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# kern county **Family** free magazine

August 2023



## BACK TO SCHOOL Resource Guide

Humor @ Home  
First Day of School  
*Bring It On!*

.....  
Homework Habit  
MOTIVATION

.....  
Breastfeeding  
*Help*

plus

kids eye health & safety pg 9 11 ways to improve your child's memory pg 23  
hello, happy mama: Dr. Arleana Waller pg 12 fun books for back-to-school pg 22

# Hello WIC



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

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*This institution is an equal opportunity provider.*



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

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- Had a recent pregnancy loss;
- Have a child or care for a child under 5;
- Have low to medium income; and/or
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- Live in California
- A family of 4 earning up to \$4,279/mo

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**MEMBERS OF**



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Dr. Arleana Waller



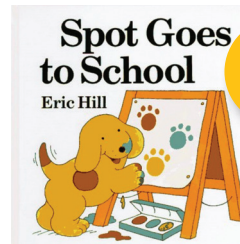
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dear reader by Vaun Thygerson



Vaun Thygerson,  
Contributing Writer

When my children were little I was an active Mothers of Preschoolers (MOPS) participant. I loved being around other moms who were in the same stage of life as me; and my kids had a ball playing with the other children. One of my favorite things about MOPS was talking with the “mature” moms that they assigned to each table. These mothers were

on the other side of parenting: they had teens or adult children and could impart their wisdom gained from experience to us new moms. At these luncheons, I remember thinking that I was so far away from being an older mother, but now, in a blink of an eye, I am here on the other side of diapers, tantrums, and sippy cups.

My baby is going to be a senior at Liberty High School and in one very short year he will be leaving the nest to spread his wings at college. This month he starts his year of last firsts – the last first day of high school, etc. It seems like yesterday when he was doing his first firsts – first tooth, first step, first hair cut. If I can play the “mature” mom and impart any wisdom I have learned, I would say to relish every moment, even the stinky ones, because the cliché is true, the days are long, but the years are short.

Another important part of being a mother is finding your “mom squad” whether it’s through MOPS, your kids’ school or your neighborhood. In this month’s article, **“Hello, Happy (Enterprising) Mama: Dr. Arleana Waller,”** by Callie Collins, you can read about how, with her perfectly matched mom crew, they put their forces together to better local educational opportunities. As the ShePower Global Ambassador and mom to two elite athletes, she loves to empower women and girls. You can read about this amazing woman and her many projects on **page 12.**

One of my favorite traditions for the Back-to-School routine is picking out the perfect backpack. As children, mine usually wanted a character backpack, but even as teenagers they would want to have a certain brand. No matter what the book bag looked like, my kids would be so excited to show us the treasures and artwork they kept within it. KCFM wanted to know what kinds of crazy items caregivers find in their kids’ backpacks, so we asked them. In **“Readers Respond: What is the most unusual but necessary item in your child’s school backpack?” on page 10,** the answers range from goggles to a love note to an emergency chocolate bar.

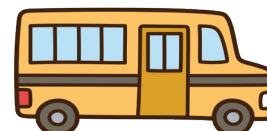


Even with a stylish backpack full of reminder notes from their teachers about classroom events and upcoming homework assignments, one thing most kids have in a common is a terrible memory. In Callie Collins’ article, **“11 Ways to Improve Your Child’s Memory,” on page 18,** she writes about ways to encourage a better memory. Some of her tips to better their short-term recall includes engaging all your children’s five senses, singing, and breaking down the information.

This Back-to-School season, whether you’re celebrating your children’s first day of preschool or first day of their senior year in high school, remember each one of life’s seasons has its milestones and memories. Use the educational and extracurricular opportunities to find like-minded parents for the perfect “mom squad.” It’s amazing what people can do when they join forces. You’ll also be making lifelong friends for you and your children.

Happy Back-to-School to all the little ones and big ones outfitted with their perfectly styled backpacks!

Happy  
Back-to-School!



Are you ready for  
**Back to School?**

Make sure vaccinations  
are at the top of your checklist!

**Make an appointment  
with your doctor today!**

or call 661-321-3000 to make  
an appointment with Public Health

**August 10-11**

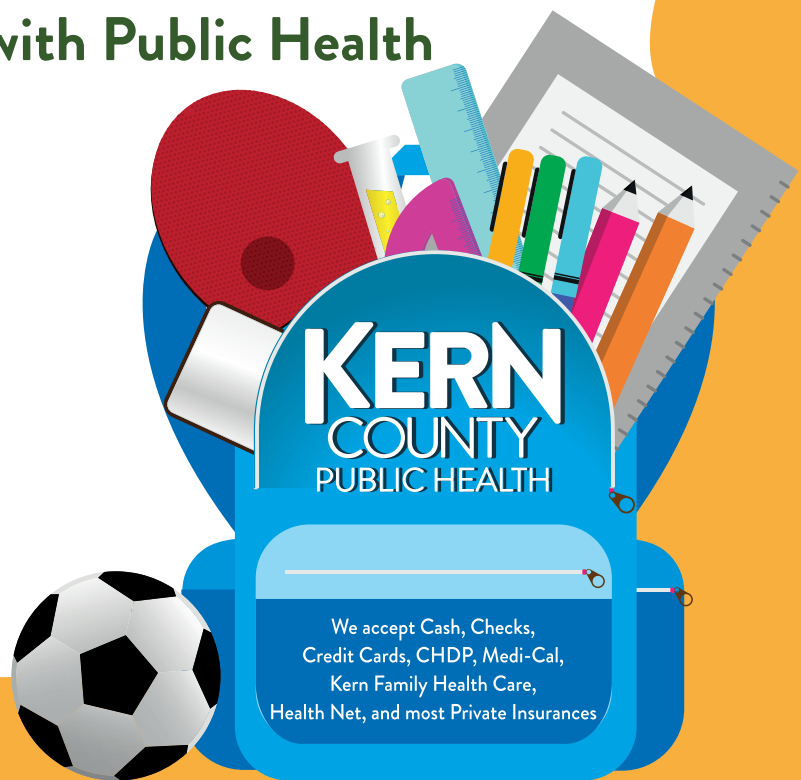
8:30 am - 3:30 pm

**August 12**

10:30 am - 1:00 pm

**August 14-16**

8:30 am - 3:30 pm



Bring your child's shot record  
Parent or guardian must be present

Please only bring the child who is being vaccinated

## Bakersfield College and KCCD Launchpad Awarded \$250,000 Grant



Photo Courtesy: Bakersfield College

Bakersfield College has been awarded a \$250,000 grant from the City of Bakersfield Entrepreneurship Ecosystem Technical Assistance and Grant Program to support small business development and entrepreneurship initiatives through the Kern Community College District and Bakersfield College LaunchPad. This City of Bakersfield program aims to promote economic vitality by equipping individuals with the skills, resources, and guidance necessary to succeed.

NaTasha "T" Johnson, Program Director of Entrepreneurship and Workforce Development for Bakersfield College says the Launchpad is incredibly grateful to the City of Bakersfield for this generous grant. "In the wake of the pandemic, many small businesses have faced unprecedented and disproportionate challenges, with many struggling to recover. However, thanks to this funding and the innovative programs offered by BC Launchpad, local startups and business owners will have the opportunity to successfully navigate the business landscape, rebuild, and thrive," she says.

Local small businesses in Bakersfield may also be eligible for grant funding up to \$40,000 from the City of Bakersfield.

To learn more, contact BC's Launchpad, located at the Weill Institute, 2100 Chester Ave., 661-395-4104.

## Boys & Girls Clubs of Kern County Partners with SoCalGas 'Fueling Our Communities' Campaign



The Boys & Girls Clubs of Kern County (BGCKC) was recently selected as one of two local non-profits for the SoCalGas 'Fueling Our Communities' Campaign, which is part of the company's \$4 million initiative to help address food insecurity in central and southern California. The \$50,000 grant from SoCalGas will help provide 14,100 meals for about 450 families.

BGCKC will distribute grocery gift cards to fight food insecurity in Southern Kern. The grocery gift cards will be distributed through the Club's traditional school-based Club sites as well as through community events: June 1 - November 30, or until cards are distributed.

To find out more about gift card distribution dates and places, please visit [www.bgclubsofkerncounty.org](http://www.bgclubsofkerncounty.org).

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## Kern County Events for Veterans Promoted in One Place

Kern County has many organizations that assist its veterans while providing activities and events for them and their families to enjoy. Kern County Veteran Events, a local resource is now available to consolidate promotion for all these events on their Facebook and Instagram pages. Now it's just a click away to find out what is happening in the local Veteran community.



"Kern County Veteran Events Facebook and Instagram Pages were created to inform our community of all veteran events across the county," says Kara Cagle, Education Liaison for Kern County Honor Flight and administrator for these social media pages. "Our hope is by sharing events, we can deepen relationships within our veteran community as well as love, honor and support local heroes."

For details, contact Kara Cagle at [kara.hfec@gmail.com](mailto:kara.hfec@gmail.com).

## Kern BHRS Awarded \$32 Million from State of California



The California Department of Health Care Services recently announced awards in excess of \$32 million for Kern County Behavioral Health & Recovery Services (KernBHRS) as part of the Behavioral Health Continuum Infrastructure Program (BHCHIP) Round 5: Crisis and Behavioral Health Continuum Grants and the Behavioral Health Bridge Housing (BHBH) Program.

"This is outstanding news for Kern County," says Stacy Kuwahara, Director of KernBHRS. "These resources will support infrastructure needed for youth experiencing mental health crises and in the work we are doing to house mentally ill and substance abuse individuals."

The funds will help build a new Youth Crisis Stabilization Unit and Family Resource Center Project, which will house vital crisis services operating 24 hours a day, 7 days a week for Kern County youth and families. Additionally, funds will help support five key areas that have been identified as gaps in the housing continuum for individuals with serious mental health issues that are homeless or at significant risk of becoming homeless. The funding will also include a partnership with the Kern County Housing Authority to convert an existing motel to a facility that supports bridge housing for 40 clients. It will also allow for KernBHRS clinicians to provide onsite services. The motel site has not been determined. The Department of Health Care Services provides funding to county behavioral health agencies and Tribal entities through June 30, 2027.

## Movies in the Canyon

Mark your calendars for an unforgettable cinematic experience at Wind Wolves Preserve's Movies in the Canyon free presentation of Puss and Boots on August 11th and Cars on September 1st at 8:30 p.m. Immerse yourself in nature's beauty as the movie revs to life under the starry night sky with family-friendly activities preceding show time from 6:30 to 8:15 p.m.



Make sure to bring blankets and chairs. You can bring dinner and snacks, but Wind Wolves Preserve is a Leave no Trace facility. Trash cans are not available and all guests must take trash home. No reservations required.

For more information, please visit [www.wildlandsconservancy.org](http://www.wildlandsconservancy.org) or call 661-858-1115.



## Intersections: A Community Mural Project Arts Council of Kern Wants Your Opinion

Arts Council of Kern wants your input about their transformative community mural project, Intersections. Over the next year, this project will add artwork to some of the busier intersections at Garces Circle, Q Street and 204, and California and 99, but before they select the art or the artists, they want you to take a survey about it on their website.

The five-question survey, available in both English and Spanish, will help them create a visual tapestry that highlights the community's cultures and experiences.

To take the survey, visit [www.kernarts.org/intersections/](http://www.kernarts.org/intersections/).

# Families Grow Healthy with WIC



**Ask us how to get \$30 worth of fresh produce!**  
WIC offers:

- ♡ Benefits for healthy foods
- ♡ Nutrition education
- ♡ Breastfeeding education and support

**You may qualify for WIC if you:**

- ♡ Are Pregnant or have a child under 5 years of age
- ♡ Have CAL Fresh, Medi-Cal, or TANF (Cash-Aid),
- ♡ A family of 4 earning up to \$55,500 per year may qualify



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**Weekend hours available**  
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## How hot is too hot for survival?



If you live in the central valley, then you're no stranger to sizzling summer weather, but how hot is too hot for your body? A new study suggests that once temperatures hit 104 to 122 degrees, our bodies may stop working optimally.

Research at the annual Society for Experimental Biology conference in Edinburgh, Scotland, suggest that temperatures in that range raise a person's resting metabolic rate — the amount of energy needed to function at rest. This can cause people to breathe more heavily and their heart rates can go up. Once a person's body can no longer get rid of excess heat — a condition known as "heat stress" — the core temperature rises. That can result in confusion, nausea, dizziness, headache or fainting.

**"If you feel like you're faint or dizzy or you feel sick, take it really seriously."**

"If you feel like you're faint or dizzy or you feel sick, take it really seriously," said Kim Knowlton, an assistant clinical professor of environmental health sciences at Columbia University. "Don't be a hero and keep forging through the heat."

People with pre-existing heart and lung issues are most vulnerable to extreme heat, along with older adults, pregnant people and newborns.

The U.S. averages 702 heat-related deaths every year, according to the Centers for Disease Control and Prevention.

## The No. 1 vitamin kids in the U.S. 'aren't getting enough of'



The unfortunate truth is that many kids today don't consume the proper amount of nutrients that are vital for growth, preventing chronic diseases, and overall health. Fiber and potassium are two big ones. But the No. 1 nutrient that kids in the U.S. aren't getting enough of is vitamin D. Fifty percent of children ages 1 to 5 and 70% of children ages 6 to 11 have a vitamin D deficiency.

Vitamin D is essential for strong bones and muscles. Without it, our bodies can't effectively absorb calcium, and we need calcium for healthy bones. When a child does not have enough vitamin D, their immune system may not work properly, or they may constantly feel fatigued or sore. The National Institutes of Health recommends 400 International Units (IU) for infants, and 600 IU for kids between ages 1 and 13 years old. Sun exposure alone can't meet the requirements. Help increase your child's vitamin D intake by making sure they eat foods rich in Vitamin D like salmon, cheese and eggs.

## FDA grants full approval to new Alzheimer's drug

The Food and Drug Administration has fully approved the Alzheimer's drug Leqembi. The move marks the first time that a drug meant to slow the progression of the disease has been granted full regulatory approval. Other approved drugs only target its symptoms.

Leqembi targets a type of protein in the brain called beta-amyloid, long thought by scientists to be one of the underlying causes of Alzheimer's disease. In a phase 3 clinical trial of 1,795 patients with mild cognitive impairment or early-stage disease, progression of the illness was slowed by 27% over an 18-month period.

The Alzheimer's Association, which has vocally advocated for the drug's approval, praised the decision.



## August is Children's Eye Health & Safety Month

As children grow, their eyes change quickly. Careful attention to a child's eye health can help catch problems early. According to the American Academy of Ophthalmology, here are a few problems you should keep an eye out for when it comes to your child's vision.

- +Quick loss of interest in activities that require eye use.
- +Losing your place when reading.
- +Turning the head to look at something in front of you.

**If you observe one or more of these symptoms in your child, schedule an eye exam with an ophthalmologist.**

Good vision is key to a child's physical development, success in school, and overall well being. In addition to screenings for infants, vision screenings are recommended as follows:

- In preschool (between the ages of 3 & 4)
- Entering elementary school
- Experiencing a vision problem

Children get cataracts too—they can be born with cataracts or develop them after birth. Without proper treatment, pediatric cataracts can cause abnormal connections



between the brain and the eye that may become irreversible. The good news is cataracts are often discovered during the eye screening at birth, or at subsequent pediatric vision screenings.

Blue light from digital devices is not dangerous for your children's eyes. But screen time should be limited late in the day to prevent sleep problems from blue light.

Photos can help diagnose children's eye problems. Problems may be signaled by the reflection of the camera flash off the retina. A white, yellow or black reflection in one or both eyes can be a warning sign for the presence of an eye condition. If you are concerned, see a pediatric ophthalmologist.

Colorblindness is much more common in boys and the symptoms can be hard to detect. One symptom is the inability to tell the difference between shades of the same or similar colors. This happens most with red and green, or blue and yellow.

# You + Us = a better day!



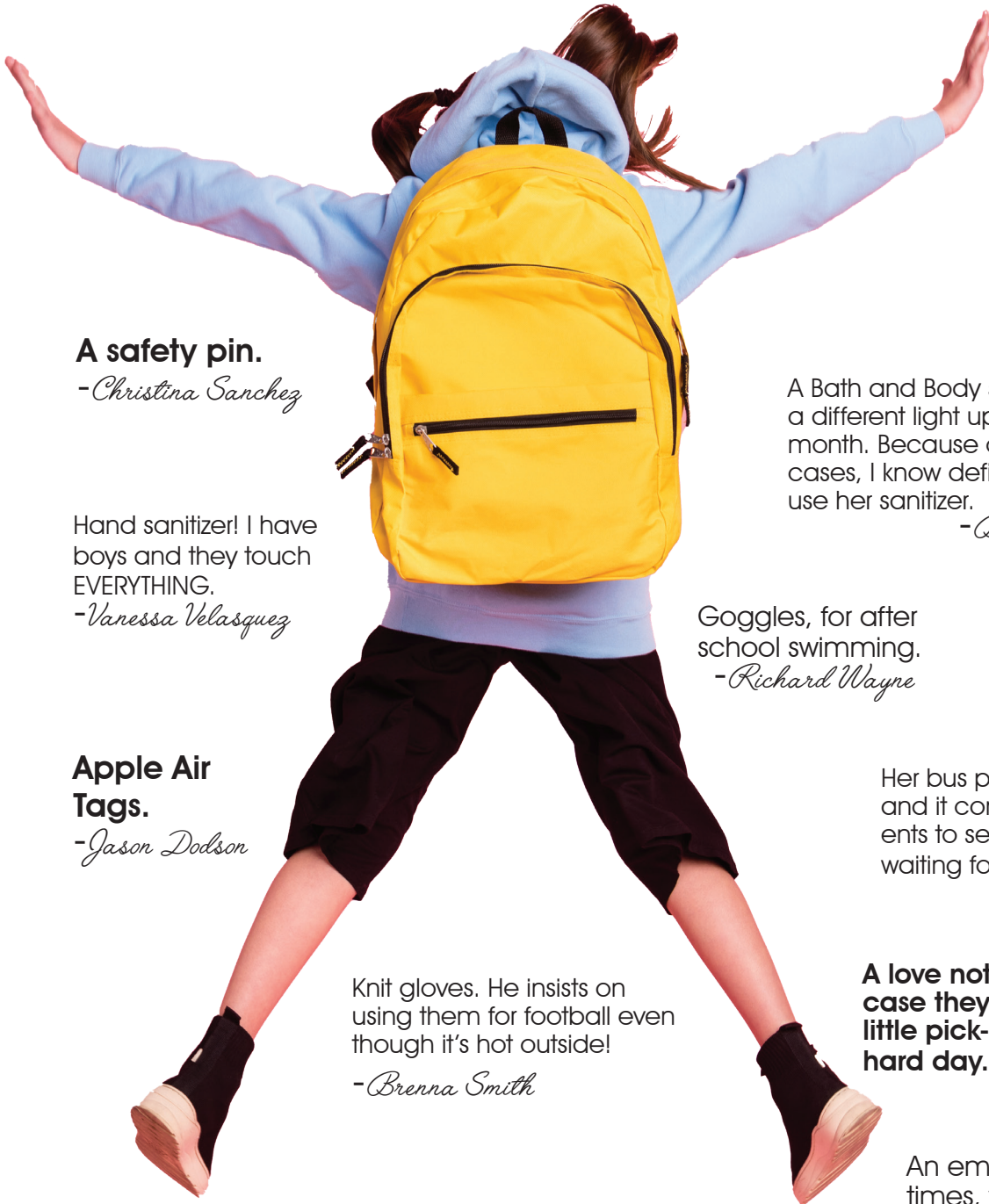
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So much preparation goes into back-to-school season, including some unexpected must-have items. We asked our readers to share what made the list this year.



# Q. What is the most unusual but necessary item in your child's school backpack?

**A safety pin.**

-Christina Sanchez

Hand sanitizer! I have boys and they touch EVERYTHING.

-Vanessa Velasquez

**Apple Air Tags.**

-Jason Dodson

Knit gloves. He insists on using them for football even though it's hot outside!

-Brenna Smith

An entire outfit: I'm talking top, bottoms, undergarments, and socks.

-Richard Alcocer

Hairbrush, long hair necessity.

-Richard Ramey

A Bath and Body sanitizer with a different light up case every month. Because of the different cases, I know definitively she will use her sanitizer.

-Barbi Barboza

Goggles, for after school swimming.

-Richard Wayne

**An emotional support eraser.**

-Angie Borbon

Her bus pass! They use a bus pass they scan and it connects to an app that allows us parents to see when the bus will arrive! No more waiting forever guessing arrival time.

-Janet Maness

**A love note from us. In case they ever need a little pick-me-up on a hard day.**

-Tori Ramay

An emergency chocolate bar. Sometimes, you just need some chocolate!

-Cari Cowling

**Stain remover.**

-Sandra Garcia

**Teddy Bear.**

-Angela Arredondo

Picture of mom for security reasons.

-Anna Arroyo

**Marbles.**

-Isabella Montalvo





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Accepting New Patients



hello, happy mama by Callie Collins

Enterprising

# Hello, Happy Mama: Dr. Arleana Waller

## This Bakersfield native, is best known for her community leadership



"I am the ShePower Global Ambassador. I empower women and girls to lead unapologetically. I am also a wife and I am a mom to two elite athletes whose sport is basketball," said Dr. Waller. "Essentially, I have four full-time jobs at this point, in addition to family commitments."

Most recently, Dr. Waller has committed herself to a new school concept. She is the founder and lead petitioner of Willie J. Frink College Prep, a public charter school planned for the 2024-2025 school year in the Panama-Buena Vista School District. Its tagline is "College, Civic and Entrepreneur Preparatory School" and the institution is named for Dr. Waller's father. As a tuition-free option, the school will be open for students in K through eighth grade. Students will apply but all are welcome, with a goal of 150 students the first year and a capacity of 500 students by its fifth year. A lottery will determine acceptance in the event of high demand. A key vote on

.....  
*The best book I've read lately is...*

**The Bible; My favorite is the Book of Psalms**

.....

Aug. 8 will determine the school's future. Find details at <https://www.frinkschool.com/>.

"The pandemic underscored disparities. I joined a mom squad with the hope of finding other educational options, which turned into opening of a charter school in 2024. Our eyes were opened and all of us experienced something different at that time. I had to homeschool my son for two years," explained Dr. Waller. "Our mom squad started with six of us; there are three of us now and I ended up leading it, which was not my intention. We have been working on it for more than four years. There are also a lot of community supporters and volunteers. Together, we have raised more than \$1 million."

Dr. Waller continues to be involved in the daily operations of ShePower Leadership Academy as well, a nonprofit centered on mentorship and personal development for girls. She founded ShePower in 2015; more than 800 female students have benefitted from its life lessons.

"We have been able to touch a lot of girls' lives and create a safe space. Young wom-

en should get comfortable in power early and find a passion early. People can't say anything because you know who you are," said Dr. Waller. "What we offer is important to building a strong young woman but also a strong leader. ShePower recently received a half a million dollar entrepreneurial allocation that has allowed us to be more intentional and robust. We are now in Lamont schools to further our reach and support local girls."

Currently, ShePower meets twice a month, a schedule influenced by the pandemic. In September, however, meetings will be every week. At each session, participants work through a speaker and an activity. Social meet-ups, like movies and swim parties, are also available as organized events for members.

Find information at <https://www.shepoweracademy.org/academy>, including costs; scholarships are also available on a limited basis thanks to the generosity of donors.

.....  
*My best life advice so far is...*

**Don't apologize for who you are. Don't water yourself down for other people. Be bold, authentic and truthful in your space.**

.....

"I feel called to nurture, love and care for children. My role is to create these safe spaces in our community through education. A lot of times people are not aware of what education means, which is being foundational to your life and what that may





Dr. Arleana Waller

be for you," said Dr. Waller, whose honorary doctorate is in religious leadership. After tragically losing her niece, she decided to start ShePower to help meet fundamental identity and personal development needs.

"I realized girls need more than just their families," said Dr. Waller. "After her loss, I got the nerve to start ShePower. It is the light I hold when I get tired. Even when I work with my staff, I tell them 'You cannot have a bad day in the presence of a young woman because what you say or do with a young person can alter their lives forever.

You trade off with someone instead.' Everything we do here impacts a young lady's life. So many lives have been impacted and shifted through this work. I take that so seriously, as it is what God has sent me to do."

## Hello, Happy MAMA!

### ENTER TO WIN

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Includes: Fresh Jam Wash  
Maple Shower Syrup, Whipped Shower Foam  
Coco Cooling Gel Mask, Magic Sand Moisturizing  
Body Scrub, Waffle Washer Bath Sponge

See full details on entry page.

Enter by 12 PM on August 22



<https://kerncountyfamily.secondstreetapp.com/August-Monthly-Contest/>



## Comments From Dr. Arleana Waller

**Q. What would you like to share about your family?**

**A.** I am married to my husband, Doc. We are the parents of Kadar, 22, and Bentley, 18. I am one of 13 siblings, 10 girls and three boys, same parents.

**"Family is everything."**

**Q. We often talk with mothers in phases of life that can seem lonely or isolating, especially as they raise young children. What advice do you have for respite and renewal for women in that phase of life?**

**A.** Do what you love, first of all. Whatever you do, create a culture of family. You should have your staff and family around you so you feel nurtured. Absolutely and unapologetically put yourself first. Book spa days where someone takes care of you. Sit on the beach with no agenda.

The world will continue. Have a safe space where you can go. Make it a non-judgemental trusting space. When you are exhausted, take your laptop and work from bed so at least your body is being restored while you are working. Know that no one is great alone. What I do is in collaboration with others. Along the way, I have earned more than 200 awards. I have been in a lot of spaces. I feel honored and blessed to be trusted to serve.

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

**A.** I love the Bakersfield restaurant Horse in the Alley. That food makes you happy. The couple who own it cook food to perfection. I have never not gone there and been happy. That is a secret gem here in Kern County. It is a

celebration restaurant perfect for special occasions.

Also, I would recommend The Butcher Shop. They offer some of the best cuts of meat you could ever buy and support local chefs by featuring their seasonings and products.

**Q. Do you have any hidden talents?**

**A.** Food photography! I print photos and give them to people. There are some amazing cooks in my family and in our community.

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

**A.** Create a safe, patient, loving space for your child. It is so important children feel like they could come to you with absolutely anything in life. If your standards are out of control, that will further cause problems. Move at their pace.



# Back To School Resources

**Boy Scouts of America**  
2417 M Street  
Bakersfield, CA 93301  
661-325-9036  
www.sscbsa.org



The Southern Sierra Council, Boy Scouts of America provides the Scouting program to young people and their families throughout Kern County. The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law. Boy Scouting builds character, teaches citizenship and enhances person fitness with a program that uses the outdoors as its classroom. Scouts also develop leadership skills. Cub Scouts is for boys and girls ages 5 to 10, Scouts BSA is for 11-17 year-olds, and Venturing is a high adventure program for young adults ages 14-20. To join a Scout group and to get more information, contact the Southern Sierra Council at 661-325-9036.



**THANK YOU TO ALL OUR READERS FOR ENTERING & VOTING!**

Winners will be announced the week of August 4th via Social Media

**CUTEST PET PHOTO CONTEST**

## Back-to-School Advertorial



# AFTER SCHOOL PROGRAM

## 2023/2024 School Year

**Armstrong Youth Center**  
801 Niles Street  
Bakersfield, CA 93305  
661-325-3730  
Transportation Available

**Stockdale Club**  
5207 Young Street, Ste. 200  
Bakersfield, CA 93311  
661-663-8733  
Transportation Available

**Suburu Club**  
7315 Harris Road  
Bakersfield, CA 93313  
661-205-1909

## Country Christian School

2416 Dean Ave  
Bakersfield, CA 93312  
661-589-4703  
www.cc-school.net



At Country Christian School we see a bright future for our students and give every effort to equip them to stand out in a world that asks them to fit in. We not only impart knowledge but also give students the tools to face an ever-changing world with unchanging truth. It is our goal to prepare students for worldview situations in current and future circumstances.

## North of the River Recreation & Park District

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661-392-2000  
www.NORfun.org



NOR's Co-Op Preschool school year program is available at two community centers (10am-1pm at Riverview, \$675 Session / \$275 Month; and 8:30-11:30am at Greenacres, \$760 Session / \$315 Month). It includes hands-on and age-appropriate activities, arts/crafts, music, and more. Parents are required to help with activity prep work twice per month. Child must be toilet trained and current with immunizations. One time registration fee of \$25. This program is eligible for a residency discount. Visit NORfun.org to find out what's new, confirm the most up-to-date program information, and register for activities. Register online today!

## Providence Classical Academy

4500 Rosedale Lane  
Bakersfield, CA 93314  
661-381-1503  
Becky Skaggs - Headmaster



**PROVIDENCE  
CLASSICAL ACADEMY**  
*Education for the glory of God and the freedom of man*

Providence Classical Academy may be new to town, but our curriculum and our methods are time-tested and traditional. Classical Christian Education is a movement to recover the traditional goals, contents, and methods of education that Western Civilization developed over the centuries and have largely been neglected in our own day. The mission of Providence Classical Academy is to provide the children entrusted to its care with an education grounded in the Christian scriptures and the Western tradition with the goal of forming godly, virtuous, self-governing men and women. Full-time day school is available for grades Pre-K through 8th. We also offer a homeschool support program for parents who are interested in classically educating their children at home, including opportunity for homeschoolers to join our day school students on campus on Fridays for chapel and enrichment studies. We invite you to learn more about our school by attending a school tour or parent info night. Visit us at [bakersfieldclassical.com](http://bakersfieldclassical.com) or contact us at [office@bakersfieldclassical.com](mailto:office@bakersfieldclassical.com) for additional information.

Back-to-School Advertorial Continued on Page 16 →



**Country Christian School**  
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Grades K-8 • [www.cc-school.net](http://www.cc-school.net)

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392.2020 [NORfun.org](http://NORfun.org)





**PROVIDENCE  
CLASSICAL ACADEMY**



**“ The mission of Providence Classical Academy is to provide the children entrusted to its care with an education grounded in the Christian scriptures and the Western tradition, with the goal of forming godly, virtuous, self-governing men and women.**

**[www.BakersfieldClassical.com](http://www.BakersfieldClassical.com)**



Back-to-School Advertorial Continued

**Harmony Road Music School**

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



Harmony Road Music School offers music classes for children from toddlers to 5th grade. Our early childhood program starts at 16 months and includes movement, singing, playing with rhythm instruments, songs with balls, scarves and hoops, 'quiet' songs, and keyboard introduction. Group piano starts at age 5 and features age appropriate activities that include singing, movement, ear training, rhythm instruments, and theory games. Recitals are twice a year. All of our classes include the parent in each weekly lesson. New classes for all ages begin in September. Check our website or call us today!

**Trinity Preschool at Belcourt**

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Bakersfield, CA 93311  
661-282-5252  
www.trinitybakersfield.com/  
trinity-preschool



We at Trinity Preschool are committed to the children of our community and look forward to serving your little ones. Our staff has a combined experience of over one hundred years in preschool formation. We believe kids need a loving and nurturing environment where they can feel secure and flourish. Our kindergarten readiness curriculum also emphasizes character formation with a spiritual component.  
LIC: 153810005

**Join the FUN at Trinity Preschool!**

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Half days & Full days available  
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Snacks and Lunch Provided

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www.trinitybakersfield.com

LIC # 153810005



# Homework Habits: How to *Motivate* Kids

By Sarah Lyons

When it comes to homework, it can seem impossible to get kids motivated to start or stay on task. It can be especially frustrating when you know your child is smart and capable but they aren't willing to put in the time and effort it takes to get the grades you know they can. As parents, we want our kids to put their best effort into their schoolwork without having to pester them and have the situation affect our relationship in a negative way. Here are some tips to help motivate your kids to stay on task.



## Establish clear expectations

One way to avoid a constant battle is to communicate in advance what your expectations are. When will homework be completed? Will it start immediately after school or after dinner? Let your child know where it is appropriate to work. Some kids are able to stay on task if they are alone in their bedroom while others may find toys or electronics distracting. Other kids may prefer to work at the kitchen table while others may find this to be too distracting because of other family activities around them. Other kids need to be reminded that sitting in front of the TV while working on homework is not a good idea. Once you have established when and where they will work, make sure they have easy access to the supplies they need. It is also a good idea to let your child know what your expectations are for homework. Instead of focusing on the grade itself, let them know you expect their best work, that homework will be turned in on time, and that you are available to help if needed.

Another way you can motivate your child is by letting them know that they can do something they enjoy after their homework is completed. For example - "When you finish your reading, you can go outside and play." or "When you are done with your math homework you can watch a TV show." This communicates the importance of homework over leisure time and gives them a motivation to complete it.



## Set an example and be supportive

One of the biggest motivators for kids is to have their parents support them in the challenges they face on a daily basis. This does not mean that you do your child's homework for them or that you bribe or reward them every time they do their homework. A high five or a "I knew you could do it!" are usually enough to put a smile on your child's face. Parents can also show their support by setting an example. If your child is sitting down at the table to work on homework, it may be a perfect time to sit down and work on writing a grocery list, sorting mail, or adding things to your calendar. You will set an example and create a quiet environment for your child to work while getting a few things off your own to do list.



## Teach them responsibility

Parents can help their kids with their school projects and homework but when it comes down to it, the kids themselves are responsible for their own homework and grades. It can be tough for parents to do but allowing kids to face the natural consequences of their work (or lack thereof) will help them learn responsibility. If your child puts in minimal effort, rushing through the work, or forgets to turn it in, their grades will be affected. If they put in their best work, take their time, and complete assignments in a timely manner their grades will probably see a boost. You can also give your kids extra responsibility by letting them choose when they will work on homework, how they will break up larger projects, and what organizational tools work best for them.

**Homework can seem like a constant battle but setting good habits early on in the school year is usually the best way to manage school work. Parents should keep in touch with teachers and their child to make sure all three parties are a team and are working towards your child's success.**



# CUTEST

## PET PHOTO CONTEST

**THANK YOU  
FOR ENTERING  
&  
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**WINNER TO BE  
ANNOUNCED  
VIA SOCIAL MEDIA  
THE WEEK OF  
AUGUST 4TH!**

These are a sampling of contestant entries only, not necessarily the winners; Winners will be announced the week of August 4th!



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# 11 WAYS TO improve your child's memory

Encourage improved study skills by strengthening your child's memory going into this school year. Try these 11 ways to better their short-term recall.



## 01 Foster Conversation

Talk through important topics in school and host conversations around key dates like quizzes or tests. Review materials together.



## 02 Allow Your Child to Teach You

With your child as your guide, learn together. Teaching you allows your student to re-frame the information.



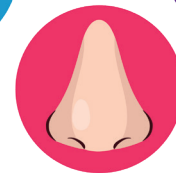
## 03 Try a Song

Create a mnemonic device by finding a rhyme or song together.

## 04

### Use All Five Senses

Making data as engaging as possible can make it easier to retain. Add tactile components where possible. Include taste and smell with a recipe or sample. Take turns reading aloud and add images to round out the information provided.



## 05 Reduce Distractions

Make a distraction-free zone by eliminating screens, siblings and other factors that tend to get learning off-track. Sometimes, the distraction is all that is remembered from a study session if it becomes a focal point.



## 06 Know Your Student

Does white noise help your child concentrate? Figure out what helps them in their environment.



## 07

### Make It a Game

Quiz each other for points and rewards. If your child is competitive, they may remember right answers or wrong ones can get them there through process of elimination.

# 08

## Provide Adequate Nutrition & Plenty of Exercise

Lifestyle affects memory. Help create good brain health with a varied diet and at least 60 minutes of physical activity every day.



# 09

## Break Down Information

Make information more digestible by highlighting key facts.

# 10

## Establish a Bedtime Routine

Rest matters. Take breaks during studying but also revise your sleep routine. Getting plenty of sleep can aid a child's memory. Figure out what your back-to-school schedule will look like and practice a few weeks before, leading up to the big day.



# 11

## Try Writing the Answer

The days of learning by rote may be long gone but writing, saying aloud and repeating may work through repetition and working with the material in more ways than one.



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**THIS JUST IN**

ADAKC PRESENTS HEART NEVER FORGETS GALA

FEATURING **JAY ALLEN** NOV 17 6:00PM

AT THE ICONIC **Buck Owens' Crystal Palace**

Stay Tuned FOR TICKET INFO

feature by Vaun Thygerson .....

# August Celebrates Breastfeeding Month

The U.S. Breastfeeding Committee (USBC) declares every August National Breastfeeding Month (NBM). This year's theme, "This is Our Why," will shine a light on why this work is so important and center the conversation on the babies and families who need support.



"Breastfeeding is recommended for optimal health outcomes by all major health organizations, yet most people give up breastfeeding in the first few weeks. This is due to lack of good support. International Board-Certified Lactation Consultants (IBCLCs) are able to provide clinical care to improve breastfeeding," says Adrienne Guirguis, IBCLC. "I believe that we must listen to the mother and trust what she tells us. Even first-time parents know their babies. In listening to the mother, breastfeeding issues can be resolved."

Guirguis is passionate about breastfeeding after her own personal struggles with breastfeeding her newborn son led her to become a lactation consultant. Now married for 34 years with two grown sons, she brings her mission to Kern County as the board president of Lactation Matters/Central Valley Lactations Association (CVLA).

The CVLA is a non-profit founded to provide support and educational programs for lactation professionals. In 2014, CVLA started Baby Café Bakersfield (BCB), which provides clinical care and mother-to-mother support as well as clinical hours for those preparing to take the IBCLC board exam.

"Breastfeeding is my passion," Guirguis says. "I want to ensure each family gets the care they need to meet or exceed their own breastfeeding goals."



## Adrienne Guirguis

International Board-Certified Lactation Consultant  
Kern County Board President  
Lactation Matters/Central Valley Lactations Association



**Kern County has many breastfeeding support options available. KCFM and Guirguis compiled the following resource list to assist those who need breastfeeding help:**

### **Baby Café Bakersfield (BCB)**

Baby Café Bakersfield provides no-cost clinical breastfeeding care from an International Board-Certified Lactation Consultant (IBCLC) and mother-to-mother breastfeeding support. Baby Café meets at the Beale Memorial Library, 701 Truxtun Ave every Tuesday from 11:30 to 1:30 p.m. Every Wednesday, Baby Café Bakersfield hosts a virtual meeting. You can get information at [www.babycafebakersfield.org](http://www.babycafebakersfield.org) or to speak with an IBCLC call 661-228-0230.

### **Holistic Lactation of Bakersfield (HLB)**

HLB provides in-home, in-office or virtual lactation consultant appointments. They can assist with any breastfeeding problem or concern. They also provide prenatal breastfeeding education to help you know what to expect and get breastfeeding off to a good start. Many insurances accepted. Appointments can be made online at [www.holisticlactationofbakersfield.com](http://www.holisticlactationofbakersfield.com) or you can text or call 661-398-6951.

### **Kern Breastfeeding Coalition**

The Kern Breastfeeding Coalition's website has compiled lactation and maternal, infant, child resources for health professionals and community members. For more information, please visit <https://kernbreastfeeding.wixsite.com/kcbc>.

### **WIC**

WIC provides breastfeeding support for its participants. You can call 888-942-9675 to locate a WIC office.

### **Tehachapi La Leche League**

Provides breastfeeding support. You can find them on Facebook or call 661-238-3151 or email [lltehachapi@gmail.com](mailto:lltehachapi@gmail.com).

### **The Motherhood Collective**

in Tehachapi offers a free breastfeeding support group every Wednesday from 10:00 to 11:00 a.m. For more information, call 661-501-0498.

**For online resources to help celebrate NBM, please visit [www.usbreastfeeding.org/national-breastfeeding-month.html](http://www.usbreastfeeding.org/national-breastfeeding-month.html).**

we love it!

**WE LOVE IT!**

**AUGUST**

By Leslie Carroll

August is National Breastfeeding Month, a time to protect, promote and support breastfeeding mothers and their babies.

Here are a few of our favorite items meant to support new mama's on their breastfeeding journey.

**Milk Snob Cover**



The original 5-in-1 Milk Snob® Cover is a breathable multifunctional cover that can be used as a baby car seat cover, nursing cover, shopping cart cover, high chair cover, infant swing cover and more. 360° nursing coverage for extra privacy. \$36.99, [www.milksnob.com](http://www.milksnob.com)



**Lactation Support + Probiotics by Mommy Bliss**

Fenugreek, blessed thistle & milk thistle to support mom's milk supply, plus LactoSpore® to support immune and digestive health. \$19.99, [www.mommys-bliss.com](http://www.mommys-bliss.com)

**Lanolin Nipple Balm by Mommy Bliss**

Soothes and protects sore & cracked nipples with moisturizing shea butter. It is safe for mom and baby. \$9.99, [www.mommysbliss.com](http://www.mommysbliss.com)



**Bottle set by Momi Baby**



A bottle based on the best breastfeeding technology: you. Skin-soft silicone designed to stretch and pull just like a mother's breast. BPA, lead, PVC, and phthalate free. Anti-colic vents to reduce gassiness, regurgitation, and discomfort. \$29, [www.momi.baby](http://www.momi.baby)

**Comotomo Baby Bottle**

Designed to most closely mimic breastfeeding to reduce bottle rejection and nipple confusion issues. Ultra wide-neck design allows easy cleaning by hand without a brush. Made of 100% safe hygienic silicone. \$27.99, [www.amazon.com](http://www.amazon.com)



**Read Us ONLINE!**

[kerncountyfamily.com](http://kerncountyfamily.com)

9425 Rosedale Hwy. Bakersfield, CA 93312 (661) 587-8437

6801 White Ln. Bakersfield, CA 93309 (661) 847-9955

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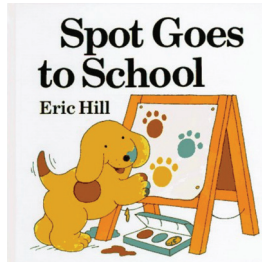
**Salty's BANQUET & EVENT CENTER**

**661-563-2739**

6720 Schirra Ct. Bakersfield, CA 93313

# It's That Time of Year Again— Celebrate **Back-to-School** with a book!

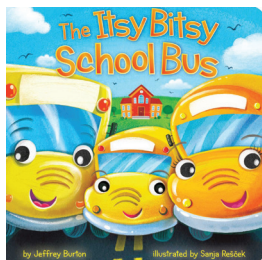
How can it possibly be back-to-school time?! Wasn't last week the last week of school? Yet here we are—August already! Get the kiddos ready to return to the routine of class with stories about others who are heading back to the classroom. Here are a few of our favorite books about school:



## Spot Loves School!

By Eric Hill  
\$5.99; Ages 0-3  
Publisher: Warne  
Amazon.com

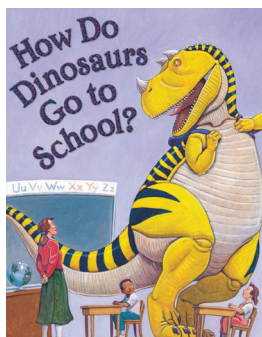
If you like Spot books, you'll love this one about the pup's first day of school. Spot and his friends get together for good times in class and he can't wait for school!



## The Itsy Bitsy School Bus

By Jeffrey Burton & Sanja Rescek  
\$5.99; Ages 0-3  
Publisher: Little Simon  
Amazon.com

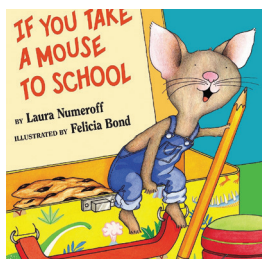
This adorable board book offers a fun twist on the traditional nursery rhyme—but this time, it's not an arachnid, but a school bus that brings the fun!



## How Do Dinosaurs Go to School?

By Jane Yolen & Mark Teague  
\$10.99; Ages 2-5  
Publisher: The Blue Sky Press  
Amazon.com

You may already have a Yolen/Teague Dinosaur book in your home library ("How Do Dinosaurs Say I Love You?"), but in this installment, the dinos are headed off to school. The story is fun and the colorful pictures are great!



## If You Take a Mouse To School

By Laura Numeroff & Felicia Bond  
\$12.89; Ages 2-6  
Publisher: HarperCollins  
Amazon.com

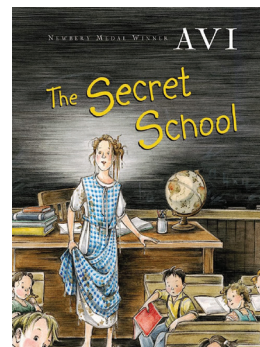
We all know what happens if you give a mouse a cookie, but what happens if you take a mouse to school? Chances are, he'll take advantage of ALL the fun things to do during the school day!



## The Best School Year Ever!

By Barbara Robinson  
\$7.99; Ages 8-11  
Publisher: HarperCollins  
Amazon.com

If you know the Herdman family from "The Best Christmas Pageant Ever," you'll recognize Imogene, Claude, Ralph, Leroy, Ollie and Gladys. This time, the family's adventure includes a missing gerbil, crazy cat and run-ins with classmates.



## The Secret School

By Avi  
\$5.95; Ages 8+  
Publisher: Clarion Books  
Amazon.com

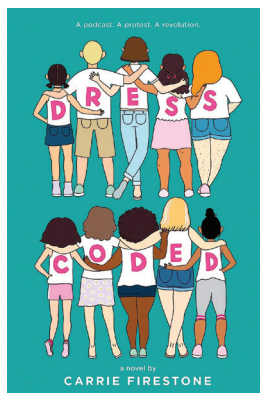
More than anything, Ida Bidson wants to become a teacher. But when her one-room school shuts down, how can she keep the school open AND end up a teacher? The story is sure to inspire children.



## Schooled

By Elaine Henry  
\$14.46; Ages 9-14  
Publisher: Grey Pony Films  
www.amazon.com

Gordon Korman's bestseller tells the tale of a quirky kid who has been homeschooled by his hippie caretaker but must learn how to fit in at public school. Will he survive?



## Dress Coded

By Fiona Weber  
\$8.99; Ages: 8-10  
Publisher: Independently published  
www.amazon.com

Middle school classwork is hard enough but when there's an unreasonable dress code enforced, someone needs to take action. Molly has had enough! She starts a podcast so her friends can tell their side of ... life.

Living in the now,  
preparing for the future



For many of us, our goals in life remain constant: financial independence and providing for family. The choices you make today can impact these long-term goals.

Saving for education expenses, for example, is one way you can provide for your children. You may also have long-term goals for yourself, such as saving to maintain your financial independence during retirement years. Striking a balance between saving for these goals and allocating money for daily expenses can be challenging, but you can make some smart decisions today to help plan for both your child's education and your retirement.

**Learn how you can redefine your education and retirement savings strategy. Call or visit today.**



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661-404-4242



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Ste G-6a  
Lake Isabella, CA 93240  
760-379-1722

# First Day of School Bring It On

So there I was, trimming my daughter's hair, marveling that this creature I used to carry around in my arms (because she would scream if I tried to put her in a stroller) would be starting high school in a matter of days.

"My kids are starting ninth grade and fifth grade. I've had about six good years of sleep. I am ready."

"Mom," she interrupted my thoughts. "Remember when I was little and I didn't want to cut my hair and people would ask me if I would ever cut it and if I did whether I would donate it and I was always like, 'No way would I donate my hair because then what if the person who bought it committed a crime and it was MY hair at the crime scene and then I would have to go to prison and there are no books in prison,' but I couldn't say that, so I just said, 'no.'"

Um...? "I remember when you didn't want to cut your hair, but I did not know all the rest of that," I replied.

When she left my room, I heard her whispering with her sister in her own room: "I saw the pictures of the Airbnb house. It has two beds in our room, and one is higher than the other. When we go on our trip, can I have the taller bed? Because I'm bigger, and it will hurt my back to get out of the lower bed."

"Sam!" I yelled, "It is not your turn to choose."

"I know. I'm just asking. That's all."

More like bullying and conniving. And as soon as I heard the end of that conversa-

tion, she began asking each of us, "Did someone try to start my laptop? Because now it says it is going to shut down due to too many failed attempts."

"Not I," said the mom.

"Not I," said the dad.

Little sister did not say anything. At first.

Then... "I tried to open your computer because every time you call me into your room, you show me something on your computer. I thought you wanted to show me something on your computer, not tell me which bed you wanted on vacation, and I was waiting for you, and you didn't come for a long time, so I thought I would just open it. How was I supposed to know you CHANGED your password?"

Mean faces and slamming doors ensued. Words may also have been exchanged.

When they were little, I used to dream of the day when they would be able to talk, so I would know what was wrong. Now I know what's wrong, and I long for the days when they could not talk. When they just needed cuddles to be comforted.

They say parenthood doesn't get easier; the problems are just different. But our pediatrician once told me, "Oh, no. That's not true. It gets a lot easier when they are older because you will be getting enough sleep. It is easier to deal with problems when you are not exhausted like when they are babies."

And I think she is right. The thing is, my kids are starting ninth grade and fifth grade. I've had about six good years of sleep. I am ready.

Let the school year begin.





# KERN COUNTY FAMILY MAGAZINE *daily happenings* THE **BEST** LOCAL CALENDAR OF EVENTS!

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

**August 2**

## National Ice Cream Sandwich Day



**August 3**

## 14th Annual Ready-Set Back to School Event!

Come by the Kern County Museum with your kids to receive a free backpack, free school supplies! Backpacks are for all children in attendance, entering Kindergarten through 12th grade. Limit of one backpack per child, while supplies last.

9 AM - 12 PM  
Kern County Museum  
3801 Chester Ave. Bakersfield, CA  
661-868-2861  
[sarmiento.amy@kernco.cse.ca.gov](mailto:sarmiento.amy@kernco.cse.ca.gov)

**August 4**

## Give Back Backpack Drive



300 backpacks with school supplies, a Raising Canes gift card, & a dental kit will be given away!

10 AM  
7906 Downing Ste. A Bakersfield, CA  
877-516-9981

**August 6**

## Gladys Night in Concert

7 PM  
The Historic Bakersfield Fox Theater  
2001 H Street Bakersfield, CA  
661-324-1369  
[www.thebakersfieldfox.com](http://www.thebakersfieldfox.com)

**August 10**

## Free Park Day & Backpack Giveaway

Join Outsiders Nation for art in the park, games, food and more!

10 AM - 12 PM  
North Beardsley Park  
901 Airport Drive Bakersfield, CA  
323-681-2081  
[steven@outsidersnation.org](mailto:steven@outsidersnation.org)

**August 11**

## Job Fair

Presented by Valley Achievement Center

9 AM - 11 AM  
1300 Stine Rd. Bakersfield, CA  
[www.autism-vac.org/careers](http://www.autism-vac.org/careers)



**August 11**

## Movies in the Canyon

Come watch Puss in Boots for FREE! Fun starts at 6:30, Movie at 8:15pm.

Wind Wolves Preserve  
16019 Maricopa Hwy.  
661-858-1115



**August 12**

## National Farmers Market Week Celebration

CalFresh Healthy Living and the F Street Farmers Market will be celebrating National Farmers Market Week 2023 with a special resource fair. Community resources, free food box giveaways, & fun activities!

8:30 AM - 11:30 AM  
2819 F Street Bakersfield, CA  
661-371-8080

**August 12**

## Mobile Rec Summer Tour



Kids in grades K-8 can come enjoy FREE summer fun! The tour features arts & crafts, ping-pong, inflatable games and more.

9 AM - 12 PM  
Stone Creek Park  
8515 Akers Road Bakersfield, CA  
661-326-3866  
[www.bakersfieldparks.us](http://www.bakersfieldparks.us)

**August 12**

## Mental Health Awareness Event

A family friendly event to discuss mental health wellness resources for teenagers, young adults and their families.

12 PM - 3 PM  
1410 Wible Road Bakersfield, CA

**August 12-13**

## Bakersfield Collector-Con

Bring the entire family to this toy and comic convention! Come dressed as your favorite superhero or villain for a chance to win some amazing prizes.

SATURDAY: 11 AM - 6 PM  
SUNDAY: 11 AM - 5 PM

Mechanic Bank Arena  
1001 Truxtun Ave.  
Bakersfield, CA  
661-932-1000  
[bakersfieldcollector@gmail.com](mailto:bakersfieldcollector@gmail.com)



CONTINUED:

# KERN COUNTY FAMILY MAGAZINE *daily happenings* THE **BEST** LOCAL CALENDAR OF EVENTS!

August 12 & 25



## Wind Wolves Preserve Guided Night Hike

Experience the preserve after dark and learn about its nocturnal wonders. Registration is required. Recommended for ages 8+.

7:30 PM - 9:30 PM

Wind Wolves Preserve  
16019 Maricopa Hwy. Bakersfield, CA  
661-858-1115  
<https://wildlandsconservancy.org/preserves/windwolves/publicprograms>

August 13

## Summer Movie Series: Mulan

Get out of the heat and watch Disney's Mulan for just \$5 as part of the Summer Movie Series presented by Bakersfield Hyundai. Dressing up is encouraged!

1PM

The Historic Bakersfield Fox Theater  
2001 H Street Bakersfield, CA  
661-324-1369  
[info@thebakersfieldfox.com](mailto:info@thebakersfieldfox.com)

August 17



## Food Truck at the Fairgrounds

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

5 PM - 9 PM

Kern County Fairgrounds  
1142 South P St. Bakersfield, CA

August 17

## Air Supply in Concert

Listen to the trademark sound of Russell Hitchcock and Graham Russell as Air Supply performs in Bakersfield.

7:30 PM

Historic Fox Theater  
2001 H St. Bakersfield, CA  
[www.thebakersfieldfox.com](http://www.thebakersfieldfox.com)

August 18

## Nick Swardson-Make Joke from Face Tour



In his 6th stand up special, Nick takes you on a journey of smells and laughter.

7 PM

The Historic Bakersfield Fox Theater  
2001 H Street Bakersfield, CA  
661-324-1369  
[info@thebakersfieldfox.com](mailto:info@thebakersfieldfox.com)

August 18-20

## 60th Annual Tehachapi Mountain Festival

This annual festival includes live entertainment, a carnival, parade, car show, rodeo, arts & crafts, and so much more! An estimated 40,000 people will attend.

For more information and a complete schedule of events visit <https://tehachapimountainfestival.com/>



August 19

## 4th Annual Tejano Music Festival

SIGGNO, Grupo Abigeo, Ruben y La Nueva Onda & Grupo Riezzgo

4 PM (Doors Open)

Stramler Park  
4003 Chester Ave. Bakersfield, CA  
661-301-4681

August 20

## Family Fun Movie Night

Movie: Encanto (free); Theater Food available for purchase: popcorn, hot dogs, nachos, sweets, drinks.

5 PM - 7PM

Trinity Anglican Church Fellowship Hall (indoors)  
11300 Campus Park Dr. Bakersfield, CA

August 25

## CALM Summer Concert Series

This after-hours concert featuring 80's cover band, FLASHPANTS, will help raise money to support the zoo.

7:30 PM

10500 Alfred Harrell Hwy Bakersfield, CA  
[www.calmzoo.org](http://www.calmzoo.org)

August 26

## Ohana Koa Luau

Hosted by the Public Safety Professionals Retreat raises money for scholarships for people struggling with the traumatic stress of public safety careers.



6 PM - 10 PM

The Station 7900 Downing Ave. Ste.  
[www.prosperretreat.com](http://www.prosperretreat.com)

# ONGOING HAPPENINGS

## Tuesday and Wednesday Mornings

**Regal Summer Movie Express**  
 \$2 movies all summer on Tuesday and Wednesday mornings.  
 Edwards Cinema Bakersfield  
 9000 Ming Ave. #G

## Every Sunday Haggin Oaks Farmers Market

**Take the Summer Reading Challenge!**  
 8800 Ming Ave.  
 Bakersfield, CA 93311  
 9am-2pm


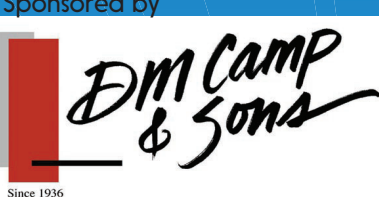
## Second Saturday of every month Bakersfield Second Saturday Event

Second Saturday is a monthly event where community members can support local businesses and enjoy the Downtown area.  
 Bakersfield, CA  
<https://www.bakersfieldsecondsaturday.com/>


## Second Tuesday of every month Smitten Kids


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

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PAGE  
 30

# ACTIVITY CORNER ANSWERS

**CROSSWORD**


**Across**

1. School  
 5. One  
 6. Lunch  
 8. Fuss  
 9. Lesson

**Down**

1. Skillful  
 2. Ounces  
 3. LOL  
 4. Teachers  
 7. Dean

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



**Welcome Back to School!**

Sensory Story Time at Beale Library August 5 & 19. registration is required via Eventbrite at kernautism.org. Space is limited.

Sensory Friendly Family Swim Day @ McMurtrey Aquatic Center Sunday, August 6th. pre-registration is required via Eventbrite on kernautism.org

Parent Support Group Wednesday, August 16th at 6pm. Register via Eventbrite at kernautism.org

Chess Club for Teens & Adults Saturday, August 19th at 11 a.m. Register via Eventbrite at kernautism.org

**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:**

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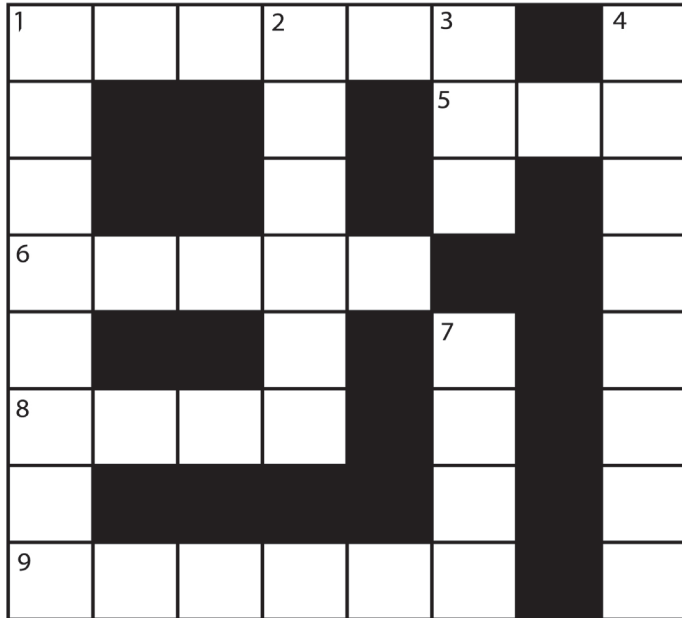
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# AUGUST ACTIVITY CORNER

puzzle answers on page 27

## Crossword



### ACROSS

- Place for learning
- Middy meal
- Display of excitement
- Period of learning

### DOWN

- Full of talent
- Units of measurement
- "Laughing out loud"
- Educators
- In charge of school

## Sudoku

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

Level: Beginner

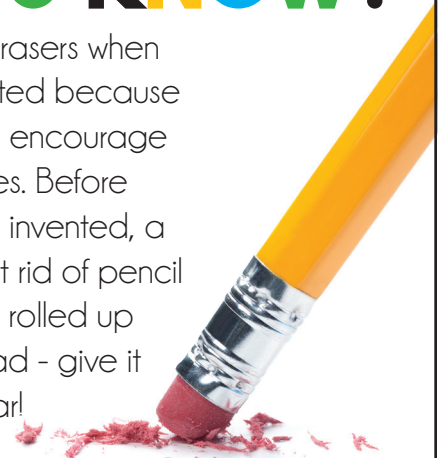
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve: the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes. The more numbers you name, the easier it gets!

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



## DID YOU KNOW?

Teachers resisted erasers when they were first invented because they thought they'd encourage kids to make mistakes. Before pencil erasers were invented, a common way to get rid of pencil markings was with a rolled up piece of white bread - give it a try this school year!





# AUGUST ACTIVITY CORNER

puzzle answers on page 27

## Immunization Word Search

Presented by Pacific Ag Rentals

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

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