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

May 2023

**HOW MOM
CAN HAVE MORE
ENERGY!**
pg 16



**Don't Miss
Our 2023
Reader's
Survey!**
pg 32

plus

addressing kid's challenging behaviors pg 9 plan your best summer ever pg 14
hello, happy mama: Jennifer Williams-Cordova pg 12 strawberry quinoa salad pg 23

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MEMBERS OF



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Cover Photo by
Tessa Warner: www.tessawarner.com
Mom, Julia Kiuftis L to R: Eleni: 6, Konstantina: 8,
Angelo: 18 months, Mary: 3

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**11 Ways to
Plan Your Family's
Best Summer Ever!**

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Hello, Happy Mama

Jennifer Williams-Cordova with daughter
Photo provided by Jennifer Williams-Cordova

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



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& giveaways!**



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dear reader by Vaun Thygerson



Vaun Thygerson,
Contributing Writer

during Spring Break, my two pre-teen nieces and teenage nephew along with their parents, came to sunny California to escape this winter's epic snow storms. So, inevitably we knew where we were going to spend one of our weekend nights.

Donned in cowboy hats and boots, we hit up one of the hottest places in town for some fabulous music and fun. We had a ball on the dance floor and enjoyed watching a group of square dancers visiting from Thousand Oaks. I always think I know how to line dance, but the truth is I only really know the Electric Slide. But that doesn't stop me from clumsily copying others and their moves. I even tried to square dance, but realized pretty fast I have no clue how to do that. The great thing about Buck's place is that no one cares how you dance, they only want to see you have fun and enjoy your night.

Bakersfield is home to a lot of people who care deeply about this community and want to help make it a better place to live. One mom, featured this month in the article, **"Hello, Happy (Joyful) Mama: Jennifer Williams-Cordova,"** by Callie Collins on page 12, helps spruce up Bakersfield with her art. By day she works as a graphic artist at Willis & Williams Design Studio and in her free time she paints fantastic murals around town. She is also an acclaimed children's book illustrator for the series, "Indy, Oh Indy," by Teresa Adamo.

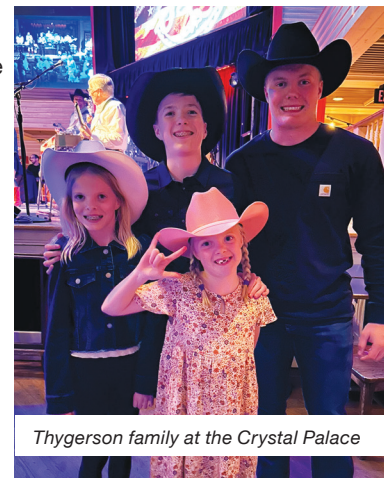
As a child growing up in Idaho, I used to watch reruns of Hee Haw with my family; never in a million years did I think I would raise my children in the "blonde guy's" adopted hometown. Since moving to Bakersfield, I have become an even bigger fan of Buck Owens. It's amazing the community he has created with the Crystal Palace, the Bakersfield Sound, and his famous song, "Streets of Bakersfield." Luckily, we were able to see 'ole Buck himself perform a few times at his place when we first moved to town in the early 2000s.

Without fail, whenever our family came to visit we always take them to the Crystal Palace for either Sunday brunch or dinner and dancing.

With the amazing people and fun places to explore, May is a great time to set out for an adventure. In this month's **"Readers Respond,"** KCFM asked our readers what local event or upcoming happening they are looking forward to this season. Some of the answers ranged from track meets to the wildflowers to farmer's markets. To see the complete list, turn to **page 10.**

This summer, make sure to take advantage of everything our unique landscape offers. With all the excess rain we have been getting lately, experts say that the wildflower season should be one of the best on record. There are so many places to go and sites to explore in our backyard. In the article, **"11 Ways to Plan Your Family's Best Summer Ever,"** on page 14, Callie Collins gives you tips on how to make the most of our summer break from school. She says it's not only important to make a bucket list and plan out trips, but it is also important to have some intentional downtime. No matter what you choose, make sure to have fun and create some core memories.

May is such a magical month with graduations, end-of-school parties, and beach trips that ring in the start of summer and all that goes with it. I love both lazy days and the ones filled with adventure and sightseeing. One thing is for sure – Bakersfield and the surrounding area has a lot to offer. So, dust off your dancing shoes and hit the floor at Buck Owens' Crystal Palace or take a line dancing class to make sure you know the moves when the time comes. Or, you can also dance in your pool with some good music blasting or put on Just Dance in the comfort of your living room! Whatever you do, celebrate this time of year and enjoy the beginning of summer!



Thygerson family at the Crystal Palace



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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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Taft College's Hutchinson Engineering Promise Program Helps Students Succeed



Liam Jenkins, a Taft College Hutchinson Engineering Promise Program (HEPP) student, graduates this month from Taft College with an AS Degree in Engineering, after which he'll attend UC Riverside where he will pursue a BS degree in Bio-Medical Engineering. With the help of this unique program, Liam says the HEPP Scholarship was a wonderful experience to be part of a cohort of students with a common goal of becoming an engineer. The specialized tutoring, counseling, and mentoring contributed to his success. It also paid for all his costs to go to school, which allowed him the freedom to concentrate more on his classes.

Liam was born and raised in Bakersfield, California, where he attended Stockdale High School. While at Stockdale, he participated in Project Lead the Way. His passion for engineering started during a field trip in middle school to Cal Poly San Luis Obispo's STEM camp. Liam is just one shining example of how the Hutchinson Family and Taft College have helped students succeed and become an engineer.

The Stanley and Madalyn Hutchinson Engineering Program (HEPP) at Taft College was established in 2018 by Madalyn Hutchinson in memory of her husband of 38 years, Stanley Hutchinson. As per Stanley and Madalyn's wishes, these scholarship funds were created to honor Stanley's strong work ethic and many accomplishments by providing financial aid for students in the Taft College Engineering Program. Each scholarship is a renewable award, designed to fill students' funding gaps and allow them, to every possible extent, to transfer out debt-free. Stanley Hutchinson was born in Kansas and grew up in Missouri. Madalyn was born and raised in Penn-



sylvania. Both grew up during the Depression of 1929-32 and have a strong remembrance of their parents working hard to simply put food on the table.

After high school, Stanley worked at the Solar Aircraft factory as an inspector but wanted to fly so he enlisted in the Army Air Corps during World War II. As a pilot with the 461st Bomb Group, 15th Air Force, Stanley flew missions over Africa, Romania, and the entire European Theater, and earned the Distinguished Flying Cross, the Air Medal four times, the Presidential Unit Citation twice, and numerous other personal decorations.

After the war, Stanley was able to study Petroleum Engineering at the University of California, Berkeley. Immediately after graduation, Stanley began a long and productive career with Standard Oil, which later became Chevron. Through his work at Chevron, Stanley is credited with more than 75 successful patents and over 130 published technical papers.

After high school, Madalyn went to work for an oil company in Pennsylvania. Through the years, she moved up and came to California and worked for and retired from Standard Oil - Chevron. The later years of their careers were based on their work and home location, Kern County, California. From there they traveled the world, as needed, to Chevron's domestic and international locations, instructing and implementing many of Stanley's patents on Chevron's behalf.

If you are someone you know is interested in our program, please call Dr. Sheri Horn-Bunk at 661-763-7936.



Refrigerator Door Features continued on page 8



**DOES YOUR SON OR DAUGHTER
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10th Annual Kern High Film Festival



First Place Winners Kern High Film Awards

The 10th Annual Kern High School Film Festival where student filmmakers showcase their talents on the big screen was recently held at the Career & Technical Center

(CTEC). Students from various schools and programs throughout the District had 12 hours to write and shoot on location at CTEC a three-to-five-minute film. Each team of five students had to meet strict requirements including using a library book as a prop, work in the line, "It's not a joke so get serious," and feature a character who was a library aide that was just dumped.

Awards were given to the following students in these categories:

Films: First Place, "Not in Jest" from East Bakersfield High School with students Noah Straub, Aidan Flores, Darryn Johnson, Danali Gonzalez, and Alexander Machuca; Second Place, "Julia's Book" from Liberty High School with students Steven Long, Megumi King, Nelson Diaz, Jonathan Mallet, and Ethan Graham; Third Place, "The Next Story" from CTEC with student Caleb Banez, Jordan Vickers, Raeanne Graham, Shelby Wood, and Mey Adams.

Other awards included Best Costume and Makeup, Jordan Vickers; Best Lighting & Best Sound, Magumi King, Nelson Diaz, and Steven Long; Best Editing, Brandon Martinez; Best Cinematography, Erik Garay; Best Screenplay, Abigail Chapa; Best Actor, Ethan Vega; and Best Actress, Lily Grigsby.

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

New App Helps Keep Kids Safe Online

A new app, Bright Canary, helps keep kids safe online and hopes to avoid social media addiction in minors. It empowers parents to guide and protect their kids when they're using YouTube, Google, TikTok, or Instagram. Parents only need to install the app on their own phone and link it to their child's accounts. AI filters through kids' searches, DMs, videos and comments, sending you alerts if they are viewing something concerning. The Built-in AI chatbot "Ask the Canary" provides parents with advice tailored to any difficult topic.



For more information, please visit <https://www.brightcanary.io/>.

Give Big Kern: A Day to Donate



Every year on the first Tuesday in May, the Kern Community Foundation hosts Give Big Kern to help local nonprofit organizations raise money and volunteer hours. Give Big Kern allows the people of Kern County to show support for organizations that improve our community through online crowdfunding, matching gifts, and pledges. The collaborative effort helps Kern's community-based organizations raise unrestricted resources at no

cost while growing their visibility, capacity, and sustainability. This one-day of giving offers the opportunity to support a cause you care about.

For a list of participating organizations, please visit www.givebigkern.org.

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Win Prizes on Bakersfield's Selfie Tour



Café Smitten's wings mural by artist and our May edition's Hello, Happy Mama: Jennifer Williams-Cordova (featured on page 12)

But first, "Let me take a Selfie," to show off local unique spots where you can enter to win prizes on the Bakersfield's Selfie Trail. Check in to any 12 Selfie Trail locations and win an exclusive one-of-a-kind Bakersfield prize: a 30-ounce Yeti tumbler or a t-shirt and hat combo. All prizes will feature a new custom Bakersfield design unveiled through this program.

It's a fun way to explore the city by visiting selfie locations and posting your photos on your social media channels with the tag #VisitBakersfield. Some of the selfie locations include the Bakersfield arch, the Beale Memorial Clock Tower, Café Smitten's wings mural, the Dewar's big chew, and other landmarks.

To get your passport for a day of fun, check in at www.visitbakersfield.com/blog/bakersfield-selfie-trail/.

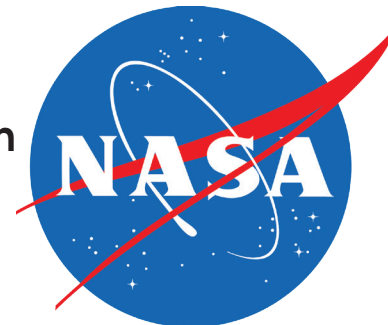


National Teachers' Day May 2nd

Thank a teacher on May 2nd as part of National Teachers' Day, which always falls on the first Tuesday of the first full week of May. The following week, May 8 through 12, is designated as Teacher Appreciation Week.

The National Education Association (NEA) describes National Teachers' Day "as a day for honoring teachers and recognizing contributions they make to our lives." Make sure to join the social media campaign with the hashtag, #TeacherAppreciationDay.

NASA Manager Speaks at YWEL Annual Spring Forum



East High School graduate Felicia Gordon Sanders, who now works as the Deputy Manager Deep Space Network for NASA, recently spoke to female students in the Young Women Empowered for Leadership's Annual Spring Forum held at the Career & Technical Center (CTEC). YWEL is an organization that inspires female students to be more confident, develop more effective communication skills to reach their college and career goals. Sanders told the audience to not let anything stand in way of your goals and dreams.

"I don't often get a chance to share my journey and coming from Bakersfield I'm so proud and honored to be a graduate of East Bakersfield High School; and to have been able to go on and work for NASA's Jet Propulsion Laboratory (JPL)," says Sanders. "And, to share that journey with others I hope has been inspiring and will eventually lead to others following in my footsteps."

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



Addressing Your Children's Challenging Behaviors



Photo courtesy of Getty Images

Many parents of young children face behavioral concerns like children not listening, throwing tantrums, biting and more. While every situation is unique, parents can rest assured they aren't alone and these behaviors aren't atypical.

"As young children grow and develop, behavioral challenges are to be expected," said Dr. Lauren Starnes, senior vice president and chief academic officer, The Goddard School. "That said, just because these behaviors are often normal doesn't mean they are easy for the parents addressing them or the young children experiencing them."

While eliminating undesired behaviors like defiance, tantrums and biting is likely unrealistic, it's not a lost cause for parents. Understanding why certain behaviors occur and the appropriate techniques to address them can help parents mitigate their impact and lessen their frequency, duration and severity.

Starnes recommends these ways to understand and address challenging behaviors in young children.

BITING

Infants often bite when teething. Young toddlers bite out of excitement, exploration or in response to inconsistencies in their environment. Older toddlers and 2-year-olds frequently bite as a communication method, such as when they fail to have the language to communicate frustration.

For children who are 3 years of age or older, biting is typically an aggressive behavior. Understanding the root cause can help tailor the response more appropriately to curb the behavior. For example, giving infants various textured teething toys can lessen the likelihood they will bite. For 2-year-olds, modeling how to use words and phasing out oral soothing items like pacifiers can also reduce the likelihood of biting.

DEFIANCE

Raising young children means preparing to hear them say, "No." One of the primary developmental milestones of early childhood is emerging independence. The overt exertion of independence tends to peak at or around age 2 and can continue at varying degrees of intensity, depending in part upon the personality of the child.

One important factor about defiant behavior is that while it is independence exertion, it is also attention-seeking. Behavior is communication and some defiant actions may simply be a means of obtaining attention and situational control. By giving children more independence – for example, asking "Can you please put your shoes on for me?" or "Can you pick which one of these dresses you want to wear today?" – you may be able to help them become compliant.

Logical consequences can also help. For example, if children refuse to sit in their chair to eat, have them stand for dinner or remove their snack until they sit.

TANTRUMS

The American Academy of Pediatrics defines tantrums as a behavioral response by young children who are learning to be independent and desire to make choices yet lack the coping and self-regulation skills to handle frustration. Whether a tantrum is triggered by communication gaps, frustration or a reinforced behavior to control a situation, there are specific techniques that can be used to deescalate the behavior and help children regain emotional composure.

Your reaction to a tantrum is a direct predictor of its intensity and longevity. Taking an opposite position to children in terms of volume, speed of movement and pace of speech can be enough to counterbalance the tantrum.

Another effective technique to curb a tantrum is sportscasting. Using a soft tone of voice, sportscasting is the verbal, non-biased account of what is happening in the moment retold in third-person as though telling a story or broadcasting a sport. While this may feel awkward at first, it often catches children's attention and deescalates their reaction. For example, "Lou wanted more gummy bears. Mom said no. Lou is yelling and crying."

There is no silver bullet to stop biting, defiance and tantrums. These behaviors, for better or worse, are expected parts of early childhood. However, by gaining an understanding of their root causes and employing appropriate techniques to address these behaviors, parents can mitigate their impact while helping children develop and grow socially and emotionally.

Health News Features continued on page 10

Do Cancer & Heart Disease Have Common Links?

Heart disease and cancer are two of the leading causes of death around the world, and there may be a link between these two diseases. Certain lifestyle habits may increase the risk for both cancer and heart disease, say the experts at Hackensack Meridian Health. In addition, some research has shown that heart disease, a history of heart attack or a diagnosis of heart failure leads to an increased risk for developing cancer.



Certain lifestyle habits may increase the risk for both cancer and heart disease, say the experts at Hackensack Meridian Health.

A 2019 study published in the European Journal of Heart Failure indicated "emerging evidence supports that cancer incidence is increased in patients with cardiovascular disease and heart failure." Patients with heart failure commonly die from cancer as well. Circulating factors related to heart failure promote tumor growth, which could explain the link between heart disease and cancer.

Another surprising bit of information is that cancer can occur in the heart, though such instances are very rare. According to the Mayo Clinic, cancer that begins in the heart is most often sarcoma, which originates in the soft tissues of the body.

Get regular screenings, eat a well balanced diet that avoids sugars and overly processed foods, and incorporate exercise into your routine to encourage overall health and stave off disease.

You + Us = a better day!



800-391-2000
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What local event or happening is your family looking forward to this season?

So much family life happens in May and beyond, between graduations, weddings, summer holidays and more time together. We asked our readers to share what they are looking forward to this season. A selection of their answers is below.



Wildflower season.

-Samantha Olivarez

Bakersfield speedway, but they keep having to cancel because of all the rain. I hope one of these Saturdays, we can actually go watch and support some of the racers. Even the Strawberry Festival at the coast has been canceled because of COVID. We used to go every year with our two boys that we have adopted, who love that place. So it's hard to choose right now but it doesn't matter where we all go, as long as we go together as a family.

-Jessica Schuyler

Looking forward to track meet season. Love getting to watch my kids participate in the weekend meets. I have two kids in track this year.

-Ann Ramey

The Village Flea Market! I'm excited to shop locally!

-Evelyn Chavarin

High school graduation.

-Miriam Marquez

Eating ice cream while walking at the Park at Riverwalk.

-Tammy Reynolds

I'm looking forward to Story and Craft Time at my local library!

-Sonia Patino

We enjoy visiting the Haggin Oaks Farmers Market at the Marketplace every Sunday. Great food! Great vendors! It's always nice to get outside and check things out.

-Melissa Martin

I can't wait to enjoy the food and games available at the Arvin Wildflower Festival with my family and friends.

-Marina Medrano

I am looking forward to all the upcoming car shows. Love to see amazing classics with the family.

-Yvette Salazar

Not really local but within a two hour drive. Ventura has the strawberry festival in May. It hasn't happened for the last two years because of COVID but it's back on again. I'm excited for it because it's fun for everyone.

-Julie Garcia



Joyful Hello, Happy [^]Mama: Jennifer Williams-Cordova: Artist and Entrepreneur



Brad and Jennifer with daughter
Photograph by Danay Loucks

Where work ends and family life begins is a quiet dilemma for Jennifer Williams-Cordova but through it all, she is the creator of her own public and private joy.

“When I meet people, I usually say I am an artist or graphic designer but I’m guilty of smoothing over what I do for ease,” said Jennifer, whose talents include photography and illustration in addition to working with mixed media.

While her day job at Willis & Williams Design Studio does involve art and graphic design, Jennifer’s freelance work rounds out what she is best known for in Bakersfield: painting local murals as an active participant in Kern County’s vibrant community. Both in Kern County and outside of it, she is also acclaimed as a children’s book illustrator. The “Indy, Oh Indy” series by Teresa Adamo features her work, in which she brings to life its title character, a teridoodle who goes on regional adventures.

Jennifer, who is originally from Bakersfield, graduated from Fresno State University in 2006 with a bachelor’s degree in art and design with emphasis in graphic design. She is married to husband

Brad, also from Bakersfield, and they are the proud parents of a daughter, age 6.

“I traveled a lot in college and moved back after graduation. I have been a full-time working artist ever since. I thought it would be temporary but you start working and realize there are a lot of wonderful things about our community,” said Jennifer. “I did not come from an entrepreneurial family. I came from a working class family and I thought it was so scary to be an entrepreneur. I found a great mentor in Mike Willis.”

Working as a full-time artist keeps Jennifer busy, as her skills are part of the services the design studio offers but she also makes time for serving as a mentor herself.

“Doing murals gives me a community connection and I love working with students,” she explained. “I am currently

I’m always laughing at...

Myself! I’m always laughing at a joke I make or something silly that I do.

managing an apprentice program with Children First for children and families in east Bakersfield. The Lake Street Beautification Project involves three selected apprentices so they can learn the ins and outs of the mural process. It is a collaborative art project that will likely wrap this spring, weather permitting.”

Murals became a regular part of Jennifer’s life size portfolio through her passion for painting. While she describes her habit of painting as constant in college, her career became characterized by computers, digital art and a lot of sitting. After her daughter was born, Jennifer felt a kind of longing to return to painting. A Bakersfield Museum of Art public project called Driven by Art in 2016, which featured fiberglass truck replicas placed around town, was what pointed her to murals.

The first thing I do when I wake up is...

My grandpa sends out a 4 or 5 a.m. text message, so I usually just text him back first thing in the morning. I send him a heart emoji. He is 79 years old and I know that’s going to be there for me every morning.

“One opportunity led to another and I am still surprised when people ask me to paint a mural,” she laughed, even as her art continues to be widely recognized as it graces public spaces in Kern County.

Jennifer describes her approach to work/life balance as something she continues to figure out and modify as needed.

“I am so passionate about what I do. It can absorb every aspect of my life but I am learning how to balance being a wife and a mother and a professional artist. I joked at the beginning of the year that my word for 2023 is ‘no’ but it’s true. Not everything is supposed to be for me and I need to carve out time for my family,” she said. “I have a great support system. Both of our mothers live in town and we have great friends.”

Building community and cultivating strong friendships are part of her recommendations for fellow parents.



“Everybody needs people to cheer them on in big things but also in small things,” she said. “People need others to talk to and have relationships with, in addition to knowing what gives you joy. I have gotten better at knowing what that is for me but being conscious of not giving up what I love because I am a mom. I want my daughter to see me doing things I love. It can be incredibly hard to find time for what does give you joy but I have found I can also include her in the process now that she’s getting older. Although each parenting phase is hard in a different way and I totally understand feeling like each issue lasts forever when you’re going through it, you blink and it’s over. You really have to be sure you are not giving up who you are and you are maintaining your identity as a person.”

While mother and daughter enjoy art activities together, they also have fun in other ways.

“We love to be outdoors, travel and see things. Being in nature, hiking and visiting national parks is something our family really enjoys,” said Jennifer, who describes her interests and those of her daughter as diverse.

Jennifer credits her mother with sparking her interest in art and showing ways to be creative through household experiences like sewing and making the most of community opportunities.

“We were always building, making, creating, with our mom,” she recalled.

Learning to draw at a library art class her mother took her to as a young child is something she recalls fondly, a place where she learned to draw rabbits in a way that has stayed with her even as a commercial artist.

While encouraging creativity is important in the Williams-Cordova household, it takes a more open-ended approach than might be assumed.

“At home, I try really hard not to stifle creativity. I tell my daughter there is no wrong way to do art. Creativity is not used up,” she said. “The lesson I want her to get is that she can create and it’s endless. It doesn’t have to be perfect. As long as she has something she loves, I am totally open to that. If it stays art, that’s fine but I want her to have something that brings her joy.”

Jennifer’s recommendations to other parents interested in arts opportunities for their children, especially as STEAM (science, technology, engineering, art and math) continues to gain traction as an educational emphasis, reflect a similar approach.

“I always encourage parents to provide opportunities for children to be interested in art and explore for themselves. We tend to want to guide every aspect but open creativity and seeing what happens is better,” she reminds. “Be okay with the mess and with letting them figure it out. Although we are releasing a certain amount of control, that is what allows children to make mistakes and figure something out. I have noticed some children crave structure but providing the right amount of structure so they don’t

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feel overwhelmed but knowing when to back off is important. Kids are so naturally creative. The challenge is to keep them that way.”

Jennifer also recommends tapping into Bakersfield’s flourishing arts community, from studio artists to local film. With mentors like her who also parent, art will continue to flourish in Bakersfield for generations to come. Find her work showcased on Instagram at @jenwillco.

3 Recommendations from Jennifer

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

A. I'm a visual artist so my talents aren't very hidden but one thing people wouldn't guess is that I was a pretty athletic kid. Basketball was my sport then but now I love endurance sports. I've climbed Mount Whitney twice and staying physically active really helps with the mural work. People don't realize how physical it is to paint murals. I have to stay healthy for that aspect of my job.

Q. What is your parenting PSA?

A. There isn't just one way to be a good parent. In fact, there's always more than

one way to do something. If you love the person your child is becoming, trust in your own parenting process. Don't always feel like you have to compare. What you are doing works for you.

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

A. Get to know our thriving creative community Bakersfield. There are great arts opportunities, including studio artists as part of our vibrant and active art scene, which also features music and live theatre. There are so many programs and resources for kids to start exploring their creative passions and express those in new ways.

11 WAYS TO plan your family's best summer ever

May heralds the unofficial beginning of the summer season, with its rapid descent into hotter days with a less defined schedule.



01 Figure Out Your Schedule:

Planning now can help your family make the most of more free time during summer's long months.

Know what your work schedule or other major commitments will be and go from there to start planning your family's activities, vacations and daily routine.

02 Just Add Water

Include water play and swimming lessons for a way to cool off instantly.



03 Make Arrangements for Assistance Services:

Schools fill the gap for many households. If you need food benefits for summer, find out about local library feeding programs and community pantry options. Utility bill assistance, help staying cool and other concerns can be resolved by starting now.

04 Reserve Your Summer Camp Spot

Whether you need childcare or just want to help your child develop their interests, check out our website for more information about local camps. Enroll early to help ensure a spot.



05 Enroll Your Child in Classes

Summer is an ideal time to catch up on tutoring, get extra sports practice or add life skills.



06 Create a Summer Bucket List

Ask your child what they want to do. Create a bucket list together and a plan to prioritize it by working within the possible.



07 Plan for Intentional Downtime

Take a break. File your time off request or otherwise clear your schedule. Make reservations as needed. Everyone needs something to look forward to, even if travel is not part of your plans. A staycation works, too.



08 Explore Your Community

Get to know what's new in Kern County with our community calendar. Enjoy outdoor spaces before the temperature soars. Plan indoor fun, with museum tours and boutique shopping, for the hottest days of the year.

09 Read Together

Participate in a local reading program at your branch library. Choose books to read aloud. Tackle chapter books at any age for a shared reading experience.



10 Be Social

Get together with friends, family and neighbors. Host a game night or set up an outdoor, backyard movie night. A good old-fashioned barbecue is an excellent way to have fun with family and friends!



11 Create a Core Memory

Camp under the stars, visit an elderly relative, have a family water gun battle or choose another intentional way to spend quality time. You don't have to spend money to develop life-long memories that help children connect.

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Ways for Moms to Have More ENERGY!

Being a mom is a rewarding job but it can have a way of using up all of your energy quickly. Errands, sleepless nights, extracurricular activities, school projects, laundry, and carpool are just some of the things that may fall on the endless to-do list for a mom. By the end of the day, feeling depleted of energy is common for many moms. It's a good idea for moms to know what to do when they need to recharge. While everyone will find that different things give them that added boost to get through the day, here are some ideas to get you started.

EXERCISE

It may seem that adding exercise to your daily routine would use up more energy, but the truth is exercise can actually give you more energy. As your body moves, your heart pumps more blood which delivers more oxygen to your muscles. "As your aerobic fitness increases, your body becomes more adept at moving oxygen into the blood, which makes your muscles more efficient - and more efficiency equals less energy usage." (www.livestrong.com) On the other side of things, obesity has been linked to fatigue and low energy levels.

EAT HEALTHIER

It's no surprise that eating a healthy, well balanced diet gives you more energy to get through the day. I am sure we have all made a choice to eat fast food or a piece of cake that tastes good in the moment but left us feeling sick and sluggish later. "Different kinds of foods are converted to energy at different rates. Candy and simple sugars can give a quick lift, while others - such as whole grains and unsaturated fats supply the reserves you'll need to draw on throughout the day." While the occasional treat is fine, it's best to choose healthy choices to give you the most energy and keep you feeling your best. (www.health.harvard.edu)

SPEND TIME WITH FRIENDS

A quick (and enjoyable) way to recharge your batteries is to spend time with friends. Set aside the worries that go along with parenting for a few hours and talk and laugh with friends. If it's hard to get out of the



Mom, Julia Kiuftis L to R: Mary: 3, Angelo: 18 months, Konstantina: 8, Eleni: 6

Photo by Tessa Warner

Check out our Strawberry Recipes on Page 23

house for dinner, schedule a coffee date while the kids are at school or a play date that allows the moms to chat while the kids play happily. Another great way to make sure you get a night out is to schedule a monthly dinner, book club, or game night with friends. The effort of trying to figure out schedules will be eliminated and it is more likely to happen if it is on everyone's calendar each month.

GET A GOOD NIGHT'S SLEEP

For some moms this is easier said than done. You may have a child that still wakes at night, be tempted to stay up late or rise early to work on your long list of to-do's, if you are like me, you find yourself enjoying a moment of quiet so much that you stay up late watching TV or reading a book and miss out on time you could be catching up on rest. We all know that a full night of sleep is going to give you more energy the next day. Listen to your body, if you need to go to bed early or take a nap in the afternoon, allow yourself that break so you are rested. The to-do list will be waiting for you tomorrow.

Things That ZAP Energy:

SLEEPLESS NIGHTS

If you struggle with insomnia, consider speaking to a doctor about how you can get more rest at night.

NEVER TAKING A BREAK

Parents often rush from one thing to the next without a break. Schedule times of rest and fun for yourself to avoid burnout.

OVERCOMMITMENT

Are you spreading yourself too thin? Too many things on your calendar takes a toll on your energy level. What you can reduce or delegate to give yourself more downtime?

CARB OVERLOAD

Eating empty carbs can cause your energy to crash. Choose foods that are high in

protein and fruits and veggies. When you eat better, you feel better.

STRESS

Anxiety and stress can cause you to feel drained of energy. Try to identify the stressors in your life and determine how they can be better managed. If they are not something you can simply cut out, consider talking to a doctor or therapist to help you develop tools to better manage stress levels.

TREAT YOURSELF

If you had a few hours to do whatever you wanted, what would it be? Going out to lunch with a friend? A spa day? Curl up with a good book? Whatever it is that comes to mind, make it happen. This may not be feasible every week, but on occasion, you have to allow yourself time to do something you really want to do in order to boost your depleted energy. Ask for help from your partner, a friend, or hire a babysitter to make it happen and treat yourself. Remember that caring for ourselves is part of what makes us able to care for our families better.

TAKE A QUICK PAUSE

There are days when I am overwhelmed by the things on my plate and the kids are pushing every button. I find myself struggling to get through the hardest days and I end up short-tempered and exhausted. A friend suggested that each day I take 10 minutes for myself in the afternoon to reset my attitude. Some days this is simply taking a shower during nap time, other days it is sitting down with my coffee and just taking a moment to focus on my breathing. Sometimes, sitting down and snuggling with my kids while they watch cartoons gives me a moment to rest and recharge.

SCHEDULE A DATE NIGHT

Parenting is hard work for both moms and dads. Many weeks my husband and I find ourselves passing each other as we take kids to different practices and activities leaving us little time to talk and reconnect. When we start to feel distant, it's time to schedule a date night. This helps both of us relax and recharge. If a babysitter isn't in the budget, put the kids to bed early and enjoy a late dinner or a movie together.

PROTECT YOUR TIME

One of the biggest struggles parents face is lack of free time. We have good intentions of spending quality time with those we love, taking care of ourselves, and

creating a good work/home life balance and then we look at our calendar and it feels out of control. Choose carefully what you commit to when it comes to kids' extracurricular activities, volunteer opportunities, and other commitments. Overcommitment can be a cause for stress and zap all your energy. Saying no is hard for many of us, but the resulting chaos is not good for internal peace.

PRACTICE SELF-CARE

As moms it's not hard to become so busy caring for everyone else, that we forget to take care of ourselves. It's important to do things that maintain your mental and physical health. Practice good hygiene, go to yearly checkups at the dentist and doctor, do monthly breast exams, and find things that take care of your mind and body. By choosing to care for yourself, you are teaching your kids that health is a priority and that you want to be an active and energetic part of their lives as long as possible.

LET SOME THINGS GO

The one thing I have learned from being a mom for 14 years is that it's okay to let some things go. There are only so many hours in the day and there are times when I find I have no energy for doing the dishes. While they cannot be ignored indefinitely, they can be ignored for a few hours. If my child wants to wear mismatched clothes, I consider whether a fight worth my energy and usually decide to let it go. Most household chores can wait until tomorrow if I need to sit down, play with my kids, talk to my spouse, and recharge my energy. I know that the to-do list cannot be ignored forever and not every problem can simply be let go. However, when your energy is depleted, it's okay to let go of some things, even temporarily in order to be a more attentive, patient, and energetic mom. In ten years, no one will remember if my house is clean (it isn't), but they will remember that we laughed, snuggled, and did our best each day. They will also remember that sometimes mom needs a break to recharge and that is important too.

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Sport Camps

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- Go for the gold in Tot Olympics!
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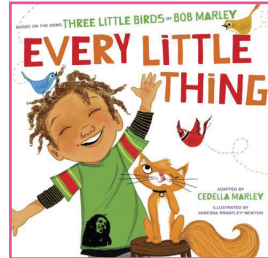


- Discover the weekly scavenger hunt.
- Participate as much or as little as you'd like.
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Books For Music Lovers

May is National Chamber Music Month and International Drum Month, so it has us thinking about music! Check out one—or all—of these books to combine a love of reading with a love of music!



Every Little Thing

by Cedella Marley, Bob Marley; Illustration by Vanessa Brantley-Newton
 Publisher: Chronicle Books
 \$4.79, Ages 1-3
www.amazon.com

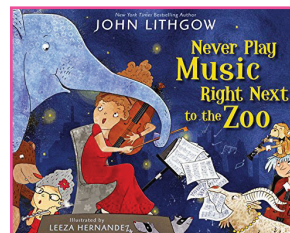
This board book tells the tale of a boy who won't let anything get him down as long as he has the help of three special little birds. Parents and grandparents will love this book because it's based on the upbeat lyrics of Bob Marley. Kids will love it for the fun story and brightly-colored pictures.



The Little Book of Backyard Bird Songs

by Andrea Pinnington, Caz Buckingham
 Publisher: Firefly Books
 \$16.99, Ages 2-5
amazon.com

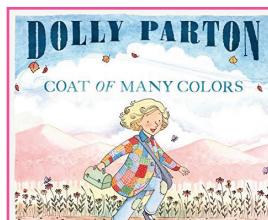
This book is officially recommended for ages 2-5, but we think it would be great for ages 1-10. Little ones will want to mimic the "tweet tweets" and what older kid wouldn't enjoy being able to identify a bird based on its song? This book features recordings of 12 North American songbirds.



Never Play Music Right Next to the Zoo

by John Lithgow; Illustration by Leeza Hernandez
 Publisher: Simon & Schuster Books
 \$16.43, Ages 2-6
www.amazon.com

Actor John Lithgow lends his lyrics and voice to tell the story of a boy who attends a concert next to a zoo when he nods off and suddenly, the animals take the stage. This story is written in adorable rhyme. The Amazon edition comes with a CD of Lithgow's song.



Coat of Many Colors

By Dolly Parton; Illustration by Brooke Boynton Hughes
 Publisher: Grosset & Dunlap
 \$11.29, Ages 2-8
www.amazon.com

Using lyrics from her classic song "Coat of Many Colors," this book by music legend Dolly Parton tells the story of a young girl in need of a warm winter coat. When her mother sews her a coat made of rags, the girl is mocked by classmates for being poor. But Parton's trademark positivity carries through to the end as the girl realizes that her coat was made with love "in every stitch."

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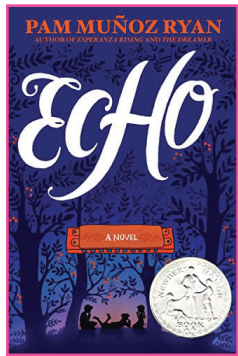
FAMILY LITERACY PROGRAM



Night Sounds

by Sam Taplin, Federica Iossa, Matt Durber
Publisher: Usborne Publishing
\$18.40, Ages: 3-5
www.amazon.com

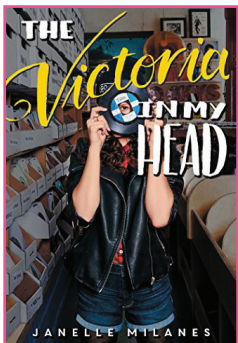
This beautiful book allows children to listen to the creatures of the night, while they interact through peep holes and fingertrails. A lovely bedtime treat for young readers.



Echo

by Pam Muñoz Ryan
Publisher: Scholastic Press
\$10.99, Ages 10-14
www.amazon.com

Who'd have guessed a story featuring a harmonica could be full of hope, faith and love? The book follows four kids who face challenges. A 2016 Newbery Honor Book. Available in a variety of forms, from paperback to audiobook.



The Victoria in my Head

by Janelle Milanes
Publisher: Simon & Schuster Books for Young Readers
\$12.99, Ages 12 and up
www.amazon.com

This youth fiction work is about 415 pages, but reads like 200. It follows the story of a shy, rule-following teen who joins a local rock band and finds herself torn between the life she thought she'd have versus the exciting life of a rock star.



Sing

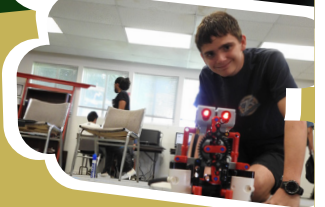
by Vivi Green
Publisher: HarperCollins
\$5.37, Ages 12 and up
www.amazon.com

Multi-platinum pop icon Lily Ross leaves her crazy life to head to Maine after getting her heart broken. She plans to spend the summer focusing on music—until she meets a new boy.

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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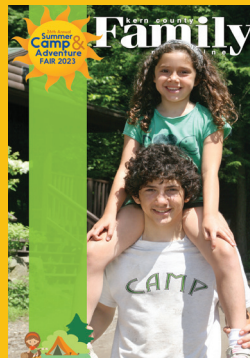
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Make-A-Fort Explorer Kit



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reusable and Made in the USA. \$94.99, ages 4+, www.makeafort.fun

LolliPost Pen Pal Kit for Grandkids (and their Grandparents)



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going. An embossed folder and wax seal add fun finishing touches. \$29.99, ages 5+, www.lollipost.com

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in different categories. \$19.95, ages 4-8 years, www.shambhala.com

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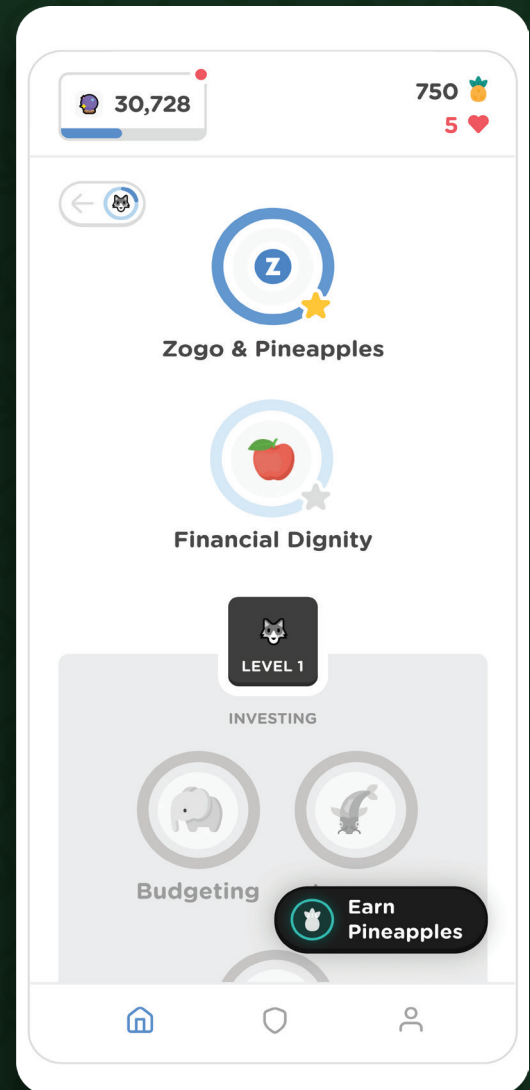


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A Class Pet for Dragon

A Lunch Time Story

We all sat down to lunch, and Samantha prompted me, “Mom, tell us a Dragon story.” Well, I had no valid excuse to say no even though I really wanted to eat my lunch instead of think of yet another Dragon story.

“OK,” I said, stalling. She looked at me, excited that I did not dismiss her request immediately.

“Once there was a Dragon named Dragon, and one day, his teacher was talking about getting a class pet.”

My kids both nodded their heads, full of hope and expectation, as I stretched my brain trying to think of something to say. What kind of pet would a dragon have? This was a lame start.

“And, um... Dragon said he had a little sister named Ashley that they could have as a class pet.” This was met with hearty laughter at first.

But then my Ashley said, “Mom, that can’t be right. A dragon can’t have another dragon for a pet.”

“You are right! And that is exactly what his teacher, Mrs. Dragoncita, said, too. She said—”

“Mom!” They both yelled.

“His WIFE’S name is Dragoncita. He can’t have a teacher named Dragoncita, too!” Ashley explained.

“Wait, wait, wait,” I said. “Dragon is a little kid. He doesn’t have a wife.”

“Yes, when he grows up, he marries a dragon named Dragoncita, Mom. Don’t you remember?” Ashley asked.

Um. Nope. (How can they keep track of all this?)

I said, “So it is kind of funny that Dragon ends up marrying someone with the same name as his teacher, but it happens.”

They seemed skeptical but willing to let me go on. “Well, Mrs. Dragoncita did not think that Ashley would make a very good pet. She told Dragon he needed to think of a non-dragon pet.”

“Like what?” Samantha asked.

“Well, that is exactly what Dragon asked the teacher. And she said he needed to think of

something like a hamster or a hermit crab. And Dragon said that his sister Ashley was kind of like a hermit crab because she kept her pockets full of different sized shells just in case. And then that gave Dragon another idea. He had things in his pockets that could be class pets!”

“What did he have in his pockets?” Ashley asked.

“Well... he pulled out everything from his pockets and placed them on the table. He had a stick, a dry leaf, a rock, and a dead moth. Dragon’s teacher asked why he had a dead moth in his pocket, and Dragon said it wasn’t dead when he put it in there.”

Then my kids whined and fussed over the poor moth who had died in Dragon’s pocket. And then I told them that that’s exactly why you should not put moths in your pockets. Samantha slid down in her chair just a little at that point.

And Ashley interrupted the story to say, “Mom, remember the reptile guy who came to our school and told us that when he was a kid, he kept snakes under his bed, and his mom didn’t know until he went to sleep-away camp and some of the snakes got out and his mom found them?”

“Yes, I remember.” That guy’s mom was a lot more understanding than I would have been. She bought him proper habitats for them. I would have sent all those snakes packing.

In the end, we did not finish the Dragon story. Maybe the next time my kids ask for a Dragon story, Dragon will bring in a snake for a class pet.



you can do it 

It's National Strawberry Month!

Chicken Flautas with Strawberry Pico de Gallo

Celebrate National Strawberry Month with a delicious and unique flavor burst! *These recipes are courtesy of the California Strawberry Commission.*

INGREDIENTS:

For Chicken Flautas:

1 qt. water
4 parsley sprigs
½ medium white onion
1 tsp salt
½ chicken breast
12 6" corn tortillas
2 cups vegetable oil

For Strawberry Pico de Gallo:

¼ cup red onion
1 mango
1 habanero pepper
8 strawberries
4 Tbsp olive oil
1 lime
Dash salt and ground black pepper

For Serving:

2 cups lettuce
1 cup crumbled cotija cheese

DIRECTIONS:

Chicken Flautas:

1. Fill a saucepan with the water and add parsley, onion, salt, and chicken breast.
2. On medium high heat, bring the water to a boil and then reduce heat and cook for 15 minutes.
3. Let cool and shred the chicken.
4. Roll the chicken in the tortillas to form the flautas and hold them together with a toothpick to prevent them from opening.



Strawberry Quinoa Salad with Avocado

Healthy, fast and delicious! A perfect warm weather treat!

INGREDIENTS:

For the salad:

3 cups cooked quinoa
1 cup chopped strawberries
1 small avocado
2 Tbsp freshly chopped mint

For the dressing:

2 Tbsp olive oil
1 Tbsp honey
Juice of 1 lime
¼ tsp of salt
1/8 tsp ground black pepper

DIRECTIONS:

1. Add the salad ingredients to a large mixing bowl. Set aside.
2. In a separate bowl, whisk together the dressing ingredients. Drizzle the dressing over the salad and toss to combine.
3. Serve immediately or allow to chill in the fridge for 30 - 60 minutes.
4. Optional mix-ins include: tofu, chickpeas, grilled chicken, grilled shrimp or grilled steak.



5. Heat vegetable oil in a fry pan to medium heat. Fry the flautas in hot oil until golden; drain on paper towel to remove excess.

Strawberry Pico de Gallo:

In a bowl, mix together red onion, mango, habanero, strawberries, olive oil lime juice, salt, and pepper to taste.

SERVE:

Serve three flautas per person and top with lettuce, cheese and strawberry pico de gallo.



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



May 1

Flight Adventure Park Teacher Appreciation Night

Teachers, school staff and faculty members jump for free!

5:00 PM - 8:00 PM

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Ste 100 Bakersfield, CA

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info@flightadventurepark.com

<https://flightadventurepark.com/bakersfield/>



May 6

Mega Yard Sale

Support Suicide

Prevention efforts in Kern County. All proceeds benefit Save a Life Today Kern County.

6:00 AM - 1:00 PM

5612 Indian Wells Ave. Bakersfield, CA

<https://www.saltkc.com/>

May 13

Mother's Day Tea

Bring your big hats and favorite well-dressed guests for a fabulous fundraiser celebrating moms!

Junior League of Bakersfield

1928 19th St. Bakersfield, CA

661-322-1671

www.JLBakersfield.org

May 2

Give Big Kern

Every year on the first Tuesday in May, the Kern Community Foundation hosts Give Big Kern to help local nonprofit organizations raise money and volunteer hours. Give Big Kern allows the people of Kern County to show support for organizations that improve our region.

<https://www.givebigkern.org/>



May 6

Storytime: Disney Edition Sandstone Goods + Trading

Enjoy a fun filled Saturday morning at this FREE event! Come dressed in your favorite Disney costume. Face painting, snacks, and activities are available for children of all ages!

1403 Allen Rd Ste 100 Bakersfield, CA

661-565-7650

christinajbcrawford@gmail.com

May 13

Pickleball Palooza

Hoffmann Hospice and Palliative Care's 5th Annual Pickleball Palooza!! All proceeds will go towards Hoffmann Hospice's Heart for Heroes art camp.

8:00 AM - 2:00 PM

Stockdale Country Club

7001 Stockdale Hwy Bakersfield, CA

661-410-1010

<https://www.hoffmannhospice.org/>

MAY 4



CSUB Spring BBQ

The Roadrunners are excited to bring back a Bakersfield tradition in the 48th Annual CSUB Athletics Spring Barbeque, which raises money for the Roadrunner Scholarship Fund.

5:30 PM

CSUB Icardo Center

9001 Stockdale Hwy Bakersfield, CA

661-654-BLUE

www.gorunners.com/bbq

May 6

Bakersfield Symphony Orchestra Concert

The final concert of the 2022-2023 season begins with Berlioz's festive and enchanting Roman Carnival Overture.

6:30pm

Mechanics Bank Theater

1001 Truxtun Avenue Bakersfield, CA

661-323-7928

<https://www.bsonow.org/>



May 14



May 6

The CASA Derby

This annual fundraiser includes dinner, dancing, and a showing of the 2023 Kentucky Derby races. Proceeds benefit Court Appointed Special Advocates of Kern County.

4:30 PM

Gardiner Ranch 24747 Sullivan Rd. Bakersfield, CA

661-631-2272

hvasquez@kerncasa.org

May 14

Line Dancing Class: Temblor Brewing Company

A night of line dancing with instructor Joel Hoffman!

4:00 PM - 8:00 PM

3200 Buck Owens BLVD.

Ste. 200 Bakersfield, CA

<https://temblorbrewing.com/events/>

May 5

Cinco De Mayo – Night Market

100+ local vendors, food trucks and more!

5:00 PM - 9:00 PM

Centennial Plaza at Mechanics Bank Arena

1001 Truxtun Ave. Bakersfield, CA

May 5



May 13

Free Bulky Item Disposal

Accepted items include furniture, mattresses, box springs, major appliances, electronics, water heaters, and barbecue grills. Riverlakes Community Center: 3825 Riverlakes Dr. or Bakersfield Municipal Airport : 2000 South Union Ave.

May 18

Evil Woman in Concert: Historic Bakersfield Fox Theater

Fan favorite songs live like Mr. Blue Sky, Roll Over Beethoven, and Evil Woman!

2001 H Street Bakersfield, CA

7:30 PM | Doors 6:30 PM

www.thebakersfieldfox.com



May 18

Food Trucks at the Fairgrounds

Bring the family and enjoy a night with all your favorite local food trucks in one spot!

4:00 PM – 8:00 PM

Kern County Fairgrounds

1142 South P St. Bakersfield, CA

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

May 18

Bike Bakersfield: Ride of Silence

Ride of Silence commemorates lives lost to traffic violence.

6:30 PM

1708 Chester Ave. Bakersfield, CA

<https://bikebakersfield.org/bike-month/>

May 19

The Heart Never Forgets Senior Prom

A Senior Prom for "Seniors"! Come and enjoy the fun!

5:00 PM – 8:00 PM

Alzheimer's Disease Association of Kern County

4203 Buena Vista Rd. Bakersfield, CA

661-665-8871

<https://www.adakc.org/>



May 19



Bike to Work Day

Join Bike Bakersfield at key spots around town for a quick snack break and some swag for clean-

ing the air, saving on gas money, and taking the healthier road to work!

6:00 AM

<https://bikebakersfield.org/bike-month/>

May 20

A Mother's Day Celebration

Live music, motivational speakers, games and so much more. Admission is free but space is limited.

2:00 PM – 4:00 PM

The Mission at Kern County

816 East 21st Bakersfield, CA

661-489-5988

May 20



Armed Forces Day

May 20

Kinder Konzerts

10:00 AM - 11:00 AM

Lori Brock Museum- Applause Theater

3801 Chester Ave. Bakersfield, CA

661-437-3330

www.kerncountymuseum.org

May 20 & 21

Bak-Anime

Bakersfield's own anime convention!

10:00 AM - 6:00 PM

Kern County Fairgrounds

1142 South P St. Bakersfield, CA

<https://www.kerncountyfair.com/events/2023/bak-anime>



May 20 & 21

National Jet Boat Association - May Madness

Free parking - Bring your coolers, chairs, and EZ ups.

Lake Ming

12768 Lake Ming Rd. Bakersfield, CA

510-928-4958

May 25

Matchbox Twenty in Concert

New music from this popular pop-rock band!

7:30 PM

Mechanics Bank Arena

1001 Truxtun Ave. Bakersfield, CA

<http://mechanicsbankarenabakersfield.org/>



May 27

Grupo Arriesgado

Mexico's latest musical export in concert in Bakersfield

8:00 PM

Mechanics Bank Arena

1001 Truxtun Ave. Bakersfield, CA

<http://mechanicsbankarenabakersfield.org/>



May 27

The Bako Market

100+ local vendors, food trucks and more!

10:00 AM – 3:00 PM

Centennial Plaza at Mechanics Bank Arena

1001 Truxtun Ave. Bakersfield, CA

May 28

23rd Annual Latino Food Festival Menudo & Pozole Cook-off

Attendees are in for good music, food, entertainment and camaraderie.

11:00 AM – 6:00 PM

Kern County Fairgrounds

1142 South P St. Bakersfield, CA

<https://www.kerncountyfair.com/events/2023/23rd-annual-latino-food-festival-menudo--pozole-cook-off>



May 29

Memorial Day



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 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 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

Second Saturday of every month

Bakersfield Second Saturday Event

Second Saturday is a monthly event where community members can support local businesses and enjoy the Downtown area. Bakersfield, CA

<https://www.bakersfieldsecondsaturday.com/>

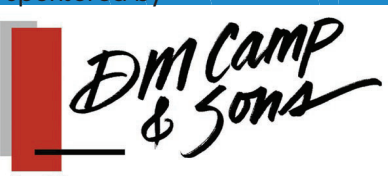
Third Wednesday of Every Month

FREE Women's Self Defense Workshop


6pm
Alliance Against Family Violence Outreach
1921 19th St. Bakersfield, CA


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PAGE
29

ACTIVITY CORNER ANSWERS

CROSSWORD

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

Down


1. Children
2. Metal
3. Turbines
4. Strong

Across

1. Computers
2. Terror
3. Deletion
4. Numbers
7. Numbers

Crossword

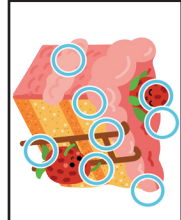
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Happy Mother's Day to all of our Autism Moms!
 Mother's Day Autism Photo Shoot Sunday, May 7th. Call our office for details.
 Parent Support Group: Wednesday, May 10 6pm
 2200 Oak St. Register via Eventbrite
 Female Support Group: Thursday, May 18 6pm Email for details
 Yoga for Autism Moms: Saturday, May 20 9am
 Chess for Teens: Saturday, May 20 2pm Register via Eventbrite

EARLY SIGNS OF AUTISM:

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships

SERVICES OFFERED:

- 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

661-489-3335 • kernautism.org • kernautism@gmail.com
 2200 Oak Street
 Eventbrite link can be found on our website at kernautism.org

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MAY ACTIVITY CORNER

puzzle answers on page 26

Sudoku

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

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							

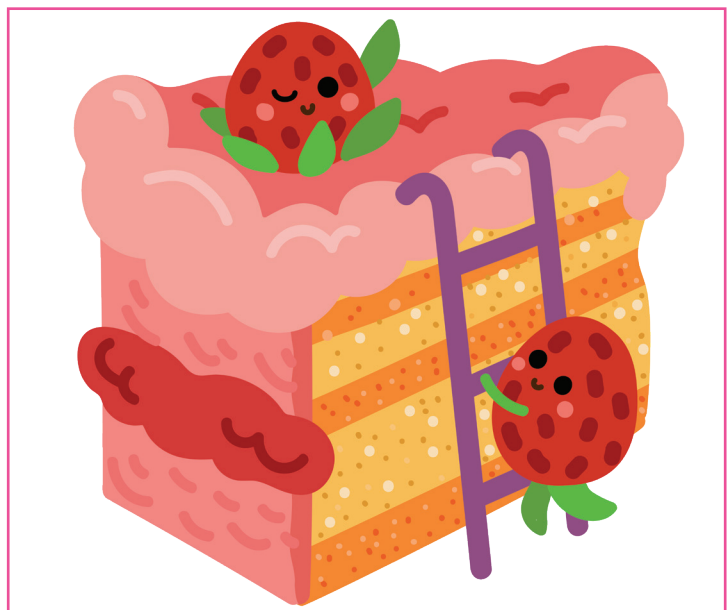
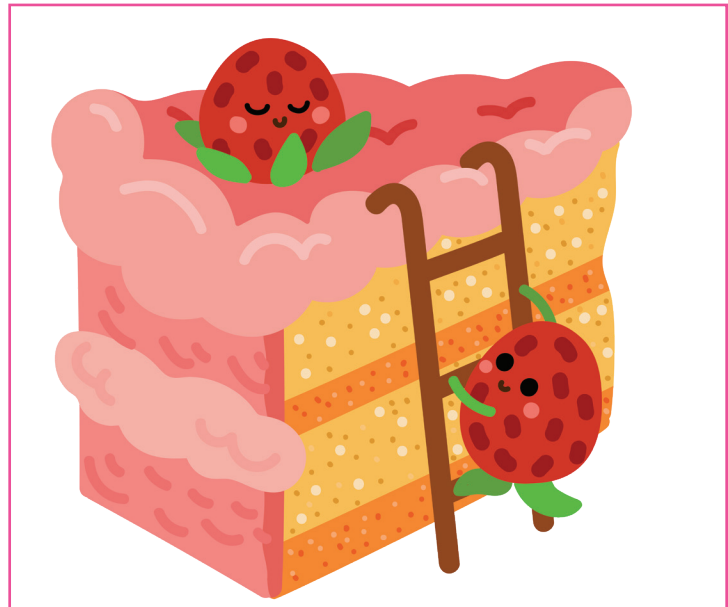
ACROSS

- Determines using math
- Extreme fear
- Act of removal
- Counting symbols

DOWN

- Youngsters
- Shiny element
- Power-producing machine
- Physically powerful

There are 8 differences in the pictures below.
Can you find them all?



DID YOU KNOW?

May is National Gifts from the Garden AND National Strawberry Month!

Consider putting some fresh flowers on the table and try a crisp green salad with strawberries to celebrate! See our delicious recipes on page 23!





MAY ACTIVITY CORNER

puzzle answers on page 26

Tossed Salad Word Search

Presented by Pacific Ag Rentals

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

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 ARUGULA
 AVOCADO
 BEANS
 BEETS

BERRIES
 CELERY
 CHICKEN
 CHICKPEA
 CROUTONS

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