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September 2023



BECOMING *Pablo Picasso* Painting a Human Masterpiece



LET'S GET *Creative!*
Toys To Inspire Your Kids

A CLEAN SLATE
Get Kids To Tidy Up

plus

how safe are dog kisses? pg 8 hello, happy mama: Stacy Kuwahara pg 12
free student meals pg 6 your child's mental health this school year pg 16

Cover Photo by Gisselle Fernando

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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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Clinica Sierra Vista WIC

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Cover Feature:

A portrait of famed masterpiece artist, Pablo Picasso, is brought to life by Ethan, 11 years, of Bakersfield, for the Annual Farm to Table(aux) Fundraiser for the Boys & Girls Club of Kern County. Cat Webb, co-owner of Blissful Retreat Intimate Day Spa, begins her creative process to transform Ethan into Picasso's young self-portrait.

Photos by Gisselle Fernando.

Cover photo location Bakersfield Mmuseum of Art

Plus
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the FUN, the
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and the
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Vaun Thygerson,
Contributing Writer

I have always loved art, but trust me when I tell you that I am not an artist. I cannot even draw a decent stick figure. My mother minored in art history in college, so growing up she always taught me and my sisters about art. As a daughter of an Air Force veteran, I have been super fortunate to travel around the world and see a lot of the masterpieces in real life.

My all-time favorite artist is Pablo Picasso because of his use of colors and chaos. When I was teenager and we went to Barcelona, I had one request and that was to visit the Picasso Museum. My parents obliged and we set out for our destination. When we got there, we could not find any decent parking, so my sweet father waited in the car so my mother and I could tour the museum. Seeing Picasso's collection from his formative years made me realize just how diverse his painting styles had been – everything from cubism to portraiture. This is one of my core memories that I carry with me to this day. Art is powerful and can change your life.

As a mom, I have tried to instill this love of art into my children's psyche. As youngsters, they did all kinds of art classes and workshops. At various times throughout the years, all three have attended Bakersfield Museum of Art's summer camps. Much to my joy, I have found that as they grow older they really do appreciate art and artists. My daughter loves anything Warhol and pop art; she even dressed up as a Liechtenstein painting one year for Halloween. My older son loves Japanese art and anime and my younger son loves nature and landscapes. He and his friends even had a Bob Ross paint night at our house.

Almost every year, I have attended the Boys & Girls Clubs of Kern County's (BGCKC) Farm to Table(aux) fundraising event that showcases a famous artist for a fun night and a good cause. I've been to their events featuring Andy Warhol, Vincent Van Gogh, and last year was Frida Kahlo. So, when I found out that their 2023 artist pick was Picasso, I was ecstatic. This

event brings the artist's work to life in the most creative ways from the food to the performances to the original artwork created by Club members. Special thanks to Zane Smith, Executive Director of BGCKC, and all the amazing people who work on this event for their time to help with the article, **"Boys & Girls Clubs of Kern County's Annual Farm to Table(aux) Shines with Creativity: Featuring Spanish artist Pablo Picasso," on page 14.** Mark your calendars for Friday, October 6, as you won't want to miss this event.

As life is back to its routines and schedules, it's important to check in on your children's mental health. In the article, **"Self-esteem, identity and children's mental health: Six steps for a better experience this school year,"** by Callie Collins on **page 16,** she writes about ways to help your children succeed by having a healthy mindset. Some of her tips include recognizing situations that affect their self-esteem and how to counter negative perceptions.



To read about an amazing woman, turn to **page 12,** for the article, **"Hello, Happy (Resilient) Mama: Stacy Kuwahara shares personal perspective on life, loss and moving forward in healthy ways,"** by Callie Collins. Kuwahara is best known for her role as director of health at Kern Behavioral Health and Recovery Services, but wears many hats and has been personally and professionally familiar with so much of life's ups and downs. She has a lot of hope and wants everyone to know about local mental health resources and services.

This month's Humor at Home article, **"Stop Arguing! I'm Not Arguing!"** by Julie Willis will have you laughing for sure. She writes about how good her children are at their persuasion skills. She taught them from a young age to be persuasive, emotional, and logical, and now they can outsmart the adults. To find out their tactics and how they use them for everything from napkin use to cellphones, **turn to page 24.**

As your budding, little artists bring home their colorful creations, remember to encourage their creative expression. Art really is magical for the soul and you never know where their journey might take them. As Picasso says, "The purpose of art is washing the dust of daily life off our souls."



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Highland High School Getting a New Aquatic Center



Photo Courtesy of KHSD
L to R: Dr. Bryon Schaefer, KHSD Superintendent Kathy Scrivner, KHSD Trustee, J. Bryan Batey, KHSD Trustee, Nate Franklin, Founder of 661 Foundation, David Manriquez, KHSD Trustee, Steve Rodrigue, KHSD Trustee, Dr. Mike Zulfu, KHSD Associate Superintendent of Business, Debra Vigstrom, Highland High School Principal

The Kern High School District (KHSD) recently announced the groundbreaking of the Highland High School Aquatic Center. This state-of-the-art facility will be located east of the football stadium and north of the tennis courts. It will feature a 50-meter pool and facility designed to support local and regional competitive swimming, diving, and water polo events and programs. Beyond athletics, the aquatic center will serve as an asset to the community by offering swim lesson and schedule civic use, promoting a culture of community engagement, health, and fitness.

The Highland Aquatic Center is scheduled to be completed in the fall of 2024. It will be the second aquatic facility in the KHSD following the opening of the Kern Aquatic Complex near Independence High School in 2020. This project has been made possible by the generosity of the 661 Foundation and Measure E, a general obligation bond approved by Kern County voters in 2022.

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

All Students Served Meals at No Charge



For the second consecutive year, through California's Universal Meal Program, all students will be served breakfast and lunch at no charge during their school day, Kern County Superintendent of Schools (KCSOS) and Kern 46 public school districts recently announced. Free and reduced-price meal applications, or other applications to determine stu-

dent eligibility, may still be sent to household by local school districts for the purposes of other local school funding and program eligibility determinations. The eligibility determination from these applications and/or alternative income forms will not impact a student's ability to receive breakfast and lunch at no charge at their school.

The program runs during 2023-24 school year. For additional information, please contact Rafael Juarez, Director of Food & Nutrition Services for KCSOS, 1300 17th Street, Bakersfield 93301, call 661-852-5930, or email rajuarez@kern.org.

Bank of America Bakersfield Student Leaders Go To D.C.

Bank of America Student Leaders for Bakersfield, Ricardo Marin and Lauren Li, traveled to Washington, D.C. to participate in an all-expense paid week-long summit on civic engagement. These student leaders met with Senator Kevin McCarthy and participated in a leadership summit focused on the power of cross-sector collaboration and community advocacy. At the first in-person Summit since 2019, student leaders from across the nation discussed the importance of civic engagement and meet with members of congress.



Bank of America Student Leaders for Bakersfield, Lauren Li (L) and Ricardo Marin (R) meet with California State Assembly member, Kevin McCarthy during a week-long all-expenses paid trip to Washington D.C. as part of the Student Leaders program.

Boys & Girls Clubs of Kern County Receives No Kid Hungry Grant



As part of No Kid Hungry's continuing effort to ensure all children in Kern County remain nourished and healthy, the Boys & Girls Clubs of Kern County (BGCKC) recently received \$30,000 in grant funding to help feed more children in the community. BGCKC fills the nutrition gap for children during out-of-school times. In 2022, the Club served 919,829 meals to children in Arvin, Bakersfield, Frazier Park, Gorman, and Lamont. This summer, the Nutrition Program is serving over 2,000 meals daily to children in need through 13 community and Club sites.

The grant funds were used to purchase a new cargo van to support BGCKC's Nutrition Program. The van was put into service this summer so more meals could be served daily to children (ages 0 to 17) from at-risk and disadvantaged circumstances. No child should go hungry in America, but millions of kids in the United States live with hunger. No Kid Hungry is working to end childhood hunger by helping launch and improve programs that give all kids the healthy food they need to thrive. This is a problem we know how to solve. No Kid Hungry is a campaign of Share Our Strength, an organization committed to ending hunger and poverty.

For more information, please visit www.bgckc.org or www.nokidhungry.org.

22nd Season of "Do the Math" Airs September 12th

For more than two decades, Kern County 4th through 12th graders in need of a little extra help with their math homework have tuned in to "Do the Math," a standards-based mathematics TV show and free tutoring program produced by KCSOS's Kern Education Television Network (KETN). The 22nd season will begin on Sept. 12. Host and executive producer Michael Cushine, along with several math tutors, will work with students on air to solve their homework and other standards-based problems. Parents are also invited to speak with tutors on how to better help their children at home.

"Do the Math" can be seen in Bakersfield on Spectrum Cable Ch. 15, in California City, Boron and Mojave on Ch. 19, and in Rosamond on Ch. 180.

"Often times, parents and students get frustrated with each other because of the different methods used to teach mathematics between the generations. We try to offer different methods to reach the solution to show there isn't only one correct answer," Cushine says. "It's better to solve one problem, five different ways than to just solve five different problems."

While mathematics is the core of "Do the Math" programming, the show has evolved into all things STEAM, with an emphasis on how science, technology, engineering, arts, and of course, math is applied within real-world situations and careers. A segment called "Math in the Real World" features on-location segments at local businesses, organizations and other community locations where



Photo Courtesy of Kern County Superintendent of Schools

industry professionals demonstrate practical applications of STEAM concepts in their everyday jobs.

The live TV show will air from 4:30 p.m. to 5:30 p.m. most Tuesdays and Wednesdays during the school year. Monthly guests from the Bakersfield Museum of Art, Science 4 Kern, and the Panama Buena Vista Union School District's Music Department will demonstrate hands-on learning with local students. In addition to hearing from career experts around the world, Do the Math is fortunate to speak with experts from the NASA Armstrong Flight Research Center.

Free, phone-in tutoring is available from 4 p.m. to 5:30 p.m. on Tuesdays and Wednesdays by calling (661) 636-4357 or toll free at (866) 636-6284. Students can also email their questions to dothemath@kern.org.

For more information, visit www.dothemathonline.net. You can also follow "Do the Math" on social media: Facebook: @dothemathbakersfield, Instagram: @dothemath_, Twitter: @dothemathbako, and LinkedIn: Do the Math.

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FDA Approves First-Ever Pill to Treat Postpartum Depression



The Food and Drug Administration has approved the first pill for postpartum depression. The new drug brings hope to the hundreds of thousands of new parents struggling with the condition. Zuranolone, which will be sold under the brand name Zuruvae, is prescribed over 14 days and offers relief more quickly than antidepressants. In the clinical trial, the depression symptoms improved after only three days, and the benefits lasted over 45 days.

It's estimated that one in seven pregnant women will develop postpartum depression. With 3.6 million births per year in the U.S., about half a million women are impacted by the condition annually.

The Best Way to Keep Apples Fresh



It's fall and we love this season to its core! Going to an orchard to pick apples is a wonderful fall activity for kids and families, but how do you keep those "just picked" apples fresh long enough to enjoy them?

According to Susan Brown, a professor at Cornell University who specializes in apple breeding, how you store your apples significantly impacts how your apples taste. "If consumers store fruits at room temperature, rather than in the refrigerator, they will soften and get mealy sooner," said Dr. Brown.

To keep your apple tasting farm fresh as long as possible, place your apples in the crisper drawer of your refrigerator. The darker and cooler environment helps the apples maintain their crunch for a longer time. If you want to go the extra mile, place each individual apple in its own plastic bag or place a moist paper towel on top of your apples. This will help the fruits stay juicy. If you are a parent prepping apple slices for your kiddos, place your apple slices into sealable plastic bags or containers. The more airtight, the better. These slices can be maintained in the fridge for approximately three to five days.

How Safe Are Dog Kisses?



While it was once believed that dogs' mouths were cleaner than those of humans and that dog saliva had healing properties, this myth has been thoroughly debunked. Considering that dogs are prone to nibbling on poop and licking their own unmentionables, it probably comes as no surprise that in reality, a dog's mouth is a pool of germs. However, while dog saliva can carry such dangerous bacteria as Salmonella and E. coli, these illnesses generally aren't carried in quantities large enough to pose a danger to most humans, and there is very little evidence that doggie kisses are a means of transmission.

Despite the low risk of the average person contracting an illness from dog licking, there are some people for whom the risk is too high to take a chance. Under no circumstances should your dog be allowed to lick anyone who falls into any of these categories:

- > Babies
- > Pregnant women
- > The elderly
- > Anyone with pimples, open sores, or scratches on their face
- > Anyone with a compromised immune system

Bottom Line... If you love swapping kisses with your dog, it's probably safe to keep doing so, as long as your immune system is up to par.



Killer Headache? Migraines May Increase Stroke Risk

Recent studies show those who suffer from something called migraine with aura have double, or perhaps triple, the risk of stroke, compared with people who don't get migraines at all. The headache is preceded by a range of symptoms: slurred speech, forgetfulness, feeling hot or cold, and ghostly lights blinking across the field of vision (also known as aura). Researchers found that women who have migraine with aura, smoke and take oral contraceptives, were 10 times more likely to have a stroke than women without these risks. Thirty-five million Americans — 1 in 10 — get migraines.

Five Things Parents of Kids with ADHD Should Do During Back-To-School Season

The classroom can be a challenging environment for a child with Attention-Deficit/Hyperactivity Disorder (ADHD), but there are easy steps parents can take to help ensure a smooth transition when their child goes back to school.

1. Initiate communication with your child's teacher.

Experts suggest writing a letter or email to the teacher before school begins. You can introduce your child and talk about their strengths as well as the areas where they struggle. Share your child's diagnosis, or where you are in the process of getting a diagnosis for your child. Mention strategies that have — and haven't — worked in the past.

2. Emphasize the positive with your child.

Your child may have struggled at school in the past, but you don't want them to begin the school year with the assumption that difficulties will arise. Avoid phrases such as, "Don't do this" and "Remember not to..." Focusing on what your child does well also helps them develop a positive sense of self.

3. Set up Routines

Routines are helpful to all children, and particularly those who have ADHD. Parents might use a tool like a visual schedule, which shows the child in pictures and/or words the steps they need to take in the order they should do them. For example, a visual schedule for getting ready in the morning might include: get dressed, eat breakfast, brush teeth, put on socks and shoes, grab backpack.



4. Support executive functioning skills.

Many children with ADHD struggle with executive functioning skills, which include things like self-regulation, time management, organization, and task initiation. Tools like visual schedules, timers and alarm clocks can help your child complete tasks. When giving instructions, make eye contact to ensure you have your child's attention, and that you give the instructions one at a time.

5. Advocate for the support and accommodations your child needs.

If your child has an ADHD diagnosis and is attending a public or charter school, they are entitled to an IEP or 504 plan. These plans hold teachers and schools accountable to providing the services and accommodations that many children with ADHD need to be successful at school. If your child has an IEP or 504 plan, and you are communicating and collaborating with their teacher but still feel that your child's needs are not being met, you can also request a meeting with the child's team to discuss next steps and alternatives.

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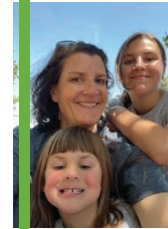
Q.

What classic movie do your kids need to watch before they enter high school?

We asked our readers to share some of their favorite must-see films for children and teens. Here is a selection of their answers.

"The Wizard of Oz"

-Melissa Boles



"Little Women"
-Carissa Ghosh

"Sixteen Candles"

-Shaka Lopez

"A Walk to Remember"

-Martha Gonzalez



"Footloose"
-Lucia Reyes

"Friday Night Lights"

-Samantha Olivarez

"Clueless"

-Perla Ponce

"My daughter is 29, but we loved watching 'Pretty in Pink'"

-Dawn Brown



"Hidden Figures" & "Soul"

-Marylyn Hernandez



"Breakfast Club"

-Tami Lagarreta

"The Sandlot"

-Stacey Manohara



Editor's Choice!

"Beautiful Boy" &

"The King of Staten Island"

-Callie Collins

"Stand and Deliver"

-Gabriela Gomez



"Ferris Bueller's Day Off"

-Megan Whaley

"Akeelah and the Bee"

-Denise Johnson

WIC Offers Breastfeeding Support!

The Women, Infants, and Children (WIC) Nutrition Program provides healthy foods, nutrition tips, breastfeeding support, health care referrals and community information.

Infants Grow Healthy with Breastfeeding



When you choose to breastfeed, you can get food for up to one year!

Here are some ways WIC Supports Breastfeeding:

- Provides ideas on how your family and friends can support you
- One-on-one support from a peer counselor or lactation specialist to help meet your breastfeeding goals
- Tips for a healthy supply of breastmilk for your baby
- Provides a variety of breast pumps best suited for your needs

Pregnant, postpartum, working families including military, migrant and foster families with infants and children up to 5 years of age, are encouraged to apply.

Did you know?

Moms who breastfeed are less likely to have postpartum depression or develop diabetes, certain types of cancer, and heart disease.

Breastfeeding Myths vs. Facts

MYTH

It's normal for breastfeeding to hurt.

FACT

It is not normal for breastfeeding to hurt. If breastfeeding hurts, contact your local WIC agency and ask to speak to a Breastfeeding Expert.

MYTH

You should separate a newborn and birthing parent to allow the birthing parent to rest.

FACT

Studies show that skin-to-skin contact after birth helps to regulate the baby's heart rate and breathing, as well as stimulates the release of hormones to support breastfeeding.

MYTH

You shouldn't breastfeed if you're sick.

FACT

Most parents can usually continue to breastfeed even when they are sick. The antibodies your body makes are passed to your baby during breastfeeding. These antibodies help your baby fight off illness.

Source: www.unicef.org/parenting/food-nutrition/14-myths-about-breastfeeding



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Resilient

Hello, Happy Mama:

Stacy Kuwahara

Personal perspectives on life, loss and moving forward in healthy ways



Stacy Kuwahara shares her perspective on mental health access, motherhood and more. *Raleigh Braisher, KernBHRS photographer.*

Stacy Kuwahara is personally and professionally familiar with so much human experience. Best known for her role as director of behavioral health at Kern Behavioral Health and Recovery Services, that very public title is just one aspect of her life. She wears many hats, with an authentic self resting firmly below.

“I was born in Bakersfield and have always had a home here but my parents divorced when I was young and I’ve lived in different places. I am proud and surprised to be here but it’s with a different viewpoint after being in other places. I have an appreciation now for our community that I just didn’t as a young person,” said Stacy.

Although she considers Bakersfield home, living other places has added perspective to her life and work. Her undergraduate studies started in Hawaii and included three transfers to different California colleges before graduating from the University of California, Santa Cruz and earning her master’s degree in counseling psychology from Pacifica Graduate Institute. Even with those shifts in location, Stacy finished her graduate studies at just 22.

My favorite dessert is...

Thai sticky rice with mango.

“That phase of life was challenging while I went through it but looking back, I wouldn’t have it any other way. I struggled to identify a path and know what I wanted to do. The journey, for me, was helpful. Life doesn’t always travel down a straight road,” she explained. “I found how to be comfortable saying yes to new experiences and knowing that when they don’t always work out, I can keep moving forward, how resilient I am and ways to be adaptable to change. I learned I can find my way back. It’s a lesson I carried forward and it became a strength for me.”

That strength would be a characteristic Stacy would continue to draw on through unexpected turns. She met her husband, Terry, in San Diego and the couple later relocated to England, his country of origin. While living in Halifax, West Yorkshire, Stacy took a job as a supervising clinician with the United Kingdom’s National Health Service. Their life took a shocking turn when Stacy found herself a widow after Terry’s sudden death from cancer at age 40. Their son, Max, was just 5 months old.

“Because of the illness, my husband left us much sooner than anticipated. Terry’s death had a really big impact. That was one of the hardest times of my life but also one of the most important,” said Stacy. “When we go through these incredibly hard life experiences, we can focus on the grief and sadness but we can also choose to see

Kern Behavioral Health and Recovery Services mission: Working together to achieve hope, healing and a meaningful life in the community.

Kern Behavioral Health and Recovery Services vision: People with mental illness and addictions recover to achieve their hopes and dreams as well as enjoy opportunities to learn, work, and contribute to their community.

“The unique thing about our department is we get to be the voice for behavioral health in Kern County. We offer services through a prominent role that allows us to help individuals know where to go and teach them what is available through education and outreach,” said Stacy. “An important part of what we do is to help county residents know what is available to them in terms of mental health and substance use services.” Stacy continues to see the grounding effects family has on people through her work and in her own life. She is the caretaker for her father, who now lives with her and with Max, 17.

“We have extended family throughout Bakersfield, the U.S. and in England. Family is such an important part of my life for which I am very grateful. They keep me grounded and humble, surrounding me here and far,” said Stacy. “I feel very blessed because there is a security that comes with family, whether that’s the family you’re born into or the family you create through dear friends. Family is everything.”

how it strengthens us and what we build out of that sadness and those tragedies because we will come away with something different. In my case, I got to spend many years with an incredible person. I also learned how strong I am and what I'm capable of and I always choose gratitude."

Working with the public, often through individuals' most challenging life phases, took on new meaning as Stacy's own life experiences

My best life advice so far is...

Be kind. Do better when you know better. Listen more than you speak.

changed.

"The truth is everyone has unexpected life changes. There are upheavals. There are life events that test our ability to adapt and a lot like physical health, we have mental health that can be impacted," said Stacy.

After another year in England following her husband's passing, Stacy made the decision to move back near her family in Bakersfield with her toddler son.

"Having Max ultimately got me through the darkest time of my life. I knew I had to keep going for his sake. Every



Stacy Kuwahara is director of behavioral health at Kern Behavioral Health and Recovery Services. Raleigh Braisher, KernBHRS photographer.

moment of every day, I had something to not only keep me going forward but also keep me doing my best," said Stacy. "Our son was such a light for me. I had to pick myself up every single day. There was no choice because I knew it was up to me to create the family environment I wanted Max to have. That's why we returned to Bakersfield."

From therapist to compassionate rising member of its executive team, Stacy's role at Kern Behavioral Health and Recovery Services has also continued to evolve. The organization operates safety net services as the mental health plan for Medi-Cal insureds but also the broader community regardless of insurance with a crisis clinic and crisis healthline for Kern County residents.

Hello, Happy MAMA! ENTER TO WIN

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Editor's note:

Mental health and substance use help

If you or someone you need is currently seeking mental health or substance use services, contact a professional. Find out more about Kern Behavioral Health and Recovery Services at <https://www.kernbh.rs.org/>. Help is available by dialing 988, which is also Kern County's hotline at 1-800-991-5272; both connect to the same local services.

Substance use access line: 866-266-4898



Comments From Stacy Kuwahara

Q. Here at Kern County Family Magazine, we often talk with parents, especially mothers, in phases of life that can seem lonely or isolating as they raise young children. What advice do you have for respite and renewal for women going through that phase of life?

A. I remember that phase. It can feel unsettling and uncomfortable. That took me a while to navigate and I had to learn to balance how I see myself. Part of being a mom is being a person caring for a brand new baby and it is a very consuming phase of life.

For me, it was important to stay connected to myself and carve out time and space for my person. Even now, it is really important that I have a sense of self separate from the roles I embody. Being director of behavioral health is a very big role. My self-care focus is on staying connected to who I am. I carve out time for myself, time to be quiet and go within. Even if it's just five minutes a day, that has been a lifelong practice for me.

We should also recognize that different roles require different capacities. As our kids get older, roles change and leave space for other things. We may have more time in different ways.

What has been incredibly grounding in my life has been separating myself from the roles that I occupy. Sometimes, hats are lifelong. Other times, the hats we are wearing evolve, shift and change. I need to stay connected to the person underneath the hat.

In a motherhood role, other people's needs often supersede our own needs. As long as I know I am still a separate person, I am still here. The "me," that sense of self, remains through it all.

My best advice is to find your thing. Take a quiet moment, exercise, go outside, read a book or spend time with the people that you love. What offers renewal is going to be different things for different people given their circumstances and what those responsibilities are but absolutely find what works for you. Be intentional about what you do because when we do it with the intention of "this is my time," it lands differently.

Q. Do you have any hidden talents?

A. I surprised myself by taking up equestrian riding a couple years ago. I was not very good and my peer group was much younger but I had so much fun. I was surprised at my own willingness to

try something new and different that I had never done before. It's not something I am doing right now but it is something I will always treasure.

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

A. There are a lot more mental health and substance youth services available than Kern County residents might anticipate. People may believe that their mental health or substance use orders have to be more significant to seek help but we are now having conversations about mental health being a spectrum and normalizing the act of seeking services. We are making great strides in de-stigmatizing mental health. My encouragement to our community is to look to see what's out there. There doesn't have to be something drastically wrong for you to benefit from having someone to talk to and be your best self.

Q. What is your parenting PSA?

A. Be kind to yourself and to others. Help is all around you. Don't be afraid to ask for help when you need it and don't stop asking for it until you get what you need.



Makeup artist, Cat Webb drew eye balls on Ethan's eye lids to make the eyes wild and large like they are in Picasso's painting.

Becoming Picasso: A Masterpiece comes alive at Farm to Table(aux) Fundraiser

Who Is Picasso?

Spanish painter Pablo Picasso is one of the best-known figures of the 20th century. Born in Spain, he spent most of his adulthood in France where he mastered a variety of art forms from sculpting, ceramics, collage, print making, stage design, and many more styles. He co-founded, with Georges Braque, the cubist movement, where geometric shapes are used in depictions of humans and other forms like animals.

With his intense passion, he never stopped learning or evolving. Throughout his career, he had many notable periods including the Blue Period, 1901-1904, Rose Period, 1904-1906, African-influenced, 1907-1909, Analytic Cubism, 1909-1912, Synthetic (Cristal) Cubism, 1912-1919.

Picasso was exceptionally prolific throughout his long lifetime. In fact, when he passed away in 1973, he had more than 45,000 unsold works in his estate. His artwork continues to influence art and pop culture and his masterpieces can be seen at many renown art museums around the world.



One of the most influential artists of the 20th Century, Pablo Picasso, a Spanish painter, sculptor, printmaker, and theatre designer, was the co-founder of the Cubist movement. His revolutionary artistic accomplishments and prolific work made him universally renown. He stated, "The meaning of life is to find your gift. The purpose of life is to give it away."

The 7th annual Farm to Table(aux) fundraising event benefitting the Boys & Girls Clubs of Kern County (BGCKC) helps its Club members find their unique gifts, and by raising funds for others, they are learning to share their talents for a good cause. The event will be held on Friday, October 6 and will feature artwork and performances inspired by Pablo Picasso. Farm to Table(aux) has been a premier experience since its inception in 2016, known for its fresh, local foods, original artworks created by kids that attend the Clubs, silent and live auctions, raffle items, and creative Tableaux Vignettes.

BGCKC's Executive Director, Zane Smith, says this event would not be possible without all of the talented people within our community. "So many people are involved in this event, from the theatre to craftsmen, artists, photographers, contractors. You name it and that industry is involved with it somehow to create this

magic," he says. "The event is really a collaboration with the arts community and brings back a message to our kids that they are supported and the work they are doing is validated."

During the magical evening, musical numbers by the Club's performing group, Music Fusion, will delight the audience. Co-directors of Music Fusion, Jill Burdick and Frank Sierra, have designed song selection, imaginative costumes, creative musical arrangements, and expressive choreography to pay tribute to Picasso while showcasing the talented Club performers. "We strive to create performances that emulate the mood of featured artists' work," Burdick says. "For instance, Picasso's style ranged from more somber, classical themes to altered, chaotic perceptions of the world. Our aim is to pepper Picasso's themes throughout."

In addition to the artist's influence, the Club members themselves contribute to the style of the evening's entertainment. "Often, I draw my inspiration from the students themselves," Sierra says. "I'll hear a particular song and think that it fits a certain performer's style or that the group of students I'm working with would enjoy performing that song. I try to make sure that the performance we do is something the students can relate to and will enjoy performing."

Music Fusion is the performance team for BGCKC. This hard-working, enthusiastic squad dedicates their time to promoting goodwill throughout the community and bringing awareness to the amazing program and opportunities available through the Club. Music Fusion strives to ignite passion in the hearts of their audiences and hopes to inspire positivity, harmony, and unity.

They have entertained audiences in Bakersfield and neighboring cities for organizations like the Red Cross, Bakersfield Symphony Orchestra, Veterans Clubs, community colleges as well as private parties and company events. Music Fusion has had the honor of performing for esteemed visitors to the Club including, Condoleezza Rice, Laura Bush, Sugar Ray Leonard, and Greg Gumbel, as well as attending and performing in National and Regional conferences in San Francisco, Chicago, Dallas, and Las Vegas.

As featured on KCFM's cover this month, 11-year-old Ethan, who is also an artist and performer, has been transformed into young Picasso and will be greeting all the guests in character at the fundraising event. The makeup process takes more than an hour to complete and Ethan didn't mind spending that much time getting ready. "I thought it was awesome that I got that whole experience. It was super once-in-a-lifetime," he says. "I got to meet so many other people in the salon that helped me and guided me through what I am supposed to do while they did my makeup."

Also, done with much creativity, the event's menu dazzles with creations from Picasso's hometown region. Chelsea Dow, BGCKC's Nutrition Coordinator, has been working with this event for many years and has a culinary background that comes in handy. "I love to research and explore different recipes to get my mind flowing and thinking outside of the box," she says. "We always try to make each year bigger and better than the last year whether that is with the décor, auction items, take away items or just the experience. Expect nothing less this year, it is going to be the event you don't want to miss."

Smith, a talented artist himself, was excited to introduce Picasso to his Club members this year. Picasso brought so much diversity with his style. The art teachers could teach the younger Club members about Picasso's abstract use of basic shapes and bright colors, and as they advanced they could add more fine detail. The older Club members could learn more about Picasso's traditional portraiture where the art teachers could eventually teach color theory and how to blend things. "There is a wealth of learning opportunity with Picasso's work," says Smith. "We can start building the kids' skill level and it lets them freely evolve into more sophisticated art."

The Club tries to find areas where the members can succeed. Picasso was known for his oil painting, but he was also astute with linocuts and screen printing. A few Club members will be creating Picasso-inspired stamps to make cards. Another Club member will be creating a colored-pencil piece of art. The BGCKC art programs are not a "one size fits all," says Smith.

Other notable contributors to this event include Mackenzie Boone, Chair of the Event, Nanette Bonilla and Emily Loyd, professional artists, Marj Dow, stylist and professional artist, Jesus Fidel, an artist who created a grand-sized photo opportunity for the event's attendees. Other collaborators include Bethanie Rowlee, entertainer, Kat Webb, stylist, Barry Hill, creates unique elements for the annual theme, and Orlando Trevino, BGCKC's Communications Coordinator.

Benefitting the BGCKC, this event helps cover costs for most of the local Club members that participate in programs daily. With Clubs and school sites in Arvin, Bakersfield, Frazier Park, Lake Isabella, Lamont, Shafter, and Wasco, the Club provides services and programs to benefit the growth and success of the country's future leaders.

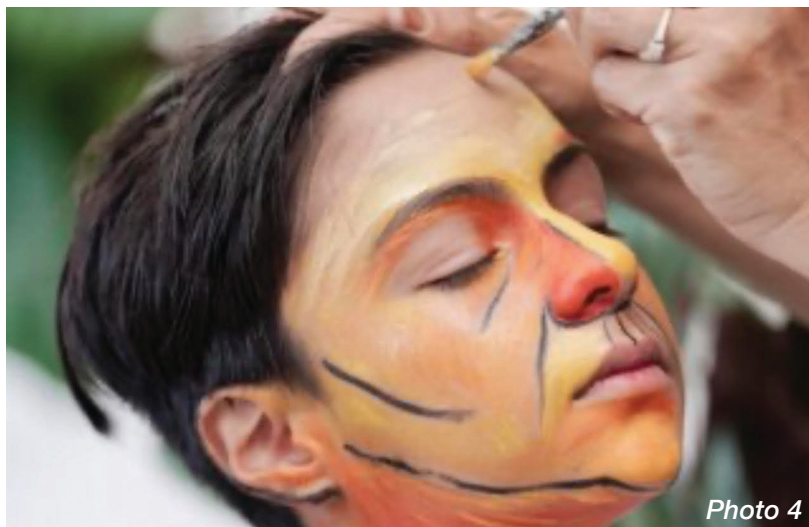


Photo 1: BGCKC Dance Group Music Fusion prepares to hit the stage at the upcoming Farm to Table(aux) event. Photo by Orlando Trevino.

Photo 2: BGCKC's Executive Director Zane Smith stands next to Ethan as he holds Picasso's self-portrait, which was used as the reference photo to create the finished look.

Photo 3: Cat is all smiles with Ethan looking just like the young Picasso self-portrait with green suit and all.

Photo 4: Ethan's about half-way through his makeup application where the desired outcome is starting to take shape. He didn't mind sitting that long because he felt like it was a "once-in-a-lifetime" opportunity.

PICASSO TRANSFORMATION PHOTOS BY GISSELLE FERNANDO

This event will be held on Friday, October 6 from 6-10 p.m. at Highgate at Seven Oaks. For more information, please visit www.bgckc.org or www.farmtotableaux.com/bgckc.



feature by Callie Collins

SELF-ESTEEM, IDENTITY, & CHILDREN'S MENTAL HEALTH

six steps for a better experience this school year

As families settle into the new school year, challenges beyond first day jitters and new routines begin to surface. Children's sense of self often affects their ability to solve problems, empathize and develop coping skills.

Developing positive self-esteem also correlates with children's ability to focus, according to leading research. "Distractibility" is a newer term that is sometimes expressed as anxiety, depression or difficulty with learning; major life stressors, like experiencing a major life change, including moving or suddenly facing the loss of a parent, can also become important triggers. Low self-esteem is associated with loss of identity, lower grades, substance abuse and difficulty with task completion.

Cultivating self-esteem is a vital part of family life, with parents having a key role in helping instill a sense of personal value that can last a lifetime.

According to MayoClinic.com, intentional steps to help your child with self-esteem can include these concepts:

01

Recognize situations that affect self-esteem

Talk with your child. Open conversations are key in understanding what is happening in their lives at school and outside of it. Knowing how to address situations that arise as children grow and socialize with others is not always easy but it is necessary, even if that reaction is best handled with words instead of actions. Be aware of what is bothering your child.

02

Challenge beliefs about self that surface with triggering situations

Once situations are identified and the feelings associated with them are clear, help your child recognize that their conflicting emotions are not always true statements of fact. Whether rational or irrational, perceptions of self are often influenced by others. Contrasting lived experiences with assumptions or false beliefs is something parents are especially good at because they have a broader perspective.

03

Counter negative perceptions

Parents typically know their children best. The unique ability to counter negative self-talk or others' opinions can be based on previous life experiences together, other positive examples and knowledge of the child's unique abilities. Teach your child to see nuances and look beyond black and white thinking, give themselves the benefit of the doubt and sidestep destructive patterns. Focus on what they have learned, how to think positively and that tomorrow is a new day with a fresh start.

04

Teach additional skills

Coping skills may be better explored with a therapist to find methods that work for your child. However, starting with "What can we think and do to make this situation less stressful?" is a beginning point. Let children see you ask for help and try new things. Model empathy, forgiveness and the ability to try again.

05

Make healthy habits part of your family's home culture

Diet, exercise, sleep and screen use all affect mental health. Limit sweets and saturated fats. Eat a variety of fruits and vegetables. Encourage at least 60 minutes of physical activity. Establish bedtimes that allow for at least eight hours, preferably more, of REM sleep. Curb screen use in adolescents to just 30 minutes or less per day. Find out more about the movement to delay introducing smartphones until eighth grade and the neuroscience behind it at <https://www.waituntil8th.org/>.

06

Engage in pleasant activities

Answering key identity questions ties into interests, hobbies and abilities. Let your child lead with what they love. Let them lean into it and encourage their skills. Allowing others to define or harm us is less likely when there is a clear sense of self.

Find more about ways to help children's mental health and self-esteem at www.mayoclinic.org.

11 WAYS TO teach children to clean up independently

Sept. 16 is National Clean Up Day. With the change of season on the horizon between summer's end and the official start of autumn, as well as a shift in routine with back-to-school season, now is the perfect time to help children learn tidying skills.

01

Start With The Right Supplies

Designate safe cleaning supplies for your child to use. Give them their own gloves and clearly labeled products.



02 Make Sure Tasks Are Age Appropriate

Independent task completion can only happen at the right age. You know your child best but keep in mind that their skillset may be less adept than you might have assumed. Scale back expectations.



03

Be Open To Imperfection

Know that no one is born with innate awareness of how to do a task. "Done is better than perfect" is a phrase that can inform the chore-teaching process.

04

Teach By Doing

Show children how to clean by setting a good example and intentionally showing them how to get started, follow a process and finish the job.



05 Eliminate Chores As Punishment

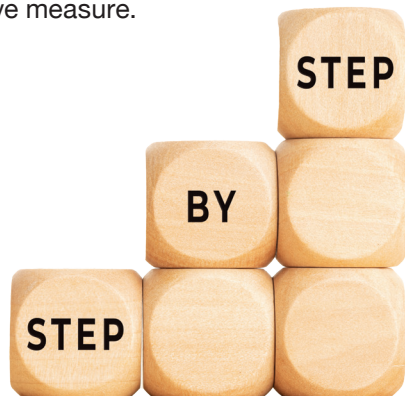
Teach cleaning as part of the process, not a punitive measure.



06

Break The Task Down Into Steps

Give a clear indication of how to start, what the process looks like and how it ends with what needs to happen at each phase.



07 Decide On What Defines Completion

Helping your child know where to start is important but also knowing what defines a completed task can help avoid disagreements. Define what constitutes being done with a task.





08 Make The Process Fun

Add music, dancing, competition and snacks. Chores do not have to be a dreaded activity. Enjoy your time together.

09 Race To The Finish Line

Divide your chore list and see who can finish their tasks first or find a strategy that otherwise motivates your child.



10 Give Grace

No one wants to repeat a task they are chastised for, especially if it happens more than once. Allow for the grace you wish you had in the season of life when you were learning. Little by little, children's range and capacity will expand.

11 Offer A Reward

A clean space may be a reward in itself to an adult but children have not always developed that sense of satisfaction yet. Plan to get ice cream after chores are done or plan something else to look forward to later.



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KCFM Recommends by Andrea Rose

Fall In Love With A Good Book!

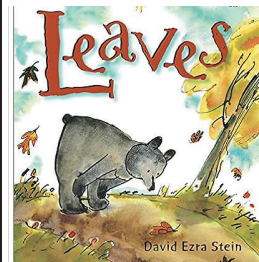
No matter whether you call it “fall” or “autumn,” now is the time to cozy up with a good book! The days are getting shorter, the air a bit crisper and Mother Nature is preparing for the next season. Let’s celebrate! Here are a few of our favorite books about autumn:



Touch and Feel Fall

By Scholastic
\$5.89; Ages 0-2
Publisher: Cartwheel Books
Amazon.com

Most young children enjoy using their sense of touch to explore the world. This board book offers an opportunity to learn about autumn by touching common items found in fall.



Leaves

By David Ezra Stein
\$5.39; Ages 0-3
Publisher: Nancy Paulsen Books
Amazon.com

This board book tells the story of a young bear’s very first autumn—he has so much to learn! Little ones will learn all about the season right along with bear.



Autumn in the Forest Life-a-Flap Surprise

By Rusty Finch
\$9.99; Ages 1-4
Publisher: Cottage Door Press
Amazon.com

If your little one enjoys lift-a-flap books, you’ll love this one! It’s beautifully illustrated and full of adventure. Your child can follow along as a chipmunk collects its nuts in preparation for winter, discovering all about autumn along the way.



The Leaf Thief

By Alice Hemming and Nicola Slater
\$12.99; Ages 2-5
Publisher: Sourcebooks Jabberwocky
Amazon.com

Squirrel celebrates the change of seasons by counting the colorful leaves, but when one leaf turns up missing, he sets out on a search for the leaf thief.



An Autumn Woodland Tea Party

By Elle Steward
\$15.99; Ages 4-7
Publisher: Lawley Enterprises LLC
Amazon.com

Fox is planning a tea party, but he needs to make it quick because his friends, Squirrel, Hedgehog and Bear, are preparing for winter. This beautifully-illustrated book makes you feel cozy & warm!

THIS JUST IN



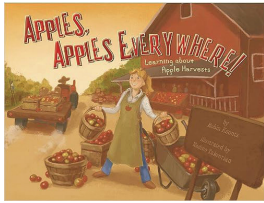
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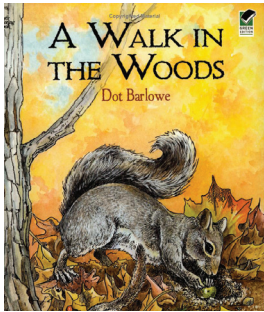
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Stay Tuned FOR TICKET INFO



Apples, Apples Everywhere! Learning About Apple Harvests

By Robin Koontz & Nadine Rita Takvorian
\$8.95, Ages 4-8
Publisher: Picture Window Books
Amazon.com
Autumn is apple harvest time and children can open the pages of this book and head into the apple orchard to learn all about how apples are picked and stored.



A Walk In The Woods

By Dot Barlowe
\$3.99; Ages 8+
Publisher: Dover Publications
Amazon.com
This coloring book is designed for kids, but adults will enjoy it, too! Grab some crayons or colored pencils and work to fill in beautiful woodland creatures and scenes.



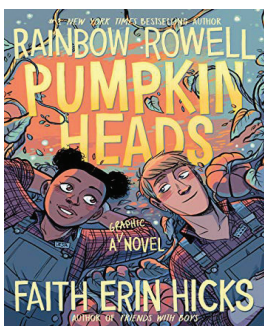
Our Moon Festival: Celebrating the Moon Festival in Asian Communities

By Yobe Qiu
\$11.95; Ages: 8-11
Publisher: Yobe Qiu
www.amazon.com
Children can learn about the foods, traditions, dances and parades included in the Moon Festival through the stories of three Asian families.



The House on the Pumpkin Farm

By Sarah Shadi and Patricia Moffett
\$12; Ages 12+
www.amazon.com
Lilly had hoped to be invited to her friend's Halloween party, but after being left out, she finds herself on a mysterious adventure when she visits her cousins at their farm. She'll have to find courage, kindness, patience and love in order to find her way home.



Pumpkinheads

By Rainbow Rowell and Faith Erin Hicks
\$14.77; Ages 12+
Publisher: First Second
Amazon.com
Best-selling author Rowell weaves the tale of two best friends who spend their autumns working in a pumpkin patch. But as their lives take a turn, they decide to celebrate their time together with one last adventure.



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Art gifts are truly the best gifts for kids. They are the quiet, crafty, and creativity-building life-savers that inspire kids to turn off their screens and to use their imaginations. From cognitive growth to the improvement of executive functioning skills, there is so much evidence to support the benefits of encouraging artistic exploration in childhood. Here are some of our favorite toys that are sure to spark creativity in kids.

Glo Pals, New Alex



This water activated light up toy comes with one Alex Character + 6 Yellow Light-Up Cubes. Alex has flexible arms and legs to brighten bath time and playtime. Each vibrant reusable light up cube lasts a minimum of 30 days. \$24.98, www.amazon.com.

Pix Brix, Paint Can



This assorted set comes with 1,500 pieces. Easily construct and deconstruct your creations by hand or using the Pix Brix tool, sold separately. Get inspired by the colorful and diverse pixel art templates that are available online and on the app. \$24.99, www.pixbrix.com

Scentco Cutie Fruities - Scented Pencil Pouch



A roomy case that fits your school supplies, pens, pencils, highlighters, markers, erasers, etc. These are scented pouches' with a scent that lasts for 2 years. Age 3+, \$7.99, www.amazon.com

Little Partners Contempo Art Easel



This easel features a two-sided, black and white boards, giving your child the space and versatility to color, paint, play and experiment in a variety of different mediums. Built-in storage allows for easy access to supplies, while the adjustable height starts out low, perfect for young, budding artists. \$89.99, <https://littlepartners.com/>.

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to create your very own trucks and trains, aircrafts and ambulances, fire engines and forklifts. Recommended Age: 3+ (contains magnets and small parts), \$75, <https://connetixtiles.com/>



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you can do it! by Andrea Rose

5 Secrets..... To A Great School Lunch!

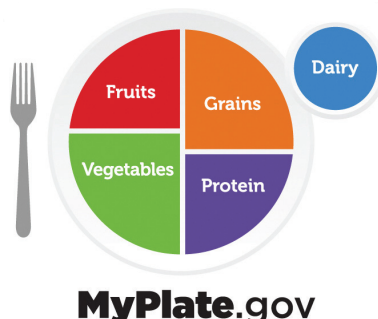


What kid doesn't love PBJ every.single.day? While a nut butter spread on a couple pieces of bread may be a simple lunch, it's sure not to be the most popular (and in some schools, nut butters are even prohibited due to allergies). So what's a mom to do?

The good news is you don't have to be a chef to come up with a healthy lunch your kids will love.

Sometimes, all it takes is a little creativity, planning and some time the night before to pack it all up and Voila!—a lunch that won't get traded or tossed!

1. Choose your ingredients wisely.



A nutritious lunch begins with healthy food. Let's Eat Healthy, an initiative of the Dairy Council of California (<https://www.healthyeating.org/products-and-activities/games-activities/myplate>) offers a fun online game, MyPlate

Match Game, that you and your kids can play to learn about the food groups and what constitutes a balanced meal.

2. A Bento Box should be your BFF.

A Bento Box (www.amazon.com) is basically a divided food container with a lid. The great thing about them is they encourage variety and you can customize portion size. Start with some grapes, baby carrots and cheese cubes and add a protein (lunchmeat, leftover chicken, egg, etc) and you've got a healthy lunch. Add a sauce or condiment to dip in and you're one cool mom!



3. Don't Overlook Leftovers.

Did you make a soup or casserole for dinner and have leftovers? Reheat a lunch-sized portion in the morning and put it in an insulated food container (<https://www.planet-box.com/products/insulated-food-container>) to keep warm.



4. Be Cool.



If you pack the kiddos something that should be kept cool (lunchmeat, etc.) make sure to include a cold pack. You can incorporate fun and colorful versions like this Penguin Fit & Fresh Shaped Slim Ice Pack (www.amazon.com).

5. Take It Day-by-Day.

Don't stress out! Experiment! Send a sandwich, fruit and vegetable one day, but the next day could be a veritable charcuterie with crackers, cheese and some fruit. The secret isn't about being perfect, it's about finding what works for your kids. Give them variety and they'll learn to look forward to lunchtime!



Stop Arguing!

I'm Not Arguing!



I guess I was deceiving myself when I said I wanted my children to be independent thinkers, able to defend their beliefs and unafraid to stand up for themselves when necessary.

The only thing I really want, it turns out, is kids who do not fight.

At least, that's what my actions seem to show.

I taught my kids to write. I told them, "You can get what you want when you can write, when you can form a logical argument. You can persuade people. You can change the world."

"I was saying to myself, "Don't fall for the rhetoric of a ten year old."

Now my thirteen year old never stops arguing.

"Stop arguing," I say. "End of conversation."

"I'm not arguing," she argues. "I'm just saying--"

Uh-huh. Arguments are just a staple in our home. My children have very important "we're not fighting" fights about everything. Like this one about setting the table:

Ashley: You forgot the napkins.

Sam: Get them yourself.

Ashley: I hate getting the napkins. Besides, it's your turn to set the table.

Sam: I did set the table.

At last I interrupted that ridiculousness to say I would forever be in charge of napkins, if they would just drop it already. That was five years ago. Guess who still puts the napkins on the table? Every. Single. Night.

And even that has not brought the fighting over napkins to an end. Now the napkin controversy goes something more like this:

Me: Hey, that's my napkin!

Ashley: Oh, it is? Sorry.

As she continues to wipe her mouth. And fingers. And the table. With my napkin. Until, several minutes later, when I see her steal someone else's napkin.

Ashley (looking innocent): You weren't using it.

So I get up and bring four extra napkins to the table. Which she proceeds to use.

Yes, all four of them. Then Samantha steals her napkin back from Ashley and turns it inside out and says, "I don't know why you wanted a new napkin. This one is perfectly fine. Almost brand-new. You just have to use the other side."

Oh, the logic in this family.

And I only have myself to blame for this lovely persuasive essay my ten-year old wrote:

"I really could use a phone. If I had a phone I would not have to use my mom's phone for pictures or music, and I would never miss the pictures that I would have wanted to take. I still need to work on showing I'm responsible enough for a phone. Once my parents see that I'm not spending too much time on my screen, and I do my chores, hopefully they'll let me get a phone."

Who taught that kid to identify with her reader? Oh, wait. That was me.

Shortly after writing that essay, she left the following note along with a \$20 bill on my husband's desk: "I want to help out when--IF--I get a phone. Don't give it back, please."

And that part of me that was buried under years of actual parenting--the part that judged parents who gave their preteens cell phones--started breaking down. And all the while, deep down, I was saying to myself, "Do not fall for the rhetoric of a ten year old."

I am forever fantasizing about the day the fighting will end. When we can all just get along. When the napkins and the cell phones work out all their issues and only enter our lives to make peace.

In the meantime, if you come to my house, be sure to bring your debate skills. And extra napkins.

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



September 1



First Friday Art Walk

Walk the streets of Downtown Bakersfield and enjoy shops, restaurants, local street vendors and live music.

5 PM – 9 PM

Intersection of 19th and Eye St.
<https://kernarts.org/artwalk/>

September 1

Movies in the Canyon

Bring the family to watch the movie Cars under the starry night sky. Bring a blanket and chairs. You don't need to make a reservation. Activities: 6:00 pm to 7:30 pm. Movie begins at 7:45pm

Wind Wolves Preserve
16019 Maricopa Hwy
Bakersfield, CA
661-858-1115

September 2 & 30

The Bako Market

100+ local vendors, food truck and more!



9 AM – 2 PM
Centennial Plaza
at Mechanics Bank
Arena
1001 Truxtun Ave.
Bakersfield, CA

September 2

Family Day!

All day: 2 Adults and up to 6 kids only \$20

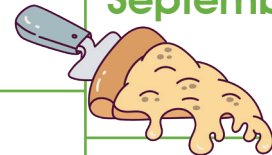
10 AM – 4 PM

Buena Vista Museum of Natural History
2018 Chester Ave Bakersfield, CA
661-324-6350
<https://www.buenavistamuseum.org/>

September 4



September 5



National Cheese Pizza Day

September 8

Movies in the Park: Pixar's UP

Bring your picnic gear, lawn chairs and blankets. Movie begins as dusk. Refreshments are available for purchase.

6 PM – 9 PM

Mesa Marin Sports Complex
10315 Hwy. 178 Bakersfield, CA
661-326-3866
www.bakersfieldparks.us

September 8 & 23

Wind Wolves Preserve: Guided Night Hike

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



7 PM – 9 PM

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

September 9

Village Fest

Come experience Bakersfield's biggest party of the year! This annual event includes 15 bands, food from 30 local restaurants, and beer from more than 60 breweries from across the United States and Canada. Proceeds benefit local C.A.R.E. programs as well as other non-profit children's organizations in Kern County.

6 PM

Kern County Museum
3801 Chester Ave.
Bakersfield, CA
<https://bakersfieldvillagefest.com/>

September 10



National Grandparents' Day

September 14

I Want My 80's Tour

80's icon Rick Springfield with special guests The Hooters and Tommy Tutone.

7 PM

Mechanics Bank Theater
1001 Truxtun Ave.
Bakersfield, CA
661-852-7301



September 15

Jelly Roll In Concert

The Backroad Baptism Tour heads to Bakersfield. Tickets start at \$25

7 PM

Mechanics Bank Theater
1001 Truxtun Ave.
Bakersfield, CA
661-852-7301

CONTINUED

KERN COUNTY FAMILY MAGAZINE

daily happenings

THE BEST LOCAL CALENDAR OF EVENTS!



September 15

30th Annual Taft College Casino Night

This annual fundraiser benefits the Dental Hygiene Program at Taft College.

6:30 PM - 9:30 PM
Seven Oaks Country Club
2000 Grand Lakes Blvd. Bakersfield
661-763-7936

September 15



September 16

National Dance Day

Kern Dance Alliance celebrates with a day of dance in Bakersfield.

Mechanics Bank Arena
1001 Truxtun Ave.
<https://kerndance.org/>



September 16

Kern County Career Expo

Job seekers are invited to attend Kern County's career expo. Departments will be recruiting for extra-help & full-time positions, & offering on-the-spot interviews.

9 AM - 1 PM
Kern County Administrative Center
1115 Truxtun Ave. Bakersfield, CA
www.kerncounty.com/careers

September 16

Brews on the Mountain Festival

2 PM - 6 PM
West Park - Grimes Baseball Field
490 West D St. Tehachapi, CA
<https://tvrpd.org/events/brews-on-the-mountain>



September 17

42nd Annual Fun in the Sun Run

Come check out some classic hot rods at this annual car show. The event will include arts & crafts vendors, raffles, and food & beverage for sale.

Kern County Museum
3801 Chester Ave. Bakersfield, CA
661-747-3302

September 20-October 1



2023 Kern County Fair

This year's Kern County Fair runs from September 20-October 1. For a detailed list of activities and performers visit www.kerncountyfair.com.

Kern County Fairgrounds
1142 South P St. Bakersfield, CA
<https://www.kerncountyfair.com>

September 23

2023 Bakersfield Walk Like MADD & MADD Dash 5K (10th Anniversary)

MADD's signature fundraising event to help raise both awareness and funds to eliminate drunk and drugged driving. You can sign up as a walker or runner. All funds raised from this event stay in Kern County.

6 AM - 11 AM
Park at River Walk
11298 Stockdale HWY
Bakersfield, CA
661-493-8200
<https://www.walklikemadd.org/bakersfield>



September 28

National Chocolate Milk Day

September 28

Christian Nodal in Concert

Christian Nodal is the fastest-growing artist in the regional Mexican music genre. Tickets start at \$59.

8 PM
Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA
661-852-7301



September 29

NATIONAL COFFEE DAY



September 30

Lace'n it Up 2023!

Kick off Paint the Town Pink! and Breast Cancer Awareness Month at the Lace'n It Up 5K Fun Run & 1 Mile Celebration Walk benefitting Links for Life.

8:30 AM
The Park at River Walk
11200 Stockdale Hwy. Bakersfield, CA
www.linksforlife.org

September 30

NXT® No Mercy

NXT No Mercy will feature the biggest Superstars from NXT in action, including NXT Champion Carmelo Hayes and NXT Women's Champion Tiffany Stratton.

Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA
661-852-7301

ONGOING HAPPENINGS

Every Wed through 11/08/2023

Family-to-Family Education Program

A free, 8-week education program for family member, significant others and close friends. The class is designed to help individuals understand and support their loved one.

6 PM – 8 PM
661-858-3255

<https://www.namikerncounty.org>

Every Sunday Haggin Oaks Farmers Market

Take the Summer Reading Challenge!

8800 Ming Ave.
Bakersfield, CA 93311
9 AM - 2 PM

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.

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9 AM

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Family **BACK TO SCHOOL**

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kerncountyfamily.com

PAGE 30 **ACTIVITY CORNER ANSWERS**

CROSSWORD

Across

1. Cooler
5. Lake
6. Wolf
8. Darkness

Down

1. Cooler
2. Sidewalk
3. Obsolete
4. Fall
7. Was

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Welcome Fall

Parent group-Sept. 13th. Register via Eventbrite at kernaautism.org
Chess Club for Teens & Adults Saturday, Sept. 23rd at 11 a.m.
Register via Eventbrite at kernaautism.org
Father's Virtual Autism Support Group Saturday, Sept. 16th @ 3:30 p.m.
Register via Eventbrite @ kernaautism.org
Autism Seminar Series Wednesday, Sept. 20th 9 a.m.
Register via Eventbrite @ kernaautism.org
Yoga for Autism Moms Saturday, Sept. 23rd @ 9 a.m.
Register via Eventbrite @ kernaautism.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
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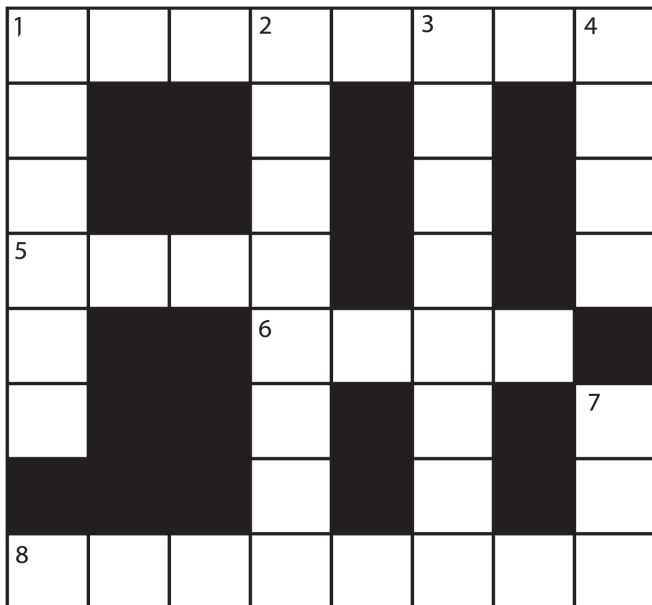
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Crossword



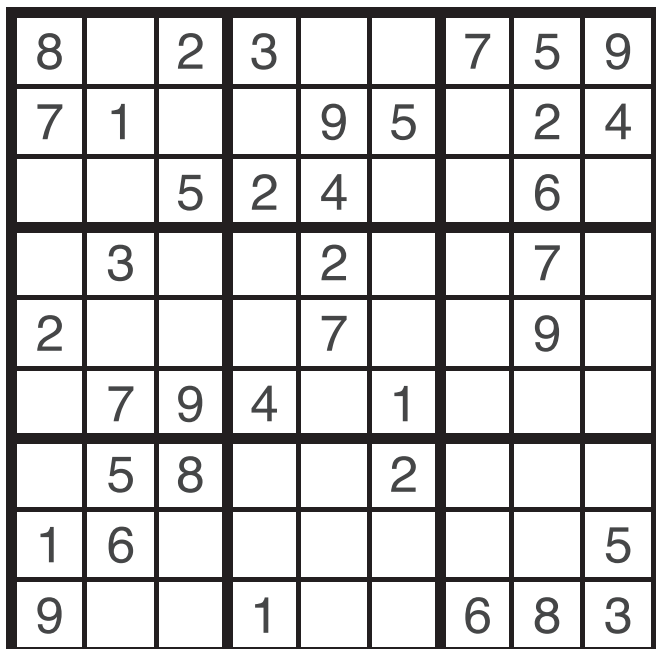
ACROSS

- Block or shut
- Body of water
- Dog-like animal
- Absence of light

DOWN

- Less warm
- Place to stroll
- No longer in use
- September season
- Past form of "be"

Sudoku



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?

Having a local library card is free and contributes to your library's ability to secure funding. Also, with a library card you have access to a nation-wide network of resources beyond what is physically available at your local branch.



SEPTEMBER ACTIVITY CORNER



puzzle answers on page 28

Wilderness Word Search

Presented by Pacific Ag Rentals

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

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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.

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