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September 2022

**7th**  
ANNUAL  
**FARM to**  
**TABLEAUX**  
*It's all about Frida*  
pg 14

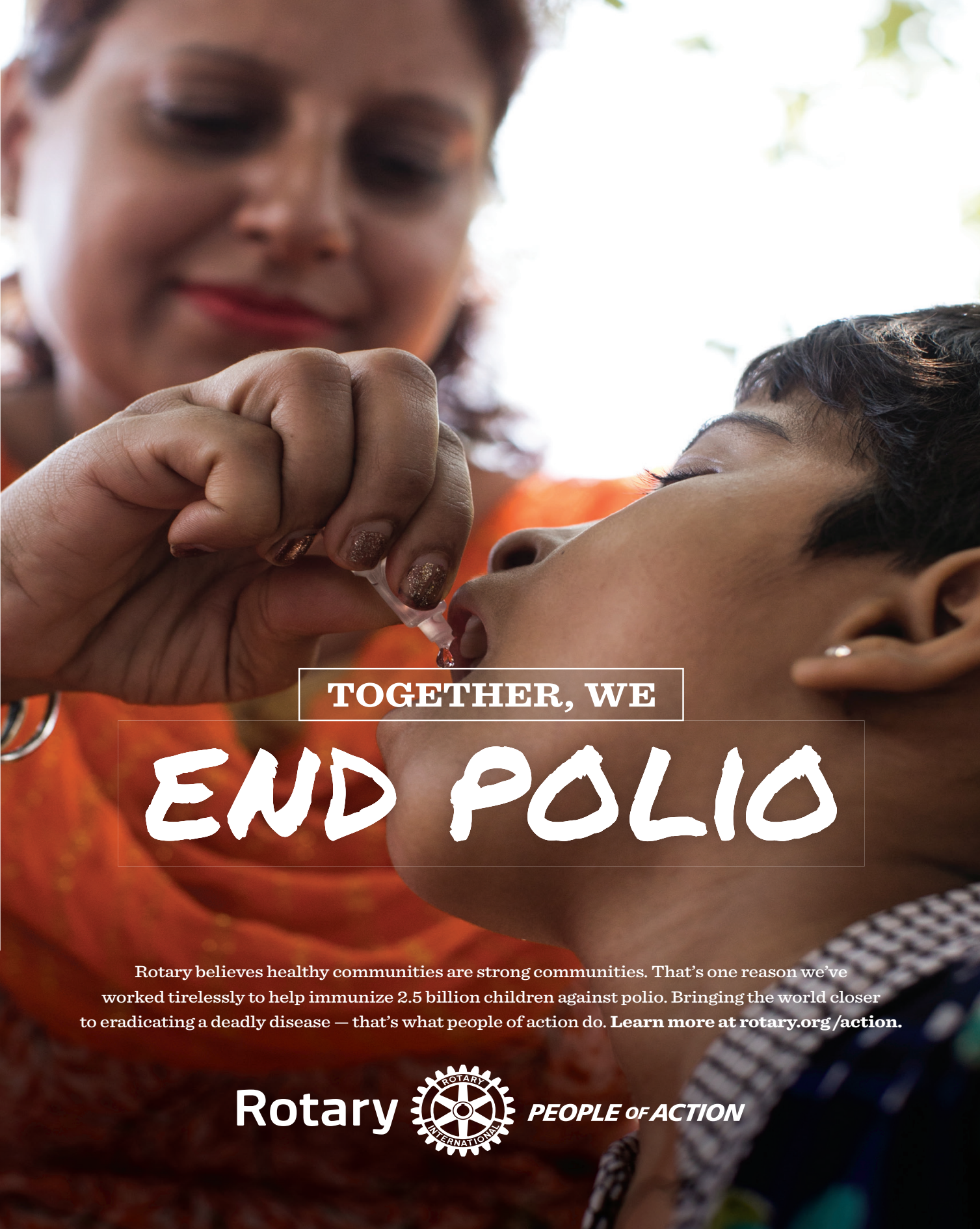
**BACKPACK**  
**KNOW-HOW**

**GRAB-N-GO**  
*Breakfast*

**MATH**  
**HELP FOR KIDS**

*plus*

fresh start great reads pg 17 kids say the darndest things pg 22  
hello, happy mama: Tara Haner pg 12 library fun for September pg 5



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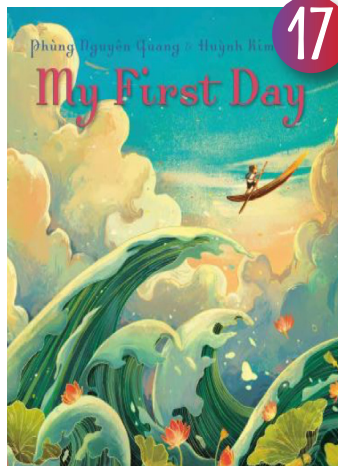
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**Hello, Happy Mama**

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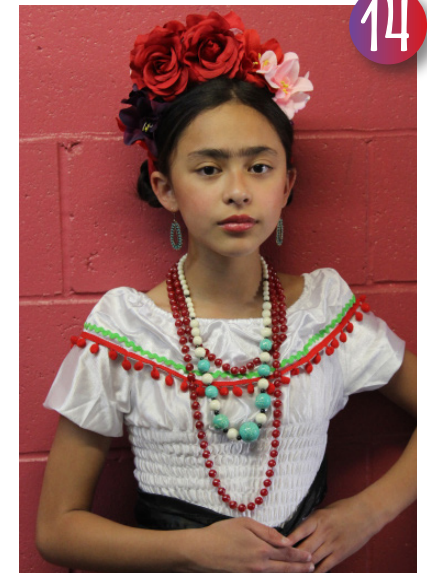
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Cover model: Leilani Broida, age 11, Photography by Orlando Trevino

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Vaun Thygerson,  
Contributing Writer

Jim Gaffigan has to be one of my all-time favorite comedians, and luckily, I had the chance to see him perform last month at Vina Robles Ampitheatre in Paso Robles for his “We All Deserve This: The Fun Tour.” He always has some silly, parenting anecdote that usually resonates with me. His comedy set that night was no different. He talked about how he went on a hot

air balloon ride with his daughters, even though he really wasn’t sure he wanted to do it. He said he almost backed out at every turn, but he did it because it was something they really wanted to do. You can tell how much he loves his kids because he even had his 16-year-old son, Jack, be one of his warm-up comedians. It was fun to see him “roast” his dad.

I’m sure you can all relate to this scenario. As parents, how many times we do something we’re really not psyched about doing just because we know how much joy it will bring to our children? When my kids were younger, I usually ended up on rides that I knew would give me a headache just so they could go on them because they needed an adult rider. I’ve gone to countless concerts with them so they could have a chaperone, even though it wasn’t my musical genre. And, the crazy thing is that I am happy to do it. I don’t want them to miss out! I guess that’s what happens when you’re a parent – you want your children to enjoy all the experiences they can.

Another phenomenon that happens to parents is becoming part of the punchline to your children’s jokes as Julie Willis can attest to in her monthly column. In her Humor at Home article, “**An Icy Road at Dawn: Even Big Kids Say the Darndest Things,**” she writes about how her daughter Samantha took a cue from her father’s “Dad” jokes and poked fun at her mom all afternoon. Turn to page 22, to read about all the hilarious jabs she took in sport from her daughter.

To read about a local woman who shares her talents with the entire community, check out the article, “**Hello, Happy (Multi-Talented) Mama: Tara Haner,**” written by Callie Collins, on page 12. Haner wears many hats: attorney, choir director, teacher, entrepreneur, wife and mother. She also founded Theatrix KIDS, a specialty program designed to teach music theory, vocal performance,

dance, and acting via group and private lessons. And, you might have seen her recent performances in community theatre at Ovation Repertory Theatre or Stars Theatre Restaurant.

For a fun night to appreciate the arts and help benefit the Boys & Girls Clubs of Kern County, mark your calendars for their Farm to Tableaux event on Friday, October 7 featuring the artist, Frida Kahlo. To read all about their mission and this exciting fundraising event, turn to the article, “**Farm-to-Tableaux Event Celebrates Kahlos’ ‘The Two Fridas’**,” on page 14.

Special thanks to Mike Cushine and his daughter Mackenzie Cushine for helping us with the article about the 21st season of Kern County’s “Do the Math” program. The article, “**Do the Math’ Helps Students Find Answers AND Understand Mathematical Concepts,**” on page 18, features this unique show that airs live at 4:30 pm to 5:30 p.m. every Tuesday and Wednesday starting Tuesday, September 13. This program not only helps students find answers to their questions, but makes sure they understand the process so they can learn harder concepts.

As September becomes the first official “ber” month and we’re still getting into the swing of our school routine, Callie Collins writes in her article, “**11 ways to Streamline your Back-to-School Routine,**” on page 16 how to be more efficient at getting out the door in the morning. Also, in “**Readers Respond,**” KCFM asked its readers to share what after-school activities their kids will be participating in this Fall. To read all about these fun, extracurricular plans, turn to page 10.

During September, as you head into the Fall portion of the calendar, I’m ready for all things Fall. During this time of year, there are so many chances for you to make some memories for your kids. You can even take them to a place that they’ll love even if you don’t want to go there. And, trust me, it will turn out to be a magical adventure because you will love it because they love it. Their smile will say it all.



# Library Card Sign-up Month – A Back-to-School Essential

What's the most essential school supply of all? "A library card," says the American Library Association (ALA). September is Library Card Sign-up Month. The observation began in 1987 when U.S. Secretary of Education William J. Bennett urged a national campaign for all kids to obtain and use a library card.

Today's libraries offer a broad array of free materials, services, and activities for kids and adults alike. Here are just a few great reasons to make the library an integral part of your and your child's life.



## Movies & films –

Today's libraries offer a great selection of mainstream movies and television series as well as educational, independent, and foreign films on DVD for kids and adults alike.



## Music CDs

Music is the universal language. You'll find a large selection of pop, rock, and country music CDs at the library. You can even introduce your kids to classical, jazz, blues, international music, and more.



## Computer software and games

If your kids are into video games, the library has an array of children's educational software and video games. You can also find teen and adult video games, instructional and reference software, and productivity software ranging from Microsoft programs to graphic design.



## Periodicals

Newspapers, magazines, and niche periodicals are available for both in-library use and check out.



## Books, ebooks, and audiobooks

In addition to vast collections of print fiction, non-fiction, and reference books, libraries offer audiobooks on CD, including unabridged editions. Many libraries also provide ebooks in multiple formats.



## Computer and Internet use

Nearly all libraries offer free computer access for Internet browsing and research. You'll also likely have access to basic word processing programs, Excel, PowerPoint, and more.



## Inter-library loan

If you can't find a book or item you're looking for, most libraries have inter-library and reciprocal loan programs. Just ask your library if it can request the material from another library for you. Some library systems have arrangements so you can use your library card at libraries in nearby communities.



## Online catalog

Most libraries have a website with access to their complete catalog. You can browse or search for materials from home to determine their availability before you head out. If an item you want isn't available, you can usually reserve it or request an inter-library loan right from your computer.



## Special events

A wide array of programs, events, and activities are found at libraries throughout the year. These include children's storytimes, computer classes, enrichment programs, book discussion groups, used-book sales, author events, children's and teen movies, crafts, and more.

## DID YOU KNOW?

### California Libraries Offer Free State Park Passes

California has a wealth of state parks, and many public libraries are likely within driving distance of one. The First Partner's Office, CA State Parks, and the California State Library are partnering to provide free vehicle day-use entry passes to over 200 participating California parks operated by State Parks available for library card holders to checkout from their local library.

The pass is valid at over 200 participating State Parks. Check <https://www.parks.ca.gov/ParkIndex> to search list of participating California State Parks. After a fun day of recreating responsibly, just return the pass to the library for others to use. For more information, please visit [CheckOutCAStateParks.com](http://CheckOutCAStateParks.com). If you don't have a library card, it's free to sign up. In fact, September is Library Sign-Up Month. You can find local libraries at [www.kerncountylibrary.org](http://www.kerncountylibrary.org).



### Kern High School District Free Meals

The Kern High School District will provide free breakfast and lunch for all students in the 2022-23 school year under the National School Lunch/School Breakfast

Programs. Student access to free meals at school will help reduce problems associated with hunger and increase their chances for success.

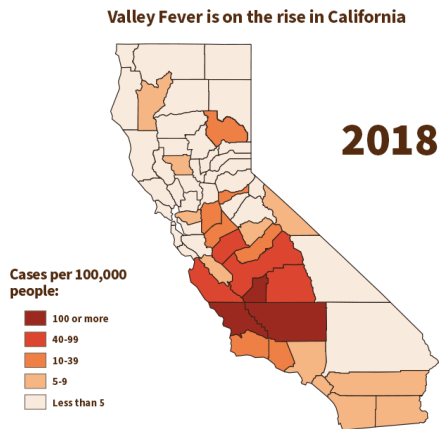
While the free meal program allows students access to daily breakfast and lunch without having to qualify for eligibility based on a family's income, it is still important to complete either a Meal Application or an Alternative Income Form, depending on your student's school.

**For additional information about free school meals or how to find the Meal Application or Alternative Income Form, please visit the following link <https://bit.ly/2PcD8yx> or [kernhigh.org](http://kernhigh.org).**

### Kern County Public Health Launches New Valley Fever Feature on Website

Kern County Public Health Launches its new Valley Fever feature on the website, <https://kernpublichealth.com/valley-fever/>. Valley Fever is a disease caused by a fungus that grows in the soil and dirt in some areas of California and the southwestern United States. People and animals can get sick when they breathe in dust that contains these spores.

This interactive website outlines the basic information, its history, symptoms, groups at risk, prevention tips, and resources. It also displays local statistics for number of cases and incidence by year and death and mortality rate by year. You can also watch a PSA by Sheriff Donny Youngblood on the website where he says, "Learn more about Valley Fever – Do it for yourself and do it for your family."



### Assemblymember Rudy Salas Honors Gold Star Mothers and Families

Assemblymember Rudy Salas was recently joined by Gold Star Mothers and Families in the State Capitol as Assembly Concurrent Resolution (ACR) 152 was passed by the Legislature with unanimous support. ACR 152 proclaims September 25 as Gold Star Mothers' and Families' Day in California in honor of their ultimate sacrifice and dedication to the US.



"In recognizing Gold Star Mothers and Families, we honor the memory of fallen soldiers who sacrificed everything to protect our freedom," says Assemblymember Salas. "Gold Star Mothers and Families have dedicated themselves to helping those who have lost loved ones in the military. This incredible network of support is a testament to the strength and patriotism of our Gold Star Families. While many of us will never understand the pain of their loss, it is our duty to continue to recognize them and offer our unending support."

Gold Star Mothers are named after the Gold Star that families hung in their windows in honor of a lost service member. The United States began observing Gold Star Mothers' Day on the last Sunday of September in 1936, to offer support for mothers who lost their sons or daughters during war.

### Calling all Artists to Apply for Via Arte



Calling all artists to create temporary works of art with chalk pastels on the pavement for Bakersfield Museum of Art's Via Arte event held at The Marketplace on Saturday and Sunday, October 22 and 23. Artists must be 18 years and older and there is no fee for participation. The deadline to apply is October 2.

Each application must contain the description and photo of the masterwork being copied or the concept of the original work must be submitted for approval.

**For more information, please visit [www.viaartebakersfield.com/artists](http://www.viaartebakersfield.com/artists).**

# New Downtown Mural Celebrates Operation School Bell



Photo Courtesy of the Assistance League

One of the newest murals in downtown Bakersfield celebrates a pioneering effort to help school children. Painted on the south side of the Assistance League of Bakersfield building, the mural was officially dedicated August 11. It was created by Deidre Hathor and Brandon Thompson, with assistance from apprentice Micah Herndon.

The colorful 21 foot by 50 foot mural celebrates Operation School Bell. The program, which began in Bakersfield in 1958, is now the signature philanthropic program from all Assistance League chapters nationwide. It provides school children with a hygiene kit and clothing items such as shirts, pants, underwear, socks and a jacket. To date, more than 155,000 local students have been served by the Bakersfield chapter's Operation School Bell.

For more information, please visit [www.assistanceleague.org](http://www.assistanceleague.org).

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## Factors that Can Adversely Affect Mood



No one is immune to the occasional bad mood. A bad mood can make a difficult day feel even more so, and multiple-person households can become uncomfortable places to be if one person's mood is less than welcoming.

Bad moods can be easy to shrug off, and that may not inspire people to wonder why their generally upbeat outlooks can suddenly take a turn for the worse. Each person is different, so what triggers a mood swing in some individuals may not necessarily do so in others. However, various factors can adversely affect mood. Taking steps to avoid or minimize such factors can reduce the number of days when you feel as though you woke up on the wrong side of the bed.

**Lack of physical activity:** A 2019 study from the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression. That link is likely connected to the release of endorphins triggered by exercise. Endorphins are hormones that studies have shown contribute to a general feeling of well-being, which explains why a lack of physical activity can adversely affect mood.

**Chronic stress:** Chronic stress has long been linked to a host of health problems. According to the Mayo Clinic, chronic stress puts individuals at increased risk for heart disease and weight gain but also issues that affect mood, including anxiety and depression. Individuals who find they are routinely confronting bad moods may be dealing with chronic stress. Identifying the source of that stress and speaking with a health care professional about how to reduce and manage it may lead to improvements in mood.

**Hunger:** A 2018 study from researchers at the University of Guelph in Ontario found evidence that a change in glucose levels can have a lasting effect on mood. The study, published in the journal *Psychopharmacology*, found that rats injected with a glucose metabolism blocker experienced stress and depressed mood due to the resultant hypoglycemia. The study lends credence to the notion that many people have about feeling moody when they don't eat.

**Weather:** Seasonal Affective Disorder is a type of depression that adversely affects certain individuals' moods during winter, when hours of sunlight are fewer than during spring, summer and fall and when temperatures outside can sometimes be so cold as to keep people indoors for extended periods of time. In addition, a 2013 study published in the journal *Social Indicators Research* found that individuals report greater life satisfaction on exceptionally sunny days than they did on days with ordinary weather. Bad moods come and go for most people. Identifying common triggers for bad moods can help individuals prepare for potential mood swings and navigate them in healthy ways.

## Common Causes of Acne:

Acne often is associated with adolescence, but the condition can affect people of all ages, including infants and adults.

The American Academy of Dermatology reports that acne develops when pores become clogged with oil and bacteria. Scientists are still trying to determine why certain people are more prone to developing acne than others, but hormones are a primary factor.

According to Acne.org, hormones are integral to the development of acne. This is why acne is so common during puberty, when hormones are raging in full effect. Inflammation also plays a role in the development of acne. The redness and soreness that occurs with acne is the result of inflammation.

Acne happens when hair follicles become blocked with oil and dead skin cells. As a result, whiteheads, blackheads or red pimples may form, says the Mayo Clinic. People who experience acne may suffer both emotional and physical effects. That's because acne pimples are slow to go away, and when they do, new ones may form soon after. The visibility of acne can adversely affect self-esteem. However, acne also can cause scarring if lesions are picked at. That makes acne a potentially long-term physical issue.

### Types of acne

The Mayo Clinic says acne may present itself in different ways.

- ✓ Whiteheads: Closed, blocked pores.
- ✓ Blackheads: Open, blocked pores.
- ✓ Papules: Small, red, tender bumps.
- ✓ Pimples: Papules with pus in their tips.

In addition, individuals may develop nodules, which are large, solid painful lumps under the skin. Painful, pus-filled lumps under the skin are called cystic lesions.

### Myths about what causes acne



Hormones are a major contributor to the formation of acne, but there are other things that people mistakenly think cause acne. Stress is one of them. The AAD reports that stress will not cause acne, but it may worsen existing acne. Research indicates that when stress levels go up, so does the severity of acne.

Other factors may worsen acne, but not necessarily cause it. This includes getting insufficient sleep, using oily makeup and skin care products. Genetics may contribute to acne. Certain medications, like corticosteroids, testosterone or lithium, also may cause acne.

Although chocolate and greasy foods are often cited as culprits behind acne, they have little effect. Researchers are studying if carbohydrate-rich foods such as chips, bread and bagels may worsen acne.

Acne affects people of all ages. Early treatment can head off the more lasting effects of acne and alleviate some of the issues regarding self-esteem that arise from having acne.



# Need-to-know facts about gynecologic cancer



A woman's reproductive system is unique. That system is capable of contributing half the genetic material to create a child, and then has the unique ability to provide the optimal environment for that child to grow. The gynecological system is a remarkable component of

the body, but just as susceptible to the formation of cancer as other areas.

Gynecologic cancers begin in the reproductive organs of women, advises Yale Medicine. Cancer can affect the cervix, ovaries, uterus and endometrium, vagina, and vulva. More rarely, cancer can occur in the fallopian tubes.

There is currently only one screening test for gynecologic cancers, and that test detects the presence of cervical cancer. Women are urged to have a Pap test at regular intervals to detect cervical cancer early when treatment can be most effective. Other gynecologic cancers are only detected through the presence of symptoms, which include:

- abnormal vaginal bleeding or discharge
- urgent or frequent urination
- constipation
- pelvic pain

Among the gynecologic cancers, uterine (endometrial) cancer is the most common type, reports the Memorial Sloan Kettering Cancer Center. More than 49,500 Americans are diagnosed with this disease each year, and it tends to develop after menopause. Ovarian cancer is the second most common type of gynecologic cancer in the United States, affecting around one in 70 women.

While there is no way to completely avoid cancers of the female reproductive system, identifying risks and seeking help as early as possible can make gynecologic cancers much more treatable.

## DID YOU KNOW?



According to the National Institute of Mental Health, minority groups are considerably less likely than whites to receive treatment for mental illnesses. The NIMH indicates that, in 2015, 48 percent of white adults with mental illness received treatment. In that same year, just 37 percent of Blacks and Hispanics with mental illness received treatment and only 22 percent

Asian Americans were treated. A study from the National Survey on Drug Use and Health found that the most commonly cited reason for not seeking mental health care was the cost of services or the cost of insurance. Supporting efforts to lower that cost or provide free mental health care to the uninsured or underinsured could encourage more minorities to receive treatment for mental health disorders.



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It's back-school-season! We asked our readers to share their plans for after-school activities and what they will participate in, from sports and music lessons to unique opportunities. See a selection of their answers featured below!

# Q. What after-school activities will your children participate in this year?

*Barbie Thompson*

My high schooler will run cross country and both of my kids are involved in their youth group at church.

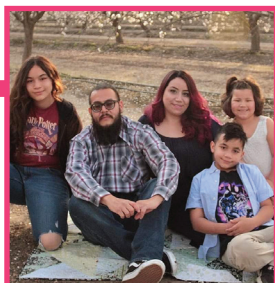


Living in California, I think it is important for my children to know how to swim. They started taking lessons twice a week at InShape and feel so confident and are making huge strokes towards swimming independently.

*-Lindsey Parick*

*Sonia Lopez*

I have three kids, ages 14, 10 and 5. My 14 year old has soccer that keeps us busy. My 10 and 5 year olds will probably get involved in sports as well. It will be a busy year, that's for sure.



My son will be playing golf and basketball.

*-Yvette Salazar*

I have my daughter in Galaxy Gymnastic! She was stressing me out with all those flips at home.

*-Kimberly Juzman*

*Cari Cowling*

School sports and dance classes.



My son will be playing football!

*-Jessica Payan-Medina*

My children will be in the STEAM after school program.

*-Daisy Perea*

*Athena Jara*

My child will be in an after-school program taking art classes..

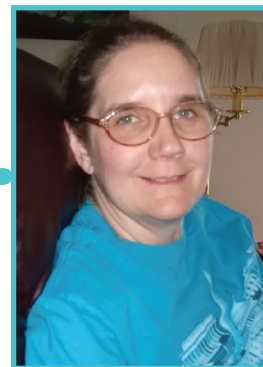


Our school has an after school program. They also have clubs that the kids can join. My son loves the chess club. I think it's so important for them to be active and participate in different activities. We are lucky our elementary school offers these types of clubs for the kids to enjoy.

*-Yolanda Mefford*

*Rebecca Sampson*

We will volunteer at the shelter.





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Multi-talented

# Hello, Happy Mama:

## Tara Haner: attorney, choir director, teacher, entrepreneur, wife and mother



L to R: Wyatt, Caden, Scott, Tara, Kya, Addie Grace

Tara Haner is a woman with many roles and diverse talents. The mom of four is the owner of Haner Legal Consulting and Theatrix KIDS, a performance arts group. She is also choir director at North High School. As a performer herself, Haner is also known for community theatre roles, including recent live performances in “The Addams Family” at Ovation Repertory Theatre and “Always... Patsy Cline” at Stars Theatre Restaurant, in addition to years of acting in headline performances ranging from “The Grapes of Wrath” to “The Sound of Music.”

Tara does not see her life as particularly extraordinary or interesting, even though the variety of life and work activities she is involved in stand out.

“I don't put things in my life that don't feel good to me,” said Tara. “Everything I do involves my family. I couldn't do it without my husband's support. He brings me the theatre materials I need, keeps track of finances and so much more. I only associate

with people who understand that family is my priority. I choose employers who allow me to prioritize family. Everything I do is built around edifying the family.”

Tara and her husband, Scott Haner, are the parents of Kya, 17, Wyatt, 15, Caden, 13, and Addie Grace, 12. Scott taught high school math for 17 years and now teaches independent study at Kern High School District's Discovery Center, a secondary school for students with unique situations seeking an alternative path to graduation;



he is also known in the community as a long-time basketball referee. Together, they homeschool two of their children and farm two-and-a-half acres.

“We're big on self reliance and our family life involves canning and milking,” said Tara.

Tara practiced civil litigation defense for nearly five years before becoming a principal at Valley High School; she left the school in 2005 and continued her law career.

A kind of longing for something more remained.

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

Pet my dog.

“Being involved in matters with a constant source of contention wasn't serving my heart,” said Tara. “I absolutely love law and my practice as an attorney but I also need the arts.”

She founded Theatrix KIDS, a specialty program designed to teach music theory, vocal performance, dance, and acting via group and private lessons, in 2018.

“Doing storytelling and music to help process emotions is something theatre therapy groups do very well. I see the value of processing trauma as something that can benefit young people by putting on a different character, being able to process and work through issues. I know of juvenile offenders who have become productive members of society through the power of music and theatre,” she said. “I wanted to be involved in that.”

Tara developed her techniques from her own teaching experience, where she saw performers with fewer opportunities to excel in more than one arts discipline, and from the work of Bethany Lahammer at Platform Theatre Company.

So far, my best life advice is...

Take stock of your blessings daily.



L to R: Wyatt, Caden, Scott, Tara, Kya, Addie Grace

The best book I've read lately...

**"The Leadership Playbook" by Jamy Bechler.**

Involvement in the arts continued for Tara and took on new relevance at the time of her Father's death in 2019.

Tara is the daughter of L. Michael McQuerrey, a beloved choir director best known for his nearly four decades of service in local schools, including Arvin High, Liberty High, South High and West High. He may also be

familiar to Kern County residents as music minister at First United Methodist Church. She sang at home from a young age and played flute from the fourth grade through high school.

More than 500 former students attended McQuerrey's funeral and sang Peter C. Lutkin's arrangement of "May the Lord Bless You and Keep You."

"It was an incredibly moving experience that took place in the town he had taught in, the town where I grew up, with all of these adults singing on risers," explained Tara. "I paused after the funeral and felt a calling on my soul to continue his legacy."

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

**"A bag of Swerve sugar replacement"**

Tara began as North High School's choir director in 2020. She now teaches in the same room used by Dr. Darrell Cates, who filled the role in the '80s and was also an early voice teacher for her as a young child. Occasionally, she finds sheet music with Cates' name on it in the space, a full circle moment that makes her smile every time.

Although Tara continues to practice law part time, she remains grateful for the opportunity to be involved in the arts and in enterprises where family can come first. She credits North's principal, Dr. Mark Balch, for empowering teachers at North in a way that keeps them coming back to the classroom, with a supportive environment.

Tara believes participation in the arts opens doors for young people, something she has also observed firsthand and considers part of her identity through diverse experiences, including a gap year in Spain.

"You cannot understand yourself and humanity well until you see what others have lived," she said. "Exposing young people to a diverse populace, different ways of thinking, different languages and ideas is something we have to do for our young people and it shows up in art."

The majority of the student population she serves is considered below the poverty line, a factor contributing to the circumstances of some who have never left Kern County. Tara will lead a student trip to Washington, D.C. June 15-19, 2023 over the Juneteenth holiday to attend multiple ceremonies at the We Have a Dream Choral Festival. Donations to fund student travel are accepted via Venmo to @NorthHigh-Choirs.

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2 Questions with Tara Haner

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

**A.** Daily gratitude is something I practice in the morning and evening, which includes journaling the things I'm grateful for, and prayer practice, which is 50% praying and 50% listening, experiencing stillness and quiet. In that quiet, I allow space for God but also for myself. I contemplate goodness and our many blessings. That practice has changed everything for me, from the amount of times I can smile to my breath control. I also take a walk every single day.

Taking care of myself makes me a better mom, person and friend so I can continue to show up for my family, our church, sports and community.

**Q. What is your parenting PSA?**

**A.** Take time to look your children in the eye. Take time to love. Take time to notice your kids, not just be and do, but love them and find what matters to them. I don't think you can do that without getting on their level and looking them in the eye.

## Farm-to-Tableaux Event Celebrates Kahlos' "The Two Fridas" Boys & Girls Clubs of Kern County Fundraiser



Cat Webb, the artistic designer has made-up the many faces of the Farm to Tableaux characters since the start

Photography by Orlando Trevino

Local philanthropists, community members, performers and outstanding young artists will come together for the Boys & Girls Clubs of Kern County's seventh annual Farm to Tableaux fundraiser at 6 p.m. on Oct. 7. Formerly known as ArtFest, a smaller show hosted at Marketplace Square, the event has expanded to include hundreds of guests. Months of planning, including the creation of extraordinary works of art, the participation of professional actors, a customized menu of gourmet food and logistical coordination, bring out the best in all things local with the play on words "farm to table" and the art term "tableau," a large painting depicting a story, in this case, "tableau vivant," a live tableau with the aid of actors.

All of that effort culminates for one special evening to benefit an amazing cause. All funds raised directly benefit participating children in Kern County, particularly those experiencing homelessness. Last year's gross total was more than \$400,000.

As a non-profit, the organization's funding is made possible by corporate support, public and private grants and the generosity of local donors. Scholarships cover the majority of the cost of attendance for approximately 92% of attendee expenses; attendance is open for children ages 5 to 17. However, there are no specific funding dollars allocated for attendance to cover the cost of children living in shelters or otherwise experiencing homelessness.

Dollars collected at the event make it possible for this specific demographic to attend safe, quality care with life-enriching activities during school breaks, with transportation services to and from three homeless shelters: The Mission at Kern County, Bakersfield Homeless Shelter and Alliance Against Family Violence; the latter have combined to form the Open Door Network.

"We already operate at school sites, so these children are already taken care of when there is class but the logistics change when school breaks happen," said Executive Director Zane Smith. "We offer a place where kids can be kids for eight hours a day with enrichment, food, STEM [science,

technology, engineering and math] activities and more, an opportunity for them to develop friendships and build life skills. Having children here gives parents who are going through difficult times to be able to have respite, to go seek services, get counseling, receive job training or do what they need to do for their wellbeing and that of their family."

Providing new art materials, from brushes to canvases, will also be a priority purchase made possible through the funds raised. Children's art will be on display, with certain items available for auction.

"Throughout the past year, we have used materials purchased from the previous year's event proceeds," said Smith. "Kids are supporting their own free art lessons and materials. Last year, first thing was to go out and buy all new canvases. Children are making that connection between work, money and the value of a dollar," said Smith, who related how one participant equated the sale price of his work with the purchase cost of how many canvases could be purchased from its proceeds.

Each year, a new artist is selected to inform the event's theme, which also provides inspiration for lesson topics, from art history to technique. Many teachers come from Bakersfield, including a paid intern who worked as an aide this year who is a former Club participant.

"We love that Frida gives us such a rich palette to work from. In addition to other Latin American artists and food, this year's event is sure to be a feast for the senses," said Smith. "It's Latin American cuisine elevated to throw in a twist of Frida fun."

**Boys & Girls Clubs of Kern County: Farm to Tableaux All proceeds directly benefit the non-profit organization.**

**Artistic theme:** Frida Kahlo

**When:** October 7th at 6 p.m.

**Where:** Highgate at Seven Oaks

The evening will include an in-person event with farm-to-table cuisine matching the evening's Latin American cuisine, living art (tableaux vivants) with figures in make-up and costume to depict works of art and bring them to life, and a fundraising auction with art created by youth participants, in addition to donated items. Costumed Frida Kahlos will roam the event.

Public admission was unavailable at the time of publication; it has sold out for the upcoming event. For sponsorship information, please contact the organization directly at 661-325-3730.

**Find more information at <https://www.bgclubsofkerncounty.org/> and <https://farmtotableaux.com/event/bgckc/>.**

October is also Breast Cancer Awareness Month, a designation that will be incorporated with taco shells made from pink tortillas, a nod to Kahlo's saturated colors, the red and pink hues for which she is known. The night's signature drinks are the Spicy Friday, a blue jalapeno drink, the Friday on Fire, a strawberry basil cocktail, and the Frozen Frita-Rita, a margarita made in collaboration with a local ice pop vendor.

Maddie Janssen with KGET-TV 17 will serve as emcee. Local artists Jesus Fidel, Marj Dow, and Emily Loyd will be part of the live performances that bring art to life. A rendering of Kahlo's famous The Two Fridas self-portrait, on permanent exhibition at New York's Museum of Modern Art, will include a life version with an actress and a 3D wooden cutout sitting side-by-side. The children's art will be on display, along with featured Kahlo works in grand scale, including 8'x24,' recreated by professionals.

Find out more about the Boys & Girls Clubs of Kern County student performers at <https://youtu.be/yOVDUf8ZjyM>.

"Although this is an adults-only event, some of our kids are chaperoned to be available for interviews and social conversations about their work in a supervised setting," explained Smith. "We have had so many instances where an attendee is pleasantly surprised and inspired by our young people. At our event last year, an individual shared that he didn't need to purchase the work of art he was bidding on but because the child was so earnest and charming, he wanted to and would not leave the bid sheet. This event develops a strong sense of pride as our kids complete their pieces."

A group of stakeholders select which student works are auctioned; other works stay to inspire youth and go up on the organization's walls. At least 35 original works of art are expected at this year's event.

"Free lessons, mentorship, friendship, igniting of a passion, validation: we want to see children thrive," said Smith. "It also gives voice to talented working artists. It is an act of love from everyone involved."

**More than 40 sponsors have made this event possible:**

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# 11 WAYS TO streamline your back-to-school routine



Start the night before! Check out our backpack safety tips & backpack craft on page 23!

**B**ack-to-school is the perfect time to start new habits. Streamline your routine to get out the door efficiently and make school mornings less stressful. If school is in session but getting out the door is difficult, try a different approach.

Make school days better this year with these 11 tips:

## 1. Invest in an alarm clock:

Help children get up on their own with an alarm clock in their rooms. You can add a second alarm once they're awake for when to finish brushing teeth, making beds and getting dressed to join you for the day's send-off.



## 2. Start the night before:

Commit to dedicating 30 minutes to prepare for the next day before bedtime, while your children are still awake to help. Find shoes and layout socks. Put your child's school clothes or uniform in a place he or she can easily reach. Check folders, fill out paperwork, charge portable electronic devices and repack backpacks. Verify your child's plan for lunch, whether that means leaving money on his or her account or assembling a lunchbox.

## 3. Figure out breakfast:

Lay out what you'll need for a morning meal. Decide with your family the night before what you'll eat to avoid the last minute "But I don't want that" objections. Give them something to look forward to the next morning and set the table. If breakfast feels complicated, simplify with on-the-go items like granola bars or cheese sticks. Check out our grab-n-go, easy overnight oatmeal recipe on page 21.

## 4. Download a chore app:

Children of the 80s and 90s may fondly remember the sticker chart. No need to make a new purchase or add clutter; download an app for your child for use on a tablet or on your own phone. Define what needs to be done each morning, list chores and expectations and choose a reward. Let school-age children learn self-efficacy as they work through their morning routine.

## 5. Prepare yourself:

Get your items together to leave, too. Whether you're headed to the office or back home, put your keys and wallet in a consistent place. Leave any items you need to take under your keys. Set out the next day's outfit, including shoes.

## 6. Designate a lunch-prep day:

Pack and prepare five days of lunches, one for each school day of the week, on Saturday or Sunday. Leave them labeled and ready.

## 7. Request your school's allergy list:

Although the era of homemade snacks changed with COVID, knowing what to pack and which foods to avoid is key, especially if you're sending lunch. Is peanut butter allowed at your child's school? Sesame, dairy and strawberries are familiar concerns for many families. Streamline your lunches from home by knowing those parameters.

## 8. Shop ahead:

Plan for grocery delivery or a wholesaler with options like pickup, delivery or mail service. Subscribe and save options may also be a good fit to avoid last-minute trips to the supermarket. Add homework supplies gluesticks or pre-sharpened pencils to be delivered periodically for school projects with items automatically on-hand.

## 9. Fill water bottles in advance:

A reusable water bottle has never felt longer to fill than a morning when you're in a hurry. Even if your child chooses hot lunch in the cafeteria, having a water bottle for hydration throughout the day is something most schools request. Prepare five at a time and store them in your refrigerator. If you have to leave with an empty bottle, it's not the end of the world. Schools often have options to fill water bottles.

**"Mix a little foolishness into your serious plans."**

*Horace*

## 10. Figure out transportation:

If transportation is causing delays in your morning, figure out a new option. Using the school bus may prompt stragglers to get ready rather than be dropped off; consider carpooling with neighbors.

## 11. Teach your children an after-school routine:

Show them a single, designated spot to hang up backpacks, show them where to add shoes or other repeat-use items, and establish the habit of putting them there. Encourage them to think through any needs for the next day. Check calendars at least once a week to prepare for upcoming needs to order, plan or prepare ahead of time.



# Fresh starts: Book recommendations for a new season

**F**resh starts, first days and new experiences: Our September book reviews have something for everyone in the spirit of all-things new. Just as students are settling into their own back-to-school routines, these titles can help reinforce the constancy of change in our lives, sure as the seasons. A reflective selection for grown-ups is also included. Readers young and old will delight in a shared story with these suggestions. See below for four titles to peruse this September. *by Callie Collins & LJ Radon*



**This Is a School**  
by John Schu, illustrated by Veronica Miller Jamison; \$17.99; Candlewick; 4-8 years.

Librarian and author John Schu reveal how a school isn't just a building; it is all the people who work and learn together. It is a place for discovery and asking questions; A place for sharing, for helping, and for community. It is a place of hope and healing, even when that community

can't be together in the same room. This cheerful story introduces children to the concept of school and celebrates teamwork, curiosity, friendship and the joy of learning with vibrant, colorful illustrations.



**The Lost Package**  
by Richard Ho, illustrations by Jessica Lanan; macmillan.com; \$18.99; 3-6 years.

A little package gets lost on the way to the airport. But with a little bit of luck--and a lot of serendipity--it might just find a new route to its destination... But just like other packages, it left the post office with hope. And unlike most packages, before it got to its destination...it...got...lost. Follow the heartwarming story of a package that gets

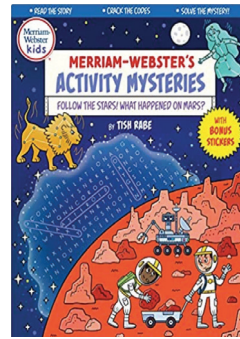
lost, then found and a the discovery of a friendship tale that proves distance can't always keep us apart. A Chicago Public Library Best of the Best Children's Book of 2021 and A Kirkus Best Picture Book of 2021.



**My First Day**  
by Phùng Nguyễn Quang and Huỳnh Kim Liên Make Me a World Publishing; \$17.99; 4-8 years. A visually stunning story of resilience and determination by an award-winning team.

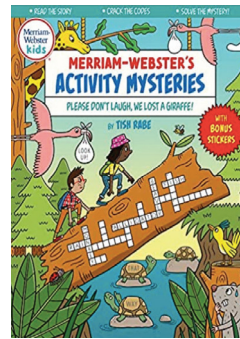
No ordinary first journey, the rainy season has come to the Mekong Delta, and An, a Vietnamese boy, sets out alone in a wooden boat armed only with a single oar. On the way, he is confronted by giant

crested waves, heavy rainfall and eerie forests where fear takes hold of him. Although daunted by the dark unknown, An realizes that he is not alone and continues to paddle. He knows it will all be worth it when he reaches his destination--one familiar to children all over the world.



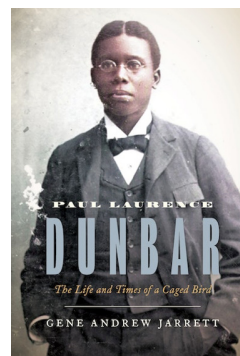
**Follow the Stars! What Happened on Mars?**  
by Tish Rabe Merriam & Webster Publishing; \$9.99; 6-12 years.

Unscramble word puzzles, navigate letter mazes, and crack the codes in this fun and surprising mystery tale written in rollicking verse. Merriam and Webster visit the International Space Station to discover that the Mars rover has stopped working! The kid detectives blast off in a rocket to find out what happened. Packed with puzzles, mazes, riddles, and codes designed to challenge young minds, build vocabulary, and keep kids entertained for hours! Includes a full page of four-color stickers.



**Please Don't Laugh, We Lost a Giraffe!**  
by Tish Rabe Merriam & Webster Publishing; \$9.99; 6-12 years.

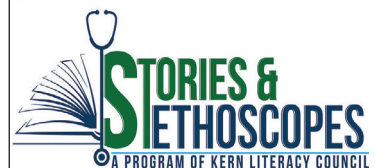
Kid detectives Merriam and Webster can solve any mystery with a bit of help! Unscramble word puzzles, navigate letter mazes, and crack the codes to help solve this fun and surprising mystery tale written in rollicking verse. Merriam and Webster travel to a local wildlife refuge to discover some terrible news: their favorite giraffe, Zari, is missing! As the kid detectives set out to find the missing giraffe, they encounter animals along the way who also need your help. Can you piece together the clues and solve the word puzzles to help all the animals find their way home?



**Paul Laurence Dunbar: The Life and Times of a Caged Bird**  
For Adults: "Paul Laurence Dunbar: The Life and Times of a Caged Bird," by Gene Andrew Jarrett ; Princeton University Press; \$35. Barnsandnoble.com.

Jarrett tells the story of how Dunbar, Paul Laurence Dunbar (1872–1906) was one of the first African American writers to garner international recognition in the wake of emancipation. Born during Reconstruction to formerly enslaved parents, he excelled against all odds to become an accomplished poet, novelist, essayist, playwright, and Broadway librettist. While audiences enjoyed his literary readings, Dunbar privately shouldered the burden of race and catering to minstrel stereo-types to earn fame and money.

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



# "Do the Math" Helps Students Find Answers AND Understand Mathematical Concepts



Twelve-year-old Gavin Frank joins hosts Mike Cushine and MaryLou Long on Do the Math. photo courtesy of KCSOS

Most students can find answers to math equations with simple problem-solving apps like PhotoMath or MathAway, but are they really learning the concepts and understanding the mathematical process? Just getting the answer only helps them with that one question, but with the "Do the Math" program they learn how to approach math problems with a variety of strategies that will help them build on that knowledge to solve more complex problems.

"Do the Math" ramps up for its 21st season to begin airing this month. The show is unique in that the tutors take time to ensure a student fully understands a math concept instead of the student getting a quick answer from an app.

"It's exciting to witness the moment a student understands how to solve a problem instead of just getting an answer and moving on," says Mike Cushine, the show's host.

The 21st season of "Do the Math" will begin on Tuesday, September 13. The live TV shows from 4:30 pm to 5:30 p.m. every Tuesday and Wednesday. Special segments, guests, and contests supplement the math instruction

Twelve-year-old Gavin Frank, a great student at Downtown Elementary, has been on the show multiple times after producers heard how much he liked to watch the show. "Do the Math makes math fun! I enjoyed going on the show and learning new ways to address my math work. Having help makes mathematics less challenging and more exciting," Gavin says.

**"Math and art are intimately connected."**

*Amy Smith*  
Executive Director of BMOA

Cushine says this year they are going to be teaming up with business and community partners to help students understand the importance of mathematics in all STEM areas. The Bakersfield Museum of Art (BMOA) is one such partner who will spotlight recurring guests each month to show different art techniques and how they incorporate math.

"We love appearing on 'Do the Math' because we feel it's important to help children understand that math and art aren't mutually exclusive," says Amy Smith, Executive Director of BMOA. "In fact, math and art are intimately connected. Deciding how to arrange a canvas, mixing colors in the right ratios to achieve the perfect color, measuring a grid to accurately scale an image-

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-that all comes down to math. 'Do the Math' is a natural extension of BMoA's children's art education program: an opportunity to share with kids the beauty of art, and the math behind it."

Other featured guests will be from the Bakersfield Symphony Orchestra to illustrate how math and music go hand-in-hand. "The Bakersfield Symphony Orchestra is very excited to introduce students to the connection of math and music through the 'Do the Math' program," says Holly Arnold, Executive Director, Bakersfield Symphony Orchestra.

"Various Symphony musicians will participate in a six-part series, each time introducing a different instrument and providing a unique lesson connecting music and math along with the musicians' perspective on how math has influenced them in their musical career. It's often a surprise for students to learn that playing an instrument relies on understanding concepts such as fractions and ratios and that the biggest similarity between math and music is patterns. As part of our 'Growing our Own' initiative, the Bakersfield Symphony is committed to inspiring local students through musical education and experience," she says.

"Do the Math" is part of 60-plus hours of weekly K-12 educational programming aligned to state standards that is available through KCSOS's Kern Education Television Network (KETN). Free phone-in tutoring is available to students from 3:30 to 5:30 pm on Tuesdays and Wednesdays by calling (661) 636-4357 or toll-free at (866) 636-6284. "Do the Math" can be seen in Bakersfield on Spectrum Cable Channel 15, in California City, Boron, and Mojave on Channel 19, and in Rosamond on Channel 180.

For more information, visit [www.dothemathonline.net](http://www.dothemathonline.net). You can also follow "Do the Math" on social media: Facebook: @dothemathbakersfield and Twitter: @dothemathbako.

## DID YOU KNOW?

There are many proven benefits to mixing maths and art education, children demonstrate improved comprehension, concept visualisation, creativity, and long-term interest and engagement. Enjoy our Sudoku on page 29 with your child.



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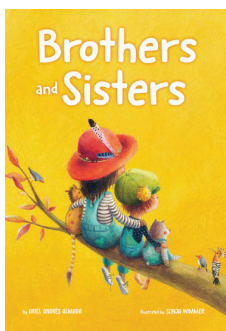
By Elena Epstein, Director of the National Parenting Product Awards

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



**Bedtime Defenderz**  
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Comprised of five heroes: Magnus, the leader; Bruno, the brawn; Lex, the heart & soul; El Soñador, the scrapper; and Ziggy, the speedster, all defenders come with their own comic book to read at bedtime with parents, along with a power band children can use to role-play when communicating with their Defender. Each Defenderz’s belt buckle glows in the dark to make falling asleep easier. Bedtime Defenderz make a perfect gift for relieving back-to-school anxieties or a holiday gift idea \$29.99 on Amazon, ages 3-7.



**Brothers and Sisters**  
A lyrical, charming picture book; a warm-hearted tribute to siblings & their magical bond. Inclusive illustrations showcasing siblings by blood and of life. \$16.95, ages 4-8, [cuentodeluz.com](http://cuentodeluz.com)



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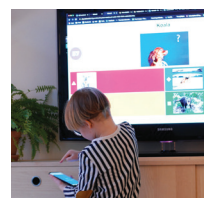
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**Sprouts Ware Food Pocket**  
Makes squeezing healthy snacks into your little one’s routine easy, without the waste of single-use packaging. Provides a fun, earth-friendly, long-lasting alternative to traditional bottles. Has a wide opening and sturdy base for mess-free filling and rounded interior for easy cleaning. \$17.99, ages birth-8 years, [greensproutsbaby.com](http://greensproutsbaby.com)



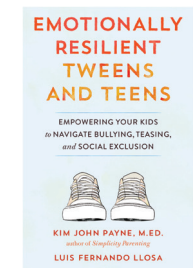
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Designed by educators to teach important concepts for preschool readiness and success. Includes 2 double-sided, self-inking, washable stampers and flashcards that make learning about numbers and counting an interactive game. \$14.99, ages 3-5, [shop.highlights.com](http://shop.highlights.com)



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Essential reading for parents of grade schoolers through teens experiencing bullying, social exclusion and teasing — with uplifting stories from young adults who have navigated those experiences and triumphed. \$17.95, [shambhala.com](http://shambhala.com)



**Unlock it! Number Match**  
Corresponding keys and locks give children hands-on practice with number recognition, matching and counting from 1 to 20 while building motor skills. Vibrant colors and tactile activity engage young learners. \$31.99, ages 3-6, [lakeshorelearning.com](http://lakeshorelearning.com)



**Slam Words**  
Shake the cup, slam it shut and reveal 3 letters and start making words. Perfect for family game night or to keep kids entertained on a hot day. Last player standing wins. \$14.99, ages 8+, [foxmind.com](http://foxmind.com)

you can do it

# CELEBRATE WHOLE GRAIN MONTH WITH

## Easy-Overnight Banana & Berry Oatmeal



Overnight oatmeal is the perfect grab-and-go breakfast. Try experimenting with different fruits and flavorings. This well-balanced meal will give you and the family energy to tackle the day ahead. Recipe and photo courtesy of the Oldways Whole Grains Council, [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org).

### Easy-Overnight, Banana & Berry Oatmeal:

- 1 ripe banana
- 1 cup raspberries, divided
- ½ cup blueberries
- 1 cup plain Greek yogurt (we used lowfat), divided
- ¾ cup old fashioned rolled oats, divided
- 4 teaspoons chia seeds, divided
- 1 cup water, divided
- Optional: honey to taste

### Instructions:

1. In a small bowl, mash the banana with a fork.
2. Add half of the raspberries (½ cup) to the bowl and mash them into the banana.
3. Add 1 cup plain Greek yogurt to the fruit mixture and mix well.
4. Divide the fruit and yogurt mixture into 2 mason jars or bowls.
5. To each jar, add 2 teaspoons chia seeds, ⅓ cup oats, ¼ cup blueberries, ¼ cup raspberries, and ½ water.
6. Shake up the jar (or stir well) so that the contents are evenly mixed, and refrigerate, covered, overnight.
7. As you sleep, the mixture will thicken up and the oats will soften. Taste, and add honey if desired. Serve cold.

**MORE "YOU CAN DO IT" ON PAGE 24**

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John 14:6

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4203 BUENA VISTA ROAD, BAKERSFIELD, CA 93311



# An Icy Road at Dawn

## Even Big Kids Say the Darndest Things

"These kids just have no idea how good they have it," I told my husband one morning at breakfast.

"I know," he concurred. "I wish I'd had us as parents!"

I asked Samantha later that morning, as we were driving to her eye exam, what she thought about our self-proclaimed amazing-ness as parents, and she said, "Well maybe you, but not Dad."

"What? Why not Dad?" I asked, shocked.

"Well, I mean, he is a good cook. And he is pretty good at teaching art. But I could do without the jokes." And so began Samantha's day-long stream of her own jokes.

The next thing she said was, "Do you find it thrilling to be whizzing across this icy road at dawn?"

Um... what?!

"OK, I mean, do you find it thrilling to be driving the speed limit on this warmish road hours after dawn?"

Uh...

OK...

I told her she reminded me of Jane Penderwick, and she beamed with pride at being compared to a fictional character from a book. (Pretty much any character from any book would do.)

At the eye doctor's office, she told the doctor she liked her sweater. The doctor replied, "You REALLY can't see, then, because it's not even a sweater. It's just a shirt."

"Oh, yeah, yeah... I meant I like your shirt." (And then she proceeded to not be able to read any lines below the E at the very top of the chart.)

When we got to the optical point of the doctor's visit, Samantha pointed out (rather loudly in front of the nice lady helping us) that I had a few gray hairs: "Look, Mom. Ya got some gray coming in. Are those new?"

"Yes, erm... Well, you definitely helped me earn those," I stuttered, trying to laugh off the innocent insult.



"Well, that's OK. At least Ashley is the one who made you fat." What do you say when your kids embarrass you like that? I wasn't sure whether to laugh or change the subject or pretend I didn't know whose child she was.

The sweet lady in Optical felt compelled to tell me I looked wonderful. (Of course, she probably needs glasses, too.)

I was eventually able to slink out of the office with my chatty child.

We stopped at Sonic on the way home. "Mom, tell me a story," she said.

"Once, there was a girl named Samantha who ordered a corn dog from Sonic."

She was not impressed with my lack of creativity, so I invited her to tell me a story. "Sam got a corn dog. The end. Your turn."

Ah, much better.

In the end, I was saved by the actual corn dog, which appeared at that moment and distracted her long enough for me to drive all the way home.

I guess what she was looking for was a romantic adventure that starts with a thrilling drive across an icy road at dawn. I will save that line for the next time she asks me for a story.

# Expert Advice on Living with A Less Frugal Spouse



“Did you use the coupon?”

I asked my husband this question when he returned from the store. I had a good idea about what his answer would be—some variation of no. Usually he says “I forgot.” But that hasn’t stopped me from trying for the past 20 years.

My husband doesn’t understand coupons or sales or reward programs. He is very intelligent so it’s not due to these things being too difficult to comprehend rather it’s not wanting to figure it out. He thinks that couponing is too time consuming and not worth the extra dollar that you may save. Sometimes he will use a coupon because he knows it makes me happy but for the most part it is not a priority of his.

Many couples also struggle with differences in how to spend or save money. Two of the main reasons most people get divorced are related to communication issues or financial problems.

“Conflicts about money are one of the top three reasons couples seek therapy,” says Joyce Marter, licensed psychotherapist and author of *The Financial Mindset Fix: A Mental Fitness Program for an Abundant Life*.

I consulted some experts for advice on how to maintain the peace when you and your spouse have different ideas about frugality.

## Create a plan.

If saving money or a frugal lifestyle is important to you, you want to sit down and discuss your viewpoint with your spouse, rather than getting into spats over individual trips to the supermarket. Marter recommends creating a plan of how you want to divide responsibilities regarding saving money.

“Trying to force your partner to use coupons may lead to lasting resentments,” she says. “Consider having a discussion with your partner about you taking responsibility for most purchases, so you can maximize the benefits of coupons. Let your partner take the lead with other household tasks that maybe more within their areas of strength.” In other words, if you care the most about how you

spend your money, you should take charge of the shopping and purchasing for the household. Your spouse might care more about home or car maintenance, schooling for the kids or family activities, and can take the lead on those projects.

## Make saving easy for your spouse.

Couponing can be confusing since the rules can vary from store to store. If your spouse is not a regular coupon user then they will probably give up if it is too difficult.

“Provide your spouse with tools that make couponing easy like apps and browser extensions. A coupon plugin like Cently automatically adds coupons and even cash back whenever you’re buying anything online,” says Andrea Woroch, a family finance expert.

If your spouse isn’t on board with coupons Woroch recommends using alternative ways of saving. “Compare brand prices or even opting for generic or store brands for significant savings. Otherwise, download a few apps on their phone to help them save when shopping,” she says.

## Express your feelings about money.

If you are upset that your spouse made an expensive purchase or refused to use a coupon it is important to let them know how you feel. “Be honest about your feelings and express them in a way that is emotionally intelligent, kind, respectful, honest and direct,” says Marter.

She recommends using “I” statements rather than “you” statements since this helps people to feel less defensive. For example, “I feel worried and upset that you spent that amount of money when we are trying to pay off our credit cards” instead of, “You are selfish and wasteful and don’t care about our debt.”

Mikela Hallmark, a counselor in Atlanta, GA agrees about the importance of expressing your feelings in a respectful way. “Often people use criticism or contempt, but these are relationship killers,” she says.

“Have more meaningful conversations to explore what this—using or not using a coupon—means to you. What does it represent? What is the story behind it?” says Hallmark.

Instead of making assumptions try asking questions. “Take a curious stance and try to remember that this is someone you love and want to understand more fully, says Tecia Giusta, a marriage and family therapist in Encinitas, CA.

“It can be helpful to talk about childhood experiences we have around money. Sometimes, the memory of a parent losing a job was scary and traumatic for the person. They may have told themselves, ‘I’m never going to be in this situation again,’” says Giusta.

CONTINUED ON PAGE 24

## Manage separate bank accounts.

If sharing a bank account is causing too many conflicts, it may make more sense to have two separate accounts.

“Some couples keep their money separate, some live like room-mates and split the bills, and some pool everything together. There is no right or wrong way. It is important to have a plan you both agree on, says Marter.

## Be willing to compromise about money.

Woroch accepts that her husband will never share her same level of frugality. “I realized over the years that that is okay. However, we have talked a lot about what matters to me and vice versa so that we understand that this whole financial compatibility thing requires compromise.”

She explains that her husband has learned to make compromises on being more frugal like shopping sales at the grocery store and recycling cans to deposit the money into their kids’ college fund. And she is willing to compromise about sometimes spending money.

Woroch suggests finding creative ways to help change their mind-set. “My husband doesn’t like eating leftovers and would rather throw food away. So I figured out that if I come up with a fun way to remake our leftovers, he doesn’t mind it as much.”

Hallmark also stresses the importance of compromising. “Both spouse’s needs should be considered. Some couples set a budget, some have a ‘no pressure’ spending account they get to use how-



ever they want every month. Some make large purchase decisions together. Figure out what works for you as a couple,” she says.

## Schedule monthly meetings to discuss finances.

Marter recommends having monthly meetings to discuss finances. She also recommends being in a good mental space so that you can be calm and collaborative. “Don’t wait to discuss money when there is a problem,” she says.

During these meetings Woroch recommends creating shared financial goals. “Outline goals for 1 year, 5 years, etc. along with how much you want to save and what you’re saving for. When your spouse can visualize a financial goal, it’s easier to stick to the household budget and understand how personal spending decisions can impact your overall future,” she says.

Hallmark recommends thinking of you and your partner as a team. “When you approach it from a we perspective, start to consider how you might work together to reach your goals,” she says.

*you can do it*

## BRING AWARENESS TO BACKPACK SAFETY WITH YOUR KIDS & CRAFT A FEW CHARMS



Backpacks are a necessary tool for every student, but understanding how to use them properly is unlikely to be top-of-mind for students of any age. Consider this quick and easy craft as great way to spend a little time discussing how to safely use a backpack throughout the upcoming school year with your child.

The National Safety Council (NSC) has issued some important information about backpack safety.

### NSC BACKPACK SAFETY GUIDELINES:

1. Backpacks should not be more than 10% of a child's weight.
2. Ensure the backpack fits your child's frame: It should not be wider than your child's torso or hang more than 4 inches below the waist.

3. Padded shoulder straps and back to protect from rubbing.
4. Backpacks should have multiple compartments to allow for better distribution of weight.
5. Backpacks should have compression straps to stabilize content.
6. Reflective material on the backpack provides better visibility when walking to or from school.
7. Avoid backpacks that are too roomy, kids generally fill whatever space is provided, making larger packs too heavy.
8. Always use both straps.
9. Make sure your child knows to pack heaviest things on bottom and keep the pack tight to the back to prevent muscle strain.

### BACKPACK CHARMS:

#### MATERIALS:

- 2-3" heavy-duty safety pins
- Assortment of decorative beads

#### INSTRUCTIONS:

Thread 2-5 beads on each safety pin and close. (If making these with smaller children, you may want to consider using a gluegun to simply seal the safety pin closures when each charm is completed.)

Use one of the safety pins to hold 3-4 completed charms and attach to the backpack.



# KERN COUNTY FAMILY MAGAZINE *daily happenings*

## THE **BEST** LOCAL CALENDAR OF EVENTS!

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

### SEPTEMBER IS NATIONAL BACKPACK SAFETY MONTH!



**Backpacks are now a part of everyday life - make sure your child is safe.**

The National Safety Commission has some useful guidelines. See tips and our fun backpack craft on page 23.

### September 6, 13, 20, 27

#### 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

### September 6, 13, 20, 27

#### Baby Café: Drop-In, Informal Breastfeeding Support Group

Drop-In, Informal Breastfeeding Support Group with Professional Lactation Care

Beale Library  
701 Truxtun Ave, Bakersfield, CA  
Time: 11:30am - 1:30pm

### September 8, 15

#### Quilting and Crafts in the Library at Frazier Park

Join us for some hands-on activity and learning. Quilting and Crafts in the Library in Fraizer Park. FREE

Frazier Park Library  
3732 Park Drive, Frazier Park, CA  
Time: 12:00pm  
661.245.1267

### September 10



#### Bakersfield Village Fest 2022

Orphan Jon and The Abandoned will be performing at the 26th Annual Village Fest in his hometown of Bakersfield, Ca. This is Bakersfield's premier music festival aka The Original Party of the Year! All proceeds go to the local C.A.R.E. programs as well as other non-profit children's organizations in Kern County.

Kern County Museum  
3801 Chester Ave, Bakersfield, CA  
Time: 6pm - 10pm  
661.437.3330

### September 10

#### Guided Night Hike

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 70 people. Reservations open August 27, 2022 at 8:00 a.m.

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

### September 21 Starts

#### 2022 Kern County Fair



Runs from September 21 - October 2  
Check out the events, concerts and buy tickets online at [www.kerncountyfair.com](http://www.kerncountyfair.com).

Tickets online at [www.kerncountyfair.com](http://www.kerncountyfair.com).

### September 24



#### Bakersfield Walk Like MADD & MADD Dash 5K

The 2022 Bakersfield Walk like MADD + Dash -- presented by Chain | Cohn | Clark -- is MADD's signature fundraising event to help raise both awareness and funds to eliminate drunk and drugged driving. We hope that you will rally with us in Bakersfield.

Park at Riverwalk  
Bakersfield, CA  
Time: 7am - 11am  
661.493.8200  
[walklikemadd.org/bakersfield](http://walklikemadd.org/bakersfield)

### September 29

#### ADAKC: Battle of the Bags

Girls' night out, food drinks and handbag auction. Proceeds benefit ADAKC.

4203 Buena Vista Rd  
Bakersfield, CA  
Time: 6pm - 9pm

# ONGOING HAPPENINGS

## Saturdays

### F St Farmers Market

Bakersfield's Longest Running Certified Farmer's Market featuring Fresh Fruits & Vegetables, Pork, Honey, Handmade Soaps, Baked Goods, Jams, Jellies & More! Accepts cash, card & EBT. Come and meet your local Farmers and Craftsmen and buy local, buy fresh! Chat with the people who grow your food and the craftsmen who hand make their products while supporting local businesses.

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

Time: 7:45am – 12pm

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

### Lakeshore Farmer's Market - Wofford Heights

We have some great farmer's markets in Kern County, and this is another one. Give your whole family the gift of fresh fruits, vegetables, and 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](mailto:charlottewhiteartist@icloud.com)

Bakersfield Art Association Art Center Gallery  
1607 19th Street, Bakersfield, CA  
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**ACTIVITY CORNER ANSWERS**

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- Across
  - 1. Feline
  - 2. No
  - 3. Purring
  - 4. Initiator
  - 5. Image
  - 6. Allow
  - Down
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  - 2. Meow
  - 3. Email
  - 4. Meow



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Saturday, September 3rd register via Eventbrite

**Parent Support Group**  
Wednesday, September 14th register via Eventbrite

**Chess for Teens**  
Sunday, September 18th register via Eventbrite

**Females on the Spectrum Support Group**  
Thursday, September 22nd

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- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
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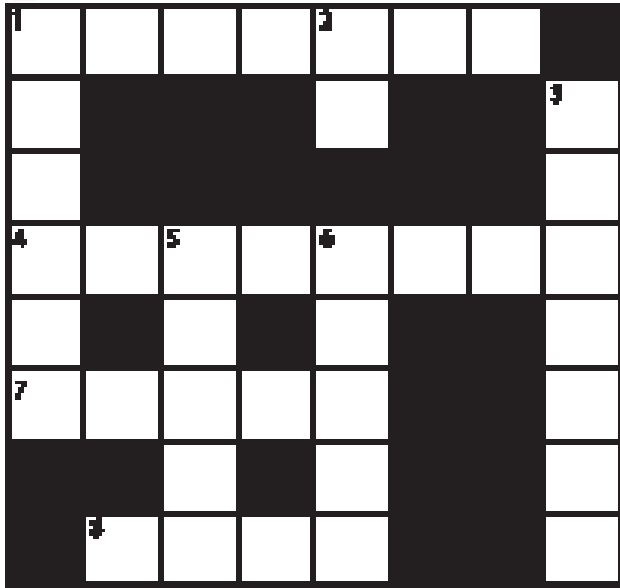
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Must present coupon. Expires 10/15/22.



# SEPTEMBER ACTIVITY CORNER

puzzle answers on page 27

## Crossword



### ACROSS

1. Good companions
4. One who mimics
7. Digital message
8. Cat sound

### DOWN

1. Cat
2. Opposite of "yes"
3. Vibration of cat
5. Picture
6. Give permission

## Sudoku

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

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?

September is National Backpack Safety month. Injury to kids from improper backpack use happens every year. To prevent injury: Always use both shoulder straps and tighten the straps to keep the load closer to the back. Do not overload the pack. See page 24 for more safety tips.





# SEPTEMBER ACTIVITY CORNER

## Backpack Safety Word Search

Presented by Pacific Ag Rentals

puzzle answers on page 27

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

BACKPACK  
BALANCE  
CANVAS  
CARRY  
CENTERED

CLASSROOM  
CLOTHING  
FULL  
GRAVITY  
HEAVY

LOAD  
LOCKER  
PROPERLY  
SCHOOL  
SHOULDERS

SIZED  
SUPPLIES  
TABLET  
TRIP  
VACATION

WEIGHT  
WHEELS





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# 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!

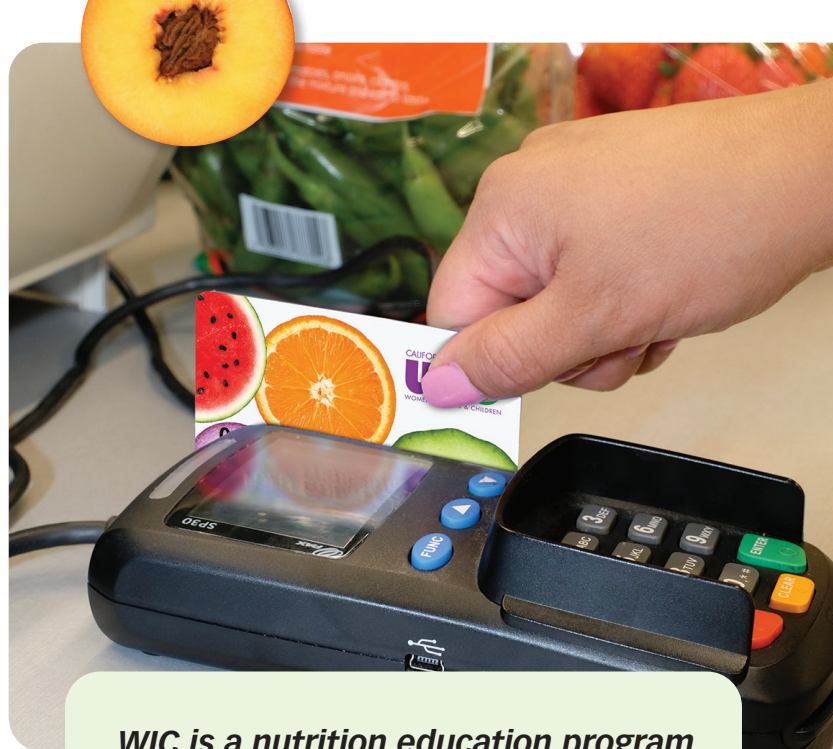
Newly pregnant women, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.

**YES!**



Go to [myfamily.wic.ca.gov](http://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