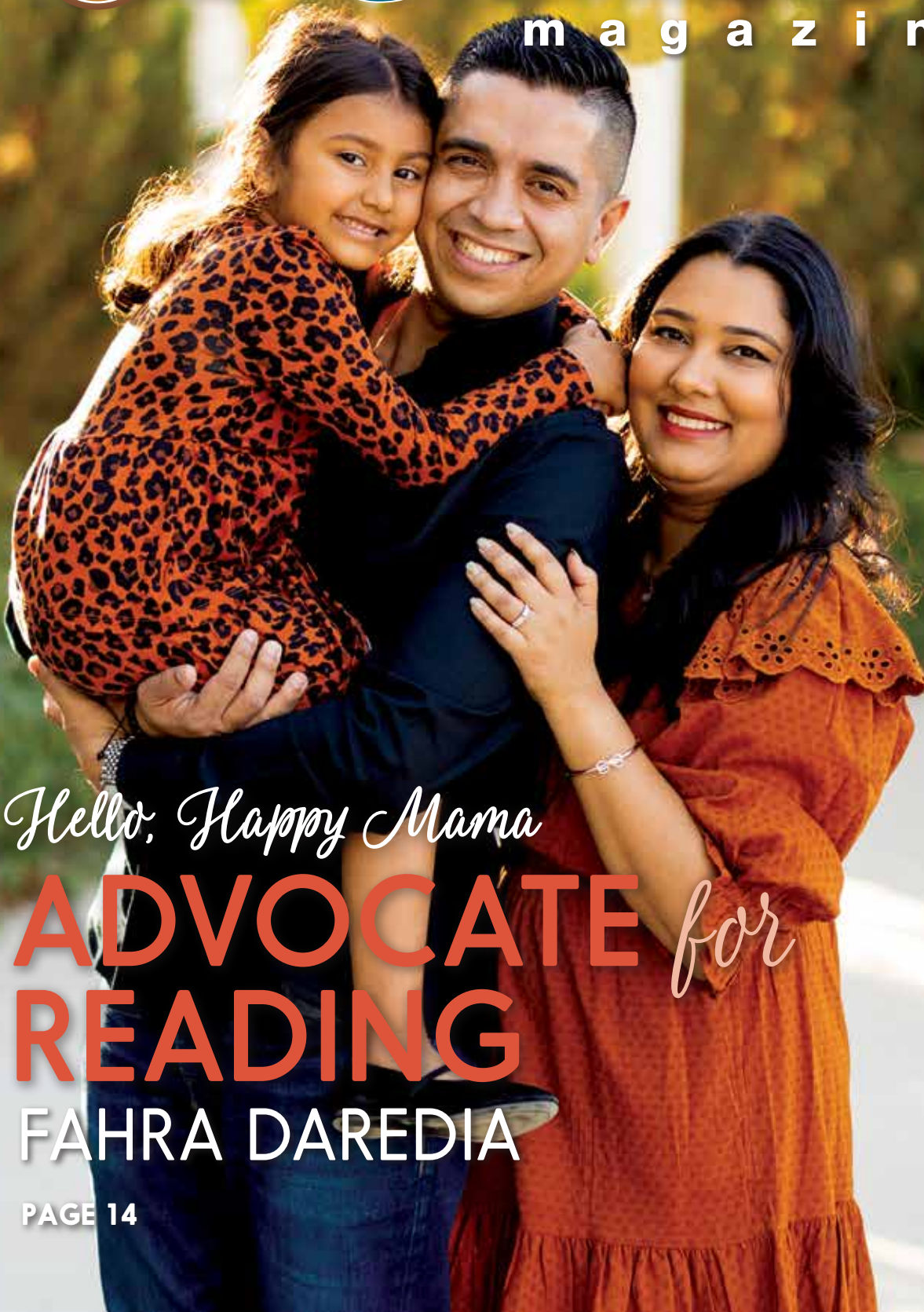




# kern county Family

MARCH 2024

## magazine



*Hello, Happy Mama*

**ADVOCATE** *for*  
**READING**

**FAHRA DAREDIA**

PAGE 14

## Feeling Lucky?

How to catch a leprechaun

PAGE 16

## The Shy Child

How to build confidence

PAGE 12

## *Candy-free* Easter Basket Ideas

PAGE 22







JOIN US!

AGES 2-18

# NOW SERVING **FREE SUPPER & SNACKS!**



In partnership with the Kern County Superintendent of Schools and the Taft City School District, the Kern County Library is offering a FREE meal, snack, and space to do homework for children ages 2-18.

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Monday - Tuesday

**Rathbun Branch Library**

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**Beale Memorial Library**

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**Taft Branch Library**

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**Delano Branch Library**

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**Wasco Branch Library**

1102 7th Street, Wasco  
Monday - Tuesday

**Frazier Park Branch Library**

3732 Park Drive, Frazier Park  
Tuesday - Friday

**Wilson Branch Library**

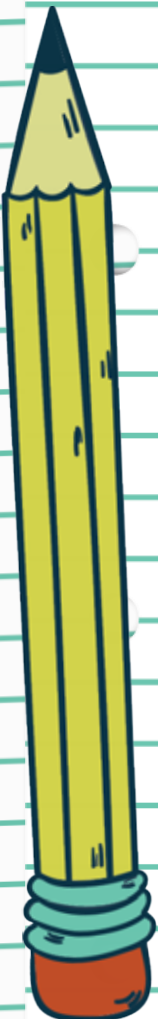
1901 Wilson Road, Bakersfield  
Tuesday - Thursday

**McFarland Branch Library**

500 West Kern Ave, McFarland  
Tuesday - Friday

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For more information, visit us at [kernlibrary.org](http://kernlibrary.org)

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**ON THE COVER:** Alex and Fahra Daredia with their daughter Aliahra. **PHOTOS BY JOVANNI HERNANDEZ**

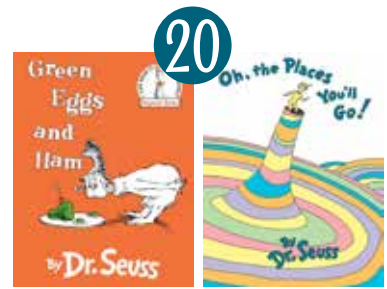
**HELLO, HAPPY MAMA: FAHRA DAREDIA**



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**Camp Fair**



**16**  
YOU CAN DO IT  
**Celebrate Spring with Easter Treats**



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Vaun Thygerson  
CONTRIBUTING WRITER

**ONE OF MY FAVORITE** parts about living in this community is that the people of Bakersfield always show up. It can be for a charity event, a fundraiser, a 5K, or even just trash removal from a park, but no matter what, they will be there in full force. So, when I read about the chance to participate in the Centennial Cycle, where bicyclists would take the first ride on the new Centennial Corridor Freeway, I knew it was going to be a party. With my husband and youngest son in tow, we set out on a once-in-a-lifetime ride on this new section of pavement, sponsored by the Blue Zones Project and City of Bakersfield Cycle Centennial.

We were three of the thousands of participants that came ready to roll for this event. The energy and outfits were so fun! People of all ages came dressed in tutus, fun helmets, wigs, costumes, and rode all kinds of bikes, scooters, and the like. We saw couples riding tandem bikes, lots of toddlers in bike seats or in an attached child bike trailers, and one gentleman stood out as he pedaled an old-fashioned high wheel bike. One cute couple even had a side car mounted to their electric bike. It was the perfect reflection of Bakersfield and all the unique styles and personalities that make up our city. And, most importantly, we were having a blast and having a shared experience we'll always cherish.



Memories are funny as some stick with us forever and others can get lost. In this month's Humor at Home article, **"When You Start to Forget Baby Memories,"** by Julie Willis, she writes about

forgetting some of her daughter's fantastical play scenarios. She can remember a lot of things about when they were younger, but every once in a while, her kids will catch her off guard with a memory she has lost. To read all about her kids' fun childhood memories, turn to page 18.

March is National Reading Month and in its honor Callie Collins features a local library employee in her article, **"Hello, Happy (Reading) Mama: Empowering Community Through Books from Fahra Daredia,"** on page 14. Daredia is a marketing and promotions associate II for the Kern County Library and she has always been in love with books. Mother to 4-year-old Aliahra, she loves to promote reading and sees the library as a community hub.

Callie Collins writes another article about promoting reading entitled, **"Five Ways: Strategies for parents to instill a love of reading,"** on page 19. With Read Across America Week March 2-6, this five-tip article is sure to help encourage young readers with some ways to get them cracking open some books.

KCFM asked its readers, **"What frozen food do you pop in the microwave?"** as March is also National Frozen Food Month. The answers range from the usual frozen foods most people put in the microwave to some things that aren't quite so common. Turn to page 10 for a good chuckle.

March is such a fun month where the earth starts to wake up from its dreary coldness. It's been fun to see the blossoms already blooming. I'm excited for all the new memories to make this Spring. Now that I've already dusted off my pink beach cruiser, I see a lot more bicycle rides this season. And, in honor of National Reading Month, I need to crack open my own book and maybe even read it outside. Slow down and enjoy Spring and remember to take time to smell the flowers!

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## Liberty High School Names New Head Football Coach



HS Football Coach Richard Bolin  
PHOTO COURTESY KERN HIGH SCHOOL DISTRICT

Liberty High School recently announced Richard Bolin as its new head football coach. He becomes the fifth head football coach in the school history, following the retirement of Brian Nixon.

“Richie is a proven leader, respected in the football community, and prepared to continue the legacy of high-level football that Liberty is known for,” says Liberty High School Principal Kenny Seals. “I am happy for him, our players, and the Liberty community.”

Bolin has coached at the high school level for 15 years with the last five years as the North High head coach. As a student athlete, Bolin was a three-year starter and earned his bachelor’s degree from New Mexico State University. He and his wife Stephanie have seven-year-old twin boys, Jaxson and Grayson.

## Tejon Ranch Co. Breaks Ground on Nestle USA Distribution Center

Tejon Ranch Co. recently announced it had broken ground on a distribution center for Nestle USA Inc., the world’s largest food and beverage company. Construction is expected to be completed next year, with operations to begin in 2026.



The multi-story, 700,000-square-foot building will be fully automated to serve Nestlé’s portfolio and designed to support future growth and expansion plans. No official opening date has been announced, but Nestlé is targeting 2025 for initial completion of construction and 2026 for commencement of operations.

## Local High School Teams Compete in We the People State Competition

Five local high school teams recently competed at the We the People State Competition in Sacramento. Student teams from Arvin High School, Centennial High School, Liberty High School, Golden Valley High School, and West High School represented Kern County at the state level. Overall county winners, the Centennial Golden Hawks, finished third. Arvin High School was a county winner and finished fourth in the 21st Congressional District.



PHOTOS COURTESY KERN HIGH SCHOOL DISTRICT

## ROC Café & Bakery Opens Door to Public

The Kern High School District’s Regional Occupational Center (ROC) recently announced the ROC Café & Bakery is now open to the public. Located at 501 S. Mt. Vernon Avenue, the full-service restaurant is operated by students enrolled in the Culinary Arts and Baking and Pastry Arts programs.

Throughout the year, Culinary Arts and Baking and Pastry Arts students concentrate on key aspects of the food service and hospitality industries, including food safety, point-of-sale operations, restaurant cuisine, baked goods preparation, and front-of-the-house management. At the ROC Café & Bakery, students apply their skills under the supervision of their instructors, rotating through various business operations. The students are enthusiastic and eager to serve the public.



The ROC Café & Bakery invites the community to support the next generation of culinary talent by allowing students to showcase their skills and contribute to their professional growth. To view the full-service breakfast and lunch menu, visit [https://roc.kernhigh.org/apps/pages/cafe\\_services](https://roc.kernhigh.org/apps/pages/cafe_services). **For pre-orders and dining room reservations, please call 661-396-4920.**



### 3rd Annual Got the Dot Walk-A-Thon

JJ's Legacy's Got the Dot High School Leadership Program will hold its 3rd annual Got the Dot Walk-A-Thon on Saturday, March 2, from 9 a.m. to 12:30 p.m. at the California State University Bakersfield Amphitheater, 9001 Stockdale Highway, Bakersfield. Organized entirely by high school students, the 5k walk hopes to bring awareness and education about organ, eye, and tissue donation as well as to honor the families who have been through the organ donation process.

In 2016, the JJ's Legacy team developed the "Got the Dot" High School Leadership Program to bring awareness about the importance of registering to become a donor and to share their message with their peers. The Got the Dot Club has doubled from 12 participating high schools to 24 high schools this last year. **For more information, please visit [www.jjslegacy.org](http://www.jjslegacy.org).**

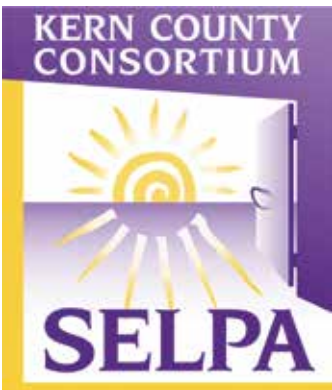


Got the Dot Walk-a-Thon 2023

COURTESY JJ'S LEGACY

### Conference for Parents of Children with Disabilities Focuses on Communication

Communication will be the focus of the Kern County Consortium SELPA's bi-annual conference held on Friday, March 15 from 8:30 a.m. to 2 p.m. at Hodel's Country Dining, 5917 Knudsen Drive, Bakersfield. Keynote speakers will be board-certified behavior analysts Karlyn Farber and Saul Gonzaga.



"The conference is called Specially Yours and is designed to provide parents of children with disabilities an opportunity to hear current, cutting-edge information about important topics which impact their children and families," says Kern County

SELPA coordinator Roberta Brown.

**For more information and to register, please visit <https://news.kern.org/2024/02/communication-topics-focus-of-conference-for-parents-of-children-with-disabilities/>.**

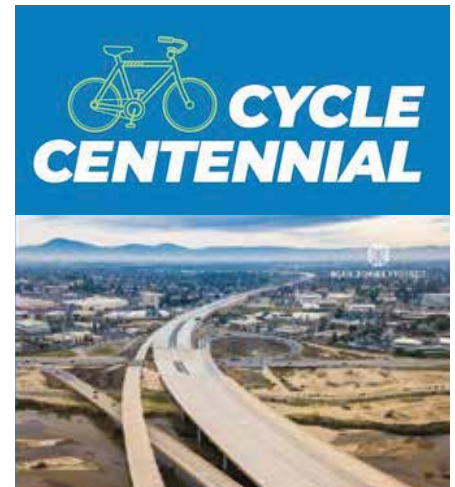


PHOTOS COURTESY CITY OF BAKERSFIELD

### Bakersfield bicyclists ride on the Centennial Corridor

Thousands of bicyclists got the chance to ride on the new, empty stretch of the Centennial Corridor during the recent "Cycle Centennial" event. Close to 3,000 people of all ages came out to bike the new stretch of freeway before it officially opens to traffic. The event, hosted by Blue Zones Project Bakersfield, kicked off near the Mohawk Street off-ramp.

The new Centennial Corridor connects Hwy 58 to the Westside Parkway. The project was 18 years in the making and cost more than \$600 million to complete.







**PLAYING A MUSICAL INSTRUMENT** or singing could help keep your brain healthy in older age, by helping to improve memory and thinking skills. A new study by the University of Exeter in the United Kingdom reviewed data from more than a thousand adults and looked at how much experience the people had in participating in music.

Scientists investigated their brain health, including mental processes that help in planning, focusing, remembering, and juggling tasks — known as executive function — and found those who played an instrument scored more highly.

## The Healing Power of **MUSIC**

“Overall, we think that being musical could be a way of harnessing the brain’s agility and resilience, known as cognitive reserve,” said Anne Corbett, professor of dementia research at the University of Exeter.

Playing the piano or keyboard appeared to be particularly beneficial, while brass and wood-

wind instruments were good too.

Singing was also linked to better brain health, but the researchers said social factors of being part of a group may also play a role.

## Marijuana use linked to increased asthma risk

Marijuana often has a reputation for being harmless, but frequent users are more likely to suffer from asthma, a new study shows. A study from City University of New York identified a link between cannabis legalization and asthma among kids and teens.

The research, published in the February

issue of Preventive Medicine Journal found that in states where marijuana is legal, the share of teens with asthma is slightly higher than in states where it remains illegal.

In the study researchers analyzed data pulled from the 2011-2019 National Survey on Children’s Health and found a “consistent positive linear relationship” between frequency of cannabis use and asthma prevalence among both youth and adults.

There are currently some 4.5 million children under age 18 living with asthma in the U.S., according to the Allergy and Asthma Foundation of America.

Researchers recommend people consider that smoking cannabis may have health risks similar to those posed by cigarettes.



## New wearable breast pump available through health insurance

Lansinoh®, a global leader in breast-feeding solutions has launched the first-ever wearable breast pump available without an upgrade fee with most insurance plans, including Medicaid.

The Lansinoh DiscreetDuo offers quiet, hands-free pumping with no cords or tubes. The compact design is lightweight and portable with customizable settings and conveniently accessible controls.

“As new parents navigate their feeding options, it is crucial to have access to the tools, resources, and support they need. At Lansinoh, we stand with all mothers and are on a mission to empower moms on their unique and beautiful journeys through motherhood,” said Sabrina Fox, Vice President of Global Marketing at Lansinoh.

Previously, when receiving a breast pump through insurance, wearable pumps were only available as upgrades, forcing moms to pay the difference out of pocket. For those on Medicaid, this meant that wearable pumps were not an option since Medicaid coverage rules don’t allow upgrades.

Now, with the DiscreetDuo, more nursing moms, including many of those on Medicaid, will have access to wearable pumps.



## Kids need to chill out on energy drinks

A new research review adds to a growing body of evidence demonstrating the harmful health effects of energy drink consumption, particularly among people 21 and under.



After a systematic review of 57 previous studies covering 1.2 million children in 21 countries, researchers from Newcastle University in the United Kingdom reported that energy drink consumption among young people is linked to poor sleep quality, short sleep duration and lower academic performance.

Energy drink consumption was also associated with increased risk of attention deficit hyperactivity disorder (ADHD) symptoms, psychological distress, depression, anxiety, insulin resistance, and dental issues.

This study also affirmed the previous study's findings of a strong positive correlation between drinking energy drinks and smoking, alcohol use, binge drinking, and other substance use.

## Internet stunt could have serious side effects

The latest questionable internet food challenge has experts issuing a warning: don't try this at home!

A popular social media personality, who simply goes by John, has gone viral for devouring raw chicken every day until he gets a "tummy ache." He has garnered over eight million views on social media while consuming raw poultry in a variety of odd recipes. He's made raw chicken pizza, raw chicken with tomato and cheese, and he even blends raw chicken breast with orange to into a smoothie-like substance.



Doctors are horrified by the stunt and say John's experiment could have actual deadly consequences.

"For the love of all things sane, do NOT attempt what this man is doing," said Dr. Indrees Mughal, a UK-based surgeon who posted a warning online.

The Centers for Disease Control and Prevention (CDC) strongly warns against eating raw meat. "Eating raw and undercooked meat and poultry can make you sick," the CDC warns. Some germs commonly found in poultry include salmonella and campylobacter.

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## Q. What frozen food do you pop in the microwave?

March is National Frozen Food Month and TV dinners might be a thing of the past but we asked our readers what frozen foods they microwave. Below is a selection of their answers.



*Adrian Aguilar*  
Chinese food.

Chicken wings.  
- *Ciara Navarrete*



Ramen. - *Shannon Van Wagoner*



Frozen breakfast items.  
- *Tara Sparks*



Does ice cream count!?!  
I always defrost my ice cream in the container, hard frozen ice cream just isn't the same!

- *Caitlin Faith*  
*Haviland*

Tamales, burritos, Hot Pockets, pizza, chicken pot pie.  
- *Cindy Panduro*

Chimichangas! Add a little hot sauce, heartburn galore!

- *Grace Zuniga*

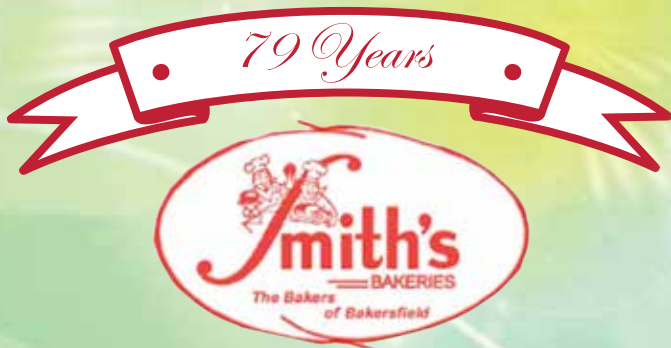
Pot pies.  
*Monica Licon*

Ground beef lasagna is my go to when I want some quick delicious food before any of my shows.

- *Gilberto Herrera*



Sometimes you just can't beat a frozen burrito! - *Susan Holland*



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**661-695-9713**

Smith's Bakery in Sully's Chevron  
11400 Ming Ave.  
**661-663-8611**

Smith's Bakery in Shell Station  
CA-178  
**661-855-7000**

Smith's Bakery in Brookside Marketplace  
8803 Camino Media  
**661-654-0858**

Smith's Bakery Stockdale in Sully's Chevron  
250 Coffee  
**661-885-9705**

Smith's Bakery at White Oaks Plaza  
6401 White Ln. #103  
**661-834-1916**

Smith's Bakery Buena Vista in Sully's Chevron  
4833 Buena Vista Rd.  
**661-885-6024**

Smith's Bakery in Sinclair Station  
4700 Coffee Rd.  
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# The Shy Child

## Ways to Build Self-Confidence

It's normal for kids to feel shy around new people or situations but parents may worry their child is missing out on friendships and experiencing social situations because they are too shy to engage with others. Most reserved children maintain healthy relationships and enjoy social situations once they get over the hurdle of unfamiliarity. How can you support your shy child while encouraging them to enjoy participating in social situations?

### Help them feel confident

One of the best ways to support a shy child is to put them in social situations they feel most comfortable in. If your child loves art but dislikes sports, they will be much more likely to engage with others in an artistic environment than on a sports team. When enrolling your child in camps or attending play dates, keep in mind that they are much more likely to open up and build relationships with other kids when they are doing something they love with kids who have common interests.

### Teach social skills

Young kids may feel shy because they are unsure of how to act in social situations. You can teach them social skills through role play. This can be done by acting out scenarios they may come across or using dolls or toys. Practice saying "Hi, my name is Avery. Do you want to play?" Go through the possible scenarios and how to respond. What would happen if the child said "No. You can't play." or what would happen next if they say you can play. Going through possible scenarios will help your child feel more confident in real life situations. "I encourage my kids to speak for themselves whenever possible." said Amy Cameron, Olathe mom of three. "They order their own food in restaurants and tell the doctor what their symptoms are. It's so easy to speak for them, but I actively try not to." Encouraging your child to speak up for themselves in common situations like ordering food at a restaurant or asking a teacher for help will help them learn to advocate for themselves in the future as well.

### Help them make friends

Kids who are shy often feel more comfortable in small groups or one-on-one. You can help your child build friendships by hosting playdates with other kids. You know your child best and can invite other kids who are a good match, with common interests, and choose a location where your child feels confident. If the playdate feels awkward at first, have a few planned activities to do together and prompt your child. "Do you want to show your friend your toys?" or "Would you like to choose a board game?" or "Do you want to go outside and play on the swingset?" Chances are, the kids will begin to talk, play, and



PEXEL

find common ground they can build a friendship on. Kids who are shy may hold back at first but that doesn't mean they don't desire and enjoy friendships. By helping them develop friendships, you will help them overcome their shyness in a natural way.

### Ask for help

If your child is feeling shy at school, reach out to teachers for help. Your child's teachers, coaches, and the other adult role models in their lives can encourage them to speak up for themselves, participate in social situations, encourage friendships, and help them feel safe as they step out of their comfort zone. Teachers can challenge shy kids to step out of their comfort zone when the time is right in a way that doesn't seem overwhelming or forced.

### Be patient

As your child grows and matures, they usually outgrow their shyness. It's also important to remember that some kids are introverted. Not every introvert is shy and not every shy child is introverted, but they do often go together. There is nothing wrong with being quiet and parents should be careful not to label or criticize their child for feeling shy or if they are naturally an introvert. Be patient and encouraging with your child. When they do step out of their comfort zone, praise them for the effort.

"As a mom of an introvert who is herself an extrovert, I constantly remind myself that we don't need the same kind of experiences to feel fulfilled." said Shawnee mom, Kara Thomas. "It's hard to resist the urge to push him into things that I would enjoy, I just always check in to make sure he's enjoying life and when he needs some help, we brainstorm ways that meet what he needs."

Shyness is often a child's response to new or scary situations and is common in young kids. It can be the result of emotions such as fear, anxiety, and nervousness which are often valid feelings in a new situation. Try not to force your child to be outgoing but instead, gently encourage them. If you feel your child is dealing with extreme shyness where they are unable to speak or freeze in social situations longer than age appropriate, speak to your pediatrician for tips on how to best support them.

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Alex and Fahra Daredia with their daughter Aliahra.

PHOTOS BY JOVANNI HERNANDEZ

Hello, Happy (Reading) Mama:  
**EMPOWERING  
COMMUNITY  
THROUGH BOOKS**  
from Fahra Daredia

**M**arch is National Reading Month, an observance dedicated to literacy awareness and the love of all things literature. Local Kern County Library employee Fahra Daredia, whose official title is marketing and promotions associate II, is an ideal advocate for all things reading and the variety of services available to residents at 22 branch library locations.

“I have been a library user practically my whole life and I’ve always been in love with books. Every time I did projects or had to study or had to tutor kids, it was always in a library,” said Fahra. “In fact, I’ve always wanted to work in a library. When I moved to Kern County, one of the first things I did was that I stopped by and got my card.”

Originally from New York City, Fahra lived in Topeka, Kansas before moving to Bakersfield to be closer to her husband’s family. Alex Daredia is best known as a local realtor. They are proud parents of Aliahra, age 4.

“When I got my library card, I asked about job opportunities and an employee pointed me to the county website. I knew I wanted to get my master’s degree but didn’t know what I wanted it to be,” said Fahra, who holds an undergraduate degree in mass communication/media studies from Washburn University. She enrolled in San Jose University in 2020 and graduated last May with a master’s degree in Library and Information Science. “I accepted a job and my love for libraries grew. The pandemic was happening. I realized what I was studying was what I was already doing at work.”

Fahra recognizes the library’s role as a community hub. Rather than just a center for books, its reach has expanded.

“The library is a place to find your next favorite read but it also serves families in so many ways. From the Lunch at the Library program, which provides free lunch during summer, to

Supper and Snacks in the Stacks during the school year, the library plays a role in bridging the gap for child nutrition,” said Fahra. “There’s also a tutoring program. There are classes for citizenship and English as a second language. Test prep is offered here. People come to the library

to look at genealogy. There's a soap-making class. We have knitting and crochet clubs."

Fahra recognizes the library as not just a pillar of the community for children but people of all ages.

"All these amazing resources are here for everyone," she explained. "They're free or very low cost. We want a literate community in Kern County and the library is a huge part of that."

Special programming falls within Fahra's job description. Communicating efforts with all staff members and the public is part of her position. The annual Summer Reading Challenge, for example, is one of the Kern County Library's biggest and most important organized efforts; it also happens to be one of Fahra's favorites.

"Participants of any age can read 10 books or listen to 10 hours of audiobooks and get a prize from Friends of the Library. Kids also get prizes from local businesses to encourage them to keep reading," she said. "It's like Black Friday, that same energy, over the span of two months. We know there will be reading, meals, activities and performances every year. Books in Motion is part of it and there's this feeling of community that's part of it."

### Q&A: FOUR QUESTIONS WITH FAHRA DAREEDIA

**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 going through that phase of life?**

It's hard to be that one person who does everything by themselves. I would say it is important to ask for help and to take the help, as much as you think you need if it's offered. When I think back to when my daughter was small, I wish I would have taken care of myself first before others. The best analogy I can think of is the oxygen mask scenario: you have to put your mask on before you can help anyone else. If you're not breathing and thriving, how are you going to take care of the person next to you? You can't be there for your child or your parents or whoever needs you. Take a break and go get your nails done if that makes you feel good. Find what it is you need first.

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

I can listen to audiobooks three times the speed and I can still comprehend everything; speeding them up actually makes me concentrate more.

Also, I've tried all the different types of Oreos that have been out there.

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

Whether you're trying to learn a skill or you're looking for workforce development, there are so many resources out here, not just with the library but in all of Kern County.

### Q. What is your parenting PSA?

Every day is a new adventure. I love seeing things through my daughter's eyes.



### Fill-in-the-blank questions:

**I'm always laughing at:** Children's books.

**The first thing I do when I wake up in the morning is:** Check the time.

**Today, the strangest thing in my purse is:** A McDonald's toy.

**My favorite food is:** Anything that has noodles in it.

**My favorite dessert is:** Ice cream.

**In my pantry, you will always find:** Indian snacks.

**Before I go out, I always make sure I have:** A book.

**My favorite music genre is:** Bollywood.

**The best book I've read lately is:** There are too many books to choose from; last year, I read 163 titles.

**Within new book trends, families should be on the lookout for:** Characters who look like them. Representation matters. My child loves seeing herself in them as we find more south Asian children in books for her age group.

**Advice for reluctant readers:** Read what you like to do or watch. People who don't read just haven't found the right book yet.

**So far, my best life advice is:** Live your best life; only you can decide what your best life is.

# Hello Happy Mama!

## Get creative with this colorful prize package for your young artist!

We are giving away a Little Partners Contempo Art Easel and Crayola Chalk. Total value more than \$100!



**Enter by noon, March 19**

**TO ENTER GO TO:**

<https://kerncountyfamily.secondstreetapp.com/March-2024-contest/>





# Build a Leprechaun Trap

Set your trap on St. Patrick's Eve before going to bed.

If you wake to find a treat in your trap, you caught a leprechaun!



1. Use a jar, box or empty tissue box to build your leprechaun trap.
2. Decorate your trap using rainbows, shamrocks, stickers, glitter or anything else you think might lure a leprechaun.
3. Create a trapping mechanism at the entry point of your trap. You can angle a stick or straw to prop open a trap door, or drape some felt over the top.
4. Build a ladder leading to your trap's entry point using pipe cleaners or craft sticks.
5. Deposit some pennies, foil-wrapped coins or lucky charms inside your trap or on top of the felt as bait.
6. Set your trap before going to bed on March 16. Remember, a leprechaun will only visit while you're sleeping.
7. Check your trap in the morning. Sneaky little leprechauns rarely stay trapped, but if you caught one who escaped, you might find he left behind a treat for you!

Cut Out  
These Lucky  
Shapes to  
Decorate  
Your Trap!



# Celebrate Spring with Easter Sweets

If you thought decorated sugar cookies were just for Christmas, think again. Use bunny, chick and even carrot cookie cutters to create a festive dessert plate fit for the Easter bunny.



## Easter Sugar Cookies

### INGREDIENTS

#### ICING:

- |  |                                 |
|--|---------------------------------|
| 1/3 cup meringue powder  | 1 bag (2 pounds) powdered sugar |
| 1/2 cup warm water, plus additional for thinning (optional), divided | 2 tablespoons corn syrup        |
| 3 tablespoons vanilla  | Assorted food coloring          |

#### COOKIES:

- |   |                           |
|---|---------------------------|
| 2 sticks unsalted butter, at room temperature | 1 tablespoon vanilla      |
| 1 cup sugar                                   | 2 teaspoons baking powder |
| 1 egg   | 1 dash salt               |
|   | 3 cups all-purpose flour  |

**To make icing:** Mix meringue powder, 1/2 cup warm water, vanilla, powdered sugar and corn syrup. Separate into bowls and add food coloring; mix with water, as needed, to thin for piping.

**To make cookies:** Heat oven to 350 F.

Cream butter and sugar. Mix in egg, vanilla, baking powder and salt. Mix in flour 1 cup at a time to form dough. Roll dough out to 1/4-1/2-inch thickness.

Cut into shapes, place on baking sheet and freeze 10 minutes. Bake 8-12 minutes. Cool completely before icing.

Place icing in zip-top or piping bags and cut off tips. Put cookies on parchment paper. Trace outline first then fill in middle. Use toothpicks to smooth out.

Let dry 6 hours and finish decorating with different icing colors or edible markers.

— Recipe courtesy of "Cookin' Savvy"

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Bakersfield, CA 93311  
www.trinitybakersfield.com  
LIC # 153810005

## Read Us ONLINE!

kerncountyfamily.com



# When You Start to Forget Baby Memories

**T**hey tell you when you have a baby that you will forget things. But it all seems to drag so slowly and be so painfully difficult (uh, I mean, it is all rainbows and butterflies) that you don't really believe that you could forget. The diaper rashes, the night feedings, the pediatrician visits, the teething, the carrying all the gear, the pushing all the gear in the stroller while carrying the fussy baby under one arm like a football—

Until one day you do forget.

“Don't you remember when I used to be a termite on a leash?” Samantha asked me as we were driving one day.

A termite? On a leash?

She said she used to pretend to be a termite. She would apparently hide in the closet and put a scarf around her neck and call it a leash. She said we would open the closet and find her squirming around, and then she would ask us to take her for a walk and hand us the scarf. “It was that black scarf you had with the red and pink flecks,” she explained, in case that would help.

Nope.

I remember her being a “dolphin wiff a hoit tail” with her feet wrapped in a kitchen towel.

And a dog. Lifting her leg on strangers at the park. (Not my favorite memory. But certainly one that I do not imagine I will ever be able to forget.)

But termite on a leash? No memory.

How does a toddler know what a termite is anyway?

How can she have experienced something I do not remember? This could not be possible. I am the mom. The keeper of memories. The maker of memories. I found myself panicking. Or maybe it was a hot flash.



FREEPIK.COM

“Why were you a termite?” I asked, desperately clinging to the idea that if she just talked about it enough I would remember.

“I don't know.”

So we speculated.

Maybe it was because she spent hours being Jane Goodall studying gorillas. (Yes, she knew Jane Goodall studied chimps. But we were also watching “Tarzan” quite frequently

in those days. So she was Jane Goodall, dressed in her khakis and outfitted with binoculars and a notebook. And looking for gorilla nests. In the bushes by the mailbox. Where she would often find her sister, aka the gorilla, doing interesting gorilla things.) Maybe it had something to do with chimps eating termites?

But that didn't make a lot of sense because... why the leash?

We did move when she was 3. Maybe she saw the house being tented. But... how would she know to associate the tent with termites? Thinking of tents gave me an idea. “Maybe you had seen ‘A Bug's Life,’” I speculated.

“There is no termite in ‘A Bug's Life,’” she corrected me.

Are you SURE? None of those circus bugs were termites? I mean, there was a spider and a ladybug and a caterpillar. Surely there could have been a termite. I stretched my brain, but I could not remember, so I had to just trust her.

And that is how fast it goes. One day they're a termite on a leash. And the next you can't even remember it.

# Building Bookworms

Strategies for parents to instill a love of reading

**READ ACROSS AMERICA WEEK** is March 2-6. Reading provides a broader worldview but additional benefits, like overall cognitive development, enhanced language skills and academic success, correlate with early literacy. In fact, researchers reported children who read for pleasure performed better across all academic subjects, including STEM courses, according to a 2016 study published by Sam Houston State University's Journal of Graduate Research. **Here are five ways to help a love of literacy flourish in early childhood:**



1

## Visit your local library

Check out books without charge at any age. Make it a fun outing to find subjects of interest to your child.

2

## Don't make it a chore

Reading should not be a task to get through. Take a break if needed. Allow for wiggling, singing and more. Point out rhyming words and have fun. Try a themed activity and snack to go along with the title of your child's choosing.

3

## Enjoy stories together

"There is no app to replace your lap." ReadAloud.org reminds caregivers of the importance of reading from infancy as a bonding experience. However, it's never too late to start. If your child wasn't read to in early childhood, don't worry. From chapter books to non-fiction, enjoy your time reading together.

4

## Make literacy part of your home's culture

Let your children see you reading for pleasure. Have books within easy reach and allow children too young to read the opportunity to picture-walk through illustrations.

5

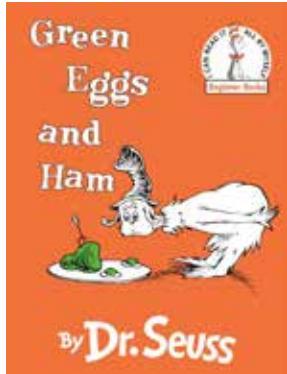
## Create a routine with reading

Add books into your life as a family on a consistent basis, like reading together before school or at bedtime.



# Take a look! Grab a book! Read away! Enjoy the day!

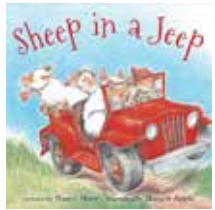
**MARCH IS ALL ABOUT READING.** Read Across America Week is celebrated from March 2-6—beginning with the birthday of Theodor Seuss Geisel—better known by his pen name, Dr. Seuss. The National Education Association launched Read Across America in 1998 to celebrate reading and events are held in schools and communities across the nation to honor Seuss and encourage a love of reading. Why not honor Dr. Seuss by delving into some of our favorite books of his or check out some other great classics! #ReadAcrossAmericaDay #DrSeussDay



## Green Eggs and Ham

By Dr. Seuss  
\$7.96; Ages 0-5  
Random House Books for Young Readers  
Amazon.com

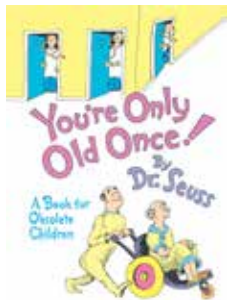
One of Dr. Seuss's best-selling books can become a cookbook if you want to get creative and make green eggs and ham for dinner! Even the youngest kiddos will love the rhymes in this book.



## Sheep in a Jeep

By Nancy E. Shaw and Margot Apple  
\$7.55; Ages 1-3  
Clarion Books  
Amazon.com

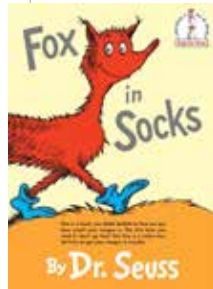
"Jeep goes splash! Jeep goes thud! Jeep goes deep in gooey mud!" It's all about the journey in this adorable rhyming story. The youngest lap sitters will quickly learn to chant along with the reader as the drive unfolds and they'll delight in the colorful portrayal of the hapless sheep.



## You're Only Old Once

A Book for Obsolete Children  
By Dr. Seuss  
\$10.55; Adults  
Random House Books for Young Readers  
Amazon.com  
Dr. Seuss makes light of the journey

of getting older in this picture book. Readers will laugh along with the parade of medical madness as an elderly patient is poked, prodded and ogled during his stay at the "Golden Years Clinic on Century Square for Spleen Readjustment and Muffler Repair." A perfect gift for retirement, birthdays, graduations, holidays and anyone needing a little pick-me-up after a doctor's visit.

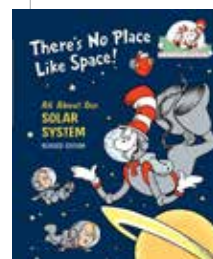


## Fox in Socks

By Dr. Seuss  
\$5.98; Ages 2-6  
Random House Books for Young Readers  
Amazon.com

This rhyming romp includes chicks with bricks, chewy blue glue, a noodle eating poodle, and so much more! Just

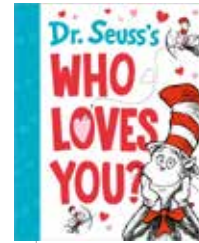
try to keep your tongue out of trouble! Seuss piles his the energetic rhymes into a mountain of hilarity that the whole family will enjoy. Rhyming has never been this fun!



## There's No Place Like Space!

All About Our Solar System  
By Tish Rabe and Aristides Ruiz  
\$9.25; Ages 5-8  
Random House Books for Young Readers  
Amazon.com

In honor of Dr. Seuss, The Cat in the Hat's Learning Library is a nonfiction picture book series that introduces beginning readers to important basic concepts. Learn about the solar system, planets, the constellations and astronauts and explore the wonders of space with the help of everyone's favorite Cat in the Hat!



## Dr. Seuss's Who Loves You?

By Dr. Seuss  
\$8.99; Ages 7-adult  
Random House Books for Young Readers  
Amazon.com

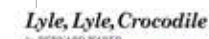
With illustrations featuring the "Cat in the Hat, Thing One and Thing Two, the Grinch, Sam-I-Am, Horton the Elephant" and many more, this gift book celebrates love and the works of Dr. Seuss. With reflections on kindness, creativity, individuality, it's a great way to say "I love you" to children or adults.



## Charlotte's Web

By E.B. White  
\$6.99; Ages 8-12  
HarperCollins  
Amazon.com

The classic children's book tells the story of Charlotte and Wilbur, spider and pig, who become unlikely friends as they spin a story about life, death and, above all, love.



## Lyle, Lyle Crocodile

By Bernard Waber  
\$15.89; Ages 2-5  
Clarion Books  
Amazon.com

Lyle the crocodile lives in a house in New York City and enjoys helping his community and everybody loves him—except for a cranky neighbor and his nervous cat! Can Lyle win them over?



## Just So Rhymes

By Alex Shu-Gree  
\$5.78; Ages 5-8  
Austin Macauley  
Amazon.com

This collection of 14 rhymes was designed to encourage a love of reading and imagination by prompting them to discuss the poems. Readers of all ages will like the funny and kind characters of the poems as well as the paradoxical endings.



## Oh, The Places You'll Go!

By Dr. Seuss  
\$7.49; Ages 12-adult  
Random House Books for Young Readers  
Amazon.com

Dr. Seuss addresses life's ups and downs with his trademark humorous verse and whimsical illustrations. The inspiring and timeless message encourages readers to find the success that lies within, no matter what challenges they face. A perennial favorite and a perfect gift for anyone starting a new phase in their life.



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# WE LOVE IT!

By Leslie Carroll

With all the delicious food and Easter egg hunting, the last thing you might want to do is add to the sweets pile with sugar filled Easter basket. Check out these non-candy Easter basket ideas that are sure to make your kids jump for joy!



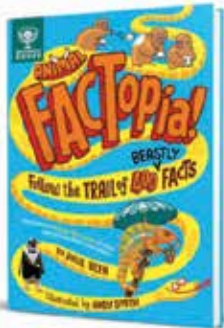
## Pix Brix Light Series

This assorted set features 1,500 pieces in luminous hues, perfect for spring. Elegantly presented in a stylish paint can, this collection facilitates effortless construction and deconstruction. \$5.99-\$8.99, [www.pix-brix.com](http://www.pix-brix.com)



## Go Fish Girl Power Cards

From gold medalists to astronauts, these playing cards highlight the endless achievements of women! One deck features two different educational and entertaining games. \$11.99, [www.kosogames.com](http://www.kosogames.com)



## What On Earth Factopia!

This book will make you ROAR with laughter! Discover facts about escaping penguins, farting zebras, leaping dolphins, snorting elephants, dancing bears, and more—all connected in weird and wonderful ways. \$14.99, [www.amazon.com](http://www.amazon.com)

## Old World Christmas Easter Ornaments

Old World Christmas has an assortment of Easter options including a full collection highlighting Peter Rabbit, the beloved character from Beatrix Potter's classic tales. \$24.99, [www.oldworldchristmas.com](http://www.oldworldchristmas.com).



## Scentco Bunny Smanimal

This plush bunny is ultra soft, fuzzy, cuddly, and has an amazing strawberry scent. Made with high quality plush materials for superior softness and made to be surface washable. This bunny will add color and cuteness to any Easter Basket! \$19.99, [www.scentcoinc.com](http://www.scentcoinc.com)



### Connetix 40-piece Pastel Pack

Connetix Magnetic Tiles are a fun way to encourage STEAM learning, fine and gross motor skills, and cognitive development. This toy will add color and fun to any Easter basket! \$75, [www.amazon.com](http://www.amazon.com).



### StickiKubes

These colorful mini stacking cubes stick to anything except fabric. Kids can use them to make their own custom 2D and 3D designs, as well as to decorate anything else in the house. \$19.99, [www.amazon.com](http://www.amazon.com).

### Spring Smencils

The Spring Smencils® 5-Pack includes 5 of our gourmet scented pencils that are made from 100% recycled newspapers. Each Spring Smencil® is a No.2 pencil and packaged in its own recyclable plastic freshness tube that includes a collectible character top cap! You will receive 1 each of the 5 scents. \$8.99, [www.amazon.com](http://www.amazon.com)



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# Worship Guide

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## Errors Are Inevitable To Err is human; to forgive divine.

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9 NIV*

So goes the saying and we all know that everyone makes mistakes. Expecting perfection, or worse, demanding it, is not just unrealistic, it also causes people to hide or lie about their errors. There is a more intelligent way to deal with errors, and that is by telling ourselves and others that we should be honest and open about errors and try to learn from them. Of course, not all errors are the same. A slip of the tongue rarely causes much harm, whereas slipping on icy pavement or having your car slide off the road threatens more serious harm. When it comes to moral errors, or sins, as it were, there is a similar gradation of harm. Cheating at solitaire may cause you to question your own integrity in minor matters whereas cheating on your beloved may cause everyone to question your integrity. But even in moral matters we should realize that we all make mistakes and should have the same attitude towards these types of mistakes as we do towards mistakes at work or in school. We should be open and honest about them and try to learn from them. Ask yourselves why you are drawn towards certain sins, and how you can best avoid them in the future. Finally, ask forgiveness of those you may have wronged, and especially ask forgiveness of God.

— by Christopher Simon



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## MARCH 1

### First Friday Art Walk

Highlight the vibrant creativity of downtown Bakersfield. Walk showcases artists, poets, galleries and vendors.

**5 - 9 p.m.**

Brickyard Downtown  
18th & N Streets  
Bakersfield, CA  
[www.kernarts.org/artwalk](http://www.kernarts.org/artwalk)

### Bakersfield Condors Game



Come cheer on the Condors on home ice!

**7 p.m.**

Mechanics Bank Arena  
1001 Truxtun Avenue  
Bakersfield, CA 93301  
[www.bakersfieldcondors.com](http://www.bakersfieldcondors.com)

### Rodney Carrington: Comedy Tour

Rodney Carrington is a multi-talented comedian, actor, singer and writer playing sold-out shows around the world.

**6 - 10 p.m.**

The Historic Bakersfield Fox Theater  
2001 H Street  
Bakersfield, CA 93301  
(661) 324-1369  
[www.thebakersfieldfox.com](http://www.thebakersfieldfox.com)



## MARCH 1-3

### March Meet 2024

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

Famoso Dragstrip  
33559 Famoso Rd.  
McFarland, CA  
[www.famosodragstrip.com/march-meet/](http://www.famosodragstrip.com/march-meet/)

## MARCH 2

### Bakersfield Pickleball Open

Annual pickleball tournament benefits Bakersfield Ronald McDonald House.

Bakersfield County Club  
4200 Country Club Drive  
Bakersfield, CA  
(661) 437-4130  
[www.rmhcsc.org/bakersfield/](http://www.rmhcsc.org/bakersfield/)



### Got the Dot Walkathon

The 5k walk, organized entirely by high school students, brings awareness to organ, eye, and tissue donation and benefits JJ's Legacy.

**9:30 a.m.**

CSUB Amphitheater  
9001 Stockdale Highway  
Bakersfield, CA 93311  
[www.jjslegacy.org](http://www.jjslegacy.org)



## MARCH 2 & 10

### Wildflower Hike

Lace-up your walking shoes for a 2 mile hike through the wildflowers. Pre-registration is required.

**10 a.m. - 12 p.m.**



Alternative rock band 311 is set to hit the stage in Bakersfield on March 3.

PHOTO COURTESY 311

Wind Wolves Preserve  
16019 Maricopa Highway  
Bakersfield, CA  
(661) 858-1115  
[www.wildlandsconservancy.org](http://www.wildlandsconservancy.org)

## MARCH 3

### In Honor of Those Who Served Musical Salute

Masters of Harmony & Honor Flight Kern County presents a shared benefit concert honoring veterans. Tickets: \$30-75

**2 p.m.**

Harvey Auditorium  
1241 G St  
Bakersfield, CA 93301  
(661) 703-9000



### 311 in Concert

Alternative rock band 311 is set to hit the stage in Bakersfield. Tickets range from \$39.50 to \$55.

**6:30 p.m.**

Mechanics Bank Theater & Convention Center  
1001 Truxtun Avenue  
Bakersfield, CA 93301  
[www.axs.com](http://www.axs.com)

### WWE Road to Wrestlemania

Monday Night Raw & Friday Night Smackdown Superstars are coming to Bakersfield! Tickets start at \$20.

**5 p.m.**

Mechanics Bank Arena  
1001 Truxtun Avenue  
Bakersfield, CA 93301  
[www.axs.com](http://www.axs.com)



Masters of Harmony (pictured) & Honor Flight Kern County presents a shared benefit concert honoring veterans.

PHOTO COURTESY MASTERS OF HARMONY



## 30th Annual Christian Youth Film Festival

The longest running Film Festival of its kind: featuring short movies made by youth ages 12-24 from around the world.

**3- 8 p.m.**

The Historic Bakersfield Fox Theater  
2001 H Street  
Bakersfield, CA 93301  
(661) 324-1369  
[www.thebakersfieldfox.com](http://www.thebakersfieldfox.com)

## MARCH 9 & 10

### 52nd Annual Collectors Showcase Antique Sale & Show

This event features dealers from throughout California with a vast array of antiques and collectibles of all eras. This year showcasing the “Nifty Fifties”. Admission is \$6.

**Friday 10 a.m. - 6 p.m.**

**Saturday 10 a.m. - 4 p.m.**

Hodels Kern Rooms  
5917 Knudsen Drive  
Bakersfield, CA 93308  
(661) 399-1140

## MARCH 10

### Daylight Saving Time Begins



### Mania: The ABBA Tribute

Mania the ABBA Tribute has successfully toured every continent in the world and has played over 3,000 live concerts in over 35 countries.

**5 - 10 p.m.**

The Historic Bakersfield Fox Theater  
2001 H Street  
Bakersfield, CA 93301  
(661) 324-1369  
[www.thebakersfieldfox.com](http://www.thebakersfieldfox.com)

## MARCH 11

### ADAKC

#### Golf Classic 2024

4 player scramble, contests, lunch, raffles and more! Proceeds benefit the worthwhile programs of ADAKC.



Mania the ABBA Tribute comes to The Historic Bakersfield Fox Theater March 10. PHOTO COURTESY MANIA THE ABBA TRIBUTE

**9 a.m.**

Bakersfield Country Club  
4200 Country Club Drive  
Bakersfield, CA 93306  
[www.adakc.org](http://www.adakc.org)

## MARCH 15

### Boots in the Park

Experience an evening full of live music featuring country music stars Dwight Yoakam, Parker Mccollum and more!

**4 p.m.**

Kaiser Permanence Sports Complex  
9001 Ashe Road  
Bakersfield, CA 93313  
[www.bootsinthepark.com](http://www.bootsinthepark.com)

## MARCH 16

### Easter Celebration

Free Easter Bunny photos with entry. Vendors, food, bar, farm animals, Easter Egg Hunt and more! Admission \$3.

**10 a.m. - 3 p.m.**

Cherry Acres  
4011 Wegis Ave.  
Bakersfield, CA 93314  
(661) 477-1523  
<https://www.cherry-acres.com>

## MARCH 16

### 2nd Annual Black Family Wellness Expo

Gain knowledge on living

a healthier lifestyle and on mental health.

**9 a.m. - 2 p.m.**

Lowell Park & Emerson Middle School  
800 4th Street  
Bakersfield, CA

## 26th Annual Super Cruise Car Show

This annual car show benefits the Bakersfield Firefighter's Burn Foundation.

**10 a.m. - 3 p.m.**

Kern County Fairgrounds  
1142 P St  
Bakersfield, CA 93307  
[www.bakersfieldccc.org/super-cruise-2024](http://www.bakersfieldccc.org/super-cruise-2024)



## MARCH 17

### Happy St. Patrick's Day!

## MARCH 18

### 'Tee Off for Hope' Golf Tournament

'Tee Off for Hope' is a 4-player scramble golf tournament with a shotgun start. This annual event supports Magdalene Hope's mission of eradicating sex trafficking.

**8:30 a.m.**

Stockdale Country Club  
7001 Stockdale Hwy  
Bakersfield, CA 93309  
(661) 808-HOPE

## MARCH 22



### Bakersfield Donut Run

Bakersfield's sweetest 5K event! Donations support Houchin Community Blood Bank.

**8 a.m.**

The Park at Riverwalk  
11200 Stockdale Highway  
Bakersfield, CA  
<https://runsignup.com/Race/CA/Bakersfield/DonutRun>

## MARCH 23

### Always & Forever Tour

Featuring The Chi-lites, The Spinners, The Stylistics and more.

**6:30 p.m.**

Mechanics Bank Arena  
1001 Truxtun Avenue  
Bakersfield, CA 93301  
[www.axs.com](http://www.axs.com)

## Los Tigres Del Norte

The legendary Los Tigres Del Norte is one of Latin Music's leading creative and socially outspoken voices. Admission: \$52 - \$232

**8 - 11 p.m.**

Mechanics Bank Theater  
1001 Truxtun Avenue  
Bakersfield, CA 93301  
[www.axs.com](http://www.axs.com)



## MARCH 23 & 24

### Pacific Coast Livestock Show

Barn animals of all kinds will be on display.

Kern County Fairgrounds  
1142 South P Street  
Bakersfield, CA 93307  
[www.kerncountyfair.com/events/2023/pacific-coast-livestock-show](http://www.kerncountyfair.com/events/2023/pacific-coast-livestock-show)

# THE BEST LOCAL CALENDAR OF EVENTS!

This calendar is edited for space. For details about these events or other activities, please visit [kerncountyfamily.com](http://kerncountyfamily.com)



## MARCH 24

**Chris Botti in Concert**  
Grammy winning trumpeter Chris Botti has been one of the most popular instrumentalists in the world for nearly three decades.

**6 - 10 p.m.**  
The Historic Bakersfield Fox Theater  
2001 H Street  
Bakersfield, CA 93301  
(661) 324-1369  
[www.thebakersfieldfox.com](http://www.thebakersfieldfox.com)

## MARCH 28 & 29

### Jo Koy World Tour

Comedian Jo Koy's uniquely relatable comedy pulls inspiration from his colorful family that has reached all kinds of people and has translated into sold-out arenas around the world.



**8 p.m.**  
Mechanics Bank Theater  
1001 Truxtun Avenue

Bakersfield, CA 93301  
[www.axs.com](http://www.axs.com)

## MARCH 30

### NOR Easter Egg Hunt

Celebrate Easter early with a FREE egg hunt for children ages 1-10 years old. Remember to bring your Easter basket and don't forget your camera for pictures with the Easter Bunny!

**10 a.m.**  
Emerald Cove Park  
4303 Patton Way  
Bakersfield, CA 93308  
[www.norfun.org](http://www.norfun.org)



## MARCH 31

### Happy Easter!

## ONGOING EVENTS

### WEEKDAYS THROUGH MAY

#### Supper & Snacks

In partnership with the Kern County Superintendent of Schools, the Kern County Library is offering a FREE meal, snack and space to do homework for children ages 2-18. 3-6pm  
Kern County Library Branches  
[www.kerncountylibrary.org](http://www.kerncountylibrary.org)

### EVERY WEDNESDAY THROUGH APRIL 24

#### Postpartum Support Group at The Nest & Co.

Set yourself up for long-term emotional wellness with this support group specially made for postpartum mothers. Led by a social worker with lived experience. Open to women who have birthed a baby in the last year.

6:00 PM - 7:00 PM  
The Nest & Co  
1031 17th Street  
Bakersfield, CA 93301  
(661) 234-9894  
[www.thenestandco.com](http://www.thenestandco.com)

### THIRD FRIDAY OF EVERY MONTH

#### Commodities Food Boxes

Drive through event to all families in need of food. Volunteers are always welcome.

10:00 AM - 12:00 PM  
Liberty Christian Center  
8801 S H Street  
Bakersfield, CA 93307  
(661) 837-3720



## ACTIVITY CORNER ANSWERS ACTIVITY CORNER: PAGES 30-31

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

### CROSSWORD

- ACROSS
- 1. Fresh
- 3. It
- 4. Ooze
- 6. Earliest
- 5. Items
- DOWN
- 1. Frozen
- 2. Spoilage
- 3. Ice
- 7. Freezers



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**KERN AUTISM NETWORK, INC.**

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

**Happy St. Patrick's Day & Happy Easter!**

Parent Support Group - Wednesday, March 6th at 6 p.m.  
Fun, Social LEGO Workshop for Autistic Children - Disney theme Saturday February 10th.  
Chess Club for Teens & Adults Saturday, March 16th at 11 a.m.  
Father's Virtual Autism Support Group Saturday, March 16th at 2:30 p.m.  
Sensory Easter Bunny for Autistic Children Sunday, March 17th  
Registration is required on Eventbrite.  
To attend all events register at [Eventbrite@Kernautism.org](http://Eventbrite@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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- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • [kernautism.org](http://kernautism.org) • [kernautism@gmail.com](mailto:kernautism@gmail.com)  
2200 Oak Street, Annex Building



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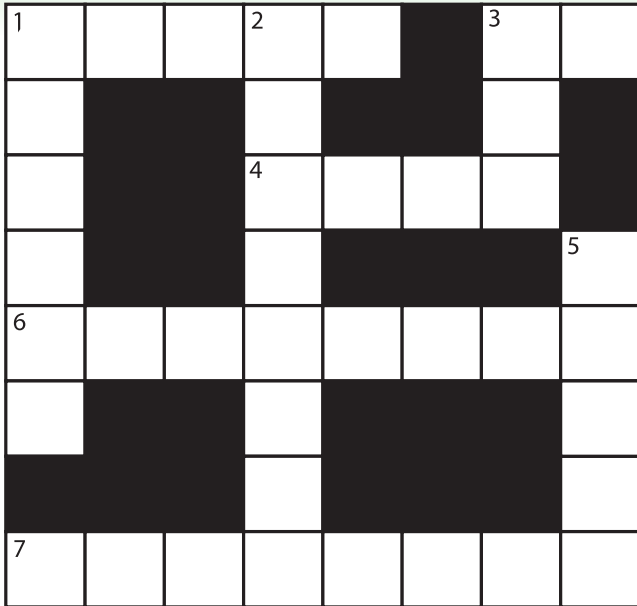


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# MARCH ACTIVITY CORNER

## Crossword



### ACROSS

1. New; not old
3. Internet technology (abb.r)
4. To seep out
6. The first time
7. They keep items frozen

### DOWN

1. Having turned to ice
2. Waste produced by rotten item
3. Frozen water
5. Units or articles

## Sudoku

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

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?



## Leprechaun Laughs

**Where do leprechauns like to hang out?**

On the paddy-o

**What type of music do leprechauns like?**

Sham-rock 'n' roll

**How do leprechauns exercise?**

They push their luck.

# MARCH ACTIVITY CORNER

PUZZLE ANSWERS  
PAGE 27

## Saint Patrick's Day Wordsearch

PRESENTED BY PACIFIC AG RENTALS

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

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