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August 2022



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LOVE
for this
SCHOOL YEAR**

plus

futures & careers in technology pg 15 mini-libraries in Kern County pg 6
hello, happy mama: Carla Barrientos pg 12 intuitive eating for health pg 8

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kernpublichealth.com/certified-healthy

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MEMBERS OF



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You Can Do It!

Grab those giant chalk sticks and use our 5 Tips to make vibrant art outside. It's a great way to create some memorable summer fun before the busy school year starts!



Chalk it up to cuteness!

August cover model, Kennedy Tablit, age 6
Photography by Stacey Leigh

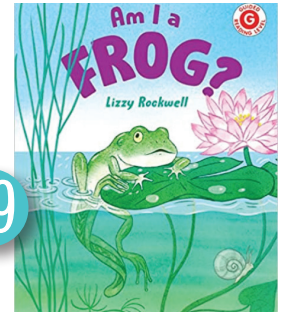


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Hello, Happy Mama

Carla Barrientos: Educator, entrepreneur, podcast host and child behavior consultant.

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Engaging Young Minds:

Explore our STEM and nature themed books to stimulate curiosity and creativity.



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National Crayon Collection Month:

Learn what you can do with all those old crayons you no longer use! This program wants to see gently used crayons from personal homes or restaurants redirected from landfills to schools.

PLUS

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dear reader by Vaun Thygerson



Vaun Thygerson, Contributing Writer

Back-to-School has a whole new meaning for me this year. Or, I should say "Leave-for-school," is my new August mantra as this month I will help my 18-year-old son move into his college dorm at Dominican University of California (DUC) in San Rafael. (Insert ugly cry here). He is going to play lacrosse and study as a direct-admit nursing student, so he's really going to have a lot of amazing experiences ahead of him. I know people say this a lot, but it has become a cliché because it is 100 percent true. It seems like just yesterday he was running away from me as he

headed to Kindergarten so he wasn't seen with his parents walking him to class. He has always been "Mr. Independent" since day one. I have no doubt that he will succeed in college and I know he is ready to spread his proverbial wings.

However, I'm experiencing the strangest gamut of emotions because I am so happy for him and his future, and at the exact same time I am so sad that he's leaving our house. One thing I know for certain: I am super thankful that he is only a four-hour drive away. I see a lot of trips to his college lacrosse games in my future and I'm thrilled to be able to drive to most of them.

Since my youngest child is going to be a junior at Liberty High School, I'm still planning on some back-to-school traditions this month. To help with this crazy time of year, KCFM asked its readers for some advice in the article, "Readers Respond: Best Back-to-School Season Advice," on page 10. The majority of tips deal with planning both for getting school supplies and clothes, but also in normalizing a bedtime routine for school hours.

Another routine that can become quite hectic when schedules get busier is that of weeknight dinners. In the article, "11 Ways to Make Weeknight Dinners Easier," on page 21, Callie Collins gives great ideas on how to streamline this honored tradition. Making time for meals benefits everyone in the family, so some of her best advice includes planning, simplifying, and enlisting help.

In this month's Humor at Home article, "Back to School Making Memories," on page 22, Julie Willis writes about the crazy antics that happen each year during school. Each year brings new moments and new adventures. She says as she's getting ready for back-to-school this year she's excited to see what memories they are about to make.

Special thanks to Carla Barrientos for sharing her expertise with KCFM in this month's, "Hello, Happy (Intentional) Mama," written by Callie Collins on page 12. Perfectly timed for this back-to-school issue, Carla has experience both inside and outside the classroom as a special education teacher and a mama to two young children. She currently works as a program specialist through the office of Kern County Superintendent of Schools (KCSOS) and started her own business, Practical Parenting, which helps parents through challenging behavior.

This month if you're in the "back-to-school" or "leave-for-school" season of your life, they all signal a time of change with new routines and new expectations. Make sure to take the time to slow down, have a meal together, and revel in the changes that are inevitable in life. And, always remember each year's new adventures bring new memories.

Have a great first day of class!

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Community Partners Install Mini-Libraries at CAPK Friendship House



Councilmember Eric Arias recently joined the Southwest Carpenters, the Kern, Inyo, Mono Building Trades Council, United Way of Kern County and the Community Action Partnership of Kern County to install a community library at the Friendship House at 2424 S. Dr. Martin Luther King Jr. Boulevard, Bakersfield. At this event on June 30th, community leaders also read to students to celebrate the installation of the community library and promote the importance of reading.

According to the United States Census, approximately 14 percent of adults in Bakersfield lack basic literacy skills to perform daily job functions. In response, Councilmember Arias has brought together various community partners to create and install community libraries at key youth centers throughout Bakersfield, including: the Bakersfield Boys & Girls Club, CAPK Friendship House, the Bakersfield Police Activities League, United Way of Kern County, and the Sunrise Community Center.

“Reading books, and the love of reading, are so fundamental to children’s understanding of our world and joy in being a part of it,” said CAPK CEO Jeremy Tobias. “We are so appreciative to have this free library installed at Friendship House Community Center so the children and families we serve will be able to access books, share them and spread the love of reading.”

LOCAL BOYS & GIRLS CLUB AWARDED \$55,000



The Boys & Girls Clubs of Kern County received a \$55,000 grant from the Taco Bell Foundation to support more youth in the Kern County. The funds will go toward underwriting the Club’s Workforce Development (Career-Launch/Summer Jobs) Program, career explorations, field trips, and other programs that educate and inspire the next generation of leaders.

“It’s a privilege to partner with the Taco Bell Foundation in educating and inspiring young people nationwide,” said Zane Smith, Executive Director, Boys & Girls Clubs of Kern County. “Together, we are working to break down barriers to education for future leaders.” The Boys & Girls Clubs of Kern County is one of more than 400+ youth-serving organizations that will receive a portion of the \$7 million in Community Grants presented by the Taco Bell Foundation this year. The grants are an example of the Taco Bell Foundation’s mission to break down barriers to education and fuel young people’s boldest ambitions.

“We are proud that the work we do through our Community Grants program connects young people with the resources and opportunities they need to learn and drive change,” said Jennifer Bradbury, Executive Director of the Taco Bell Foundation.

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

August is National Crayon Collection Month



Preparing for the return to school, National Crayon Collection Month in August, sponsored by the non-profit Crayon Collection, helps to ensure that every child has this essential school supply. This program wants to see gently used crayons from personal homes or restaurants redirected from landfills to schools. National Crayon Collection Month draws awareness to the environmental and social impact of throwing crayons away while students across the country go without crucial classroom supplies.

The Crayon Collection gives some ways to help promote this month and bring awareness to this cause. You could grab some crayons and draw or write a Kindness Note, share an artist-inspired crayon project with the #thesecrayonswontquit, participate in crayon recycling to find used crayons a new home, kick off a crayon collection at your school and even recruit local, family-friendly restaurants to start collecting crayons that little diners leave behind.

For more information on how you can give these used crayons a new home, please visit www.crayoncollection.org.

Visit Bakersfield Launches New Website



Welcome to the streets of Bakersfield! Visit Bakersfield recently announced the launch of its new website, www.VisitBakersfield.com. As a destination, Visit Bakersfield aims to always find new ways to promote our unique city by giving a glimpse of the one-of-a-kind experiences that Bakersfield has to offer. The site features all

things Bakersfield including local attractions, events, restaurants, things to do and where to stay. This visually inspiring, engaging, and easy-to-use platform captures and creates a great user experience for potential visitors and Bakersfield locals.

International Assistance Dog Week Aug. 7-13

You can’t miss those cute dogs wearing their special work harnesses and showing their amazing personalities as they help their owners with everyday tasks. The International Assistance Dog Week (IADW), celebrated Aug. 7 through 13, was created to recognize all the devoted, hardworking assistance dogs helping individuals cope with any limitations they may experience due to a physical or mental disability.



Dogs can provide all types of tasks and are often loving companions that bring out the best in their human owner. This week hopes to raise awareness and educate the public about these fearless dogs and honor puppy raisers and trainers. Another goal of this designated week is to recognize heroic deeds performed by assistance dogs in the community.

For more information and to learn how you can support assistance dogs, please visit www.assistedogweek.org.

Safe EATS on Kern Streets

CDC estimates that 1 in 6 Americans get sick from foodborne illness each year resulting in 128,000 hospitalizations and 3,000 deaths.

We all play a role in food safety by “looking for the sticker” to ensure mobile food facilities like food trucks and coffee carts are permitted by Kern County Public Health.



Protect your loved ones from foodborne illness – Look for the

STICKER



kernpublichealth.com

August is World Breastfeeding Month: Breastfeeding Matters



Marisol Mendez gets instruction at the Baby Cafe.
Photo by Edricana Martinez, CAPK

This August, the Kern County Breastfeeding Coalition and local breastfeeding support community partners are joining the celebration for National Breastfeeding Month! We want you to know that breastfeeding matters. It's important for a baby's health, preventing illness and infection and allowing for normal development while providing the optimal building blocks of nutrition during the most important period of growth. It is also important for a mother's health, reducing the risks of several types of cancer and improving metabolic and cardiovascular outcomes. Critically, breastfeeding for at least 2 months significantly reduces a baby's risk of SIDS.

If your baby is born in a hospital, be sure to take advantage of all the help you are offered there. If your baby is born at home or in a birth center, your midwife and doula can help you get off to a great start. Once you are home, be sure to check in with our local breastfeeding support community, even if it feels like things are going well. You can learn so much by attending a support group or just talking to a trained lactation care provider about what to expect as your baby grows.

It's especially important to seek help if you are having problems or if someone is telling you to feed your baby formula or use a breast pump. You don't want to wait and see if things get better - this is the time to be proactive and ask for help as soon as you need it. It can mean the difference between meeting your own breastfeeding goals or stopping before you really wanted to.

Remember that there are several myths circulating around breastfeeding, milk production, and things you should or should not do if you are breastfeeding. If you are ever unsure about the advice you are receiving, reach out to our local breastfeeding support community for evidence-based information.

There are so many ways you can get breastfeeding help in Kern County! Here are a few evidence-based and local breastfeeding support organizations.

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) serves infants and children up to the age 5 and people who are pregnant or have given birth or experienced pregnancy loss. WIC helps families by providing nutrition education, breastfeeding support, benefits for healthy foods, and referrals to healthcare and other community services. In Kern County there are two local agencies: Community Action Partnership of Kern (CAPK)

WIC and Clinica Sierra Vista WIC. To find a WIC office nearest you, visit myfamily website: <https://myfamily.wic.ca.gov/Home/WICOfficeGrocer>

Baby Café Bakersfield offers free breastfeeding support in person and virtually on Zoom. Whether you are pregnant, breastfeeding, or wanting to resume breastfeeding, you can drop-in to a meeting on Tuesdays between 11:30 and 1:30 at Beale Memorial Library. For more information, visit the Baby Café Bakersfield website at: www.babycafebakersfield.org.

There are also private lactation consultants practicing in Bakersfield, Tehachapi, Delano, Ridgecrest, and everywhere in Kern County! You can use the directory at www.uslca.org to find one nearest you.

Kern County Breastfeeding Coalition (KCBC) consists of a team of healthcare providers and professionals from all over Kern County that are dedicated to improving breastfeeding outcomes and increasing access to proper breastfeeding support. For more information, visit: <https://kern-breastfeeding.wixsite.com/kcbc>

Everyone in our local breastfeeding support community is committed to making sure that you get all the help and encouragement you need to meet your own breastfeeding goals. We invite you to reach out when you are pregnant for more information about getting off to a great start and keeping in touch once your baby is born to ensure you have all the support you need to keep going!

by Christine Staricka, BS, IBCLC, CE, FILCA, and Jazmin Mendez, B.A., WIC Regional Breastfeeding Liaison

Yin Yoga for Wellness

by Nadia Morgan



Have you tried Yin yoga? If not, you might be wondering what it is exactly. Yin yoga is quite different from traditional yoga. It targets the deep connective tissues of the body – the ligaments, joints, bones, and deep fascia networks. A Yin class is typically comprised of a series of passive floor poses held for up to five minutes or more. These poses work the lower part of the body – the hips, pelvis, inner thighs, lower spine. The connective tissue is especially rich here.

Yin yoga also promotes energetic flow through the meridians in the body, which is a theory based in traditional Chinese medicine. Yin yoga is for anyone who needs an energy boost or needs to calm down at the end of the day. According to ekhartyoga.com, some benefits of Yin yoga are:

- Calms and balances the mind and body
- Reduces stress and anxiety
- Increases circulation
- Improves flexibility
- Releases fascia and improves joint mobility
- Balances the internal organs and improves the flow of chi or prana

Intuitive Eating

by Nadia Morgan



Tapping into your intuition can be tricky, but when it comes to eating, it can be key to health and vitality. Intuitive eating is a self-care eating framework which integrates instinct, emotion, and rational thought. It was created by two dietitians, Evelyn Tribole and Elyse Resch, in 1995. Intuitive Eating is a weight-inclusive, evidence-based model that has helped many people to be at peace with their bodies. Here are the ten principles as outlined by the website [intuitiveeating.org](https://www.intuitiveeating.org):

1. Reject the Diet Mentality

Dieting can be harmful to mental, physical, and emotional health.

2. Honor Your Hunger

Keep your body biologically fed with adequate energy and carbohydrates. Try not to think of fat and carbs as the enemy!

3. Make Peace with Food

If you forbid yourself to have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and bingeing.

4. Challenge the Food Police

The food police monitor the unreasonable rules that our diet culture has created.

5. Discover the Satisfaction Factor

When you eat what you really want in a pleasant environment, you may feel pleasure that leaves you feeling more satisfied.

6. Feel Your Fullness

Listen for the body cues that tell you that you are full. Observe the signs in your stomach and the rest of your body.

7. Cope with Your Emotions with Kindness

Find kind ways to comfort and nurture yourself. Food is not the solution for every negative emotion.

8. Respect Your Body

Learn to accept your genetic makeup. It's hard to ditch the diet mentality if you are unrealistic and overly critical of your body size or shape.

9. Movement—Feel the Difference

Focus on how good you feel when you move your body. Don't just exercise to lose weight. Do it for your mental health.

10. Honor Your Health—Gentle Nutrition

Choose foods that are good for your health and taste buds. No cardboard-tasting foods! It's what you eat consistently over time that matters.

Intuitive eating is about treating yourself with kindness and compassion. Shut out the noise of the very loud diet culture and find a way to eat with your instincts and intuition. Your body is talking to you—are you listening?



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Back-to-school season is around the corner! We asked our readers to share their best life tips to streamline family routines. A selection of their answers is featured below.

Q. What is your best back-to-school season advice?

Lilia Saldivar

Start now. Have your child do a fashion show of what stays and what goes to the donation box or hand-me-downs. Declutter before you start buying.



I buy clothes year round so the rush for school clothes is almost none.
-Julie Garcia

Candice Gonzales

Pack backpacks the night before!



Get the kids back to routine by having them get their clothes out for the next day.
-Daisy Perea

Ariana Martin

Slowly add all the normal parts of your routine back in so it doesn't all hit at once and seem overwhelming.



Creating a weekly breakfast and lunch menu and posting it on the fridge makes mornings run smoothly.
Luz Robles



Setting out clothes the night before and making the lunches! It seems like a no-brainer but sometimes you are just too tired to do it the night before and it never fails that something will happen the next morning that just makes the morning way more stressful than it needs to be! Just do it!
-Cortney McMahon

Make sure the kids get to bed (and stay in bed) on time. Get them up at least an hour and half before needing to head out, which will ensure they are fully awake. Feed them a good breakfast. Give them affirmations on the drive/walk to school.
-Tishana Deberham

Two weeks before school starts, we start implementing our routine: getting up earlier, eating a scheduled lunch and having reading time.
Karrie Rhodes



Mary Gonsalves

Plan, plan, plan! Prepare school lunches the night before, have clothes and shoes laid out the night before, backpacks hanging and ready to go out the door and know what breakfast will be the night before. That way, you don't have to think about anything in the morning. You just wake up and start getting ready! Makes mornings go MUCH smoother when you plan ahead!



Have your child learn the calendar and how to plan/ schedule/ keep a routine.
-Shauna Taylor

Kristen Foster

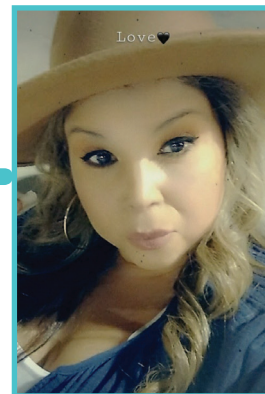
Pile every item you need next to the door for easy grab and go. Just add homemade lunch and my coffee.



Take it one day at a time.
-Giuseppe Quiambao

Marie Cervantes

Definitely start the going to bed early routine at least the week before!
#lifesaver





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Intentional

Hello, Happy ^ Mama:

Carla Barrientos: educator, entrepreneur, podcast host and child behavior consultant



L to R: Jorge, Carla, Gianna, Julian

Just in time for back-to-school season, Carla Barrientos' name and community presence are what parents need in their back pockets. As an educator, entrepreneur, podcast host and child behavior consultant, Carla's expertise stands out as a resource for families as they adjust to new routines, new ages, phases and stages, all of which tend to become pressing issues as children return to learning in the classroom.

Firsthand experience as a parent also rounds out Carla's perspective. Along with her husband, Jorge, she is currently navigating the intense early years with her own children, Julian, 3, and Gianna, 1.

"The first three years of a child's life are so crucial. I have worked with young children across the spectrum and there is an approach for every child," said Carla. "But when you are the mom in Target struggling while your toddler tantrums, it can absolutely be so hard in that moment when everyone is staring at you."

Born and raised in Bakersfield, Carla graduated from Ridgeview High before earning a bachelor's degree in communications and her master's in special education and teaching at California State, where she also completed her moderate to severe education specialist teaching credential. She served the community as a special education teacher in Fruitvale and Kern County districts for more than a decade before accepting a full-time role as a program specialist focusing on behavior support for students and their teachers, a function of the office of Kern County Superintendent of Schools (KCSOS).

In addition to her full-time role, Carla started her own business last year. Practical

My Hidden Talent...

I almost never forget a face. I have also done a stand-up comedy set at Temblor, which surprises a lot of people.

Parenting, Inc. helps families work through challenging behavior. She describes the business as one born out of a passion for helping parents find the joy in parenting, even on tough days.

"I was already doing this work informally then formally. My goal is to give parents more tools in their toolbelt to recognize children's needs and meet them where they are," said Carla. "Now, having become a mother, I see how difficult it is to get those tools if you don't have them and how to approach challenging situations. I had so many friends saying 'I don't really know what I'm doing, I don't know who to go to, and I want to know: How do we parent differently than what we had?' You can learn to be a gentle parent, with care and love. A lot of parents feel so unsure of themselves but there are definitely tools we can add so they don't resort to ineffective strategies like yelling and spanking. That's what I do in my business."

The first thing I do when I wake up in the morning is...

I think about what I'm going to have for breakfast. I love breakfast more than the average person should.

Gentle parenting is a method that has gained more attention in recent years. GuidepostMontessori.com offers a clear definition: "Gentle parenting is a parenting approach that encourages a partnership between you and your child to make choices based on an internal willingness instead of external pressures. This parenting style asks you to become aware of the behavior you model for your child, encourages compassion, welcomes emotions and accepts the child as a whole, capable being. The approach doesn't follow a strict set of rules. It wasn't created by a lifestyle or parenting guru, nor does it stem from a celebrity fad. The gentle parenting philosophy includes a wide variety of strategies that may already be familiar to you. Sarah Ockwell-Smith, parenting expert and au-



Carla's Children, Julian and Gianna

thor of "The Gentle Parenting Book," sums up gentle parenting in three words: empathy, understanding, and respect."

The best book I've read lately...

"The Power of Habit" by Charles Duhigg. It teaches how to change negative habits and develop new positive habits.

Analyzing the situation and responding purposefully is part of what Carla teaches parents.

For the notorious toddler-tantrum-in-the-store example veritably every parent recognizes, Carla has some solutions.

"First, know that you're doing great and recognize that tantrums happen. It's a fact: toddlers do that, they tantrum. It is normal and it is expected as our kids are learning autonomy and their place in the world," said Carla. "It comes down to looking past the behavior to find the need. Put aside the negative emotions, figure out which need isn't being met and go from there. When you see that mom in Target struggling, know that this is the season she is in and she is doing a job. Children need us to work

What is your favorite breakfast...

"Pancakes! I am one of the strange people who makes a homemade breakfast on a Wednesday morning; no need to wait for a weekend."

through situations with them, giving them the 'why,' instead of just using 'no,' 'stop' and 'don't.' When you are going through it, take a deep breath and know you're doing a good job."

3 Questions with Carla

Q. Parents of young children may feel lonely and isolated in that particular phase of life. What advice do you have for respite and renewal, especially for women as mothers and caregivers?

A. Finding ways to restore yourself is so important. Kids can be fun and inquisitive and cute but parenting can be stressful. Identify what triggers you with your kids. Parenting toddlers is what I think of because I'm in that phase right now. Find how to keep your cool. You have to be really cognizant of your own behavior when you're raising your children because you are teaching them how adults react. It is so easy to get wrapped up in milestones but don't fall into the comparison trap. Make mom friends to share and be candid with. It really is about supporting and leaning on each other. That old adage 'It takes a village to raise a child' comes to mind; it actually takes a village to raise a mother, too.

We have so much on our shoulders. For some moms, it can feel like too much. I encourage moms to find their people, not just online but in real life. Get out of the house and enjoy time together. So many of us want to have connections and make friends; seek out simple introductions to build community. The Playful Space is a business that invites kids to play and parents to have fun. Yellow

House Music Together music classes could also be a way to learn together and meet

Hello,
Happy MAMA!
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Win New School Supplies for Back-to-School!
See full details on entry page.
Enter by 11:59pm on Monday, August 15th at

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

Four cherries that my son picked at a friend's house during a barbecue are in the zipper portion.

other families. Going to our parks is another free, easy way to meet other moms.

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

A. So many free resources are available in the Kern County area, from library events and parks to a lot of community activities having to do with kids. Families can go for walks at Hart Park, for example, and Wind Wolves is so beautiful. Now, you may have to go early in the morning to beat the heat and plan your visit but it is worth doing. We have a lot of fun things here for kids to do. Before having my children, my lens was focused on the adult things to do in our community but when I focused my lens on family activities, I was pleasantly surprised to find out how many things there are to do with kids. Take care of your community and it will take care of you.

Q. What is your parenting PSA?

A. Look less at the child's negative behavior and more at the very real need. That is where the real work is done. All behavior is communication. Be willing to look at what that behavior is trying to tell us.

Find out more at <https://practicalparenting-consultants.com/>.



Back To *School* Resources



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Putting the *Tech* in Technical Education Careers in Technology Start Here

by Lisa Krch, M.A.Ed./A.E.T

Nearly the entire second floor of the impressive Career Technical Education Center (CTEC) is dedicated to providing students with the latest equipment and opportunities to explore a wide variety of careers in the technology sector. From the robotics labs to the state-of-the-art video production studio, the space is full of creativity, excitement, and endless student possibilities.

CTEC offers a wide variety of technology and career centered programs for Kern County juniors and seniors, including 3-D Animation, Computer Technologies, Digital Marketing & Media Design, Robotics Engineering, Mobile App Development, Video Game Design, and Video Production and Advanced Cinema.

3-D Animation is a unique program focusing on a wide range of careers in the animation field, including character designers and modelers. Haley Corral is a 3-D Animation student who enjoys the storytelling aspect of the program. "What made me interested is that I didn't have to be an artist to join. I can just make shapes and figures and make a story out of it."

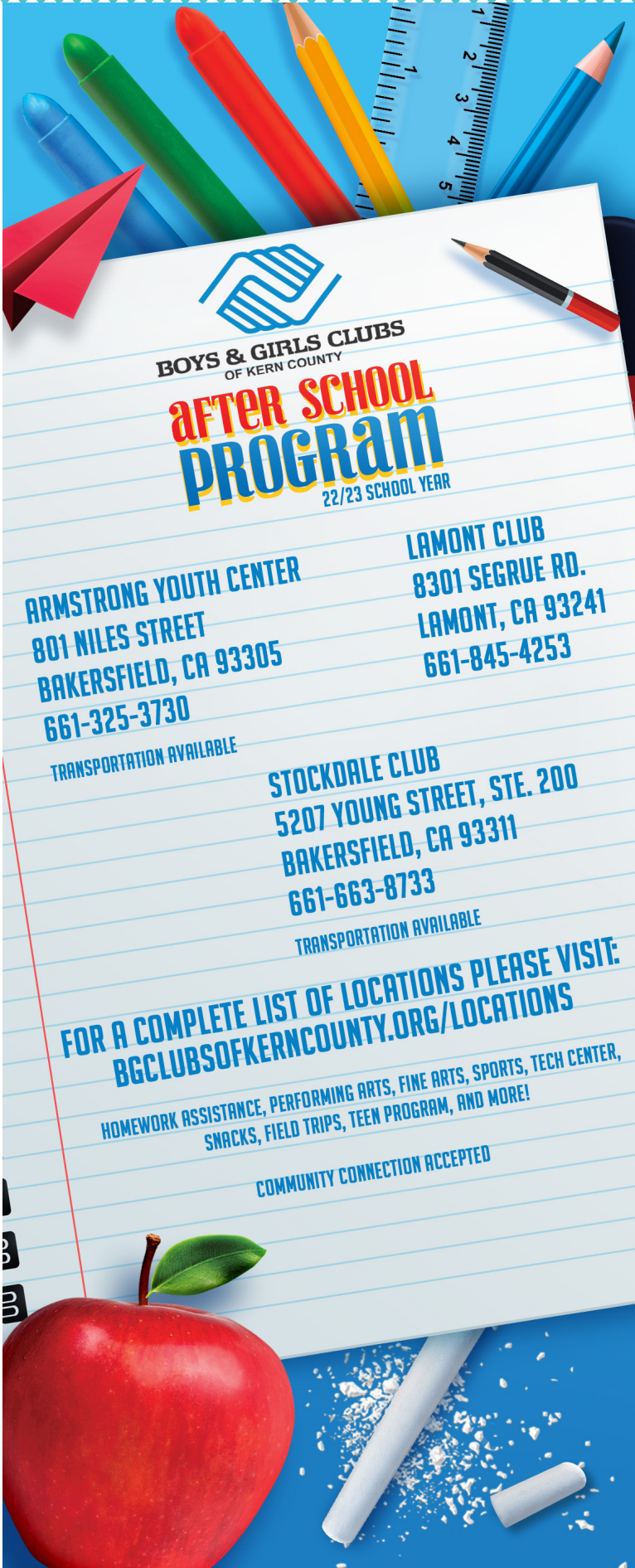
Computer Technologies exposes students to computer repair and troubleshooting, and the function of everything from small networks to the internet. Students say it's not just about learning skills for the future, but the proper application of those skills, in a fun, enjoyable atmosphere makes their time in this program special.

Robotics Engineering includes coursework in electronics technology, which is a dual enrolled class, offering students credit through Bakersfield College (BC) and directly ties into the Industrial Automation Bachelor's Degree now offered by BC. Instructor Stephen Mears says while he loves

CONTINUED ON PAGE 16



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COMMUNITY CONNECTION ACCEPTED



CONTINUED FROM PAGE 15



Lisa Krch

technology and the solutions it creates, his favorite part of the job is working with the students. "When the lights go on with the kids, when they get it... whether they are programming a universal robot which is a collaborative robot system, or an industrial robot, solving the problems with technology is really impressive and seeing a 15 year old or 18 year old able to do that and walk away confident, is exciting."

Some young people come to CTEC with an idea, and see it flourish over the course of a year. Digital Marketing & Media Design student Rod Heinen put his creativity and business sense to the test, while developing his dream."I've always wanted to do clothing, and seeing advertisements through different companies and business logos inspired me to wonder how they were made in the first place." This program helps students understand target audiences, and how to reach and persuade them, through graphic design, branding, and social media management.

Project based learning is the centerpiece of many CTEC programs, especially the Digital Marketing & Media Design and Video Production/Advanced Film & Cinema classes. These programs work with outside businesses and organizations creating content, while providing students with real-world project experiences.

During the 2021-2022 academic year, Video Production students created videos for every program offered by ROC/CTEC, which were aired on KETN's "Do the Math" show and are currently featured on the CTEC/ROC website. The students did all the groundwork for these stories, scheduled interviews, shot b-roll, and produced and edited each piece, adhering to strict deadlines and professional expectations.

The PM Video Production class also worked with the Kern County World War II Veterans Memorial, creating content for their social media sites.

Video Game Design is another popular class at CTEC which incorporates game development, documentation, communication, and the suite of tools used by industry. "My favorite thing has to be the fun environment and getting to work with this tool I've never worked with before and creating stuff that I've always been able to see on my consoles and computers." said Skyler Dearnore, Video Game Design student.

CTEC technology programs also collaborate throughout the year through networking events, guest speakers, project showcases, film festivals, viewing parties, and preparation for Mock Interview Day. These events allow students the opportunity to get to know other young professionals, share their work, provide feedback on projects, sharpen communication skills, and learn about the vast careers available, through intensive career exploration.

All of these programs are taught by instructors with years of experience in their respective fields. For more information on the Daytime and Evening Programs at ROC/CTEC, and to hear from instructors and students, **visit roc.kernhigh.org.**

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Local Students Find Their Career Futures at CTEC

by Vaun Thygerson

Eighteen-year-old Caleb Bailey works as a Solutions Engineer at Stria, LLC thanks to doors opened for him his senior year of high school through the Kern High School District's Career Technical Education Center (CTEC)'s mobile app program. This Liberty High School (LHS) graduate was named 2022 Mobile App Development Education (MADE) student of the year because of his valuable skills and unsurpassed work ethic.

Starting his college career at Bakersfield College, Bailey says that his job with Stria, LLC gives him an advantage for his future career. "I'm able to start college with a great job and work my way up in that company and learn skills for my desired field," he says. "It's a great support for college because the company plans to work around my schedule."



Caleb Bailey

Under the direction of his MADE instructor Walter Suazo, Bailey began his internship with Stria, LLC during the second semester of his senior year. He spent his time being trained in DocuSign, an e-signature software, which consisted of coursework and a comprehensive capstone project where he created a work-flow system for a mock company. Once completing his internship and an interviewing process, he was hired on full-time. Stria, LLC is a local solutions company that automates and makes processes for businesses more digitally compatible.

Like many students, Bailey had tried a number of subjects looking for the right fit. He joined Project Lead the Way at Rosedale Middle School and even took classes for it at LHS thinking he might want to be an architect or work in the biomedical field. Throughout his high school years, he became more interested in tech data science, so when his mother told him about CTEC, he knew this was a place he wanted to attend to hone his computer and coding skills. CTEC and the Regional Occupational Center (ROC) are a unique educational experience where high school students can become career ready for their desired field with no cost to those enrolled at Kern High School District.

Suazo, CTEC Instructor for Digital Marketing and Media Design and MADE, encourages students who are juniors or seniors to take courses at CTEC or ROC to gain real-world experience that could even translate to a job right out of high school.

"CTEC is a great opportunity for KHSD juniors and seniors looking for career opportunities or college preparedness. Many of our programs offer industry certifications, internship opportunities or college credit through dual enrollment," he says. "Many of the students in my Digital Marketing and Media Design and my MADE programs have successfully completed internships and have gained jobs right after graduation. This is due in part to industry partners who are involved with my programs and foster career success for our students."

Bailey says his time at CTEC not only taught him the "hard" skills of coding and mobile app design, but he learned the "soft" skills of interviewing, marketing, networking, and fundraising. He learned the Swift coding language, which is used for IOS application (Apple products), and also how to receive his own developer license and/or become a freelancer.

With a three-member team, Bailey and his group created a mobile app called "MEchanic," where the user has the ability to fix car or appliance issues through their app information and diagnostics. They had to showcase their app and try to sell it both to their target user audience and potential investors.

"I learned a lot about being able to communicate with people, networking, and being able to meet deadlines. I learned important adult skills like working hard with your team, being prepared, and having something good to present," Bailey says.

In addition to computer technology classes, CTEC and ROC offers classes and certifications in health care careers, dental hygiene, sports medicine, video production, video game design, and so many other cutting edge careers.

"CTEC and our sister campus ROC have over 35 career technical education programs available at no cost to currently enrolled KHSD students once they enter their junior or senior year. I would encourage any parent or family member to talk to their student about applying and getting a kick start to their future," Suazo says.

CTEC is located at 7301 Old River Road, Bakersfield and ROC is located at 501 S. Mount Vernon Avenue. CTEC offers classes in healthcare, business banking and finance, dental hygiene, fire technology, robotics, information technology, video production, and more. ROC offers classes in industrial technology, business, cosmetology, culinary arts, law enforcement, veterinary tech, and more.

Both campuses have an a.m. session from 7:30 a.m. to 10:30 p.m. and a p.m. session from 11:45 a.m. to 2:45 p.m., night sessions on Tuesday, Wednesday, and Thursdays from 5:30 to 8:30 p.m., except for the Cosmetology program which is 7:30 a.m. to 2:45 p.m. Monday through Friday. Transportation is provided from each student's home school to the CTEC or ROC campuses. Also, breakfast, lunch, and dinner are provided based on your child's session. To find out if this unique educational experience is the right fit for your family, you can check out the catalog online at <https://roc.kernhigh.org/> or talk to your student's high school counselor.



Anxiety Disorders in Children

by Katy M. Clark

My daughter was nine years old when she had her first panic attack. She was trembling, out of breath and her heart pounded. These symptoms persisted for almost ten minutes and nothing I said or did could help her calm down. Because her symptoms occurred before her performance in a class play, though, I dismissed it as stage fright.

When she suffered the same symptoms a short time later, this time before a party at her school, I realized something was wrong. Especially when she told me what triggered her intense physical symptoms: she could not stop worrying that something bad would happen to me as I drove to her school.



Having some anxiety is a normal part of life for most kids. After all, what child doesn't feel anxious before taking a test? Or making a presentation in front of the class? And what about trying out for the team?

Some children, though, feel worry or fear constantly. According to the Mayo Clinic, anxiety disorders involve "intense, excessive and persistent worry and fear about everyday situations." Further, such feelings of anxiety and panic "interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time."

The CDC reports that 9.4% of children aged 3-17 were diagnosed with anxiety in 2016-2019. That's 5.8 million kids. And since the COVID-19 pandemic the number of kids with an anxiety disorder will undoubtedly increase.

After visiting the pediatrician, my daughter was diagnosed with Generalized Anxiety Disorder. Now she sees a therapist and takes medication to treat her anxiety. Through her experience, I have learned so much about anxiety disorders in children. I'm sharing what I've learned in hopes of helping other parents and caregivers.

Types of Anxiety Disorders in Children

There are several types of anxiety disorders, related to what the worries or fears are about, or how children handle them. According to WebMD, the most common anxiety disorders in kids include the following:

- Generalized Anxiety Disorder (GAD) is constant worrying about a lot of different things out of proportion to the actual circumstance.
- Panic disorders are characterized by sudden, intense fear that leaves a child feeling physically overwhelmed and out of control, even when there is no danger.
- Separation anxiety is the fear that something bad will happen to a parent or loved one when the child is separated from them. Some separation anxiety is a normal developmental phase for babies and toddlers, but not necessarily for older children.
- Social anxiety is extreme anxiety and fear of being embarrassed in social situations, like talking with classmates or answering a question in class. It is more than simple shyness.

Symptoms

According to the CDC and WebMD, the most typical symptoms of anxiety disorders in children include:

- Showing anxiety or expressing worry or fear on most days, for weeks at a time
- Trouble sleeping which may manifest in your child seeming sleepy or tired during the day
- Difficulty concentrating or thinking about a problem over and over again
- Unusually irritable and angry
- Headaches
- Stomachaches
- Avoiding school or friends because worries are overwhelming
- Trouble calming down after leaving a parent or loved one, or extreme homesickness

How to help

The CDC recommends talking to your healthcare provider as a first step. This is what we did in my daughter's case when we visited her pediatrician. A primary care doctor or mental health specialist can evaluate your child and ensure that your child's symptoms are caused by anxiety and not another condition, such as trauma.

Cognitive behavioral therapy (CBT) and medication are the most accepted treatments to help children overcome an anxiety disorder according to the Anxiety Disorders Association of America.

CBT teaches your child skills and tools to help them feel less anxious and fearful. Through CBT, for instance, my daughter learned to utilize tools like a "worry box". She'd write down her worry on a piece of paper, then stuff the paper in a box. It was a tangible way to release her fear.

Prescription medication may also help. Parents should work closely with a health care provider to manage the use of medication and monitor your child's response.

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The CDC reports that 9.4% of children aged 3-17 were diagnosed with anxiety in 2016-2019. That's 5.8 million kids.

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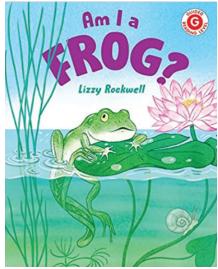
As well, WebMD advocates that parents should let their children know they are available to listen whenever their children are ready to talk. Many kids with anxiety believe their parents won't understand and thus try to hide their fears. That's why being ready to listen is so important.

My daughter also joined an anxiety disorder support group at her school, allowing her to connect with peers that understand what she's going through. As well, I have found support talking to other parents of children with anxiety disorders. So many have been supportive and understanding, making me feel less alone.

Anxiety is a treatable, manageable condition. As parents, we can help kids with anxiety disorders receive the tools, support and love they need to live their healthiest lives possible.

Entertain Young Minds With These STEM Books

As we head further into summer, parents and summer educators are sure to be looking for ways to entertain young minds that don't involve yet another hour of screen time. Here are some STEM and nature themes books that aim to get kids' brains out of the cloud and into the tangible, sure to get kids thinking and tinkering.



Am I a Frog?

by Lizzy Rockwell (Holiday House, for ages 4-8 years, available 08/30/2022) Part of the award-winning I Like to Read® series, This level G science book is perfect for first graders to read on their own! A tadpole swims, breathes, eats, rests, climbs, and grows into a frog, when he jumps up and catches a dragonfly. An elegant, beautifully illustrated life cycle book by a highly regarded author and illustrator. A chart in the back of the book shows nine stages of the frog's development.

Owls and Whales

by Gail Gibbons (Holiday House, for ages 4-8 years) From the #1 science writer for kids comes two updated editions. Delve into the nocturnal world of owls and celebrate the similarities and differences in the many species of owls, from large to small, living in diverse environments and making many different kinds of nests. Deep-dive into the biology of whales, including the latest information on whale sizes and statistics, how and why some whales use echolocation, and stories of recent whale rescue efforts.



Franny's Fix-It Shop

by Ed Miller (Holiday House, for ages 6-9 years) Franny can fix anything. Others might throw broken items away, but not Franny! She likes to help friends and neighbors fix their machines and learn how they work. Repairing and reusing is easy when you break it down into parts: a bicycle is made up of gears, levers, screws, a pulley, and wheels. Clear, detailed explanations of how everyday items work are paired with Edward Miller's (Telling Time) signature kid-friendly artwork. A glossary and examples of simple machines are included.

A Unicorn on a Unicycle: A Counting Book of Wheels

by Lynda Graham-Barber, illustrated by Jordan Wray (Peachtree, for ages 2-5 years) Ride along as a glitter-fabulous unicorn on a unicycle makes his way through town, gathering a bright and cheery parade. Count the wheels on each new animal's vehicle as the story introduces numbers from one to ten. For extra excitement, add each new set of wheels to the growing group and discover how many total wheels you can see! This celebration of early mathematics culminates in a search-and-see jamboree.

Spectacular Spots and Stripes of all Types

by Susan Stockdale (Peachtree, for ages 3-7 years) Award-winning author and illustrator Susan Stockdale introduces young readers to the many ways in which animals benefit from having spots and/or stripes. Full of engaging rhymes and bright, bold images, Spectacular Spots teaches kids what kinds of animals have spots, and why they have them. In Stripes of All Types, bouncy, alliterative rhyme and gorgeous illustrations introduce readers to a wide range of striped animals.



My Mechanical Romance

by Alexene Farol Follmuth (Holiday House, for ages 14 and up) Obsessed with New York Times bestseller The Atlas Six? Meet the banterific YA debut from Alexene Farol Follmuth—the true identity of Olivie Blake. When Bel accidentally reveals her talent for engineering, she's basically forced into joining her school's way too "bro" robotics club. Enter Mateo Luna, captain of the club (and the whole school), who recognizes Bel as a potential asset—until they start butting heads. My Mechanical Romance explores both the challenges girls of color face in STEM and the vulnerability of first love with unfailing wit and honesty.

After the Buzz Comes the Bee: Lift and Flap Animal Sounds

by Robie Rogge & Rachel Isadora, illustrated by Rachel Isadora (Holiday House, for ages 2-5 years) Buzz! Quack! Lift the flaps to help a group of adorable kids find the animals that are making all the noise! Toddlers will delight in the funny sounds and finding animals, familiar and unusual while learning pre-reading skills at the same time. Caldecott Honor-winning co-author and illustrator Rachel Isadora and innovative co-author Robie Rogge have come together to create a very special interactive book.



Little Monarchs

Little Monarchs by Jonathan Case (Margaret Ferguson Books/Holiday House, for ages 9-12) It's been fifty years since sun sickness wiped out nearly all mammal life on Earth. The few communities who survived are only able to come out at night. But there are two humans who can live and travel freely in the daylight: 10-year-old Elvie and her caretaker, Flora, a biologist who discovered an antidote using the scales on monarch butterfly wings. Now, they're on a mission to develop a vaccine by following the monarch migration. Will they succeed? Or will they fall to natural disaster, illness, or even the very people they're trying to save?

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BACK TO SCHOOL

AUGUST

By Elena Epstein, Director of the National Parenting Product Awards

For more product reviews, visit nappaawards.com

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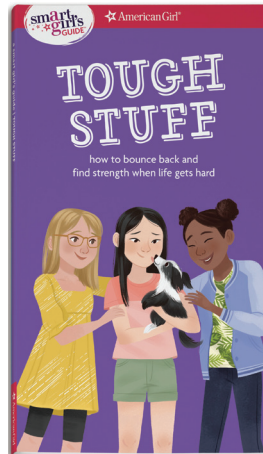


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Jot Kids Lil' Helpers



A reusable writing tablet that's perfect for handwriting practice and drawing. Features fun colors and a limited edition Lil' Helpers collection design inspiring kids to explore fun hobbies around the house. Write with anything and with a push of a button the tablet instantly clears. \$29.99, ages 4+, myboogie-board.com



A Smart Girl's Guide: Tough Stuff
A book that shows girls how to get through tricky times, from bullying to body image issues, friendship stress to family struggles, and panic attacks to pandemic. \$12.99, ages 10+, americangirl.com

Preschool Genius



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

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KeaBabies Toddler Pillow
Make sure your child gets a good night sleep with this natural, ergonomic pillow that is thoughtfully sized for preschoolers. \$29.96, ages 2-5, keababies.com

Playfoam Sand Sensory Set



Kids develop number recognition, counting and fine motor skills through every sculpting and squishing fun. Includes the mesmerizing, soft and soothing Playfoam Sand, and tools for stamping, digging, squeezing and molding. \$21.99, ages 3



Wacom One
This pen display gives your high school or college student new ways to get creative. Easily capture digital ideas, create mind-maps, draw diagrams and enhance photos or videos. \$399.95, teens and tweens, wacom.com

Fashion Fidgets



Kids can add some fun to their backpack with these cute collectibles with a fashionable twist that double as fidget toys. Collection from WowWee features 18 dolls that pop, twist, pull or spin. \$9.99, ages 5+, Walmart.com



(re)zip Lay-Flat Lunch Bag
Food-safe, leakproof, BPA-free, freezer safe and ideal for packing snacks and lunches for school. Perfectly sandwich-sized and the double-lock closure provides an airtight seal, preventing spills while assuring food and snacks stay fresh all day. \$19.99, rezip.com

11 WAYS TO make weeknight dinners easier

Eating dinner as a family is a time-honored tradition our society recognizes as positive in theory but sometimes difficult to implement in practice. What families actually do spans the spectrum: some gather around the table every evening, others feed everyone on-the-go between sports practices, work commitments and endless obligations.

While routines vary, the science behind family dinners is clear: "Regular family dinners are associated with lower rates of depression, and anxiety, and substance abuse, and eating disorders, and tobacco use, and early teenage pregnancy, and higher rates of resilience and higher self esteem," according to a Harvard report based from Massachusetts General Hospital's Family Dinner Project study. Find out more at <https://thefamilydinnerproject.org/>.

Knowing dinner together is good for families, here are 11 ways to make it easier:

1. Decide when dinner is feasible:

Compare schedules and aim to eat dinner together at least three times each week. Decide when it works for everyone, announce your plan and stick to it. If dinner together is only possible on the weekends or certain weeknight evenings, that counts.

2. Food doesn't have to be homemade:

While homemade foods tend to be lower in fat, calories and sodium, positive psychosocial experiences happen when everyone is present, no matter where the food comes from at your table. Enjoy a meal from a restaurant and bring it home for less distraction.

3. Keep it simple:

Skill isn't always required to make a memorable family meal. See our website for easy recipes, check in with friends for what's working at their house and don't be afraid to pick up a frozen lasagna, steam some microwavable veggies and use paper plates.

"A family meal should be served with laughter and love."

Susan Merrill



4. Try a snack alternative or family breakfast:

If your family isn't into dinner, try a coffee hour or charcuterie board snack instead. When schedules are impossible, try for a family breakfast instead to start your day off together instead of ending it in the dining room.

5. Make friends with your slow cooker:

Break out your Crock-Pot, Instapot or other helpful kitchen appliance. Set it and forget it in the morning with a slow cooker or leave items prepared for quick cooking in your Instapot.

6. Prepare ingredients in advance:

Chopping ingredients can seem tedious. Find out what works for you, which may include buying pre-chopped produce, dicing them all at once to freeze or using a food processor. If you're cooking one evening and can start the next night's meal by doubling the meat to store and use or doubling the recipe to freeze half, you've already saved yourself additional time and effort to make another evening meal easier.

7. Enlist family members' help:

From setting the table to lending a helping hand in the kitchen before or after the meal, others can help. This will help every family member feel like a part of the team. Teaching basic cooking skills and cleanup lets everyone feel involved and instills habits that can last a lifetime.

8. Consider a meal kit or other service:

Boxed deliveries with pre-portioned ingredients can be a tremendous help, with all the ingredients delivered to your doorstep. HelloFresh and Blue Apron have a variety of options, while Hungryroot and Purple Carrot offer vegan selections. You may be more inclined to cook if everything's already on-hand, no shopping needed.

9. Choose tableware you like:

Add to the experience with decor you want to use. Allowing children to help choose new dishes, a festive tablecloth or just cheerful paper plates with a pattern they like increases the likelihood of everyone showing up in a shared space to enjoy the meal and its atmosphere.

10. Enjoy everyone's company:

Keep conversation light. Coming together around the table will feel easier when no one dreads what might come up. Although heavier topics may surface, try to put those on the back burner to make the most of what you've prepared: a meal with everyone. Turn everyone's phones and tablets off, pass a basket to collect them and move it to another room.

11. Plan for dessert:

Everyone likes dessert. Find sugar-free alternatives, include fruit or enjoy ice cream on a walk together after dinner. No matter how you have dinner, love your mealtime. Time together is the real treat.

Back to School

Making New Memories

My kids go back to school on August 16th this year. So I have been spending the last remaining moments of summer vacation remembering some epic school moments that have occurred over the years, trying to come to terms that school life is about to invade our daily lives of leisure.

One conversation I overheard in my child's Kindergarten classroom went like this:

"Who can tell me something in this room that is brown? ... Yes, Shelby?"

"Um... um... um..."

"I'll come back to you, Shelby. Yes, Cole?"

"My birthday is in February."

"OK, thank you, Cole. Do you see anything brown in this room?"

"Um, well, did you know my favorite color is actually black?"

"Good to know.... Yes, Shelby, did you think of something brown?"

"I have to go to the bathroom."

I mean, I don't know how these Kindergarten teachers do it. I had checked out at the first "um."

Not that our homeschool runs more smoothly. Here is an actual conversation my children had at home:

Three year old: "Uno, dos, tres, cuatro, cinco, seis--"

Six year old: "Siete!"

Three year old, whining loudly: "No! My turn!"

And now? Now they are getting ready to start eighth and fourth grade. Now I overhear conversations like this recent one from our pool:

Twelve year old: "Hey, Ashley, let's hang from the hand rail by our feet and think about the meaning of life, the universe, and everything!"

No response from Ashley who was busy trying to see how many back flips she could do in a row and calling out, "Mom, watch!" every time she paused for a breath.

Which, I have to admit, beats the normal chorus of "Marco." "Polo" "Marco." "Polo."

Not sure I am ready to leave the endless summer days, the homemade popsicles, and lazy morning pancake breakfasts for returning to serious book learning (not to mention the "um"s and the "my turn"s). And yet, here we are scanning the back-to-school ads, searching for calculators and mechanical pencils. And wondering what new memories we are about to make.



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CELEBRATE FAMILY DINNER TIME WITH

Sweet and Salty Chicken



This recipe for "Sweet and Salty Chicken" courtesy of "Throw a Great Party: Inspired by Evenings in Paris with Jim Haynes" (iUniverse) by Mary Bartlett, Antonia Hoogewerf, and Catherine Monnet, is ideal for kid's taste pallets with sweet notes on a savory chicken breast, or any cut of dark meat as well.

Perfect for family nights around the table, this quick and delicious recipe is sure to become a family favorite. Prepare the chicken and marinate ahead. All you have to do to cook it is put in the oven for 1 hour and presto - dinner is ready. Pair with rice or potatoes.

Sweet and Salty Chicken:

Makes 6 servings:

- 2 pounds boneless chicken (white or dark meat as desired), cubed
- 1 ounce capers (in juice)
- 1/2 cup olive oil
- 2 bay leaves
- 2 ounces red wine vinegar
- 1.5 tablespoons dried oregano
- 1/2 tablespoon garlic, finely chopped
- 2 ounces apricots (in juice)
- 1/4 cup brown sugar
- 1/2 chicken broth (optional)

Instructions:

1. In a large bowl, combine garlic, oregano, vinegar, bay leaves, capers, and olive oil.
2. Add the cubed chicken and apricots, stir until well mixed and the chicken is coated. Cover and let marinate refrigerated for 24 hours.
3. Spread chicken over a 9X13 baking pan. Sprinkle brown sugar over dish to cover, add broth slowly to pan if desired.
4. Bake at 350 degrees for about 1 hour or until the top is a golden brown. Serve over rice or along side new potatoes.

[MORE "YOU CAN DO IT" ON PAGE 24](#)

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you can do it by Vaun Thygerson

Use Your Sidewalk as a Canvas:



disegni di gesso,
chalk art by Franki Boyd, 6 yo

a grid system to size the drawing from the art to the size of your sidewalk square helps visualize the painting in 1-inch squares. To make a grid, you can use a website like www.sporkforge.com or buy transparent grid over sheets. Next choose what supplies you need to make your desired painting come to life.

Hit the Sidewalk

When deciding where to make your creation, find a clean surface that is not too rough or slanted. Clean off all the dust and rocks before you start. Use the piece of cardboard for your knees and make sure to apply sunscreen, especially to the back of your neck and hands. Make sure to stand up, stretch often, and take breaks for your back.

Fix it for Longevity

Once you've created your masterpiece and you want it to last longer to show off to neighbors, family, and friends, you can spray cheap hairspray on it to "fix" it for longevity. Hairspray like Aqua Net wasn't just good for those '80s bangs, but can also help your chalk piece stay bright and beautiful for longer. Just spray a top coat over the art from a standing position because you don't want to spray it too close or it might mess up the design.

Use Water for Effects

For those who want to make their art stand out even more, you can use water to make different effects. There are three ways to use water to make the chalk look differently. First, you can dip a brush in water and paint the water over your art to make it have more of a watercolor effect. Secondly, you can dip your chalk in water for ten seconds to make the chalk "melt" onto the sidewalk for more vibrant and fun designs. And, thirdly, you can also wet your sidewalk before drawing which also makes the chalk go on more dramatically. But, whatever you do, do not dump water over your designs, because that will wash it away.

Where to Buy Chalk

Probably the easiest and best place to buy sidewalk chalk is Amazon. They have a huge selection and most are prime and free shipping. Our favorite is the Joyin 120 Pack Non-toxic Jumbo Washable sidewalk chalk set.

During the COVID 19 quarantine, chalk art drawings popped up everywhere spreading messages of hope and inspiration. But, one thing we learned was how much fun we have drawing on our sidewalks and driveways. This giant outdoor chalkboard sparks creativity, fun, and a fabulous mess. KCFM wanted to give five tips on how to make the most of this amazing medium.

Grab Supplies

Chalk art can be as simple as a clean sidewalk and a piece of chalk, or it can be as fancy as an artists' palette of pastel chalk and items for special effects. It's up to you. For the average artist, all you need is piece of cardboard, chalk, water, paint brush, foam piece for blending, baby wipes, and, don't forget the sunscreen.

Plan Ahead

You can decide if you want to doodle freely or make a masterpiece with chalk. Doodling random art pieces requires little preparation where your heart does the chalking. If you want to create a more advanced piece of art, you can plan ahead. Find a photo reference of what you want to draw. Using

stacey leigh
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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



August is BACK TO SCHOOL Month!



Get those kids ready and enjoy the last weeks of summer!

Try getting into a routine now and enjoy family dinners together. See 11 Ways to Make Weeknight Dinners Easier on page 21.

August 2, 9, 16, 23

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: 6:30pm - 9pm
661-497-7464

August 4, 11, 18, 25

Child Caregiver Support Group

Support for all parents and caregivers.

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

August 13, 27

Guided Hike Night

Join us for for a guided hike under the stars at Wind Wolves Preserve! Experience the preserve after dark and learn about its nocturnal wonders. Recommended for ages 8 and up (no strollers). Please plan to arrive at the front gate at 7:00 p.m. for check-in. Only registered participants will be admitted. Space is limited to 60 people. Reservations open July 23, 2022 at 8:00 a.m. Call Wind Wolves Preserve at (661) 858-1115 for questions and more information.

Wind Wolves Preserve
16019 Maricopa Highway
Bakersfield, CA
Time: 7:30pm - 9:30pm
661.858.1115

August 13

Bakersfield Collector-Con



Two days of family fun! Expect to see various vendors selling toys, comics, collectibles, and much more.

Bakersfield Collector-Con is an educational corporation dedicated to creating awareness of, and appreciation for, Pop culture and related popular art forms, through the presentation of conventions and events that celebrate the historic and ongoing contribution of various collectible art forms.

Mechanics Bank Convention Center
1001 Truxtun Ave
Bakersfield, CA
Time: 11am - 6pm
661.932.1000
<https://www.facebook.com/BakersfieldCollectorCon>

August 13

Second Saturday

Second Saturday is Downtown Bakersfield's monthly weekend gathering that brings businesses + the community together.

Downtown
Bakersfield, CA
Time: 7am - 12pm
www.bakersfieldsecondsaturday.com

August 14

Back-to-School Bash

Come have a blast at our Back-To-School Bash!!! Nachos, Bounce House, Snow Cones, & Cotton Candy!! Also who can dunk our Pastor in the dunk tank? \$1 for 3 balls!

New Hope Full Gospel Church
305 Roberts Lane
Bakersfield, CA
Time: 6pm - 8pm
661.210.0556



August 14

Sensory Family Swim Day

McMurtrey Aquatic Center
1325 Q St Suite 200
Bakersfield, CA
Time: 10am - 12pm
661.489.3335
<https://kernautism.org/calendar/>

August 20



Car Show for Autism "Back to School Style"

Car Show for Autism "Back to School Style" at Kern County Pyles Boys Camp Group Picnic Area, Bakersfield.

Pyles Boys Camp Group Picnic Area
Lake Ming Rd
Bakersfield, CA
Time: 12pm - 5pm
661.489.3335

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 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

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(661) 330-2676

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DID YOU KNOW?

Despite family mealtimes being hugely beneficial to kids, only about 30% of families manage to eat together regularly.



PAGE
29

ACTIVITY
CORNER

ANSWERS

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


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 Saturday, August 20th @ 12 Noon till 5 p.m.
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 Food and Boutique vendors will be available for items to purchase.

- | | |
|---|---|
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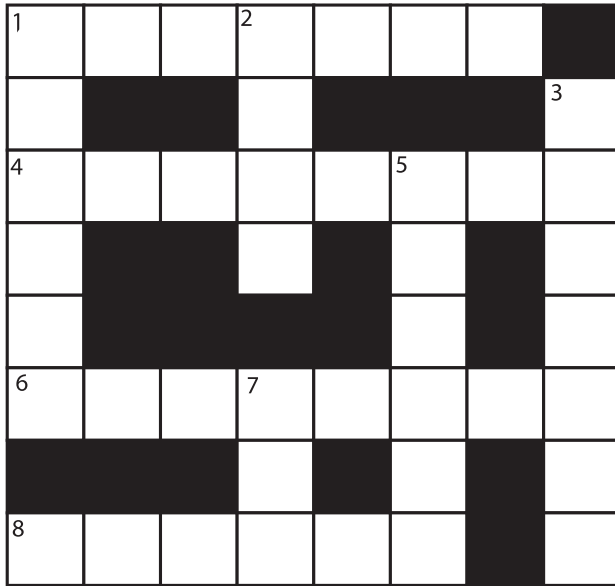
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AUGUST ACTIVITY CORNER

puzzle answers on page 26

Crossword



ACROSS

- 1. Water hobby
- 4. Type of flowering tree
- 6. National park
- 8. Takes pleasure in

DOWN

- 1. Related to one another
- 2. Seek out
- 3. Comes together
- 5. Women
- 7. Sense of self-importance

Sudoku

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

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!

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



DID YOU KNOW?

The average school kid's backpack weighs 20% of the student's body weight! It's recommended to keep that percentage below 10%.





AUGUST ACTIVITY CORNER

Back-To-School Word Search

Presented by Pacific Ag Rentals

puzzle answers on page 26

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

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CIRCLE TIME
CLASSMATES
CUBBY

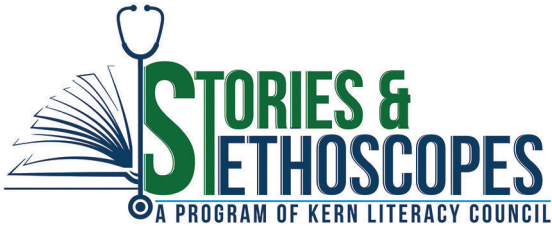
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Back to School With Books!

On the very last day of summer school at Martin Luther King Jr. Elementary School, kids were treated to a surprise — a backpack filled with books from the Stories & Stethoscopes program.

Members from the Kern Literacy Council and Adventist Health gave away about 100 reading bags. The titles included *Monsters Don't Eat Broccoli*, *Gregory the Terrible Eater*, *Leo Gets A Checkup*, or *Hair Love*, the heartwarming story of an African American father learning to do his daughter's hair for the very first time. "Encouraging reading and literacy in our youngest residents is essential to the vitality of a healthy community," said Kiyoshi Tomono, Adventist Health's community partnership executive in Kern County.

"We hope these books inspire these kids, sparking their imaginations and prompting them to dream big." Keeping kids reading during the summer months can prevent the "summer slide" — a period of time when children aren't engaged with schoolwork and can regress academically.

"We wanted the kids to have books to read throughout the rest of the summer," said Kern Literacy Council Executive Director, Laura Lollar Wolfe, adding that the number of books in a child's home and reading aloud for 15 minutes per day are key factors of school success. The goal is for kids to be reading at grade level by the end of third grade.

"After that, they go from learning to read to reading to learn," Lollar Wolfe said. "Once students enter fourth grade, they have to read all their science, history, even math word problems — and if you can't read, you fall behind real fast." With back-to-school season upon us, reading is just one thing families can do to prepare. Check out our tips for how kids can get off to a healthy start this school year.

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



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.

STORIES & STETHOSCOPES BACK TO SCHOOL TIPS



Back-to-school season is here again. Get off to a healthy start this school year with these helpful hints from Adventist Health nurse practitioner and physician assistant, Iain Gallego.



To book an appointment with Iain Scott Gallego, FNP, scan the QR code.

GET YOUR SHOTS

If your child is entering transitional kindergarten or kindergarten, they'll need their immunizations. Check in with their doctor before school starts to get current. The Adventist Health Mobile Immunization Clinic can be found throughout Kern County.

MAKE A PLAN TO READ

Children who read aloud for 15 minutes a day are more successful academically than those who don't. Make a plan to read with your kids daily and see their confidence soar.

MODEL HYGIENE HABITS

Kids can carry a lot of germs. Teach your kids healthy hand washing habits so they don't bring them home. Encourage them to cover their cough into a tissue or the crook of their elbow to stop the spread.

KEEP ACTIVE

Staying physically active outside keeps kids healthy and happy. Enroll your child in a sport or recreational activity, find a park nearby where they can play or plan a time when you can take a family walk — anything, really, to keep moving!

GET GOOD Z'S

Getting poor quality sleep affects our health and school success more than we think. Ensure your child is getting up to eight hours of sleep every night by setting a regular bedtime and establishing a wind-down period 30 minutes beforehand when you turn off the television and any electronic devices. This is a great time to read to your kids.

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!

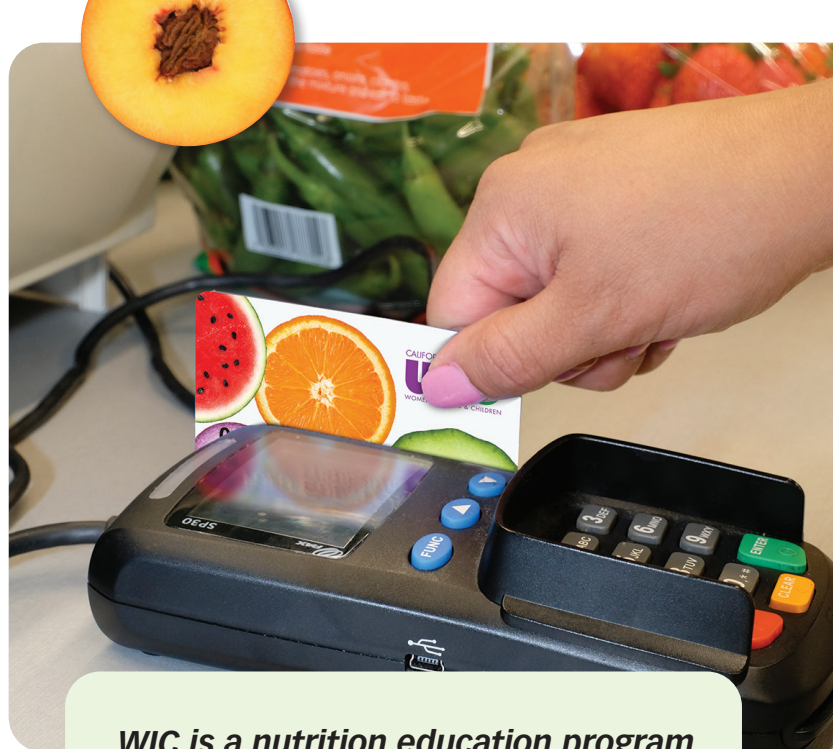
Newly pregnant women, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.

YES!



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