

SUMMER CAMP & ADVENTURE FAIR APRIL 20! (More info on page 14)



kern county **Family** free a g a z i n e

April 2023



reading
robotics
biking fishing
SPORTS chess
Theater games
dancing hikes
Art parks
music
SWIMMING
CRAFTS
archery
writing
TAG

museums *Cooking*
PICNICS field trips
puppetry **Martial Arts**
bowling *kayaking* gymnastics

Summer
CAMP
Fun
pg 14

plus

money education books for kids pg 18 donate life pg 6
hello, happy business mamas pg 12 Easter macarons pg 22



Goodbye Paper Checks,

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- Had a recent pregnancy loss;
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- 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

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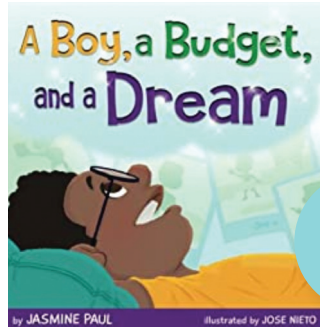
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Summer Camp Fun Guide!



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You Can Do It! Teach Kids To Save

Plus
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FACTS!



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Vaun Thygerson,
Contributing Writer

As Californians, we are not used to all this rain that we've been getting, but we sure do need it. Maybe it's because of this increase in precipitation, but the Spring air seems extra brilliant and vibrant this year. It's also motivated me to want to do some Spring cleaning, which is new for me. I have always been a "clutter bug" or a "pack rat," according to my mother. It seems the older I get, the less I want to be surrounded by clutter, but the irony is that I have a hard time getting rid of things.

During quarantine, like the rest of America, I watched The Home Edit on Netflix and bought all the see-through containers at Target. But good intentions didn't organize my pantry and other closets. Here we are three years later and I decide to try again. This time I knew I needed help. With Randi and Lysie from Bins + Baskets spending an afternoon with me editing and organizing, I have an Instagram-worthy pantry that I could have never done on my own. They were able to use all my Target bins and added a few more. Later, when they were done, Randi posted my pantry's transformation on their company's page and said an organized space just makes you feel better, and she's right. I do feel lighter and fresher; now I just need to do the same thing to the rest of my house (insert deep sigh).

Part of having a more organized kitchen helps you see what you have in order to plan better dinners, or at least that's what I've heard. I'm still not much of a cook. In my household, my husband plans and executes most of our meals just like Julie Willis's husband. In her Humor at Home article, "Substitute Chef: What's for Dinner?" she writes about the times her husband is out of commission and dinner duty falls to her. It's a funny read that I could relate to 1,000 percent. To find out how she managed during his hiatus, turn to page 20.

The month of April gives us Springtime flowers and fun, and it's also the time for the annual **Bakersfield Women's Business Conference (BWBC)** where women from all over the County come together to share ideas, resources, and support to empower each other. In this month's article,

"Hello, Happy (Business) Mama," on page 12, we shed some light on this Conference and highlight the women in charge. Written by a friend of the magazine and guest writer, Janelle Capra, she interviews five of the women responsible for this fabulous event to discuss motherhood, community, and leadership. Thanks to NaTasha "T" Johnson, Founder & Owner, Upside Productions and Chair, BWBC; Deanna Blaise, Senior Vice President, Member Services at Valley Strong Credit Union and Vice-Chair BWBC; Dayna Nichols, Advisory Board Member, BWBC; Colleen Bauer, Owner, My Fairy Godmother and Executive Board Member, BWBC; and, LaMeka Ross, Human Resources Advisor, Aera Energy and Advisory Board, BWBC.

This Conference features all kinds of business men and women, including a lot of entrepreneurs, and they hold workshops on how to make your business succeed. As parents and caregivers, we can help our children have a business mindset. In Callie Collins' article, "11 Ways to Encourage Entrepreneurship in the Next Generation," she writes about how we can use everyday tasks and games to teach business. To read all about her tips that range from fostering creativity to instilling routines, turn to page 17.

This month as you are either enjoying the new world around you or Spring cleaning indoors, this is a fabulous month where we can start a FRESH, CLEAN slate! **Don't forget to come visit us at the KCFM Summer Camp & Adventure Fair on Thursday, April 20th! Can't wait to see you all in person! It's been too long and we are so happy to be Back!**



More info on page 14!

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KCFM's 26th Annual Summer Camp & Adventure Fair is BACK!



KCFM's 26th Annual Summer Camp & Adventure Fair is BACK! Meet camp representatives and learn how kids can have the best summer ever at this family-friendly FREE event on Thursday, April 20 from 2:30 to 6:30 p.m. at the Westside Church of Christ's Gym. This is the perfect event to learn more about summer camp opportunities for kids of all ages, abilities, and interests.

For booth information call Leslie at 661-861-4939 and for event information, please visit www.kerncountyfamily.com.

KHSD Esports League Tournament

KHSD's Esports League recently hosted an Overwatch 2 Esports Tournament at Bakersfield High School with around 300 students from 21 different schools competing. Esports offers students a chance to learn teamwork, strategy, problem-solving skills, communication, and quick reflexes. Centennial High School beat West High School in the Varsity Championship Round.



Independence High School Varsity eSports team
Photo courtesy Kern High School District

"Esports overall just across the world is an increasingly growing scene and you know these competitions are getting bigger and bigger, so I'm glad that we have started an Esports program here in our district and that we can create this kind of environment to simulate that so that the kids can feel and be here in person with the people they are playing against, create these memories not only with each other but meet kids from all across the district that they never would have met otherwise," says Angel Rivero, Esports Coach and Teacher at Shafter High School.

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

Book a Goat Gram



Looking for a unique experience this Spring Break, you can book a Goat Gram from Golden Meadow Goat Farm. These "Guardians of the Goats" will bring goats to you for any special occasion or just for fun.

For more information and to book your appointment, please visit www.goldenmeadowgoats.com.

"Youth Voice Amplified" Podcast Debuts, Gives Young People in Kern a Voice to Create Positive Change



The Foster & Homeless Education Services Program in the Kern County Superintendent of Schools (KCSOS) office recently launched a new podcast called "Youth Voice Amplified." The youth-led and youth-focused monthly interview series is produced and hosted by KCSOS's two

Peer Support Specialists, Gennessa Fisher and Brian Johnson, who will talk with young people in the community about their life experience with homelessness, foster care, disabilities, teen parenting, and much more. Each story will uncover stories of hope and strength from youth storytellers who will share the best ways the community can support youth in similar situations as theirs.

"The goal of the podcast is simply to provide a platform for every young person to tell their story and create positive change around them," says Johnson. "If you want to know how to do better for youth or simply be inspired, this is your show."

Episodes of Youth Amplified can be found at <https://kern.org/yva> or by searching Spotify, Google Podcasts, or Apple Podcasts. New episodes will drop the first Wednesday of every month.

If you would like to ask a question, recommend a topic, or suggest a guest, please send an email to youthvoiceamplified@gmail.com.

Donate Life Month

Observed in April each year, National Donate Life Month helps raise awareness about donation, encourages Americans to register as organ, eye and tissue donors and to honor those that have saved lives through the gift of donation. Local nonprofit, JJ's Legacy, honors Jeffrey "JJ" Johns by educating Kern County residents about this important issue while providing compassionate support to donor and recipient families. Their 13th annual Gala & Day of Golf will be held on Saturday, April 22 at 6 p.m. at Stockdale Country Club where proceeds will help further their mission.



For more information on organ donation, please visit www.donatelife.net and for more about JJ's Legacy's inspiring community work and Gala, please visit www.jjslegacy.org.

Kern Medical Opens Pediatric Unit

Kern Medical recently opened a new inpatient pediatric unit at its hospital. Kern Medical's pediatric team includes four pediatricians, two pediatric hospitalists, four nurse practitioners and physician assistants, subspecialists in nephrology, gastroenterology, and cardiology from UCLA and Valley Children's in Madera, as well as the neonatologists in the community.

These pediatric specialists provide services to pediatric patients and newborns in the hospital's inpatient pediatric unit, normal newborn nursery, and neonatal intensive care unit, along with outpatient pediatric clinics located at Columbus Street and Stockdale Highway.

"This project is a long time coming. It ensures much better access for pediatric patients in our community," says Kern Medical CEO Scott Thygerson. "Kern Medical has such a vital role in our community; it's a teaching hospital, a trauma and specialty center, and is now even more happy to provide excellent care to its youngest patients."

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



"This project is a long time coming. It ensures much better access for pediatric patients in our community."

Scott Thygerson,
Kern Medical CEO

WE LOVE IT!

APRIL

By Leslie Carroll



Spring Smencils Scented Pencils

Celebrate Spring with these scented pencils made from recycled newspaper. Keep your little ones engaged and excited to do schoolwork with these pre-sharpened, HB number two pencils that come in fantastic scents like jelly beans, sour apple, and cotton candy. The scent lasts for two years! \$7.99, www.scentcoinc.com



Old World Christmas Ornaments White Baby Bunny

Specializing in glass-blown, hand-crafted ornaments for every holiday, Old World Christmas is here this Easter to help you hop into Spring with an heirloom grade ornament that can be passed down to the next generation. \$14.99, www.oldworldchristmas.com



Creativity for Kids Kit: The Very Hungry Caterpillar

Give the gift of creative hands-on play! This complete toddler art kit comes with 3 pre-cut felt boards based on "The Very Hungry Caterpillar" illustrations, colorful pom poms, stickers, and a storage bag. Recommended for ages 3-5+. \$14.99, www.amazon.com



Berenstain Bears and the Extremely Messy Room Challenge Game

Join Brother & Sister Bear getting your room so clean that any bear would be happy & cozy. Each card has a different prompt that will help get the cubs' room clean in no time. Kids can race each other or work together to go twice as fast. \$9.99 www.solidroots.com

What is the best bread for your gut?



Whether you buy it from the store or make your own, sourdough bread has a pretty impressive nutrition profile. According to some studies, sourdough bread acts as a prebiotic, which means that the fiber in the bread helps feed the “good” bacteria in your intestines. These bacteria are important for maintaining a stable, healthy digestive system. Sourdough is also lower in gluten than other forms of bread which makes it easier to digest. Plus, because its energy releases slowly, it will help keep you fuller for longer.

Even Light Drinking Can be Harmful to Your Health

If you typically end the evening with a night cap, the results of a recent study may have you putting the cork back into that bottle of wine. According to a 2022 study published in the journal JAMA Network Open, alcohol consumption of all amounts is associated with increased cardiovascular risk, even “light” drinking.



The results could prove a significant turning point in how alcohol consumption is viewed within the medical community. Officials at the Centers for Disease Control and Prevention note that studies dating back several decades have called for a closer examination of the perceived link between such consumption and cardiovascular disease. With evidence now suggesting moderate drinking does not lower risk for cardiovascular disease, healthcare professionals may advise patients to avoid alcohol altogether.

Go nuts! April is National Pecan Month

April is National Pecan Month, a time to recognize the nut that reduces your risk of heart disease, lowers cholesterol, contains fiber, protein, and more antioxidants than any other. Pecans are the only tree nut indigenous to North America, and they have quite a history on this continent. Amazingly, there are over 500 different varieties of pecans with slightly different characteristics like flavor, texture, size, color, and shape, but I bet they all make a great pie!



Severity of Sports Injuries Increasing in High School Athletes



While the overall number of sports-related injuries is decreasing, the severity of those injuries and the number of head and neck injuries are on the rise, according to a study presented at the 2023 American Academy of Orthopedic Surgeons (AAOS) Annual Meeting.

"The overall injury rate decreased, which you would think is great, but you also have to look at the types of injuries that are happening," said lead author Jordan Neoma Pizzarro, a medical student at George Washington University. "We are seeing an increase in head and neck injuries, especially concussions, as well as more severe injuries and those requiring surgery."

Football had the highest rate of injury, followed by girls' soccer and boys' wrestling. Boys' baseball had the lowest injury rate. While, boys' sports had higher injury rates compared to girls' sports. Almost eight million high school students are involved in sports each year.

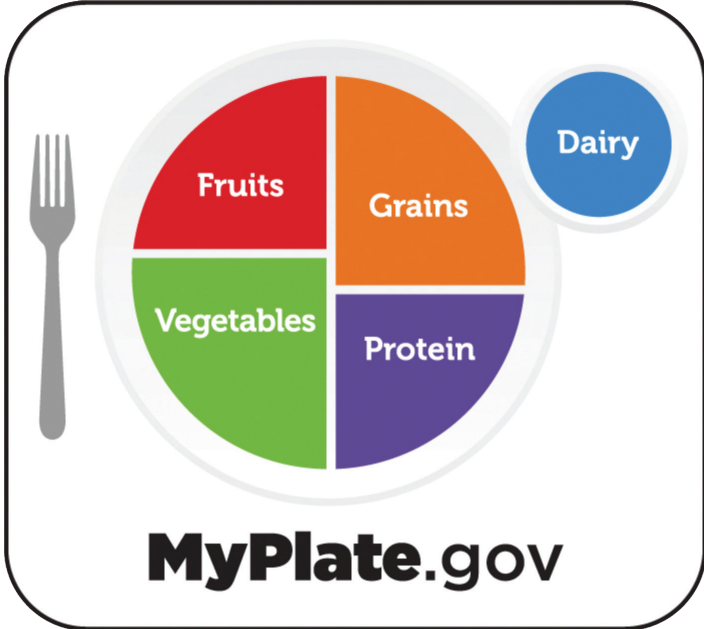
Learn How to Eat Healthy with MyPlate

Remember the food pyramid? Well, The U. S. Department of Agriculture (USDA) has replaced it with something new. Meet MyPlate, the official symbol of the five food groups. This free resource can help parents build their family's healthy eating habits. The USDA's free suite of resources, Start Simple with MyPlate maps out how to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives.

The USDA is providing a full suite of new tools to help families incorporate healthy eating.

When deciding what to eat or drink, Start Simple provides tasty options that are full of nutrients while limiting added sugars, saturated fat, and sodium. And, when ready to shop, the resource can pinpoint where to find cost-saving opportunities to eat healthy on a budget locally.

The Start Simple App works in both English and Spanish and can be downloaded to iOS or Android devices. Use the Start Simple with MyPlate app to pick simple daily food goals, see real-time progress, and earn badges along the way.



For more information visit <https://www.myplate.gov/myplate-plan>. For interactive recipes visit <https://www.myplate.gov/myplate-kitchen>.

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Q. What local venue would you recommend for date night and why?

April can be the perfect month for a date night before summer heat begins. We asked our readers to share their ideas for fun venues to visit. A selection of their answers is included here.



Mechanics Bank is fun for concerts!

- Annmarie Amaya

Donna Kaye's Cafe has the best food ever.

- Krystal Wood

The 18Hundred is so great. Good food, yummy drinks and the desserts come in smart portions if you need which makes it even that much sweeter.

- Ariana Rocha

1933. It's the right atmosphere to hang out and have fun!

- Bianca Gutierrez

We love going out to eat at a local restaurant like the Thai House or Firestone Grill and then spending some time at Imbibe. They have an amazing wine selection and live music on Friday nights.

- Rachel Welch



Best food in town: Sorella's. Nice ambiance for two.

- Dawn Brown



We tried Gaslight Theater. Dinner and a show, entertaining and something new to try if you haven't experienced melodrama.

- Julie Garcia

I would recommend getting dinner at Mama Roomba's and walking over to catch a show at the Fox Theatre. It is so beautiful in downtown Bakersfield

- Florita Flores

Flame and Fire. The food, staff and whole atmosphere is a nice experience for a date night.

- David Fuentes

Studio Movie Grill because everything is right there; dinner, movie, drinks (and my son works there too!).

- Dianna Coryell

BLVD is fun when you're not quite sure what you want to do. You can get food and have options to bowl, play games, laser tag, etc.

- Cheyanne Rigsby



You can't beat a sunset picnic out at Hart Park!

- Courtney Wright



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Hello, Happy Mama

Hello, Mama! It's me, Janelle. It's been a minute since this writer had the opportunity to share with you on these pages. I hope that you are healthy, happy, and always seeking opportunities to show up in this world. We need YOU! We need your light! We need your smiles! We need more moms to show up for each other, learn from each other and lock arms to find our way through this journey of motherhood.

I remember when I wrote my first article for Kern County Family Magazine. I shared with LJ that I really wanted to

curate a series of stories highlighting local moms and the gifts that they are sharing to make our community a better place. I believe that we have been able to do that...one story at a time. Today, I return as a guest writer to highlight some amazing moms in business and to share their thoughts on what it means to "bring business back" to Bakersfield as we count down to the 34th Annual Bakersfield Women's Business Conference on April 27th at Mechanics Bank Convention Center and Theater.

Photography by: Cypress Avenue Media



NaTasha "T" Johnson
Founder & Owner, Upside Productions and Chair, BWBC 2023



Deanna Blaise
Senior Vice President, Member Services at Valley Strong Credit Union and Vice-Chair, BWBC 2023



Colleen Bauer
Owner, My Fairy Godmother, and Executive Board, BWBC 2023

Q How has motherhood changed you? Has it helped you to be a better leader in the community?

Johnson: In all aspects of my life, motherhood has made me a stronger woman. It has made me want to do better for myself and others. I have learned to go beyond expectations and break every ceiling possible to be a role model for my children and my community. As I strive to achieve the best in my community, I've made a commitment to excellence in all that I do.

Blaise: Being a mother has taught me patience, how to be more creative, and how to include others that may feel left out. It has definitely helped me to be a better community leader through more compassion for people and how to stand up for what's right.

Bauer: Being a mom is the hardest thing I have ever done, however the most reward-

ing. I love and adore my son so much. Being a mom teaches you, patience and kindness. I also believe being a mom puts things into perspective of what's really important, for me Faith, Family, and then my company.

Ross: Motherhood helped me to be a more selfless person, and a better friend, and knowing that I had two little people depending on me to be the best version of myself for them and for me. Being a good example of a servant leader for my kids and others to see is important to me. It's about giving back to the community and paying it forward.

Nichols: I am a better woman because of my opportunities to be a mother it's taught me to be flexible, kind, loving, patient, understanding, caring, respectful, supportive, curious & teachable! I have learned empathy and compassion as I have loved my children and watched other mothers love theirs.

Q Why do you choose to serve on the Bakersfield Women's Business Conference Board?

Johnson: It's provided me with the incredible opportunity to influence and serve others. I want to have a strong impact on how decisions are made for women in Kern County. Being a part of the BWBC Board, allows me to bring a variety of diverse perspectives to empower women in our community. It allows me to share in the connectedness of other like-minded women.

Blaise: I choose to serve on the BWBC Board to help connect women with resources that are so needed, to help women build their confidence to take action on their dreams and to serve my community.

Bauer: I truly have the BWBC to thank for launching my company Fairy Godmother

Event Co. After acting as Chairperson for the Conference, I was encouraged by fellow board members and several event partners to pursue more work in the area of event planning and execution.

Ross: I love what the conference stands for - providing women and young women opportunities for networking, development, and a day of self-care.

Being able to serve on the Board for the past 17 years has blessed my life. I am a better woman and person for having served on the BWBC Board.



LaMeka Ross
Human Resources Advisor, Aera
Energy and Advisory Board, BWBC
2023

Q What does the theme, "Bringing Business Back" mean to you?

Johnson: It means supporting the resiliency of the many challenges businesses have faced over the last few years due to difficult economic times. It means providing educational resources and tools for businesses to shift and

Well, mama, I hope these testimonials shed some light on motherhood, community leadership, and why attending the annual Bakersfield Women's Business Conference can benefit you in so many ways! Tickets are selling out, so please visit our website to get yours today!
www.bakersfieldwomen.org

As I close, I would like to thank LJ Radon for the opportunity to return as a guest writer and celebrate, Callie Collins who continues to breathe new life into "Hello, Happy Mama" for the readers in Bakersfield and beyond! Keep shining, Mama. With love and gratitude,

Janelle Capra

pivot from uncertainty to reassurance with support. Not only for small businesses, but for all types of businesses in our lives including personally, professionally, financially, and spiritually.

Blaise: To me, it means let's get back to basics and focus on what matters to get our momentum back.

Bauer: Personally, Covid almost shut down the Event Industry and so many other businesses. I love our theme so much because it is saying what we all need to hear! Bring Business Back!

Nichols: Kicking it up a notch to get things rolling in our community since



Dayna Nichols
Advisory Board Member, BWBC
2023

the pandemic put a damper on things due to restrictions. Making sure all women, in all communities, know that their options are unlimited! Reminding us all that we just need to get started! Whether it's in their own education or whether they want to start a business or work their way up in their current career-they have resources and women available to encourage them.

Hello, Happy MAMA!

ENTER TO WIN!



2 Premier Tickets to the Bakersfield Women's Business Conference on April 27th!

Valued at \$115.00 each.

GIVEAWAY SPONSORED BY BWBC!

Attend the full-day conference in person at Mechanics Bank Theater where you can join workshops, try products from exhibitor booths, enter raffles, and see our celebrity keynoter & entertainment. Lunch is provided.

Close seating to the stage to see our keynoter presentations and an exclusive SWAG Bag from BWBC sponsors.

See full details on entry page.
**Enter by 12:00am on
Monday, April 17th!**

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WHAT TYPE OF CAMP WILL YOUR CHILD LIKE?

By Cheryl Maguire

When I was younger, I only had one choice for summer camp—the town camp. The town camp was a traditional all-day 6 hour camp with a heavy emphasis on sports. I was more of a bookworm than an athlete so this type of camp was not a good match for my personality. I remember coming home every day whinnying to my mom, “It was so hot and all we did was play (fill in a sport). Do I have to go to camp tomorrow?” By the end of the summer I’m sure my mom wished there were other options for me.

Now there are so many choices it can be overwhelming to figure out what type of camp would be a good fit for your child. Hopefully, the following descriptions will help you to match your child with the correct camp so you hear your child tell you, “Camp was so much fun today,” instead of what my poor mother dealt with daily.

TRADITIONAL DAY CAMP

A traditional day camp is 6 hours (half-day options may be available) and offers a variety of activities such as sports, swimming, art, music, STEM or STEAM. These camps are located at public schools, or private settings or community non-profits.

Is this a good fit for your child?

Most of the activities are outside so if your child loves the outdoors and playing sports or team building activities then this would be a good type of camp for them. Since there are a variety of activities this would also be a good fit for a child that likes to try different things.

SPORTS

Specialty sports camps usually are one sport such as baseball or soccer that the child plays either for 3 or 6 hours. Depending on where you live there may

be an option for tennis, golf, surfing, or sailing camp. This type of camp is typically owned by private organizations. Some towns may have town operated sports camps.



2023 camp guide



camps typically showcase a production such as “Beauty and the Beast,” whereas in an art camp a child would use a variety of art mediums like painting. These types of camps can be located in public schools or private organizations. In the public school setting the drama teacher usually runs the camp, and it isn’t widely advertised but it is available for anyone to participate.

Is this a good fit for your child?

If your child is creative and prefers the indoors, then these types of camps would be worth looking into. It may be a good way to introduce the arts to your child since most of these camps are time-limited for one week.

EDUCATIONAL

An educational camp focuses on learning a new skill or subject matter. Since it is camp and not school these camps tend to be hands-on with an emphasis on fun. These camps are located at public schools, museums, and colleges.

Is this a good fit for your child?

If your child is curious and always asking questions about how/why things work, this may be a good match for them. If a child is interested in learning a new skill such as computer programming or speaking Spanish some educational camps offer that as well.

SLEEPAWAY

Overnight camp is when your child lives at the camp for either a week or longer period. There are Boy/Girl Scout camps and private residential camps. These camps tend to offer options such as sailing, boating, archery, horseback riding, and other activities that may not be available close to your home.

Is this a good fit for your child?

An overnight camp gives your child the chance to meet other kids from different

states and countries. There are also more activities that foster independence compared to traditional day camps.

TRAVEL

There are two types of travel camps. One type is when your child goes on day trips and the other type sometimes referred to as “teen tours” is when your child travels with a group for an extended period (usually a few weeks or a month). This type of camp is located at religious or private organizations.

Is this a good fit for your child?

Some of these camps travel to places by plane so it would give your child the chance to travel to a place that you might not have gone to as a family. If your child enjoys experiencing new destinations, then this would be a great fit for them.

HOW YOU CAN FIND THESE CAMPS

A good place to start is attending a local summer camp fair put on by the community favorite family and parenting publication. Also asking friends and family where they sent their child to camp and if it was a positive experience for them can be helpful.



Is this a good fit for your child?

If your child loves a specific sport, this would be a great option. It could even be a way for your child to try a sport such as surfing that they might not otherwise have exposure to.

ART/MUSICAL THEATER

Specialty art or musical theater camps focus on the arts. Musical theater

THURSDAY APRIL 20th

2:30pm-6:30pm

IT'S FREE!

Westside Church of Christ Gym

Call Leslie at 661.861.4939

for booth info. www.kerncountyfamily.com

Event Sponsors:





2023 camp guide

Harmony Road Music School

5381 Truxtun Ave
Bakersfield, CA 93309
661-665-8228
www.harmonyroadbakersfield.com



Want a fun musical activity for your child this summer? We offer several music classes for children ages 16m-11 years:

'Toddler Classes' feature singing, moving to music, finger games, playing with rhythm instruments, activities with balls, scarves and hoops, and piano introduction. For ages 16m-3 years, with parent.

'Junior Music Camp' is our creative arts/crafts musical morning camp for 4-6 year olds. Each day features a different theme: Dinosaurs, Teddy Bears, The Nutcracker, Peter & the Wolf, and Carnival of the Animals. Kids learn about famous musical works and make an instrument!

'Intro to Piano' kids try our piano program with just 4 classes. No home instrument required. Book/CD included. For ages 4-11 years.

'Summer Piano Course' 9 week beginning piano program for ages K-11 yrs will meet Wednesday afternoons beginning in June.

North of the River Recreation & Park District

3825 Riverlakes Dr
Bakersfield CA 93312
661-392-2000
www.NORfun.org



NOR offers a wide variety of camps and activities for summer fun, including 9 weeks of summer camp, four sessions of youth tennis ranging from beginner to intermediate, and multiple sessions of sports camp in basketball, volleyball, and soccer.

NOR also offers ways to beat the heat, including spray parks and rec swim at the Greenacres Pool. For those learning to swim, lessons are available in multiple class levels. We also offer a Tot Camp for younger children throughout the summer.

Visit NORfun.org to find out what's new, confirm the most up-to-date program information, and register for activities. Register online today!

Boys and Girls Clubs of Kern County

5801 Niles Street
Bakersfield, CA 93305
661-325-3730
www.bgclubsofkerncounty.org



Summer fun is just around the corner!

The Boys & Girls Club enriches the lives of children, ages 5 – 18, with Visual and Performing Arts, STEAM, Field trips, Sports, Character/Leadership Development, and more!

Our 2023 Summer Camp Adventure is available at the following locations:

Armstrong Youth Center – 801 Niles St.
Stockdale Boys & Girls Club – 5207 Young Street #200
Lamont Boys & Girls Club - 8301 Segrue Road

Day Camps run Monday – Friday from 7am – 6pm.

To register your child or for more information visit us at www.bgclubsofkerncounty.org/daycamps.

Better yet, come for a personal tour – you will be amazed at what the Club can offer to your child!

Spend Your Summer with



Aquatics

- Beat the heat during Rec Swim in June.
- Stay safe & take Swim Lessons.
- Cool down at any of our 8 Spray Parks.



Summer Camps

- Keep little ones active & learning in our Tot Camp.
- Sign up for 9 weeks of fun. New themes each week!
- Simple recipes taught in Kiddos in the Kitchen class.

Sport Camps

- Practice forehand & backhands in Tennis.
- Go for the gold in Tot Olympics!
- Stay sharp on the courts in Basketball & Volleyball.



- Discover the weekly scavenger hunt.
- Participate as much or as little as you'd like.
- End your week with a Movie in the Park.

NOR Recreation & Park District www.norfun.org 661.392.2000

11 WAYS TO encourage entrepreneurship in children

Parenting conversations around developing lifelong skills include topics like the value of money, ways to teach work ethic and how to develop grit and gratitude. Developing entrepreneurial skills happens through days of practice, often in less celebrated ways, that turn into years and life habits. Here are 11 ways to help your child develop entrepreneurial skills:

Foster Creativity 01

Some of the best entrepreneurs are people who see the world differently. Expose children to art, new experiences and what they want to learn more about.



02 Lead by Example

Show your children a project you have led or a business venture where you have been successful.

Encourage Routine 03

Help your children learn independence by creating a manageable routine, which shows them how to structure their time.



04 Volunteer Together

Show how community change can happen when people work for a common goal.



05 Assign Age-Appropriate Chores

Teach life skills through daily repetition and help children see their integral role in the household with corresponding responsibilities.

07 Encourage children to follow their interests

Now more than ever, niche interests have a place in the world. Their specialized perspectives can bring personal satisfaction and connections with others.



Teach Children About Money 09

Give children an allowance. Teach budgeting and money management skills, including to account for sales tax plus how interest works on a credit card. Each year, be mindful about increasing their knowledge according to what they can handle according to their age and maturity.



06 Give Children a Chance to Try

Allow small sales opportunities, like lemonade stands or friendship bracelet sales, be part of their childhood by conceptualizing and creating informal set-ups. From the permit process to counting change and speaking in public, children learn by doing.

08

Give Children a Chance to Fail

Sometimes, it is difficult for adults to see children experience natural consequences. Let children learn from their mistakes when possible, which is just as important as letting them try to begin with.

10 Encourage Children to Find Information

Beyond using popular search engines, old fashioned book skills have value. Teach children how to find answers they need.



11

Set Up Time to Rest

Bright children burning out before adulthood can happen. Avoid this by setting limits on productivity to establish rest time both mentally and physically.

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2023 ♥♥♥
♥♥♥ 5pm-8pm ♥♥♥

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KCFM Recommends Sponsored by Kern Literacy Council

Books About Money For Kids

by Andrea Rose

As parents, we make sure to teach our children how to read, write, share and be kind to others, so that they will grow up to become independent, successful people. But one secret to success that's often overlooked is how to handle money.

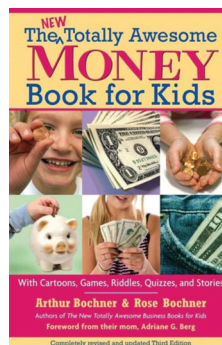
As you think about your finances this month during tax season, we've got some favorite books for helping to teach your child to be fiscally responsible.



Rethink Money for Children & Teens

by Paul O'Mahony & Chris Farrell
Publisher: Funancial Freedom
FREE, Ages 12-18
<https://funancialfreedom.com/>

This free book teaches kids and teens to become financially smart with must-know information on the basics, as well as wealth-building and even provides the building blocks for an entrepreneurial mindset. Available in print, Kindle and Audible versions.



New Totally Awesome Money Book for Kids

by Arthur Bochner & Rose Bochner
Publisher: William Morrow Paperbacks
\$12.99, Ages 8-14
www.amazon.com

This easy-to-understand paperback makes learning fun with a guide to budgets and savings, the basics of investing, the realities of credit cards, online investing and more.

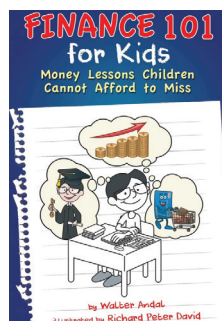


Everything Money:

A Wealth of Facts, Photos and Fun!

by Kathy Furgang
Publisher: National Geographic Kids
\$12.95, Ages 8-12
www.amazon.com

National Geographic provides fun facts, photographs and everything kids need to know about money. The variety of information and photography are sure to keep kids' interest.

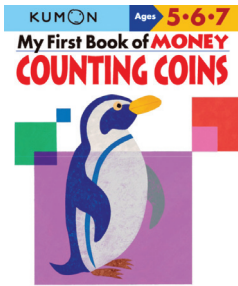


Finance 101 For Kids:

Money Lessons Children Can't Afford to Miss

by Walter Andal
Publisher: Gatekeeper Press
\$12.29, Ages 8-11
www.amazon.com

The basics of money history, followed by advice on how to earn and make money, saving and investing, managing credit, personal finance and even the stock market and foreign exchanges.

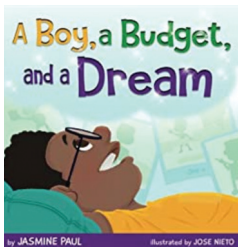


If your child can add numbers up to 100, and is familiar with the concept of money, then this book will build on that foundation. The illustrations are fun and every introduction to coins and their values, which will help strengthen your child's mathematical skills.

My First Book of Money: Counting Coins

by Kumon Publishing
 Publisher: Kumon Publishing
 \$6.99, Ages 5-7
www.amazon.com

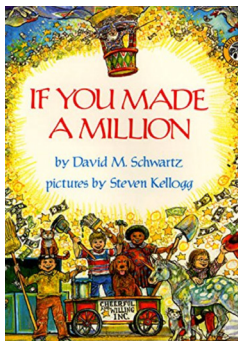
This math skills workbook uses the Kumon learning program's step-by-step approach to teach children the concept of money. Kids will start with learning about coins and practice their counting and addition skills.



A Boy, a Budget and a Dream!

by Jasmine Paul
 Publisher: CreateFinStew LLC
 \$12.99, Ages 4-8
www.amazon.com

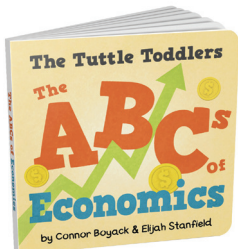
This fun read tells the story of Kass, who budgets her money carefully and expects her brother to do the same, but he spends every dollar he earns—until he realizes he hasn't saved enough money to pay for something he's been dreaming about.



If You Made a Million

by David M. Schwartz
 Publisher: HarperCollins
 \$7.99, Ages 4-8
www.amazon.com

This book, beautifully illustrated by Steven Kellogg uses a character named Marvelosissimo the Mathematical Magician to explain the basics of earning money, investing it, accruing dividends and interest and watching savings grow.



The Tuttle Toddlers The ABCs of Economics

by Connor Boyack & Elijah Stanfield
 Publisher: Pageant Wagon Publishing
 \$19.99, Ages 2-5
www.tuttlewins.com

Even toddlers and preschoolers aren't too young to begin learning about the principles of money and economics. This three-book set includes "The ABCs of Liberty" and "The American Revolution."

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



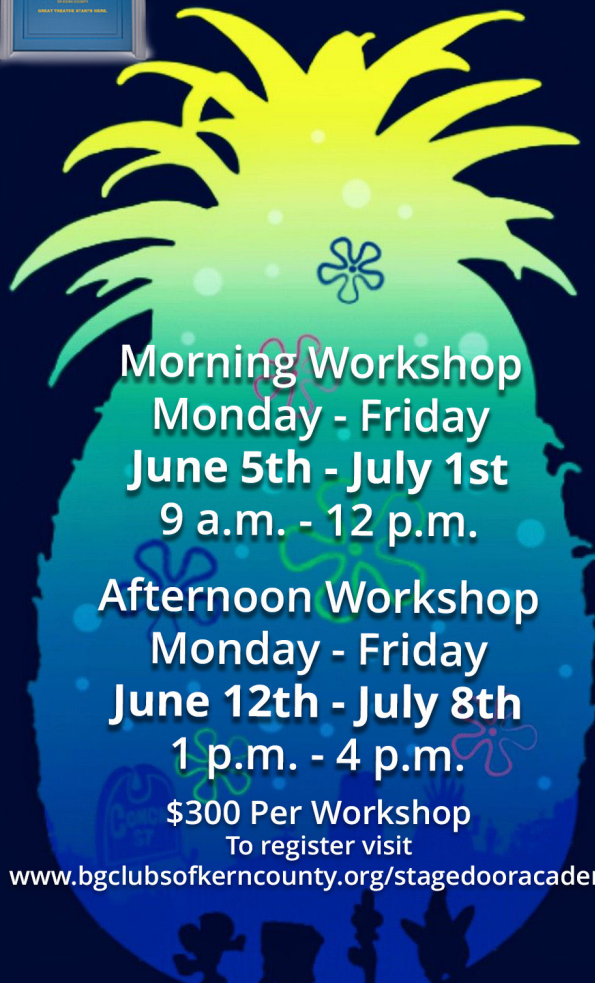
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 Musical Production Conceived by Tina Landau.
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Substitute Chef What's for Dinner?



My husband is the cook in the house. So whenever he is out of commission, I kind of flounder. Or order pizza.

He got Valley Fever a few years ago and did not come out of the bedroom for four weeks. Day 1 we had leftovers. Day 2 we had pizza. Days 3 through twenty-eight are kind of a blur. I know there were more leftovers and more pizza and some dinners at Grandma's house. I think I found some prepared meals in the freezer.

When he got COVID last year and decided to quarantine in the bedroom, I panicked. How could I do another twenty-eight nights of leftovers and pizza?

"I am an adult," I told myself. "I can do this. It is just food. Adults make food every day. I made food every day for myself when I was single. I can pull myself together."

The first night, a friend brought over a home-cooked meal. Which was sweet. But also made me feel like... What is wrong with me? It is not that hard to open the refrigerator and take out some food and cook it and eat it.

So I sat myself down and took inventory of the refrigerator, the freezer, and the pantry. I didn't even need to go shopping. There was enough food in the house to last a week at least.

I started planning. I knew what I was going to make for every meal for a week.

By the time I had the breakfast dishes cleared, I would start panicking that I needed to clean the kitchen and start making lunch. And once I survived lunch, I had to clean the kitchen and start dinner. There hardly seemed to be a moment that

I wasn't cooking or cleaning up from cooking.

Part of me was stressed by the constant pressure. And part of me was like, "Hey, I can cook! I'm a real adult now."

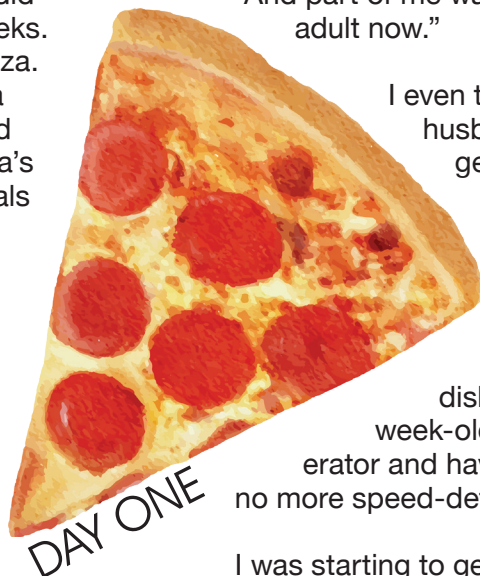
I even thought I did a better job than my husband of re-purposing leftovers and getting the food ready at a reasonable time and cleaning up the mess. I could DO this. I was on a roll. I would be the new cook in the house. No more wondering what time we would be eating or if I should just jump in and do a load of dishes myself. No more finding slimy, week-old asparagus in the back of the refrigerator and having to throw it away. And definitely no more speed-defrosting.

I was starting to get a little cocky. I was like, "Yeah, I know Ashley doesn't eat yogurt, so here is some toast for her with her favorite blackberry jam." I was a pro-chef. I could keep things going. Best of all, no one was in MY kitchen making a mess. It was all MINE. I could keep it as clean and organized as I wanted, and no one would come in and make a peanut butter sandwich and leave the open jar of peanut butter on the counter with the sticky knife next to it in a sticky pool of peanut butter ooze.

But then he got better and took over, and I was secretly glad, if I'm honest.

He has a doctor's appointment at dinner time this week.

We'll be ordering pizza.



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.



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you can do it

French Macarons!

Sweet, Colorful Easter Treat

French macarons are a great sweet for amateur bakers to add to their repertoire. Making macarons often is a labor of love, so offering friends and family a plate of these chewy, meringue-based cookies really shows you care. Vary the filling of choice depending on your favorite flavors.

Enjoy this recipe for “French Macarons,” which utilizes the Swiss meringue method, courtesy of Karli Bitner and her “Cooking with Karli” blog. Weighing the ingredients produces more reliable results.

Servings: Makes 20 Macarons

0.8 cup (or 100 grams) powdered sugar
1 cup superfine almond flour
5 1/2 Tablespoons egg whites
1/2 cup granulated sugar
Food coloring, if desired

Vanilla buttercream filling

4 tablespoons butter, at room temperature
1 1/2 cups powdered sugar
1 teaspoon vanilla extract
Up to 2 tablespoons heavy cream
Food coloring, if desired

1. Measure out all ingredients.
2. Sift together the powdered sugar and almond flour. Set aside.
3. Add 1 cup of water to your sauce pan or to the liner of your Instant Pot.
4. Heat the water over medium heat until steaming.
5. While the water is heating, add the egg and 3 tablespoons of the measured out sugar to the bowl you'll be using for the double boiler.
6. Once the water is steaming, place the bowl over the steaming water and whisk until the egg whites are foamy and white. When they are foamy and white, remove the bowl from the pan or Instant Pot and set on a hot pad on the counter. Turn off the burner or Instant Pot.
7. Add the remaining sugar to the egg whites and mix using an electric hand mixture until the egg whites are white, glossy and can form stiff peaks.
8. Add the food coloring now if you'd like to color your macarons. Mix until combined.
9. Add the powdered sugar and almond flour to the bowl and mix with your mixer for 8 seconds. After the 8 seconds is up, use a silicone spatula to stir and smear the batter from the outside of the bowl towards the center. Turn the bowl as you do this to make sure all of the batter gets stirred equally.
10. Do this until your batter thins and is able to drizzle a ribbon of batter for a few seconds without it breaking.



11. Transfer the batter to a piping bag equipped with a round piping tip.
12. Pipe equal circles onto a silicone or parchment-lined cookie sheet. Make sure that your piping bag is straight up and down. Apply equal pressure and release pulling straight back up. Repeat with the remaining batter.
13. Bang the pan gently but firmly onto the counter a few times to remove any air bubbles.
14. Preheat oven to 300 F.
15. Allow the macarons to dry out as the oven preheats, for about 20 to 30 minutes. Your macarons should be dry to the touch before going into the oven.
16. Bake for 11 to 13 minutes at 300 F. The macarons should not turn brown.
17. Allow the macarons to cool completely on the pan.
18. When the macarons are completely cool, make your filling.
19. Make your filling by combining all ingredients using either a stand mixer or your electric hand mixer. Slowly add in the heavy cream (you can substitute milk if you'd like) because you want a thick buttercream so it doesn't squirt out while eating the macaron.
20. Once the buttercream is mixed together and your desired consistency, gently pipe some frosting onto the bottom side of one cookie and then sandwich the frosting with the bottom side of a second cookie to create your macaron.
21. Repeat with remaining cookies.

you can do it.....

Just Jar It! Four Simple Ways to Teach Kids to Save

by Andrea Rose



Most young children enjoy counting and sorting coins, but somewhere along the way unless they are coached, they're probably more likely to lose their pennies in the couch, rather than save them. It doesn't have to be that way! You can teach your children to start saving as soon as they can sort coins.

Start with a piggy bank or, easier still, a jar! You don't need to buy special jars. You could use a baby food jar, jelly jar, peanut butter, Parmesan cheese or any jar (don't forget to clean it and let it dry completely). They can decorate the jar with paper, stickers or whatever craft supplies you have on hand. Then, let the fun begin!

1. Work for pennies. Assign chores to your child and pay them in coins—a dime to water plants, a quarter to put away laundry, etc. You'll be amazed how many chores they want to do to watch their money build in the jar.
2. Make a game of it. For children who are old enough to read dates (about age 5 and up), hand them a pile of change and ask them to look for their birth year on the coins. Whichever coins are from that year, the child may put in the jar. Get into the habit of doing this once a week.
3. Help them set goals. For older children, let them make a jar—or two or three!—for each goal they'd like to save for. They could save for a special lunch, movie ticket, toy, video game, etc. You could also suggest they have a jar for spending, saving and donating. Give them an allowance and help guide them in deciding which jar to drop the money in.
4. Challenge them. Most of us know about “swear jars” where you have to drop in money when you use foul language. Why not put a positive spin on that and have a Kindness jar for each child where you drop coins in every time you catch them doing something kind and match their deposit in a separate jar that can be used for family fun!

Watch them enjoy their savings grow!

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AT BELCOURT

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

April 1

Edible Schoolyard Kern County Annual Spring Plant Sale

The Edible Schoolyard will open its garden to the community for its annual plant sale.

9:00 AM - 2:00 PM

Edible Schoolyard Kern County
6520 Buena Vista Rd Bakersfield, CA
<https://esykerncounty.org/events/>



April 1

Superhero Night- Bakersfield Condors Game

Join the Condors for Hero Night and meet Black Panther and Star Lord at the game!
7:00 PM

Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA
www.bakersfieldcondors.com



April 1

Dog Adoption Event

Come see the dogs available for adoption: Kern County Animal Shelter.

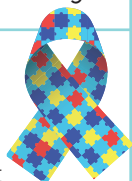
11:00 AM - 3:00 PM

Tractor Supply 6710 Colony St. Bakersfield, CA
<https://www.kerncountyanimalservices.org/>

April 1

Autism Awareness Month

This month-long observance is focused on raising awareness about autism spectrum disorders, what it means to be autistic, how to support autistic people, & the discrimination that autistic people face.



April 2

Easter Egg Hunt

Join the Camp Hamilton Veterans Memorial Park community for an Easter Egg Hunt.

2:30 PM - 5:00 PM

Camp Hamilton
Veterans Memorial Park

34999 Lerdo Hwy Bakersfield, CA
661-573-8733



April 4-8

Spring Fling at California Living Museum

Admission for children (ages 3-12) is only \$4. Children must be accompanied by an adult. Each day, there will be a variety of fun-filled activities.

10500 Alfred Harrell Hwy Bakersfield, CA
calmzoo.org

April 5th



Passover Begins at Sundown

April 8

NOR Easter Egg Hunt

Celebrate Easter early with a FREE egg hunt for children ages 1-10 yrs.
10:00 AM

Emerald Cove Park
4303 Patton Way Bakersfield, CA
<https://www.norfun.org/2023-04-08-nor-easter-egg-hunt>

April 8 & 9

Easter Fun on the Farm

Enjoy Strawberry Picking, Tractor Drawn Wagon Rides, and acres of fun including traditional Easter lawn games, a special Easter Scavenger Hunt!
The Big Red Barn, Murray Family Farms
6700 General Beale Rd. Bakersfield, CA
661-330-0100
www.murrayfamilyfarms.org



April 9

Happy Easter

April 13

Jazz Day

The Kern County Music Educators' Association and the Bakersfield College Jazz Studies Program announce the sixth annual KCMEA Jazz Day. This all-day event will feature student jazz ensembles from throughout Kern County performing.
10:00 AM - 5:00 PM
BCS Performing Arts Center Indoor Theater
1802 Panorama Dr. Bakersfield, CA
661-395-4313
<https://www.bcjazz.org/jazzday>



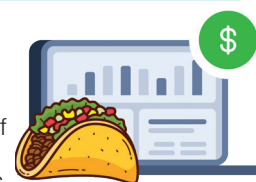
April 15

Tacos & Taxes

Join the United Way of Kern County for free tacos and tax services.

10am-4pm

East High School
2200 Quincy Street Bakersfield, CA
www.kernvita.org



April 15

Fan Appreciation Night - Bakersfield Condors Game

Thousands of prizes will be given away in the mystery envelopes of fun. Plus, on offer 25th Anniversary jerseys for a charity auction.

7:00 PM

Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA
www.bakersfieldcondors.com

April 15

BC Garden Fest

Bakersfield College's Garden Fest is returning to Renegade Park! This free event features food trucks, organic gardening, a carnival for kids and more for the whole family to enjoy!

9:00 AM - 4:00 PM

Bakersfield College
1801 Panorama Dr. Bakersfield, CA
661-395-4011





April 20

KCFM Summer Camp & Adventure Fair

This free event offers parents and families an opportunity to talk one-on-one with representatives from dozens of local summer programs.
2:30pm-6:30pm
Westside Church of Christ
7300 Stockdale HWY Bakersfield, CA
www.kerncountyfamily.com

April 20

Food Trucks at the Fairgrounds

4pm-8pm
Kern County Fairgrounds
1142 South P Street Bakersfield, CA
<https://www.kerncountyfair.com/events/2023/food-trucks-at-the-fair>

April 22

Earth Day Celebration

Enjoy a spring day at the preserve and learn about ways you can help the planet.
10am-2pm
Wind Wolves Preserve
16019 Maricopa HWY Bakersfield, CA
<https://wildlandsconservancy.org/preserves/windwolves/publicprograms>



April 22

20th Annual Great American Cleanup

The Keep America Beautiful Great American Cleanup™ is one of the largest community service events in the nation. Come volunteer and help keep our community clean.
8am-1pm
Yokuts Park
4200 Empire Drive Bakersfield, CA
661-326-3539
www.keepbakersfieldbeautiful.us

April 22

Festival of Baskets

Luncheon, fashion show and raffle presented by The Women's Club of Bakersfield
10:30am
2023 18th Street Bakersfield, CA
661-325-7889

April 22

The Bakersfield Soul Food Fest

Sample and purchase some of the best soul food that Bakersfield has to offer!
3pm-9pm
Noble Park
700 South P St. Bakersfield, CA
www.kbcc.com

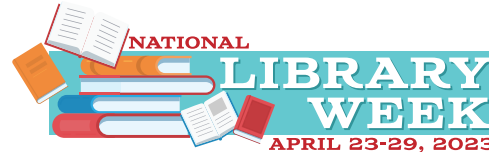
April 22

Journey in Concert

The diamond-selling Rock & Roll Hall of Famers will bring special guest Toto to the stage.
Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA
www.AXS.com



April 22-29



April 22 & 23

The 26th Annual Kern County Scottish Games & Gathering

This event will include the Heavy Athletics, Music, Pipe Bands, Food and Merchandise Vendors, Clans, and Much More.
9am-5pm
Kern County Fairgrounds
1142 South P St. Bakersfield, CA
<https://www.kernscot.org/highland-games.html>

April 27

Bakersfield Women's Business Conference

Keynote speaker is Daymond John, CEO & Founder FUBU.
8am
Mechanics Bank Theater & Convention Center
1001 Truxtun Avenue Bakersfield, CA
661-378-4707
bakersfieldwomen@gmail.com
<https://bakersfieldwomen.org/>



April 28

Kern County Career & STEM Expo

Elementary, middle school, and high school students are invited to learn more about different career paths.
8:30am-1pm
The Career Technical Education Center
7301 Old River Rd. Bakersfield, CA
(661) 396-4430
<https://cte.kernhigh.org/apps/pages/careerexpo>



April 28-30



46th Annual Western Street Rod Nationals

Bakersfield will welcome 1,700 street rods, customs, muscle cars and street machines!
8am-8pm
Kern County Fairgrounds 1142 South P Street Bakersfield, CA
www.kerncountyfair.com/events/2023/46th-nsra-western-street-rod-nationals

April 29

Country & Craft Beer Festival

It's back! The event is put on by the Active 20/30 Club of Bakersfield and 100% of the proceeds go to children's charities in Kern County.
1pm-5pm
Central Park at Mill Creek
600 21st St. Bakersfield, CA
countrycraftbeer.com/home/



April 29

ZZ Top in Concert

7:30pm
Dignity Health Amphitheatre
11200 Stockdale HWY
Bakersfield, CA ~ 661-852-7300
www.dignityhealthamphitheatre.com

April 29

Parmalee in Concert

Check out this popular country band in concert!
8pm
Buck Owens Crystal Palace
2800 Buck Owens BLVD Bakersfield, CA
www.buckowens.com/event/parmalee-live/



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

Through April 15

Cover to Cover Reading Challenge

Children ages 4-12 sign up to read five books for a chance to earn a free cheeseburger from In-N-Out Restaurant.
Kern County Library
701 Truxtun Ave Bakersfield, CA
info@kernlibrary.org

Through May 26

Snacks in the Stacks

A free dinner and snack for children ages 2-18, plus a place to hang out and study.
3pm-5pm
Beale Library
701 Truxtun Ave. Bakersfield, CA

Every Tuesday

Optimal Hospice Grief Support

First United Methodist Church
10am
44600 Stockdale Hwy Bakersfield, Ca
661-716-4000

Every Sunday

Haggin Oaks Farmers Market

9am-2pm
8800 Ming Ave. Bakersfield, CA

Second Tuesday of Every Month

Smitten Kids

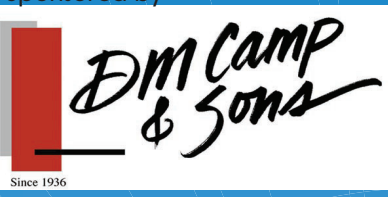
Come listen to songs and stories on the patio. Free for families.
9am
Smitten Café at 909 18th Street in Bakersfield

Third Wednesday of Every Month


FREE Women's Self Defense Workshop

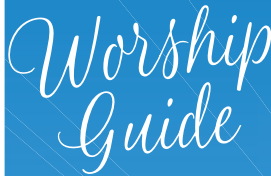

6pm
Alliance Against Family Violence Outreach
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PAGE
29

ACTIVITY CORNER ANSWERS

CROSSWORD

Across

1. Blankets

2. Lawns

3. Saturday

4. Awning

5. Cut

Down


6. Ground

7. Turf


8. Hay

Crossword

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skatelandbakersfield.com



Family magazine

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"Kern Autism Network Inc. provides support, awareness, information and education to families and the public throughout Kern County"



Happy Easter and April Autism Awareness Month
Parent Support Group: Wednesday, April 12th 6pm
2200 Oak St. Register via Eventbrite
Yoga for Autism Mom's Saturday, April 15th 9 a.m. register via Eventbrite
Chess for Teens: Sunday, April 16th at 2pm. Register via Eventbrite
Female Support Group: April 27th, Email for details

- | | |
|---|---|
| EARLY SIGNS OF AUTISM: | SERVICES OFFERED: |
| <ul style="list-style-type: none"> • Delayed language development • Repetitive language • Little or no eye contact • Repetitive mannerisms • Inflexible routines or rituals • Preoccupation with object parts • Little interest in friendships | <ul style="list-style-type: none"> • Monthly Parent Support Groups • Adults on the Spectrum Support Group • Law Enforcement Trainings • Autism/Asperger Workshops-Seminars • Local Resources, Community Projects • Camps & Activity Scholarships • Evening & Weekend Phone support |

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2200 Oak Street
Eventbrite link can be found on our website at kernautism.org



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APRIL ACTIVITY CORNER

puzzle answers on page 26

Sudoku

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

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. Warm coverings
4. Provides shade
6. Surface of Earth
7. Upper layer of soil
8. Grass used as fodder

DOWN

2. Patches of grass
3. Weekend day
5. Trim

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



DID YOU KNOW?

April is National Humor Month! Try this joke for fun:

What do you get if you cross a frog with a rabbit?

A funny yunny!

April is also National Frog Month!





APRIL ACTIVITY CORNER

puzzle answers on page 26

Letter Writing Word Search

Presented by Pacific Ag Rentals

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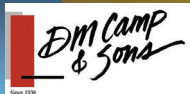


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