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March 2023

MAKE THE MOST OF *Spring Break!*

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plus social media: are kids too young? pg 8 local teen issues life-saving challenge pg 18
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Kern County Family Magazine is published twelve times a year by Skyline Publishing & Event Promotions of Kern County

Kern County Family Magazine is available free at more than 300 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets.

Subscriptions by mail are \$17 per year and must include a check:

KERN COUNTY FAMILY MAGAZINE
1400 EASTON DR., SUITE 112
BAKERSFIELD, CA 93309

Deadline for advertising and calendar information is the 10th of the month preceding.

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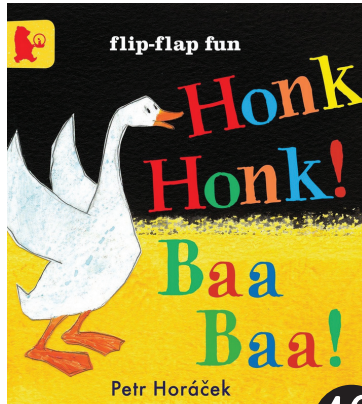
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Hello, Happy Mama

Stephanie Sheffield with husband, Andy, and children, Emi, Scottie, & Audrey
Photo by Lindsay Long

PLUS

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the FUN, the
FEATURES,
and the
FACTS!**



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Vaun Thygerson, Contributing Writer

Ever since I can remember, my mom would call me a “clothes horse”, a person who loves to dress fashionably. I never understood what that really meant, but I did know I loved clothes and would usually spend my entire allowance on the latest trends. I recently looked up the term and found out that it was reference to the way people air dried their clothes in the late 1800s using a stand or frame they called a horse (think “saw horse”). Makes sense and the proverbial cliché fits because I love clothes.

When my children were younger and let me pick out their clothes, they always looked picture perfect. Then, each one of the three, somewhere around third grade, decided to dress themselves. My daughter quit letting me put bows in her hair (insert ugly cry here). My middle son went through a phase where he had to wear all the same color: black shirt, black pants or green shirt, green pants. And, my youngest son wore pajamas for two years during the lockdown. He referred to the quarantine as “robe season.” This habit stuck too; because, you can still find him wearing pajamas to school and other events. But this does not deter me from buying them cute clothes, even though most of the time they won’t wear what I pick out. Here’s to wishful thinking!

One problem with having a lot of clothes is deciding what to wear, which can make you procrastinate or be late. In Julie Willis’ Humor at Home article, “**The Dilly-Dally Dragon**,” she writes about how she uses metaphors to teach her daughter about some of her own habits. She’s trying to teach her about how frustrating it is to wait for people who dilly dally when it’s time for a task. To read this hilarious Dragon version of her daughter, turn to **page 22**.

Special thanks to my son’s friend, Hallie Keese, who is the first teen spokesperson for the Houchin Community Blood Bank (HCBB), and featured in the article, “**Houchin’s First Teen Spokesperson Hallie Keese: Challenging Her Peers to Donate Blood**,” on **page 18**. After

receiving life-saving blood transfusions after an ATV accident when she was 11, this junior at Liberty High School is paying it forward and spreading the word about the need for blood donations.

Another amazing woman featured this month is in KCFM’s article, “**Hello, Happy (Empowered) Mama: Stephanie Sheffield Shares Homeschooling Insight through The Marigold Movement**.” Callie Collins writes about Stephanie and her homeschooling and education journey with her three daughters using the tenets of The Marigold Movement. To read all about her life and program, turn to **page 12**.

What would Springtime be without the long-awaited Spring Break? In the article, “**11 Ways to Make the Most of Your Spring Break**,” on **page 14**, Callie Collins gives tips on making every moment during this week count. Her advice ranges from day trips to staycations, but most of all enjoy the time together and get to know each other better. If you’re looking for fun questions to facilitate conversations, you can read what KCFM readers have to say in “**Readers Respond: What is a question you like to ask around the family dinner table?**” on **page 10**.

As Springtime approaches and the new trends feature pastels and lighter materials, it doesn’t matter what you wear as long as you are confident in your choice. This season’s wardrobe refresh can be as unique as you. As fashion icon Diane Von Furstenberg says, “Style is something each of us has already, all we need to do is find it!”

P.S. Don’t forget to add some green flair to your fashion choices on March 17th or you might get a pinch!



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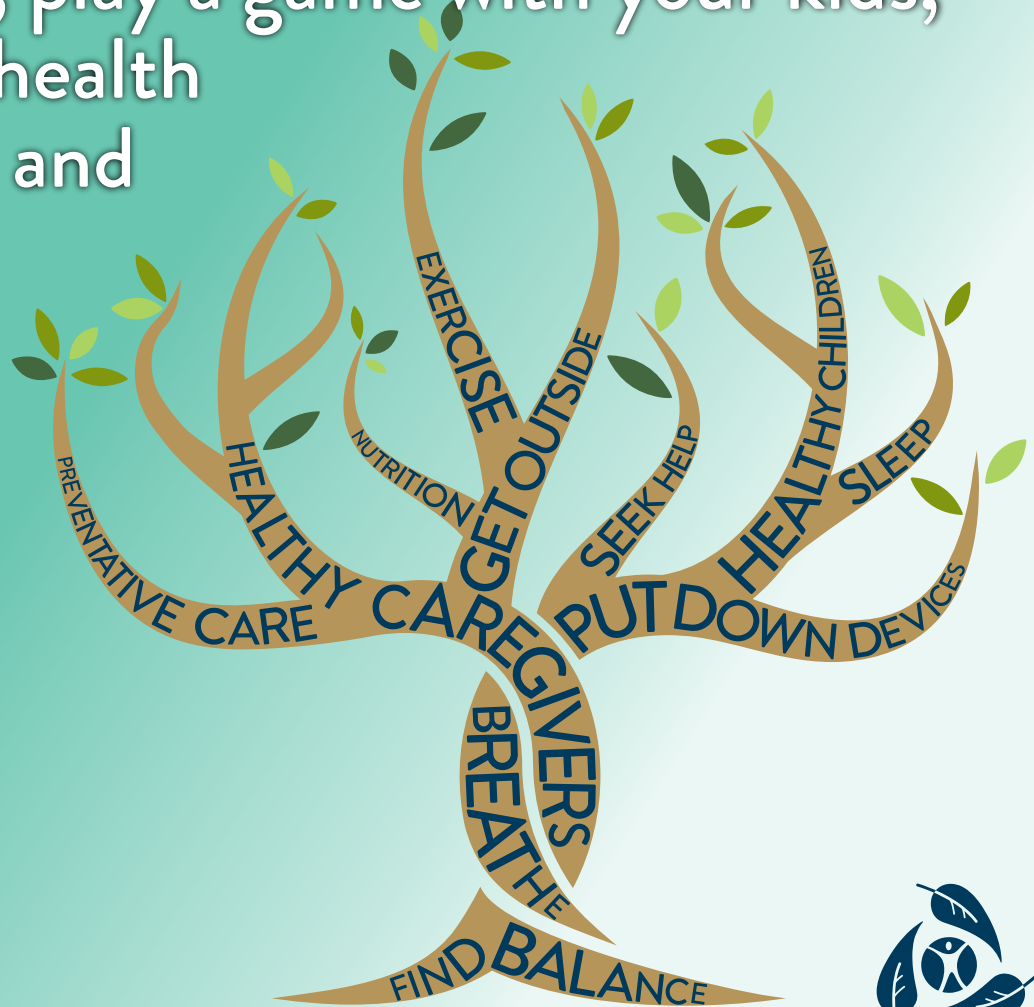
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2023 is our year to become *Grounded in Health.* Kern County!

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Kevin Harvick Donates Automotive Tools to North High School



North High School's Construction and Automotive Class received a generous \$25,000 donation from local Nascar champion Kevin Harvick and Gear Wrench for automotive tools that will help elevate their classroom experience. Now fully stocked with wrenches, ratchets, sockets,

and more, the students will have more chances to explore and really get their hands dirty.

John Radman, NHS teacher, said the class was so short on equipment that they were even bringing their own tools from home to help out. Now this donation will give so many hands-on opportunities for this year and many more years to come.

"You might not realize you're this good at building an engine until you do it," says John Radman, NHS teacher, "Giving them a place to work that's safe where they can get some knowledge in a comfortable environment. And the tools just take us to the next level. You can't have a mechanic without tools. That's just the way it is."

Kern Health Systems Disbursing Funds through State's CalAIM Housing & Homelessness Incentive Program

Kern Health System (KHS) has secured more than \$19 million of state Department of Health Care Services (DHCS) incentive funds to address housing and homelessness issues in Kern County. Through an optional state subsidized program under the CalAIM Housing & Homelessness Incentive Program (HHIP), these non-Medi-Cal incentive funds were awarded to organizations across Kern County who were able to present a comprehensive, outcomes-based plan that addresses key contributing factors the unhoused and medically vulnerable individuals in the community face. KHS, which administers Medi-Cal benefits, is responsible for over 350,000 low-income members.



"Through this investment, Kern Health Systems, in collaboration with provider and community-based organization partners, will work toward becoming a key partner in the creation of a coordinated and unified regional response to prevent and reduce homelessness. By addressing the basic housing needs of our membership, we will also be improving the health and wellbeing of our most vulnerable members and our community," says Emily Duran, Chief Executive Officer of Kern Health Systems.

GET Free Bus Rides for Local Students



Golden Empire Transit (GET) District received a grant to provide FREE bus rides to all students Kindergarten through College, including vocational and private schools in the Bakersfield Metro area through the end of May. Students can pick up their free pass at their school administrative office, which will swipe in the fare box like a regular bus pass. Students 7th grade and older must show their student ID on the bus to the driver when presenting the pass.

For more information, visit <https://www.getbus.org/students/>.

KHSD Virtual Enterprise Students Score Big at State Conference and Exhibition



Photo courtesy Kern High School District

Around 2,000 students from across the state recently participated in the Virtual Enterprise (VE) State Conference and Exhibition held at Mechanics Bank Theater and Convention Center.

Virtual Enterprise firms competed in the final rounds of the State Business Plan Competition, Marketing, Human Resources, Elevator Pitch, Salesmanship, Rapid Prototyping, and Job Interviews.

Five Kern High School District VE firms scored in the top eight of the Business Plan Competition and will advance to compete in the VE International Business Plan Competition in April held in New York City.

Business Plan Competition Winners Include:

- First Place, Centennial High School, Go Gather
- Second Place, Bakersfield High School, Food4Thought
- Third Place, Ridgeview High School, The Eco Depot
- Fourth Place, Ridgeview High School, Youforia
- Fifth Place, Stockdale High School, Accelera

Chevron Donated \$275,000 to Benefit Local Students



Chevron recently donated \$275,000 to benefit local educational programs that serve Kern County school districts.

The majority of the funding will support the Kern Integrated Data System (KiDS), with a portion designated for other initiatives run by KCSOS including career education programming, "Do the Math," Camp KEEP, the California Living Museum (CALM), and various STEM-related projects throughout Kern County.

KiDS is an integral part of the Kern Educational Pledge, a collaboration between Kern County's 46 public school districts, charter schools and partners in higher education dedicated to enabling the success of all students. At the end of 2022, KiDS had recruited 45 school districts, representing 96 percent of classroom-based Kern County students, giving educators access to real-time local data to inform classroom instruction and flag problem areas for immediate intervention.

"The Kern Integrated Data System is a critical tool that enables the educators to monitor the progress of students throughout Kern County."

Megan Lopez,
Chevron Public Affairs Representative

"Chevron is proud to continue our partnership with the Kern County Superintendent of Schools, and we remain committed to helping expand pathways to success for Kern County students," says Megan Lopez, Chevron Public Affairs Representative.

"The Kern Integrated Data System is a critical tool that enables the educators to monitor the progress of students throughout Kern County to help guide them to bright futures. Thank you to Dr. Mary Barlow and Kern County educators for your continued dedication to developing our community's future workforce."

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




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New Report deems canned tuna "too risky" to eat during pregnancy

Cheap, convenient, and full of protein canned tuna is a classic staple in kitchen cabinets across the country, but a new study by Consumer Reports warns it may be "too risky" to eat during pregnancy. The study looked for mercury in samples of canned tuna packed in water from five popular brands. Consumer Reports says it found six individual spikes in mercury content that researchers deemed troublesome.



"Mercury levels can spike in unpredictable ways that might jeopardize the health of a fetus," says James Rogers, Director of Food Safety Research and Testing at Consumer Reports. "The variation we see from can to can make tuna too risky for pregnant people". The organization's advice is to avoid canned tuna altogether if you are pregnant. It also recommends children should eat light or skipjack tuna only.

According to the current guidelines from the American College of Obstetricians and Gynecologists pregnant women can safely consume up to six ounces of tuna per week.



Age 13 and younger is 'too early' for kids to be on social media

U.S. Surgeon General Dr. Vivek Murthy recently announced he believes 13 is too young for children to be on social media platforms, despite some of the most popular platforms, including Facebook and Instagram, allowing users to be that age. Murthy says he believes being on social media "does a disservice" to kids early in their teen years.

"It's a time where it's really important for us to be thoughtful about what's going into how they think about their own self-worth and the skewed and often distorted environment of social media often does a disservice to many of those children."

On the heels of this announcement, Missouri Sen. Josh Hawley (R) introduced a pair of bills aimed at protecting kids online — one that would implement an age requirement for social media usage and another that would study the harmful impact of social media on children.

Does vitamin D help in reducing the risk of asthma attacks?



It appears researchers are changing their minds when it comes to the benefits of taking Vitamin D to treat asthma. According to the results of an updated study in the Cochrane Review, taking vitamin D supplements does not reduce the risk of asthma attacks in children or adults.

These findings are in contrast to a previous Cochrane Review that indicated a reduction in asthma attacks in people taking vitamin D.

Anne Williamson, from the Queen Mary University of London, and colleagues included a total of twenty studies in their analysis involving over 2,225 children and adults with asthma. The researchers found that the proportion of participants experiencing one or more serious asthma attack was not affected by administration of vitamin D.

This review does not negate the other health benefits of vitamin D. Vitamin D is a fat-soluble vitamin that people can get through diet, supplements, and sun exposure. It plays a crucial role in bone health, muscle fiber growth, and calcium metabolism.

What Germs are You Sleeping With?

The headboard, mattress or bed sheets – all need regular cleaning from germs but which one is gets the dirtiest? According to mattressclarity.com, the headboard is the worst offender for bedroom bacteria in the U.S. Microbiologist identified that headboards contained a diverse species of fungus, mold colonies as well as bacterial colonies such as Staphylococcus aureus that can lead to skin infections.

Next time you wash your bed sheets, make sure to wipe down your headboard to help kill any harmful hidden bacteria.



USDA proposes new nutrition guidelines for school meals



In an effort to address childhood obesity, the United States Department of Agriculture proposed new guidelines for school meals. The goal is to have school meal programs adhere to federal dietary standards by reducing sugar and salt.

“Many children aren’t getting the nutrition they need, and diet-related diseases are on the rise,” said Tom Vilsack, U.S. Agriculture Secretary. “Research shows school meals are the healthiest meals in a day for most kids, proving that they are an important tool for giving kids access to the nutrition they need for a bright future.”

The USDA said they plan to have the new guidelines finalized by the start of the 2024-2025 school year.

To learn more or submit public input, visit <https://www.fns.usda.gov/cn/proposed-updates-school-nutrition-standard>.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

PROPOSED IMPLEMENTATION TIMELINE FOR UPDATING THE SCHOOL MEAL STANDARDS

- Winter 2023**
In February 2023, USDA issued a proposed rule on long-term school nutrition standards based on the latest Dietary Guidelines for Americans and the feedback from our many partners
- Fall 2024**
Whole Grains
Offer products that are primarily whole grain with the option for occasional non-whole, enriched grain products
- Fall 2025**
Added Sugars
Implement limits on high-sugar products like yogurts and cereal
Milk
Allow some flavored milk with reasonable limits on added sugars
Sodium
Reduce weekly limit for breakfast and lunch by 10%
* Current transitional standards makes a sodium reduction in Fall 2023.
- Fall 2027**
Added Sugars
Limit to less than 10% of calories per week for breakfast and lunch
Sodium
Reduce weekly limit for breakfast and lunch an additional 10%
- Fall 2029**
Sodium
Reduce weekly limit an additional 10% for lunch only

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Q. What is a question you like to ask around the family dinner table?



What is something you did that was kind for someone else today?

- Ariana Roche

How was your day? What made it that way?

- Adriana Dotson

If you could interview any celebrity living or dead who would it be?

- Michelle Salcido

What would you like to do after we eat?

- Jayson Wood

What do you think you accomplished today and why?

- Cindy Cortez

If you had one wish, what would it be? What was something that made you smile today? - Janae Hansen

What should be our next vacation?

- Daisy Fernandez

What did you do today to be productive?

- JeeJee Garcia



Who's got dinner dishes tonight?

- April Pizano



What was your best and worst thing that happened today?

- Anthony Meeks

What are some issues you've been experiencing lately? This question facilitates bonding as well as identifying any mental health struggles they might have that are unrecognized.

- Emily Cross

Did you do something positive today?

- Jorge Vielmas

What is the funniest thing you saw today?

- Crystal Carney

I like to ask hypotheticals to see what people say. (ex. "You're stuck on an island and can only have one food with you, which is it?")

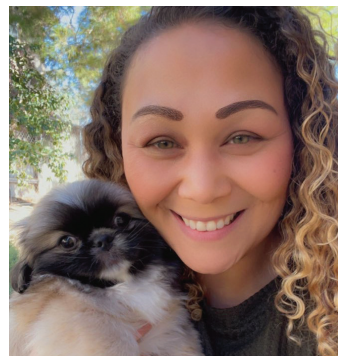
- Johnnie Lisuk

Who needs prayer? Can I pray for you?

- Andrea Ybarra

Choose an emotion: what is one moment when you felt frustrated today? Excited? Surprised?

- Kristen Cabalka



What are you grateful for today?

- Chrystal Shepp



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Empowered

Hello, Happy Mama: Stephanie Sheffield Shares Homeschooling Insight



Emi, Stephanie, Scottie, and Audrey
Photograph by Lindsay Long

Stephanie Sheffield takes a purposeful approach to all she does in life. Her role as director of The Marigold Movement springs from that sense of intentional dedication, which extends to mentorship, community service and even her parenting style.

Born and raised in Okinawa, Japan, Stephanie met and married Bakersfield native Andy Sheffield after meeting at San Diego's Thomas Jefferson School of Law. The couple has been married nearly 16 years and they are the parents of three young daughters: Audrey, Emi and Scottie. Andy practices law with LaBeau Thelen, while Stephanie pursues a variety of important commitments to community and family, including the education of their two older daughters as a homeschooling family that also participates in a public charter school.

The best book I have read lately is...
"Nobody Will Tell You This But Me: A True (as Told to Me) Story" by Bess Kalb.

Although Stephanie also earned a master's degree in academic advising and worked in admissions at Point Loma Nazarene University, teaching at home and helping others understand more about homeschooling was something of an unexpected pivot. Because Stephanie had experienced a less consistent school community during her childhood with many classmate departures as a child in a military family, she longed for a more traditional setting for her children like the one her husband had as a child in Bakersfield.

"During the pandemic, I started seeing some things I wasn't comfortable with and when things started transitioning, I was at a loss," she explained. "I had friends who were homeschooling and that wasn't my nature but God put it on my heart to do something different. I made the shift and did it very blindly." Stephanie felt called to make the change in 2021 but her daughters finished out the school year. She proceeded to homeschool for the 2021/2022 academic year and the present school year. The family's youngest daughter attends a local private school.

Having friends involved in homeschooling gave Stephanie some familiarity already, including Dr. Breanna Young, a founder of The Marigold Movement, which helps provide information, resources and support to empower parents when it comes to homeschooling. The Marigold Movement is named after the farming concept of companion planting, which pairs certain plants with other varieties to provide protection, pollination or other benefits. It seeks to help families thrive by blooming where they are planted, with success as home-based educators who may participate in alternative settings like virtual opportunities, co-ops and more.

My favorite food is...
I have a hard time turning down fries, pizza and malted milkshakes.

"Our Marigold vision is to support and equip families with skills and tools to become rooted in educational freedom with a mission to partner, plant, and cultivate growth through connection," the organization's website reports.

Dr. Young's impeccable credentials include more than a decade of teaching experience, coupled with a Christian counseling degree. Debbie Hall, who also leads The Marigold Movement, offers more than 25 years of experience using her master's degree in Curriculum and Instruction with an emphasis in Trauma and Resilience to serve families from diverse education backgrounds.

As they sought to move the organization forward, Stephanie joined their ranks. "I provide real life experiences and context to an extent and what homeschooling is like for families right now. It's a good balance," said Stephanie. "Since July, I have made it more official, with the heart of giving back to our community through lots of conversations and options and choice."



daughters Audrey, Scottie and Emi with parents Stephanie and Andy in DC
 Photograph by Christina Scrivner

What The Marigold Movement fosters is emotional support on venturing into a new realm.”

She sees the organization as an ideal connection point for parents as they navigate homeschooling or consider making the move when their school experience doesn't go to plan.

“As parents, we often have big dreams and preconceived notions of how school is going to go for our children but if we learned anything from COVID, it's that you just can't predict,” said Stephanie. “In our case, it was me dreaming of community and I held strongly to that thought as a really involved parent but there is a process of letting go, more for us as parents. Children don't have those same expectations. Parents often fear they aren't enough. The Marigold Movement helps them overcome fears and obstacles so they can be successful.”

I'm always laughing at...

The ironies of life.

Alternate teaching methods, solutions to issues as they arise, mentorship and advice are part of the services offered, along with tangible materials like a resource kit and PSA binder checklist.

The Sheffields continue to stay busy outside of school, too. The girls participate

in dance classes and social meet-ups. Stephanie serves on a swim team board, helps fundraise for their dance school and participates in Junior League as a sustainer after being on the board. Making time for The Marigold Movement remains a priority.

“I feel strongly about continuing to be available,” said Stephanie. “Sometimes, those are vulnerable conversations for people to have and not everyone is ready for them; we want to have them. We offer facts and basic info but what we have in our deep hearts is the understanding of the emotional part of it. I really want to be a resource for the community. It's parents supporting parents who are supporting their children, a movement of parents taking charge of their families and reminding parents we have options.”

Find more information about The Marigold Movement at <https://www.themarigoldmovement.com/>.

Hello, Happy MAMA!

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 Body Lotion, and Bubble Bath



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See full details on entry page.

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3 Recommendations from Stephanie

Q. What advice do you have for motivation, respite and renewal for parents?

A. I use gratitude to motivate myself. There are always places to apply my skills and unique opportunities come from those instances. Every time I do something to support my community, I get a lot from it, too. I encourage parents to keep showing up. Sometimes as parents, it is tempting to stick our heads in the sand and just go with the flow to get through parenting. I would like to challenge parents not to do that, to instead stick their neck out there and show up. Make connections with other moms. Those connections will sustain you. Look for what will fill your cup. Try different things all the time. Not every activity will always continue to work for you, so be open to trying new things. During the pandemic, walking saved me. Now, I have started going to Climb and I attend a tap dancing class. I like to listen to podcasts or books. Try different things until something is a fit for you.

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

A. Word of mouth and relationships are the best part of Bakersfield. No matter what you are interested in, we probably have it here. You just have to look for it. As far as resources, I would say Kern County Library because there are so many services available and other nonprofits use it as a launching point too, like Kern Dance Alliance's Books in Motion. North of the River is great for tennis and it has free pickleball courts. Ask around and people will help out.

Q. What is your parenting PSA?

A. I wish people were more intentional about establishing their family culture and then unapologetically make decisions based on that. Imagine what you want your kids to be like when they walk out of their house at 18, with skills like the ability to change a tire, balance a checkbook and cook for themselves. If more families were diligent about that, we would see very different adults. Be willing to pivot because every kid is different and every situation is different but know what you want for the takeaway.

11 WAYS TO make the most of your spring break

Eighteen years, a dozen summer breaks and spring breaks. Childhood's summary reminds us to make the most of family time. Spring break comes at the perfect time to find respite from the school year's usual schedule. Plan your spring break today with these 11 ideas:

01 Book A Short Trip Out of Town

Consider a hotel stay or short-term rental getaway.

Change up your routine by getting out of town. Explore a different area of the state or crossing state lines to explore relatively nearby attractions.



02 Consider A Day-Trip

If a short trip out of town is impossible for your family this time of year, make a day of it with your children in a neighboring city. Driving a short distance to see what you would have been meaning to get out to enjoy together adds to the experience, as some of those car conversations provide an ideal opportunity to connect.

03 Create a Staycation

Travel might be out of the question but that doesn't mean family fun is off limits. Plan to spend time at the venues you would visit with out of town guests. Choose at least one day at home after to decompress before restarting your routine.



04 Discover Art

Whether you choose to go out of town or stay home, add art into your free time. You won't regret the creative sights you saw together.



05 Catch Up On Rest

Choose a day to sleep late, have brunch and intentionally relax.

06 Add In Physical Play

Local parks, hiking trails and water play help give children a needed outlet in the absence of sports opportunities school typically offers. Playground experiences add to social learning.

07 Read Together

Visit your local library branch with young children. Choose a novel to take turns reading aloud. Whether it's new fiction or something from your childhood, sharing a book can give parents and children common ground.



08

Share Family Stories

Take the time to go through photo albums and tell the stories unique to your family.

09 Cook, Eat, & Enjoy

Teach life skills by bringing children into the kitchen. Let children select a recipe, prepare it together and share around the table.



10 Garden Outdoors

Start an herb garden or other small kit to enjoy watching grow throughout spring and into summer.



11 Get Ready To End The School Year

Get organized to wrap up the school year's second semester. No doubt, it'll go quickly.



Omni Family Health Offers High-Quality Healthcare Under Exceptional Leadership

Omni Family Health Chief Executive Officer Francisco L. Castillon, MPA, is the proud recipient of the 2022 National Association of Community Health Centers (NACHC) Lifetime Achievement Award. NACHC was founded in 1971 to promote efficient, high-quality, comprehensive healthcare accessible to all.

The Lifetime Achievement Award honors Mr. Castillon for more than 30 years of service, dedication, and contributions to the community health center movement. In addition, U.S. Congressman David G. Valadao recently honored Castillon with a Congressional Record for his NACHC Lifetime Achievement Award presented in the United States House of Representatives.

Following receipt of these honors, Francisco Castillon shared, "I am deeply appreciative of the recognition from NACHC and Congressman Valadao, and look forward to many more years of serving our communities with high-quality, affordable, and accessible healthcare."



Castillon with NACHC Lifetime Achievement Award.



Congressman David G. Valadao presents Congressional Record plaque to Castillon.



Omni Family Health is a growing network of state-of-the-art health centers in Kern, Kings, Tulare, and Fresno counties.

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AA2304B-CT-0123

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KCFM Recommends Sponsored by Kern Literacy Council ●●●●●●●●●●

Board Books for Babies

by Kern County Family Magazine

It's never too early to start reading to your baby so start with board books! What makes board books different from regular books? First, they're smaller and have thicker pages, making them easier for little hands to grasp and turn. Second, their construction is sturdier, so they'll hold up to teething babies, energetic toddlers and trips to the park.

Here are some of our favorite board books to help spark curiosity, inspire giggles and cultivate a love of reading and learning in babies and toddlers.



Look! Look!

by Peter Linenthal

Publisher: Dutton Books for Young Readers
\$7.99, Ages Baby-3 years
www.amazon.com

The high-contrast black-and-white images in this book stimulate baby's eyes and brain, helping their developing vision learn to recognize basic shapes and patterns. Be

prepared for your little one to stare at this book for hours on end!



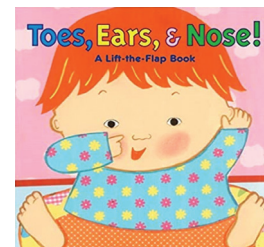
Baby Touch and Feel: Animals Board Book

by Dawn Sirett

Publisher: DK Books
\$5.67, Ages Baby-3 years
www.amazon.com

As your baby's senses develop over those early months, the best way to encourage their sense of touch is to provide a variety

of interesting textures for them to explore. And what better things to touch than baby animals? This book lets baby feel soft bunnies, velvety horses and scratchy pigs.



Toes, Ears, & Nose!

by Marion Dane Bauer and Karen Katz, Illustrator

Publisher: Little Simon
\$6.29, Ages Baby-3 years
www.amazon.com

Play peekaboo with Baby in this bestselling lift-the-flap concept book which is always a delight for little ones and makes learning

about body parts intriguing and fun. Elbows and bellies, fingers and toes—point to each on your baby and on yourself as you uncover it from the flap and help your baby become more aware of their own body.



The Very Hungry Caterpillar

by Eric Carle

Publisher: World of Eric Carle
\$6.56, Ages Baby-3 years
www.amazon.com

This classic, complete with iconic illustrations, is a fun way to begin teaching counting, the days of the week and food! This story has been entertaining children for over 50 years.

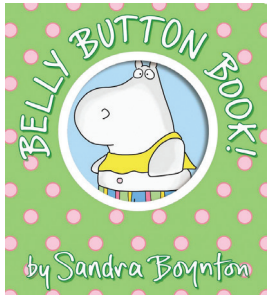


Global Babies

by Global Baby Fund
Publisher: Random House
\$6.95, Ages Baby-3 years
www.amazon.com

Baby faces from Guatemala to Bhutan, seventeen vibrantly colored photographs embrace our global diversity and give glimpses into the daily life, traditions, and clothing of babies from around the world.

Simple text in Spanish and English teaches the littlest readers that everywhere on earth, babies are special and loved.

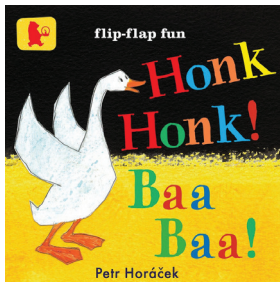


Belly Button Book!

by Sandra Boynton
Publisher: Boynton Bookworks
\$7.99, Ages Baby-3 years
www.amazon.com

Shiny, sturdy, and featuring a navel-shaped die-cut cover, this board book from bestselling and beloved Sandra Boynton provides enduring, giggly, read-aloud fun. Hoping for hippos? Take

a look! They're in this Belly Button Book! Featuring a beaches! of bare-bellied hippos—including one tiny baby who only says BEE BO!—this quirky book captivates with inimitable illustrations and joyful rhyming text.

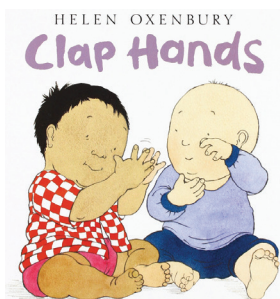


Honk, Honk! Baa, Baa!

by Petr Horáček
Publisher: Candlewick
\$3.98, Ages Baby-3 years
www.amazon.com

What do the animals say? Babies are invited to turn the sturdy pages and learn the many sounds that animals make. In a lively board book, multi-award-winning author-illustrator Petr

Horacek's vibrant illustrations depict charming animals that babies will love — along with a fun novelty surprise.



Clap Hands

by Helen Oxenbury
Publisher: Little Simon
\$7.99, Ages Baby-3 years
www.amazon.com

Kate Greenway Medalist Helen Oxenbury's delightful board books, featuring her sweet and cuddly babies at play, are back with a whole new look. The colorful large illustrations show toddlers

engaged in everyday activities and with simple text in just 10 pages.



**FAMILY
LITERACY
PROGRAM**

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

**BOYS & GIRLS CLUBS
OF KERN COUNTY**

SPRING Break DAY CAMP

**APRIL 3RD - 10TH, 2023
7AM - 6PM**

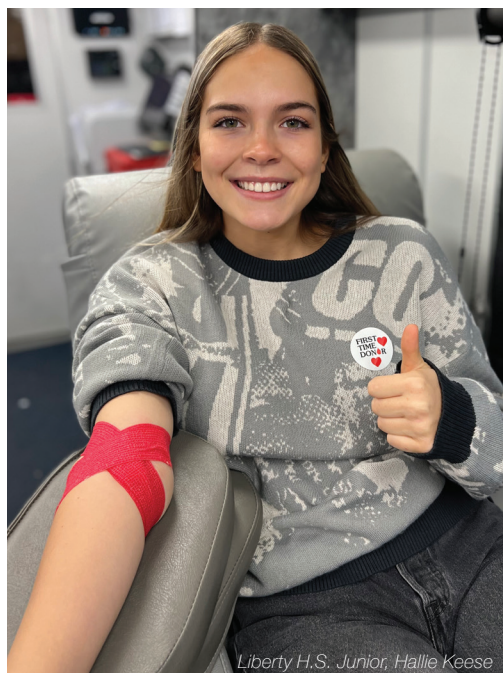
**ARMSTRONG YOUTH CENTER
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Houchin's First Teen Spokesperson Hallie Keese Challenging Her Peers to Donate Blood



Liberty H.S. Junior, Hallie Keese

"When Liberty High School Junior Hallie Keese was 11 years old she was in a severe ATV accident where she had to receive multiple blood transfusions in order to help save her life. Now, she wants to pay it forward and challenge her fellow students to donate blood as Houchin Community Blood Bank's (HBCC) first teen spokesperson.

With a nationwide blood shortage, the need for donations is greater than ever. "I just really hope to motivate my peers to become lifelong donors. In high school, they go to the blood drives and then stop donating when they go off to college. I want them to make it a priority and fit it into their schedule on a lifelong basis," Hallie says. "It's time my generation takes blood donation seriously."

Hallie's dad, Mike Keese, a veterinarian, says after seeing first-hand how blood donations helped his family he has made donating a priority. "We need to be role models for our kids and donate blood," he says. "It is a very good feeling to help someone out without expecting anything in return."

Before Hallie's accident, Mike said he could count on one hand how many times he had donated blood, but now

he tries to make a donation every eight weeks. He is even hosting a blood drive at the veterinarian hospital where he works and HBCC's outreach program will set up the logistics for him and his co-workers.

"I realized that unfortunately something bad can happen at any time to anyone; and if we take a little bit of time to donate, we can take one aspect of worry away from these families so that they won't have to worry about the availability of blood," he says.

HBCC coordinates high school blood drives throughout the County to encourage teens to start on a path of lifelong donations. "When COVID started, Houchin Community Blood Bank's donors that were 19 and under declined by over 42%. High School blood drives oftentimes are the first time many donors start their donation journey, which is why it is important for the youth to consider donating blood now," says Rachel Nettleton, HBCC Marketing Manager. "Hallie's story as well as her enthusiasm and passion towards blood donations is something that Houchin believes can make a large impact on our youth since she is proof that no matter your age, anyone could receive a blood transfusion."

Kern County is facing a blood shortage and the local hospitals rely on blood and blood products as lifesaving tools. "As a trauma center, we rely on blood donations to save lives. Blood products are critical in treating the traumatic injuries we see every day," says Dr. Amber Jones, a Board Certified General, Trauma, and Critical Care Surgeon at Kern Medical. "Bleeding, secondary to traumatic injury, is the leading cause of death of Americans from one to 46 years of age. When you donate blood, you are helping provide life-saving treatment for the health of our families."

Hallie is passionate about blood donation and community service. She says she learned to be compassionate and help people from her parents, Mike and Christy's, examples. With her two siblings, Merrin and Ryan, the Keese family went through a lot together and they continue to volunteer together. If you'd like to take Hallie up on her challenge to donate blood, **please visit www.hcbb.com/schedule** and make your appointment or walk-in to one of their locations.

You could save a life!



Mike and daughter, Hallie Keese

Requirements to Donate Blood



Mike and daughter, Hallie Keese

Blood donors must be in good health, weigh at least 110 pounds, and be at least 17 years old or 16 years old with a parent or guardian consent. A photo ID with a date of birth is all that is needed to start saving lives. For more information about blood donation, **please visit www.hcbb.com or call 661-323-4222**. Appointments are encouraged, but walk-ins are welcomed.

March High School Blood Drives

Time is subject to change. Must be a student or campus employee to donate blood at the below drives. Please visit www.hcbb.com or call 661-323-4222 with questions.

3/3/23 Vista High School
9:30 am – 2:30 pm

South High School **3/10/23**
8:45 am – 2:30 pm

3/17/23 West High School
8:45 am – 2:30 pm

Arvin High School **3/21/23**
7:45 am – 2:00 pm

3/24/23 Stockdale High School
8:45 am – 2:15 pm

Foothill High School **3/29/23**
8:45 am – 2:30 pm

3/30/23 Mira Monte High School
9:15 am – 2:30 pm



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**THURSDAY, APRIL 27, 2023
MECHANICS BANK THEATER**

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bakersfieldwomen.org

Spring Break Camp Offers Exciting Experiences for Kids



“All sorts of fun things happen when you’re open to new ideas and playing around with things.”

Stephanie Kwolek,
Chemist & Inventor

Spring Break can be an opportunity for students to let loose and enjoy a break from the winter blues.

But in families where parents aren’t lucky enough to catch a break with the kids, there are a few options for giving the kids something different to do all by themselves.

Spring Break camps are like summer camps—only shorter—and offer a variety of camp experiences, from sports to academic camps. There are multiple opportunities for Spring Break Camp throughout Kern County.

The Boys & Girls Clubs of Kern County offers a host of activities for kids during break, including men-

torship, high-yield learning activities, robotics, STEAM and field trips.

“We highly encourage families in Kern County to come take a tour of any of our Clubhouses to see what is available for their children,” said Erlinda Martinez of BGCKC.

North of the River Recreation & Park District also offers Spring Break Camps this year, including a full-day camp April 3-7 and a soccer camp April 3-5.

“Spring Break Camps are great for children because it exposes them to new activities and skill opportunities, offers a break from traditional routines, keeps them active and is a perfect place for kids to socialize and make friends,” said Jasmin LoBasso, superintendent of Recreation & Community Services for North of the River Recreation and Park District.

For other Spring Break experiences visit www.kerncountyfamily.com.

you can do it.....

Chocolate Mint Mousse Pie



Recipe Courtesy of Hershey's

Each year on March 14, math aficionados around the world celebrate the mathematical constant known as pi, which is represented by the Greek letter "pi." Pi relates to the ratio of the circumference of a circle to its diameter, which comes to approximately 3.14159, but goes on infinitely. The celebration date is significant because it corresponds to the first three digits of pi, or 3.14.

While discussions about math and ponderings on pi in particular can fill the day, this calendar event also marks the opportunity to dig into pi's homonym ... pie. Calculating circumferences and diameters may be even more intriguing when using an actual pie. Any pie can fit the bill – but in honor of St. Patrick's Day, why not serve a Chocolate Mint Mousse Pie! Irish eyes will be smiling!

INGREDIENTS

- 1 tsp unflavored gelatin
- 1 Tbsp cold water
- 2 Tbsps boiling water
- 1/2 cup sugar
- 1/3 cup HERSHEY'S Cocoa or SPECIAL DARK Cocoa
- 1 cup whipping cream (1-2 pt) cold
- 1 tsp vanilla extract
- 1 8-inch or 9-inch pie crust baked, cooled
- 1/2 tsp peppermint extract
- 2 Tbsp powdered sugar
- 4/5 drops green food coloring

DIRECTIONS

- 1) Sprinkle gelatin over cold water in small cup; let stand 2 minutes to soften. Add boiling water; stir until gelatin is completely dissolved and mixture is clear. Cool slightly, about 5 minutes.
- 2) Stir together sugar and cocoa in medium bowl; add whipping cream and vanilla. Beat on medium speed of mixer until stiff, scraping bottom of bowl occasionally. Add gelatin mixture; beat just until well blended. Pour into prepared pie crust.
- 3) Prepare Mint Cream Topping; Beat 1 cup cold whipping cream, 2 Tbsp powdered sugar, 1/2 teaspoon peppermint extract and drops of green food color in medium bowl until stiff. Spread over filling. Refrigerate at least 2 hours. Cover; refrigerate leftover pie.

661.322.6380 | WWW.JAKESTEMEX.COM | INSTA/FB@JAKESTEMEX

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www.trinitybakersfield.com
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The Dilly-Dally Dragon

A Bedtime Lesson



"Mom, tell me a Dragon story," my ten year old asked.

"OK. Once there was a dragon named Dragon who was always late. Do you know why he was always late?"

"He dilly-dallied?"

"That is right! How did you know?"

She rolled her eyes at me. She was old enough to know that Dragon was her. And while she knew that she was a dilly-dallier, she did not really see anything wrong with taking twenty-five minutes to tie her shoes. After spending thirty minutes looking for them. When they were in the shoe rack by the door all along. Where they always were.

I went on: "Dragon was the WORST dilly-dallier ever. He dillied, and he dallied. And he lolly-gagged. And on top of that, he procrastinated. And at bedtime, he was a champion staller."

"He sounds like me," she said flatly, like she was completely unimpressed with my story.

"Well, one day, Dragon really needed to be on time. He had a plane to catch. Now,

Dragon had packed all of his suitcases the night before his trip. He had... sixteen suitcases."

"Sixteen!" She could not help being impressed. Now I had her hooked.

"Yes, sixteen. You know, dragons are very large, so they need a lot of space in their suitcases for things like their enormous shoes and their hairbrushes."

"Mom, dragons don't have hair."

"Oh, right. I forgot. I mean, they need toothbrushes. They have such large teeth, so they need really big toothbrushes."

No reaction. So I went on. "Anyway, Dragon had sixteen suitcases. But to be honest, all of his clothes and shoes and toothbrush really did fit into just one suitcase."

"So what were the others for?"

"For all his stuffed animals, of course!"

She smiled at this. I think she could relate.

"So, in the morning, Dragon's mom told him to brush his teeth, but guess where his toothbrush was?"

Her eyes widened in surprise and horror. "In his suitcase!"

"That's right. But he did not remember which suitcase, so he started unpacking them all. His mom walked in and screeched, 'Dragon! What are you doing?! We have to GO!' And Dragon explained about the toothbrush and his mom said he could skip brushing his teeth and Dragon said his hygienist would not approve and his mom said she did not, at this particular moment, care one bit about his hygienist and that he needed to just repack and get his shoes on, so they could go, and Dragon got a very worried look on his face at that moment. Do you know why?"

"His shoes were in his suitcase?"

"That's right. Now Dragon really did have to empty his suitcases to look for his shoes. But that is not what took the longest time. Do you know what took the longest?"

"He had to tie his shoes."

"Mmm-hmm. And of course, he had not untied them before he took them off, and they had really tight double knots. So Dragon sat on the floor of the living room, untying and retying his shoes while all of his suitcases were strewn about, open, with all sorts of random things falling out of them."

"Were they late? Or did they get to the airport on time?"

I paused.

"Mom! I need to know! Did he get to the airport on time?!" she panicked.

"I think we will finish this story another time," I said calmly with a smile.

"No! Moooo-oom! I need to know what happened to Dragon!"

"Right now it is a certain dragon's bedtime."

"Mine?"

"Yes, yours. Goodnight."

Artwork provided by ~~Dragon~~ Samantha

Goodbye Paper Checks,

Hello WIC Card!



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

YES!

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



Go to myfamily.wic.ca.gov

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

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- Nutrition and health information
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- Referrals to healthcare and community services

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- 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

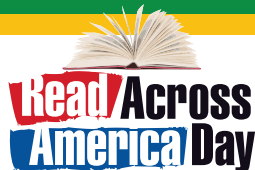
KERN COUNTY FAMILY MAGAZINE *daily happenings*

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

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

March 2

Read Across America Day



March 2

The Premier Johnny Cash Show Starring Cash'd Out

Cash'd Out is a San Diego based band that channels Johnny Cash in about as close a manner to the real thing as it gets.

7pm

Bakersfield Music Hall of Fame
2230 Q St Bakersfield, CA
(661) 864-1701

March 2 & 5

March Meet 2023

The Good Vibrations Motorsports March Meet is back. Come enjoy a fast-paced weekend of drag racing!

Famoso Dragstrip
33559 Famoso Rd. McFarland, CA
<https://famosodragstrip.com>



March 3

Boots in the Park

Boots in the Park presents Dustin Lynch, Chris Lane, Tyler Hubbard of Florida Georgia Line, Ingrid Andress and Joe Peters! Experience an evening full of live music, craft food, line dancing, and much more.

4pm

Kern County Fairgrounds
1142 South P Street Bakersfield, CA
<https://www.kerncountyfair.com/events/2023/boots-in-the-park2>

March 3

Friday Art Walk

5pm to 9pm
Downtown Bakersfield- Intersection of 19th St. & Eye St.
<http://kernarts.org/artwalk>



March 3 & 4

Bakersfield Pickleball Open

Benefits Bakersfield Ronald McDonald House.
8am
Bakersfield Country Club
4200 Country Club Dr. Bakersfield, CA
(661) 437-4130
<https://rmhsc.org/bakersfield/>

March 4

Stiern Middle School Color Run

Admission is \$30 and includes an event T-Shirt. This event helps Stiern Music Students raise money to go on their spring trip!

9am to 1pm

Stiern Middle School
2551 Morning Drive Bakersfield, CA
(661) 631-5480
walkoverh@bcasd.com



March 4

Buena Vista Museum of Natural History: Family Day

2 Adults and up-to 6 kids only \$20

10am-4pm

Buena Vista Museum of Natural History & Science
2018 Chester Ave Bakersfield, CA

March 4

First Responders Night- Condors Game

The annual **Guns-n-Hoses game will begin at 2 p.m.**, with local law enforcement and local fire personnel facing off on the ice! At the Condors game, check out emergency vehicles on the plaza and help honor our brave heroes throughout the game.

7pm

Mechanics Bank Arena
1001 Truxtun Ave Bakersfield, CA
(661) 324-7825
<https://www.bakersfieldcondors.com/>



March 5

The Bako Market

Shop 100+ local artists and makers
10am-2pm
Centennial Plaza at Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA

March 5

Jane's Addiction in Concert

Get ready to rock with this iconic band!

8pm

Mechanics Bank Theater 1001 Truxtun Avenue Bakersfield, CA
(661) 852-7300
www.janesaddiction.com



March 8

Parent Support Group

Kern Autism Network Inc.
2200 Oak Street Bakersfield, CA
6pm: Register via Eventbrite
<https://kernautism.org/>

March 11

Kinder Konzerts

10am-11am

Lori Brock Museum- Applause Theater
3801 Chester Ave. Bakersfield, CA
(661) 437-3330
www.kerncountymuseum.org



March 11

25th Annual Super Cruise Car Show

Annual car show benefiting Bakersfield Firefighter's Burn Foundation.

10am to 3pm

Kern County Fairgrounds
1142 South P Street Bakersfield, CA
www.bakersfield-ccc.org/super-cruise-2023





March 11

Youth Jersey Giveaway- Bakersfield Condors Game

The first 2,000 kids 12 & under will receive a #39 Seth Griffith 25th Anniversary youth jersey.
7pm
Mechanics Bank Arena
1001 Truxtun Ave Bakersfield, CA
(661) 324-7825
<https://www.bakersfieldcondors.com/>

March 11 & 12

51st Annual Collectors Showcase Antiques Show

Three large rooms of antiques of every type. Admission is \$6.
Hodel's Restaurant - Kern Rooms
5917 Knudsen Dr. Bakersfield, CA
(661) 398-2073
kountrygirl@mail.com



March 12

March 15

National Small Business Development Centers (SBDC) Day

March 16

Food Trucks at the Fairgrounds

Bring the family and enjoy a night with all your favorite local food trucks in one spot!
4pm - 8pm
Kern County Fairgrounds
1142 South P Street Bakersfield, CA



<https://www.kerncountyfair.com/events/2023/food-trucks-at-the-fair>

March 17



March 18

The Grits & Glamour Tour

Pam Tillis and Lorrie Morgan in concert!
Doors open at 7pm
Historic Bakersfield Fox Theater
2001 H Street Bakersfield, CA
(661) 324-1369
<http://thebakersfieldfox.com/event/pam-tillis-and-lorrie-morgan/>

March 18

League of Dreams Gala

Join The League of Dreams in celebrating sixteen years of giving every child a chance to play! Dinner provided by Chef Lino's!
6pm
The Links at Riverlakes Ranch Golf Course
5201 Riverlakes Dr. Bakersfield, CA
(661) 616-9122
www.ourleagueofdreams.com



March 18 & 19

8th Annual Spring Nature Festival

This event will include educational booths, reptile presentations, guided hikes, a planting station, and more.
10 am to 2:30pm
Wind Wolves Preserve
16019 Maricopa Highway Bakersfield, CA
(661) 858-1115
<https://wildlandsconservancy.org/preserves/>



March 20



March 20

U.S. Navy Band in Concert

The Navy Band Sea Chanters performs a variety of music including traditional choral music, sea chanteys, patriotic fare, opera, Broadway and contemporary music. Tickets are free to the public. Limit 4 tickets/person.
7pm
Historic Bakersfield Fox Theater
2001 H Street Bakersfield, CA
(661) 324-1369
www.foxtheateronline.com

March 25

Bakersfield Donut Run

Bakersfield's sweetest 5k event! Donations Support Houchin Community Blood Bank!
The Park at Riverwalk
11200 Stockdale Hwy Bakersfield, CA
<https://runsignup.com/Race/CA/Bakersfield/DonutRun>



March 25

Evening at the Races Casino Night

Dinner, silent auction & thrilling horse races.
MARE Riding Center
18200 Johnson Rd 8920 Bakersfield
<https://www.mareridingcenter.com>



March 25 & 26

Pacific Coast Livestock Show

Kern County Fairgrounds
1142 South P Street Bakersfield, CA

March 25

Bakersfield Marathon

Smack in the middle of our most historic landmarks, local runners get an opportunity to run a Boston-qualifying marathon.
7am
Kern County Museum
3801 Chester Ave. Bakersfield, CA
<https://runsignup.com/Race/CA/Bakersfield/BakersfieldMarathonandHalf>



ONGOING HAPPENINGS

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

Every Weekday through May 26 Snacks in the Stacks

Free dinner and snack for children ages 2-18, plus a place to hang out and study.
3pm to 5pm
Beale Memorial Branch Library
701 Truxtun Ave Bakersfield, CA
info@kernlibrary.org

Every Thursday through March 30 Lego Freestyle

Lego Masters wanted! Bring out your creativity and play with some Legos!
Holloway-Gonzales Branch Library
506 East Brundage Ln. Bakersfield, CA
info@kernlibrary.org

Every Thursday through March 30 Beginning English

Learn the basics of the English language. This program is for Spanish Speakers.
5-6pm at the Beale Memorial Branch Library
701 Truxtun Ave Bakersfield, CA
info@kernlibrary.org

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PAGE
29

ACTIVITY CORNER ANSWERS

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

CROSSWORD

Across

1. People

4. Wastebin

7. TIA

8. Legumes

Down

1. Peanuts

2. Lane


3. Chunky

5. Share


6. Bloom

Crossword

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Parent Support Group: Wednesday, March 8th 6pm
2200 Oak St. Register via Eventbrite
Autism Seminar Series: The ABC's of Transitions, Wednesday, March 15th, Register via Eventbrite
Chess for Teens: Sunday, March 19 at 2pm, Register via Eventbrite
Female Support Group: March 31, Email for details

EARLY SIGNS OF AUTISM:
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• Repetitive language
• Little or no eye contact
• Repetitive mannerisms
• Inflexible routines or rituals
• Preoccupation with objects parts
• Little interest in friendships

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MARCH ACTIVITY CORNER

puzzle answers on page 26

Sudoku

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

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!

Crossword

1				2				3
4		5			6			
7								
	8							

ACROSS

1. Individuals
4. Trash receptacle
7. Thanks in advance (abbr.)
8. Peas, beans and peanuts

DOWN

1. Ground nuts
2. Small street
3. Containing small, thick pieces
5. Split among others
6. To flower

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



DID YOU KNOW?

International Women's Day is March 8th. It was first celebrated after World War II and serves as a day to acknowledge women's contributions to society and the sciences, both past and present.





MARCH ACTIVITY CORNER

Peanut Word Search

Presented by Pacific Ag Rentals

puzzle answers on page 26

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

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 CURE
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FRUITS
 GEORGIA
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