hidden talents? What's something one would never guess upon meeting you?

A. I love to travel alone. I want to see the world and I'm not afraid to do it by myself.



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5 Benefits of Dog Ownership

Considering adding a new pet to your family? If the youngest members of your household are begging for a puppy this summer, they might just be right. While puppies may imply specific challenges, general dog ownership does have specific benefits that can make it worth the trouble, especially for families with extra time this summer to integrate a new pet into their household.

Adding a pet is a responsibility but also an opportunity for companionship, teaching life skills and more. See five ways a dog could be the perfect addition to your family this summer.

Here are five benefits of owning a dog:

Any dog lover can tell you how dogs enrich a person's life. Depending on the breed and the animal's individual personality, happy energy, quiet empathy and loyal presence can all be beneficial during different phases of life. Significant benefits have been found for individuals who suffer from anxiety and depression, with therapy dogs and emotional support animals than ever in our communities. Dogs are often helpful for loneliness and grief, too.

1. Canine comfort and companionship:

by Marjoke Henrichs (Peachtree, for ages 2–6) An excellent read aloud pick for dads and their little loved ones to celebrate each other, charming flaws and all. It's a lovely day to visit the park, but will Rabbit and Dad ever be ready to leave the house? Rabbit could take his ball to the park. But his favorite elephant would be just perfect, too, if he could find it. Uh-oh! Now Dad needs his jacket... and his glasses. And wherever did his keys go? A tale of patience to share between a dad and child; readers will laugh along with playful jibes at relatable, dawdling behaviors.

2. Longevity:

"Circulation," a magazine of the American Heart Association, reported a correlation with longer life spans in individuals who own dogs according to comprehensive data collected between 1950 and 2019. The most significant benefit was observed in heart attack survivors, who were observed to experience 65% reduced mortality overall. That benefit may correlate with improved cardiovascular health observed in dog owners, the report concluded, in part because of the physical requirements of caring for a dog, like regular walking and stress reduction from the positive bond between pet and owner. Studies also show less incidence of dementia in older seniors.



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3. Sociability:

Another way dogs help improve overall health is through the ways they help us make connections. PLOS, a San Francisco-based non-profit, summed it up as "The Pet Factor," which cited dogs as a catalyst for forming friendships and making connections. It concluded that pet owners were more likely to know their neighbors and consider others with pets their friends upon meeting them. "Around 40% of pet owners reported receiving one or more types of social support (i.e. emotional, informational, appraisal, instrumental) via people they met through their pet," the report states.



"No matter how little money and how few possessions you own, having a dog makes you rich."

~ Lois Sabin

4. Happiness:

For those who love their dogs, being in their presence raises owners' oxytocin, often called "the happiness chemical." The National Institute of Health recapped a 2007 Japanese study that found oxytocin increased in dog owners just from their pet gazing lovingly at them. Increasing oxytocin also protects against depression.

5. Personal Security:

Curious dogs make for excellent domestic guards. Barking may scare off some would-be intruders. Some canines may proceed to attack individuals who come onto the property but many criminals simply won't risk it. Alerting families to individuals outside is also a useful aspect of having a dog.

Additionally, health benefits for children like lower incidence of asthma and allergies have also been observed.

No matter what you decide about having a dog at home, being open to the idea is a great first step. If you're not ready to have an animal at home yet, helping out a local shelter is an excellent option to volunteer, donate and perhaps eventually find the perfect pet for your home.

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1. Fill out a short form and upload your pet's photo at <https://bit.ly/KFCMpetcontest>
2. Return to the website daily between July 15th and July 25th to place your vote! (One vote per email per day.)
3. Encourage your family and friends to vote for your pet by sharing the link on social media.
4. Photos with the most votes will be named 1st, 2nd and 3rd place winners!

Winners will be announced via Kern County Family Magazine social media the week of August 1, 2022.

GRAND PRIZE:

- Deluxe care package from Fur and Feathers Luxury Pet Resort
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**Pam Shockley with
Fred and Flossie**

Pam Shockley is the proud local owner of the Allen Road location of Fur and Feathers Luxury Pet Resort. A registered veterinary technician, Pam had more than 20 years of clinical experience, including 10 years of emergency care, before opening the business in 2006. She is used to seeing dogs, cats, birds, guinea pigs, lizards, potbelly pigs and other household pets each day.

Boarding, daycare and grooming are the main services offered. A staff of 28 takes care of the animals with procedures in place to ensure their individual needs are met. Two 4,800 square-foot buildings at the corner of Allen and Meacham Roads make it possible for animals to be housed with ample space to enjoy grassy areas and supervised play. Dogs experience outdoor play times four to five times per day in designated groups classified by compatible characteristics like size and breed.

"We see dogs literally pulling their owners through our doors from the parking lot because they are so excited to come in and play," said Pam. "Socialization is so healthy and important for them. It can absolutely build their confidence and lets them learn how to play with other dogs. They are inherently social animals. During this time of quarantine, with less social contact overall, many dogs have only seen their owners and been in their new homes. Dogs really need to know how to be with other dogs."

Pam's previous experience with medical issues helps inform the oversight the facility offers when working with dogs in need of consistent, specialized care due to conditions like diabetes or during post-operative circumstances. She also feels strongly about educating the public on the issue of kennel cough, which can be similar to the concept of a cold for dogs that spreads during social interaction with other dogs. The importance of the bordatella vaccine to aid in prevention is key.

Pets are an important part of Pam's life at work and at home. She is the proud owner of a Doberman, a Collie, a Pomeranian-Chihuahua mix and a new poodle puppy, in addition to two cats, two cockatoos and a blue front-ed amazon that sings "God Bless America." She is also a mother of two and a grandmother of two, with plans to open a new location in Yuba City later this year.

Fur and Feathers Luxury Pet Resort is known for attention to detail and optimal care of animals, which makes the business an ideal provider for our Cutest Pet Contest grand prize.

 **Cutest Pet Contest Continues on Page 18** →

ENTER NOW WITH YOUR CUTEST PET PHOTOS!

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Mary & Greg Bynum with Golden Retriever, Sonny

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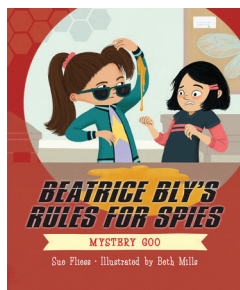
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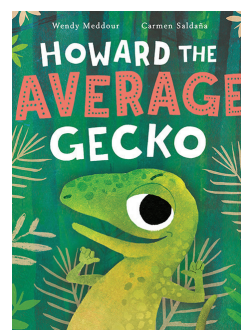


Beatrice Bly's Rules for Spies 2: Mystery Goo

by Sue Fliess, illustrated by Beth Mills (Pixel+Ink, for ages 4-7 years) Spy-in-training Beatrice Bly returns in the second book in the Beatrice Bly's Rules for Spies series, using problem-solving, deduction, and STEAM skills in an exciting, fun way. In Mystery Goo, Beatrice finds herself in a sticky mess when her latest case pulls her attention away from planning for the science fair. Can scientific investigation combine with spy

techniques to solve both problems? Young sleuths will be eager to get in on the action.

finds the courage to cope with his anxiety with the help of Robo-Kid, a comic superhero with his own vulnerabilities. With two distinctive art styles blending comic book and traditional picture book formats, Diane deGroat's The Adventures of Robo-Kid is an inspiring tale about what it takes to be a hero.



Howard the Average Gecko

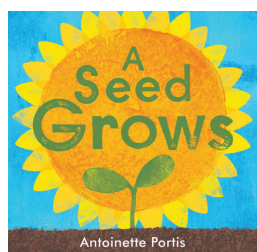
by Wendy Meddour, illustrated by Carmen Saldaña (Peachtree, for ages 4-8 years, available 07/05/2022) Some of the world's most amazing animals are camouflaged! Too bad Howard is too full of himself to notice. Howard thinks he's the most exceptional creature in the entire rainforest. when Howard learns that other creatures can be camouflaged, too, he doesn't feel so special anymore. In fact, he might just be...GASP... average! Who could ever love a completely unexceptional gecko-like Howard? Dip into this vibrantly illustrated and funny tale to find out!

Look and Listen: Who's in the Garden, Meadow, Brook?

by Dianne White, illustrated by Amy Schimler (Margaret Ferguson Books/Holiday House, for ages 4-8 years) This picture book is both an exciting read-aloud and a guessing game for budding nature lovers. A child steps outside and strolls along, taking in the sights and sounds of nature. Rhythmic, rhyming text tracks his journey through a garden, meadow, and next to a brook, introducing a new color and animal found in that ecosystem with every turn of the page, transforming an ordinary walk into a feast for the senses.

The Longest Journey: An Arctic Tern's Migration

by Amy Hevron (Neal Porter Books/Holiday House, for ages 5-8 years, available 07/12/2022) In their thirty-year lifetimes, Arctic Terns travel nearly 1.5 million miles, that's enough to fly to the Moon and back three times! In The Longest Journey: An Arctic Tern's Migration, we follow one such bird as it spreads its wings and sets out to make its first globe-spanning trip with its flock. The brilliant, naturalistic artwork mimicking maps and nautical charts is supported by extensive research and paired with the material at the back of the book.



A Seed Grows

by Antoinette Portis (Neal Porter Books/Holiday House, for ages 3-6 years) The transformative life cycle of a sunflower plays out in this bold read-aloud by Sibert honoree Antoinette Portis. With evocative and lively illustrations, A Seed Grows offers a close-up view of each step of the process and the ways in which flowers and seeds depend on other creatures, with a striking fold-out spread

of a full-grown sunflower and additional material at the back of the book explaining the science of plant life cycles.



What on Earth Books: How to Teach Grown Ups About Pluto

by Dean Regas (For ages 3-7 years) Pluto has not been a planet since 2006. But this tiny world still inspires people of all ages while sparking controversy. In this delightfully witty book, astronomer Dean Regas teaches you how to educate your grown-up about the cutting-edge science of space, most crucially the reason why Pluto is NOT a planet anymore.

Summer reading is critical, not only for helping kids maintain learning while school is out, but also for fostering social-emotional development, discovering the joy of stories, and elevating the importance of lifelong learning. In addition to academic benefits, Scholastic EDU states there are powerful social-emotional impacts when kids read.

- ✓ Eighty-three percent of educators say reading helps students understand people that are different than them,
- ✓ 81% say reading helps students develop empathy,
- ✓ 81% say reading helps students see themselves in characters and stories.
- ✓ And 74% of kids say that reading fiction and nonfiction helps them understand the world. That's pretty special!

A Life in Hot Water: Life at the Bottom of the Ocean

by Mary Batten, illustrated by Thomas Gonzalez (Peachtree, for ages 6-9 years) Award-winning science writer Mary Batten and NYT best-selling illustrator Thomas Gonzalez, the masterful duo that created Life in a Frozen World, team up again in this impressive overview of hydrothermal ocean vents. Her clear, informative text coupled with his unique and eerily realistic paintings of sights never seen on land—gushing “black smokers,” ghostly blind shrimp, red-plumed tube worms—will entice readers to learn more about this once-hidden world at the bottom of the sea.



The Adventures of Robo-Kid

by Diane deGroat (Neal Porter Books/Holiday House, for ages 4-8 years) While heroes might seem larger than life, everyone can use some help from a friend. Follow two intersecting stories set in the real world and inside a comic book as a real-life kid



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of the National Parenting
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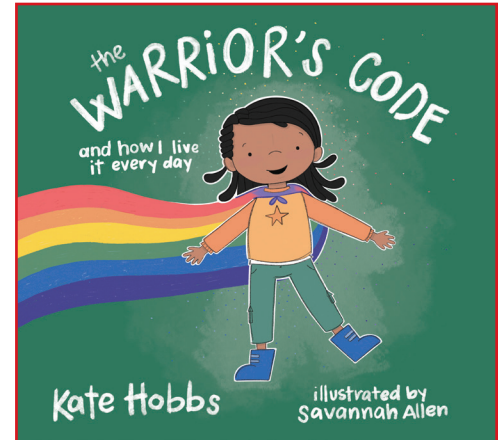
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The Warriors Code: And How I Live It Everyday

Kai is a warrior, and this is the warrior's code: to be peaceful, to be kind of heart, and to respect all living things. A book that teaches kids that bravery means treating others with kindness. \$16.95, ages 4-8, Shambhala.com



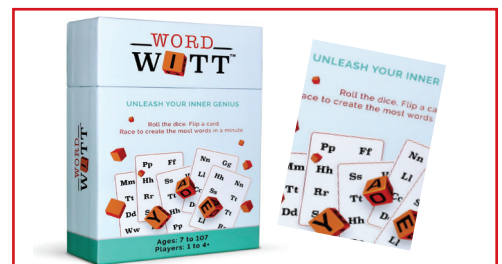
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Looking to stray from grilling season staples like hot dogs and hamburgers? Try this recipe for “Mojito Fish Steaks” courtesy of Andrew Schloss’ “Cooking Slow: Recipes for Slowing Down and Cooking More” (Chronicle Books).

Grilled Mojito Fish Steaks:

Makes 4 servings:

- 4 firm-fleshed fish steaks, such as salmon, swordfish, kingfish, or sable, each 6 to 8 ounces, about 3/4-inch thick
- 2 tablespoons olive oil, plus more for brushing
- Sea salt and freshly ground black pepper

For the Mojito Mop:

- 3 tablespoons light rum
- Juice and finely grated zest of 1 large lime
- 1 tablespoon canola oil
- 1 teaspoon hot-pepper sauce
- 1 tablespoon sugar
- 4 tablespoons chopped fresh mint leaves

Instructions:

1. Light a grill for indirect low heat, about 200 F. If using a charcoal grill, build a small charcoal fire at one end of the grill. If using a gas grill, set a burner at one end of the grill to medium-low. Put the grill grate on the grill.
2. Coat the fish steaks with 2 tablespoons olive oil and season with salt and pepper. Set aside for 5 minutes.
3. Meanwhile, make the mop: In a small bowl, stir together the rum, lime juice, canola oil, hot-pepper sauce, sugar, and 3 tablespoons of the mint leaves.
4. Brush the grill grate with olive oil. Put the fish on the grill away from the heat, spoon 1 tablespoon of the mop over each fish steak, cover the grill, and cook until the fish steaks flake to gentle pressure, about 1 hour, basting with mop about every 5 minutes.
5. Serve each fish steak scattered with the remaining chopped mint and the lime zest.

MORE "YOU CAN DO IT" ON PAGE 23 →



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My Kids' Lives

Wrapped up in Memories Set in Target and Starbucks

Today in the Target parking lot, I saw a pregnant woman with a toddler unloading shopping bags into the back of her van. I offered to take her cart back for her because, you know, I remember.

Then I got into my Honda Civic and cried the quiet tears of a mom whose children are half grown. A mom whose nine year old recently said, with complete sincerity, like she was just observing a well-known fact, "Mom, you are a fun killer. You suck the fun out of everything." While we were on vacation. A vacation that I planned.

Because I would not let her order her own latte at Starbucks.

"I am not the fun sucker. I am the fun maker!" She giggled, and we poured a bit of latte into a cup for her to taste.

Before kids, I would eye those moms with kids in Starbucks and think, "When I'm a mom, I will not take my kids to Starbucks."

And yet, there we were.

I also had said no cell phones until they were adults.

Samantha only made it to age ten before I gave in on the no cell phone rule. And now every time Ashley has to write a persuasive essay, it is about why she should get a cell phone, too. (That or another puppy. Because, you know, one puppy running around out of control is not enough.)



Well, after I took that mom's cart back to the cart return area, I sat in my car. It was quite hot. I looked in my drink holder for the insulated tumbler of ice water I always carry. It was not there. I was frantic. I did not have enough time to go home before I had to pick Samantha up from school. I was hot. And feeling sorry for myself.



And I realize now that what I did next was not my smartest move. But I could not think straight between the Bakersfield heat and my nostalgia for the days when 43 was my then-four-year old's favorite number because that's how old I was then. (I guess 43-year old me was fun. Forty-seven year old me... not so much.)

I went into Starbucks. I asked for a venti water. Did you know they don't make those? I was told, "Waters are always grande." I had to look down to keep the tears from spilling out of my eyes. Seriously? You can't give me a venti water? Even if I pay for it?

"OK?" She asked as if I had a choice.

"I guess," I answered, lamely.

I was about to ask for two grande waters, but I couldn't choke out the words. Instead, I waited for thirteen minutes (not that I timed it, but... yeah, I timed it) as the manager chatted with the baristas in the nearly empty store. By the time I got that water to the car, the ice had melted.

Enough feeling sorry for myself, already. It was just water. I decided I had better seize the day because as fast as my kids went from the toddlers who shopped at Target with me on a weekday morning to the school kids they were now... they would go from school kids to adults. And I did not want to be the fun killer for one more day. I would buy the lattes. OK, maybe not that. But I could at least go swimming in the pool with my kids rather than sit in the shade and read a book.

This is the new me. The non-fun-killer mom.

I am a work in progress.

you can do it

SWEET COUNTRY COLESLAW

Perfect BBQ Complement



Pairs perfectly with your outdoor grilling menus. Fast and easy, this versatile dish offers a crisp accent while providing good nutrition. Courtesy of "Favorite Family Recipes: 43 Dishes for a Healthy Soul" by the American Heart Association.

Ingredients:

- 2 tablespoons fat-free sour cream
- 1 tablespoon sugar
- 1 teaspoon sugar
- 1 tablespoon light mayonnaise
- 1 teaspoon cider vinegar
- 1/4 teaspoon celery seeds (optional)
- 1/8 teaspoon salt & pepper (ea)
- 4 cups shredded cabbage and carrot mix

Instructions:

1. In a medium bowl, whisk together all the ingredients except the cabbage and carrot.

2. Stir in the cabbage and carrot mix until well coated. The mixture will be very thick. Let stand for 15 minutes before serving.

The coleslaw will shrink in volume by about half during the standing time.



BLUEBERRY-LEMON

Chesecake Bars



Creamy blueberry-lemon cheesecake bars. A BBQ-friendly dessert your whole crew will love! Recipe Courtesy of The Lynch Family.

Ingredients:

Crust:

- 10 full-sheet graham crackers
- 6 Tablespoons unsalted butter, melted
- 1/3 cup granulated sugar

Filling:

- 16 ounces cream cheese, softened
- 1 large egg
- 1/3 cup granulated sugar
- Zest of 2 medium lemons
- Juice of 1 medium lemon
- 1 teaspoon pure vanilla extract
- 1 1/2 Cups fresh or frozen unthawed blueberries

Instructions:

✓ Preheat oven to 350°F. Line an 8-inch square baking pan with parchment paper with enough on the sides to easily lift the chilled bars out later.

✓ Make the crust: (You can also use a pre-made crust) Finely crush the graham crackers. Pour into a medium bowl and mix with melted butter and sugar. Press into the lined pan. Bake 5 minutes & cool.

✓ Make the filling: Beat the cream cheese until smooth. Beat in the egg, sugar, lemon zest, lemon juice, and vanilla extract together until smooth and creamy. Gently fold in the blueberries. Spoon filling onto the crust..

✓ Bake 30-35 minutes until the cheesecake has set up and edges are lightly browned. Cool for 30 minutes at room temperature, then chill in the refrigerator for at least three hours.

✓ Lift the parchment paper out of the pan and cut into squares.

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Shy or Quietly Confident? How to Support Your Quiet Child

We parents want our children to thrive. And it can hurt when we see a quieter child overlooked, not chosen or otherwise left out in fun, social settings. While we know each child is a unique individual with character traits and tendencies just his or hers, we still want the best for them and that usually means competence in social settings.

We want our children to have friends and to be cordial with adults. We want them to get invitations to parties and chosen to be part of a team. We want them to be happy. What can we do when a quiet child is seen as “shy?” How can we bolster confidence?

Possible Contributing Factors to Introversion

Being an introvert is not necessarily a bad thing. Quieter people can be perfectly happy and have wonderful social skills. But at times children need a boost to make friends and to feel comfortable in social settings. Reasons for the more negative characteristics of being shy or overly quiet can be:

Genetics: Some children inherit personality traits and dispositions leaning toward introversion.

Innate Personality: We each have a unique make-up with certain tendencies.

Shyness can be a learned behavior: If those around the child model quiet or withdrawn social behaviors, the child may observe and imitate them.

Insecure Family Relationships: If a child has overbearing or overprotective adults in his or her life, the child can become fearful and worry about proper behaviors.

Lack of Experience: A child who is isolated and has limited opportunity to play with others has fewer opportunities to learn acceptable social behaviors.

Overly Critical parenting: This can create a child who fears failure.

The Characteristics of a “Shy” Child

Friends and family may label a child “shy” when they notice certain behaviors. Your child may tend to play quietly rather than roar like a dinosaur. He may seem uncomfortable around other children, especially those not yet known. She may seem nervous and unwilling to try something new. He may worry that others won’t like him and may just watch as an outsider when games are played.

The shy child may be seen by others as stand-offish. Other children may believe that he or she just doesn’t want to play. And when a child is hesitant to join in the fun, that alone can begin a cycle in which a child has fewer interactions with others—fewer opportunities to practice using social skills which in turn brings on more discomfort in play situations.

What to do?

Parents Can Help a Quiet, Withdrawn Child by:

Avoiding labels. Refrain from calling your child’s behavior “shy.” Rather point out that he or she is thoughtful—a person who makes choices carefully.

Avoiding being overprotective. This is a tough one. But in general, offer many opportunities for your child to participate with others, but refrain from making it a huge potential problem. See your child as unique and as a learner who will be able to succeed at his or her own pace.

Teaching and modeling positive social interactions. Use role play with puppets or stuffed animals to act out ways to make friends and have positive interactions with adults. Practice making eye contact when speaking to others and rehearse scripts to use when meeting someone new. “Hi, my name is ...”

Facilitating Social Opportunities. Make play dates with



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children your child likes. Be sure the date is a positive experience by prompting words and behaviors as necessary. "Maybe you could ask Johnny which toys are his favorites."

Setting achievable goals. "Hey, you looked Grandma right in the eyes when you talked to her today. Great job." Stickers and high fives when they approximate positive social interactions. "I saw how you shared your bubbles with Carlos. High five!"

Accepting and encouraging your child as the unique individual he or she is. It's fine to be quieter or different from other children. Being quiet is only a problem if it brings unhappiness or hinders happy childhood life in some way. Your quiet child may be a strong student, be a better listener than others and may be able to support others who are more outgoing.

Using books as teaching tools. Reading and discussing a book together is a wonderful way to teach perspective-taking, the skill of learning to see things from another's point of view. This skill is useful to children who struggle with friendships or finding confidence to try new things. They learn that other children worry sometimes too, and that there are ways to solve the problems.

Talking about a book character's problems is a terrific way for your child to grow in understanding of his or her own worries or fears. And stories offer a chance to think about social interactions with no pressure to perform.

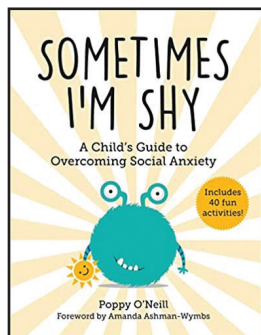


Here are some good book choices:

Too Shy to Say Hi by Shannon Anderson and Hiroe Nakata

A Little Spot of Belonging: A Story About Being True to Yourself and Making Friends by Diane Alber

Shy Ninja by Mary Nhin



Sometimes I'm Shy: A Child's Guide to Overcoming Social Anxiety by Poppy O'Neill and Amanda Ashman-Wymps

Shy Charles by Rosemary Wells

It takes patience to encourage a timid child. But step by step you can support your child as he or she becomes more confident and successful in social settings.



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

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

July is National Grilling Month!



Get out there and enjoy the summer fare!

Grilling safely in July is a breeze with our Grilling Safety Tips on page 8. Try our Grilled Mojito Fish Steak recipe on page 21!

July 4th



July 5, 12, 19, 26

Family Storytime!

Share and read newly published children's picture books, along with music, and free-play time.

Southwest Branch Library
8301 Ming Avenue
Bakersfield, CA
Time: 11-2pm
661.861.2390

July 7, 14, 21, 28

Learn to Dance

Studio X - Come learn Country 2-step, Hustle and/or West Coast Swing. Whether you are a beginner, intermediate dancer, or just want to dust off your technique after a long layoff, these classes are fun. All ages are welcome. A friendly atmosphere. Bring a partner.

4000 Easton Dr. #9
Bakersfield, CA
Time: 6-9pm
661.619.1003

July 11

National Cheer Up the Lonely Day



Make someone smile on Cheer up the Lonely Day. Annually celebrated on July 11, the unofficial holiday aims to encourage people to give some of their time to make people who are lonely smile.

July 15-25

VOTE in the KCFM Cutest Pet Contest



Visit <https://bit.ly/KFCMPetcontest> daily between July 15th and July 25th to place your vote!

July

Celebrate National Blueberry Month!



They are in season! You can try our Blueberry-Lemon Cheesecake Bar Recipe on page 23.

July 19, 26

Bakersfield Blend Chorus

We are a women's educational chapter of Sweet Adelines sharing the fun art form of Acappella singing, barbershop style.

The Bakersfield Dance Company
3980 Saco Road Suite #1
Bakersfield, CA
Time: 6:30-9pm
661-497-7464

July 21

United Way presents Community Professional Development Conference

Join us at the Bakersfield Marriott to grow personally and professionally. Guest Keynote Speaker, Jovan Glasgow, national expert on human performance and productivity.

Bakersfield Marriott
801 Truxtun Ave
Bakersfield, CA
Register at UWKERN.ORG

July 28

Child Caregiver Support Group

Support for all parents and caregivers.

Henrietta Weill Child Guidance Clinic
2001 N. Chester Ave.
Time: 1-2pm
661.393.5836

ONGOING HAPPENINGS

Saturdays

F St Farmers Market

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City Center: 3201 F St. Parking Lot, Bakersfield, CA
(661) 342-4671

Time: 7:45am – 12pm

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 home-made 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

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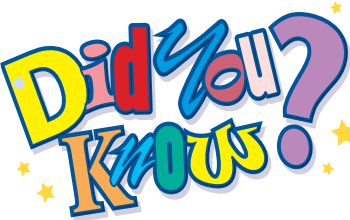


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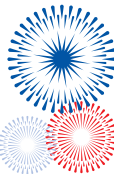
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FIREWORKS TYPICALLY ARE PART OF CELEBRATIONS FOR CANADA DAY AND AMERICAN INDEPENDENCE DAY (FOURTH OF JULY).



PAGE 30

ACTIVITY CORNER

ANSWERS

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

CROSSWORD

Across

1. Vacation

2. Carolina

3. Tasks

4. Nibbling

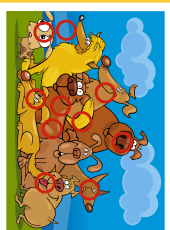
5. Stud

6. Trip

7. Packing

Down

1. Variety



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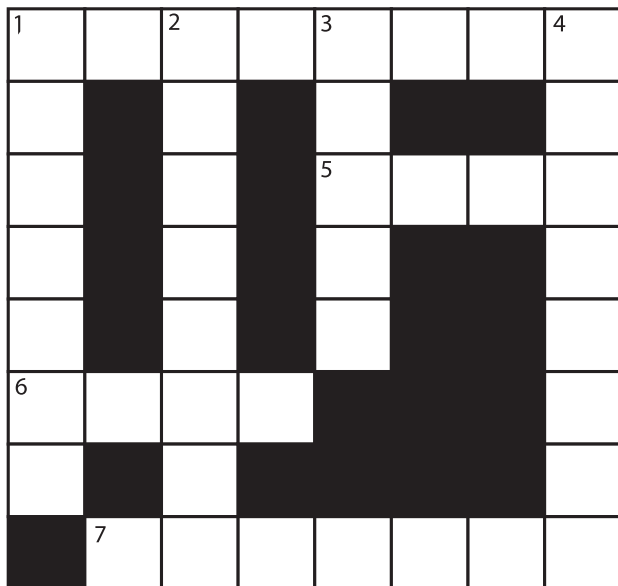
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JULY ACTIVITY CORNER

puzzle
answers
on page
27

Crossword



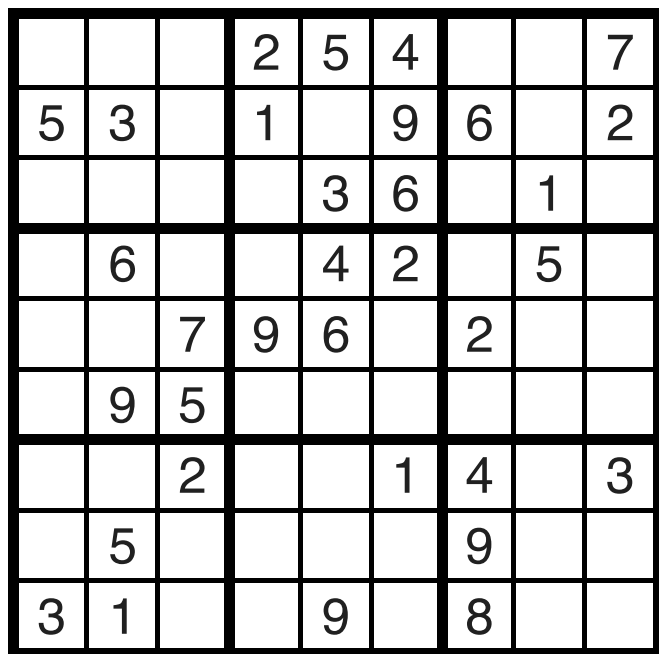
ACROSS

1. Relaxing trip
5. Short portion of a ticket
6. Short journey
7. Filling a suitcase for a voyage

DOWN

1. Different and diverse
2. The U.S. has a North and a South one
3. Jobs
4. Taking small bites of something

Sudoku



Level: Beginner

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



DID YOU KNOW?

The earlier children
are introduced to
reading, the sooner
they can develop their
vocabularies and other
helpful skills.



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!



JULY ACTIVITY CORNER

puzzle
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Outdoor Feast Word Search

Presented by Pacific Ag Rentals

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

BACKYARD
BARBECUE
BASTE
BURGERS
CHARCOAL

CHICKEN
DIRECT
ENTERTAIN
FESTIVE
FLIP

GRATE
GRILL
HEAT
OUTDOORS
PROPANE

SEAFOOD
SEAR
SMOKER
SPATULA
STEAK

TEMPERATURE
TONGS
VEGETABLES
WOOD



Hello WIC Card!



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

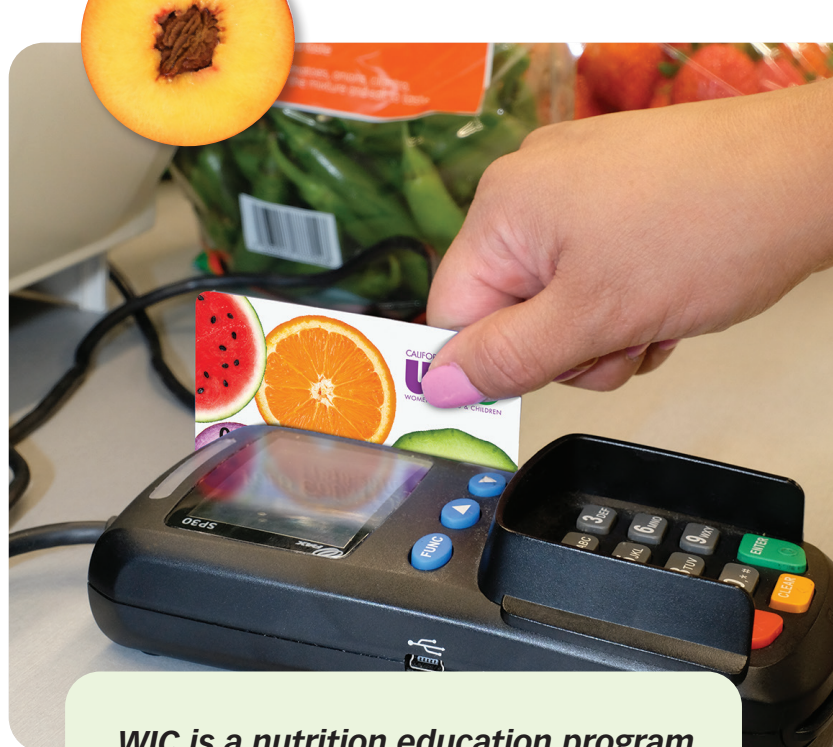
YES!

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



Go to myfamily.wic.ca.gov

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:

- Are pregnant, breastfeeding, or just had a baby;
- Had a recent pregnancy loss;
- Have a child or care for a child under 5;
- Have low to medium income; and/or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; and
- Live in California
 - A family of 4 earning up to \$4,279/mo

Clinica Sierra Vista WIC

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