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661-861-4939

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Kern County Family Magazine is published twelve times a year by Skyline Publishing & Event Promotions of Kern County

Kern County Family Magazine is available free at more than 200 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets.

KERN COUNTY FAMILY MAGAZINE
1400 EASTON DR., SUITE 112
BAKERSFIELD, CA 93309

Deadline for advertising and calendar information is the 10th of the month preceding.

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Vaun Thygerson
CONTRIBUTING WRITER

By now, in the month of September, most of you are getting the hang of your back-to-school routines of carpools, practice schedules, and homework. Another tradition this month that sometimes gets overlooked with all the hectic mornings and earlier bedtimes is Grandparents' Day, held this year on Sunday, September 8. If you have grandparents that can help you with all the pick-ups and drop-offs, you are lucky. Grandparents are the cherry on top of the sundae of life.

My children have never lived near their grandparents, so they only see them a few times a year. As my father has advanced in age, he has spent more time at our house, which has been such a blessing for us and my children. Also, throughout the years we've lived in Bakersfield, my older son's best friend's maternal and paternal grandmas adopted my kids as their own. These two ladies have really been grandma figures to them and helped fill a void. I also had "adopted" grandparents when I was growing up. Because my parents had me when they were older my grandparents sadly passed away when I was young. My best friend's grandparents, Erma and Shorty, decided to make me one of theirs. I have so many wonderful memories of spending afternoons with them and feeding their cows.

Studies have shown that having a role model for you and your children is important to help create happier and healthier lives. In Callie Collins' article, "Five Ways: Strategies to Help Kids Manage Their Mental Health," she writes about this very tip as well as creating downtime and balance. To read all her tips, turn to page 18. In this month's Humor at Home article, "Fifty and Fabulous: Tales

of an Older Mom," on page 22, Julie Willis has a fresh perspective on turning 50. She writes how the doctor visits get a little more intense with more pills, vaccine suggestions, and weight checks. She writes she has so many pills to take now she can't swallow them in one swig and must dole them out over multiple gulps. However, one good thing that has come with age is her ability to fall asleep at any opportunity!

No matter what your age, if you have school-age children, you will have an adjustment period getting into the back-to-school routine. In Callie Collins article, "Readers Respond: Best Back-to-School Advice," on page 10, KCFM readers gave their best suggestions to make the year start off better.

A special thank you to this month's Happy Mama Mari Perez-Dowling, who as the president and CEO of United Way of Central Eastern California, helps many people both personally and professionally. In the article, "Hello, Happy Purposeful Mama: Mari Pérez-Dowling's Inspiring Journey & New Opportunities," on page 14, Callie Collins writes about this mom's life after losing her 20-year-old son, Sebastian Martinez, in a car accident. She has found a way to help process her grief through music and helping others navigate loss as well. With her daughter, Monica, she shares her musical passion to honor her son and feel closer to him.

Life is fragile and can change in an instance, so when September 8 rolls around make sure to thank your grandparents, your kids' grandparents, and any grandparent figures you have. These wiser, older mentors in can really make a difference in your overall wellbeing. As the anonymous saying reads, "Grandparents are like stars. You don't always see them, but you know they're there."

Hope you are all having fun being back to school!

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“Examination Of Potential Mutations in the Gene for Voltage-gated Na⁺ Ion Channel in the Leech, *Macrobdella decora*,” with faculty advisers Kathleen Szick (CSUB, Biology) and Rebecka Zepeda (BC, Biology).

During the summer, California State University, Bakersfield partnered with Bakersfield College for a five-week research program that gave 47 students hands-on lab and field experience, working alongside biology, computer science and engineering professors from both schools. The research program is part of CSUB’s School of Natural Sciences, Mathematics and Engineering Career Pathways Program. With the availability of additional funding, Taft College students also had a chance to participate.

“We believe that STEM majors should start exploring their career options early, and to gain experiences along the way,” Dr. Charles Lam, mathematics professor and the grant’s principal investigator, says, “This invaluable research experience with professors from both CSUB and BC will enhance their education and prepares them for a future career in STEM.”

For more information on the program and its research projects, please visit <https://news.csub.edu/photo-gallery/nbspbccsub-summer-research-program>.



“Fabricating an Idea,” with faculty advisers Saeed Jafarzadeh (CSUB, Computer and Electrical Engineering) and Steven Brown (BC, Engineering).
PHOTOS BY ABEL NÚÑEZ-GUERRERO, OUTREACH & COMMUNITY COLLEGE COORDINATOR FOR NSME

5th Annual Deaf Community Day

September is Deaf Awareness month, and the Independent Living Center of Kern County’s Deaf and Hard of Hearing (ILCKC_DHH) will sponsor its 5th Annual Community Day on Saturday, September 28 from 11 am to 3 pm at LBC Activities, 2801 Ashe Road, Bakersfield. This event is free to support Deaf-owned businesses, share information on available services, and network. Celebrate this amazing community with food vendors, shopping, entertainment in ASL, and community resources.

For more information, please visit <https://www.facebook.com/ILCDeafHHServices/>.



Fair Time in Bakersfield

The annual Kern County Fair will be held Wednesday, September 18 through 29 at the Kern County Fairgrounds. The legendary band Kool & the Gang kicks off the Budweiser Pavilion concert series on September 18 at 8 pm. The concert is free with your fair admission and it’s first-come first-serve seating. To see a complete list of all concerts, visit www.kerncountyfair.com.

A community tradition since 1916, the Kern County Fair offers fun for the whole family. Although admission can be purchased at the gate, you can skip the line and find exclusive specials to purchase tickets online at www.kerncountyfair.com/ticketsanddeals.

Borel Fire relief efforts and how to help

Valley Strong Credit Union donated \$5,000 to Kern Community Foundation for Borel Fire Relief Fund. This contribution will directly assist individuals and families affected by the Borel Fire in the Kern River Valley, which has burned over 59,000 acres and continues to impact the region. Valley Strong Credit Union’s donation will boost ongoing relief efforts and demonstrates the power of community support during challenging times. The full impact of the Borel Fire will likely unfold over the coming years as the community works to rebuild and heal.

To learn more about the Borel Fire Relief Fund, contact Kern Community Foundation at 661.325.5346 or info@kernfoundation.org. Donations can be made at www.kernfoundation.org/borel.

Bakersfield North Rotary's Annual Back to School Shopping Event

The Bakersfield North Rotary members, along with volunteers, recently shopped with approximately 200 students from Standard and Beardsley School Districts, and the Boys and Girls Clubs of Kern County as part of their annual Back to School Shopping Event. These students received new school wardrobes for pre-selected 5–17-year-old kids at Kohl's on Rosedale Hwy.

Bakersfield North Rotary raised money through Rotarian donations and fundraising events to ensure these kids have new clothes, new shoes, and all the necessities to start a successful new school year. In addition, the Boys & Girls Club partners brought their own students, and funds, to increase the reach of the event and provide for more children across Kern County.

Kohl's, located on Rosedale Highway, opened their doors early and provided a sizeable discount for these students to make-



200+ students gear up for Back-to-School shopping with BN Rotarians and volunteers.
PHOTO COURTESY OF PATTY KEEFER, BNR ROTARY

sure each student gets to purchase items on their “needs” list. Parents provided a list of what each student needs (shorts, shirts, shoes, undergarments, etc.) and provided their size; then Rotarians, and other volunteers, teamed up with the students and helped them shop.



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Unlock Healthy Habits: A Parent's Guide to Helping Kids Lose Weight

The number of adolescents and children who are battling obesity continues to rise. The World Health Organization says worldwide adolescent obesity has quadrupled in the last 30 years. According to the State of Childhood Obesity and data from the National Survey of Children's Health, in 2021-2022, 17 percent of U.S. youths ages 10 to 17 were obese.

September is National Childhood Obesity Awareness Month, a perfect time to focus on improving the health of children in your life. Maintaining a healthy body mass index early on can set a child on a path of continued good health into adulthood. Parents and other caregivers can help children lose weight in a number of ways.

• **Consult with a registered dietitian.**

A registered dietitian or nutritionist can help children reach a healthy weight. The RD will input information like age, height and weight, and by assessing health goals, come up with food plans and strategies to help a child improve his or her overall health.

• **Cut back on processed foods.**

Adults tend to have control when food shopping, and kids simply rely on the foods they find in the home for snacks and meals. Fast foods and processed foods tend to be higher in calories and fat, so opt for more fresh, lean, and whole grain items.

• **Make smart ingredient swaps.** Trade in white breads, rices and pastas for whole-grain alternatives. These "brown" products have fiber, which can help a child feel full for longer. Fiber also is essential to keeping cholesterol levels in check. Children may be hesitant to try new things, but research shows children are more likely to eat a new item after it appears on their plate a few times, so parents should remain persistent.

• **Skip the sugary drinks.** Sodas, sweetened iced teas and even juices can be high in calories. Gradually switch over to water, unsweetened beverages and low-fat milk for kids.

• **Serve a nutritionally sound plate.** The MyPlate program from the U.S. Department of Agriculture indicates that a healthy plate consists of filling half a plate with vegetables and fruit, while a quarter of the plate should be a lean protein and the remaining quarter a whole grain. Low-fat dairy products also should be included.

• **Buy more fruits and vegetables.** When shopping, opt for more fruits and vegetables, as well as other healthy snacks. Keeping chips and cookies out of the house limits kids' access to them.

• **Exercise as a family.** Find fun activities the family can enjoy that get the body moving multiple times per week.

FDA Approves Blood Test to Detect Colorectal Cancer

The Food and Drug Administration (FDA) has approved a new blood test that can screen for colorectal cancer in people over the age of 45. The Shield blood test, manufactured by Guardant Health, is the first blood test to be approved as a primary screening tool for colorectal cancer. This means it can be offered in doctors' offices alongside other screening methods. The test is meant to be a more convenient option for people in need of CRC screening who might otherwise skip colonoscopies or stool tests because they are unpleasant.



Is your Weight Loss Solution Putting you at Risk

A new warning is out for consumers who try to buy popular weight loss drugs online without a prescription. A new study finds that nearly half of all online pharmacies selling weight loss drugs are operating illegally. According to a study published in JAMA Network Open, about 42% of online pharmacies that sell semaglutide, the active ingredient in the anti-obesity drug Wegovy, are illegal, operating without a valid license and selling medications without prescriptions.

Experts warn that people who shop online for weight loss drugs face serious risks of receiving ineffective and dangerous products. The study's author says the average person cannot be expected to safely navigate the online medication minefield safely and they are exposing themselves to unregulated, low-quality, and potentially contaminated products.

Conquer the Creepy Crawlies: How to Beat Head Lice this School Year

The start of a new school year often means shopping for supplies, making new friends and getting acclimated to the teaching styles of new teachers. Unfortunately, a new school year also can mean head lice.

It's estimated six to 12 million head lice infestations occur each year in the United States among children between the ages of three and 11.

What is head lice?

A head louse is an insect that can infest people. Lice make their homes in human hair and feed on blood. Head lice multiply rapidly by laying small, gray-colored, oval-shaped eggs known as nits. The nits are sticky and attach to the base of the hair close to the scalp. Unlike other blood-sucking insects, such as mosquitoes or ticks, head lice are not known to spread disease.

Who gets head lice?

Head lice do not discriminate when they choose a person. They are equal opportunity feeders and will hop on



just about any scalp for a meal. The CDC says infestation with head lice is most common among preschool- and elementary school-aged children and members of their household, including caretakers.

What are the signs of head lice?

Itching is the most common symptom of head lice, says the Mayo Clinic. A louse bite causes an allergic reaction. Itchiness may occur on the scalp, neck and ears. During visual inspections of the hair and scalp, one may be able to see lice and nits. However, both the eggs and the lice themselves are very small, so it can be

challenging to spot them. Parents and caregivers who suspect a child has lice should consult with a school nurse or a pediatrician.

How can head lice be prevented?

The most common way to contract head lice is through head-to-head contact. Children should avoid head contact during play and other activities at school and home. Although transmission through shared brushes, combs, towels, hats, and clothing is less common, it is still possible, so sharing of these items should be discouraged.

The CDC says using a hot water cycle in the laundry and the high heat drying cycle can kill head lice on clothing and other items. Seal items that cannot be washed in a plastic bag and store them for two weeks.

Vacuum the floor and furniture to remove any nits or lice that have fallen off the head. Fumigant sprays or fogs, which can be toxic if inhaled, are not necessary to control head lice, indicates the CDC.

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Q. What is your #1 tip for parents with school-aged children to balance busy work/home life?

Back-to-school season is a challenging time for household logistics. We asked our readers to share their best advice. A selection of their answers is included here to help others ease into the new school year.



Communication with your partner and being willing to compromise/support each other's goals.

- Ashley Cantrell

Always have clothes set out the night before & have dinner ready by 5 pm so the kids are ready to wind down early.

- Shannon Snyder

Creating a predictable pattern, rhythm or schedule at home (before and after school) to intentionally maximize and enjoy every waking moment we have with our kids.

- Dr. Emmanuel Mourtzanos



Have a routine established before school starts and everything else will fall in place.

- Luis Carmon

Always say "Yes!" To those offering to help. Even if you don't have a scheduled plan. Use the heartfelt offer to get some "Me time". This is essential to balance all the things.

- Alison Roomsburg



Leave work at work. Don't spend time working extra when you could be at home with your children.

- Bonnie Munoz

How to Talk to Your Children about their School Day?

By MARGE EBERTS & PEGGY GISLER

Parents: All parents wish that they knew what is happening during their children's day at school! However, without a camera in the classroom, they often have no idea what their kids did at school. Not all children are very chatty, so it is very important for parents to ask the right questions so they will know what their children are doing in school.



Here is our list of questions that will help you start a conversation with your children about their school day. They can be especially helpful if your children are tight-lipped. Good times to start these conversations are on a ride home from school, snack time after school, or at the dinner table. Be sure it is a time when you can fully focus on what the children are saying.

- How would you rate your day from one to ten?
- When did you have the most fun at school today?
- What was the best thing that happened at school today?
- Was there anything that bothered you at school day?
- Were you bored today? If so, when?
- What made you feel proud of yourself today?
- Can you tell me something interesting that you learned today?
- Did you do anything different today?
- Were there any moments today that you felt worried or scared?
- Were there any moments today that you felt proud of yourself?
- Is there anything that you would like for me to talk to your teacher about?
- Did you like your lunch?
- What are you looking forward to tomorrow?

First of all, you certainly don't want to ask all these questions every day. Two or three should be sufficient. After a while, you will learn which questions give you the most information about your children's school day.

One additional pointer for your conversation time is being sure to listen carefully to your children and not interrupt them. It is also a good idea to ask for more information from time to time or to have them explain an answer more. In addition, you might expand a conversation by asking how they felt about an experience.

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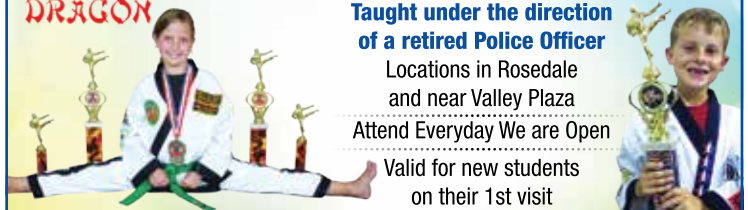
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Feature By Vaun Thygeron



**BOYS & GIRLS CLUBS OF KERN COUNTY'S
ARTFEST RETURNS**

Empowering Youth Through Creative Expression

Last held in 2015, Artfest will return bigger than ever while supporting a good cause and replacing BGCKC's Farm to Table(aux) annual celebration.

"We are going back to our roots of celebrating children's art," says Zane Smith, BGCKC's Executive Director. "The whole point of Artfest is to celebrate our children in the visual and performing arts; and refocusing on that central stage to showcase their talents and reinvest in their own programs."

A lifelong artist himself, Smith knows how art can unlock creativity and a unique sense of self. He is passionate about helping his Club members spark their own confidence. Club members have been working hard to create their own masterpieces where party goers can bid on their artwork in the "Young Artists' Masterpiece Gallery." In addition to this gallery, BGCKC's performing group, Music Fusion, will delight the audience with a 1920's Gatsby-inspired performance.

"This is the best of philanthropy," says Smith. "This is where kids, most from modest means, use their hearts and talent to reinvest not only for their selves but for others."

While celebrating the works of Tamara de Lempicka, her bold Art Deco style is a fitting backdrop for the introduction of an all-new generation of artists. She is known for polished portraits of aristocrats, celebrities, and the wealthy. The night's festivities will center around her famous Art Deco style.

Guests will enjoy appetizers, drinks, and refreshments during the "Stroll & Savor," a sit-down dinner by Mossman's Catering, silent and live auction bidding, plus a grand prize raffle. Professional artists have created larger-than-life displays, "Masterpieces on a Grand Scale."

These installations provide the perfect backdrop where guests can take photo mementos to commemorate the night. Smith says these masterpieces are truly grand representations of de Lempicka's distinctive Art Deco manner and can range up to 16 feet tall.

Showcasing the 1920's glam theme, Smith wants guests to feel like they are a 1920's Gatsby-type party. With prisms and pearls, chandeliers, and all



PHOTOS BY ORLANDO TREVINO, BOYS & GIRLS CLUB OF KERN COUNTY

ARTFEST

When: Friday, October 11 from 6 -10 p.m.

Where: Vista Del Lago Estate, 15329 South H Street, Bakersfield

More info: www.bgckc.org/artfest.

The Boys & Girls Clubs of Kern County (BGCKC) is excited to reintroduce its signature fundraising event, Artfest, brimming with the glitz and glamour of the roaring twenties. Under the theme "A Masterpiece in the Making," this Gatsby-inspired celebration will feature artwork created by the Club's children and honor the Art-Deco style of Polish, artist Tamara de Lempicka.

things draped, he says the Vista Del Lago Estate provides the most luxurious backdrop to enhance the vibes. There will be two live replicas of peacocks, one dressed completely in snow white. Guests can also enjoy champagne personally delivered by a woman dressed in a chandelier skirt with champagne flutes held by candelabras.

Smith says the night's culmination is a labor of love with more than 200 volunteers from artists to construction workers to valet parking attendants to entertainers. This night will help fund so many amazing programs and experiences for Club members. Smith says these experiences can help shape the rest of their lives.

According to BGCKC's promotional material, their vision is to "provide a world-class Club Experience that assures success is within reach of every young person who walks through our doors, with all members on track to graduate from high school with a plan for their future, demonstrating good character and citizenship, and living a healthy lifestyle."

BGCKC's trained, caring Youth Development Professional staff and volunteers serve the communities in Arvin, Bakersfield, Frazier Park, Gorman, Lamont, Kernville, McFarland, Lake Isabella, Lebec, and Tehachapi with three traditional and 67 school-based Club sites. Their nutrition program provides over 2,500 meals daily to children in need.



HELLO, HAPPY PURPOSEFUL MAMA

Mari Pérez-Dowling's Inspiring Journey & New Opportunities

Mari Pérez-Dowling, president and CEO of United Way of Central Eastern California, is best known as a standout community leader.

Originally from Ensenada, Baja California, Mexico, she immigrated at age 13, one of seven siblings who would be the first generation in their family to graduate from college.

"We struggled like a lot of immigrant families but I took extra classes, studied

English at night and was Valedictorian," she said. "Work ethic was instilled in me."

Pérez-Dowling graduated from San Diego State University, completed a fellowship at Stanford and earned her master's at California State University - Bakersfield. After her divorce, she became a single mother to Monica, now 26, and Sebastian, born in 1999.

From the classroom to the boardroom, Pérez-Dowling has also focused on the



Mari Pérez-Dowling and son, Sebastian Martinez.
PHOTO COURTESY MARI PEREZ-DOWLING

people-centered aspects of her work in teaching, radio and marketing. She accepted the position of president and CEO of United Way of Kern County in 2017, the first Latina to hold the position.

"There was some doubting and there was some applauding but I took advantage of the momentum change brings, which led to publicizing our programs," said Pérez-Dowling.

As the world struggled to navigate COVID, a private tragedy overshadowed the pandemic for Pérez-Dowling. Her son, Sebastian Martinez, age 20, died on March 15, 2020 in a collision on Highway 33. The next day, United Way of Kern County announced closure of public-facing services as part of the pandemic response.

"I had to put my personal situation aside. I prayed a lot and asked God for strength," said Pérez-Dowling. "We got a miracle donation of \$1.3 million, a gift from an anonymous donor, in May 2020, which made it possible to have funding for families and agencies, to feed essential workers and individuals experiencing homelessness."

She recalls being guided by the community's faith and love during that difficult time.

“Through the commitment I have to serve the community, I have received love in return,” she said. “I still have so many reasons to live and move forward.”

The 2024 Talons Sebastian Martinez Memorial Scholarship was awarded for the third time this past May. It is open each spring to Centennial High School music program or color guard participants. Find more information at <https://uwcec.org/sebastian-martinez-memorial-scholarship-application/>.

Although Sebastian had played football since childhood, his focus switched to band as a junior at Centennial.

“Within a month, he became the leader of the drumline,” she explained. “He gave it his all. That was a different side of him, which he always said was from me.”

Pérez-Dowling played flute and clarinet in high school, and violin in orchestra as a senior. She took guitar classes and sang in college, a talent that continues.

When Lotus Radio honored her as one of its inaugural Tu Voz, Tu Héroe/Your Voice, Your Hero community business award recipients, Pérez-Dowling reconnected with former radio colleagues. She was then invited to record an album with Mariachi Vargas, the genre’s premier group, which performs with Luis Miguel.

As the third anniversary of the loss of her son approached, she found herself flying to Guadalajara to meet the band. She received additional coaching from Julian Torres, a Hawthorne-born ranchera singer Snoop Dogg signed to Death Row Records in January 2024. Her album, “Canciones con Alma,” was released in December. She chose to open with the



Fill-in-the-blank questions

I’m always laughing at: Jokes; I love jokes.

The first thing I do when I wake up in the morning is: Pray.

Today, the strangest thing in my purse is: Tea tree oil.

My favorite drink is: Coffee.

My favorite dessert is: Carrot cake.

Before I go out, I always make sure I have: My keys.

My favorite musical genre is: Mariachi.

Marco Antonio Solis song “¿A Dónde Vamos A Parar?,” one of Sebastian’s favorites, of which a video of him singing as a teenager exists.

Last October, Mariachi Vargas headlined the second annual Festival del Mariachi, with proceeds dedicated to offset future student attendees’ fees. In April, United Way of Central Eastern California hosted Noche de Mariachi: A Fundraising Fiesta for Musical Futures at Buck Owens’ Crystal Palace, raising \$19,000. This year’s event will feature world-renowned Mariachi Nuevo Tecalitlán at The Bakersfield Fox Theater on Sept. 7. Get details at <https://uwcec.org/festival-del->

mariachi/.

Having her daughter join her on stage at Crystal Palace to sing is her favorite performance. A graduate of the University of Texas at Austin, Monica returned to Bakersfield as a data analyst. During the song, Monica changed the lyric of Luis Miguel’s “Si Nos Dejan” to “juntitas las dos,” the feminine form of the adjective and article to describe the mother and daughter together again.

“God put us back together. We’ve invested in a karaoke machine and we’re getting through life,” said Pérez-Dowling. In November 2023, United Way of Kern County announced expanded services to three additional counties, along with a name change. United Way of Central Eastern California now serves residents in the counties of Kern, Mono, Inyo, Northern San Bernardino and Indian Wells Valley. Priorities have included forging food bank partnerships, offering Volunteer Income Tax Assistance (VITA) services in Ridgecrest and advocating for equitable housing.

Keynote speeches are part of her role as an executive, including for the 2024 Bakersfield Women’s Business Conference, where she spoke about how to heal through grief.

“I would encourage others who have gone through devastating experiences to funnel their passions into something they really enjoy and be intentional,” she said. “I chose to sing. Every time I get on stage, I feel closer to my son. I’ve found that peace and want to share it with the world. As women especially, we can be heroes but we’re also human.”

Hello Happy Mama!

Sponsored by  tri counties bank

Enter to win a Mariachi package! Value: \$440.



Enter by midnight, September 24

TO ENTER GO TO:

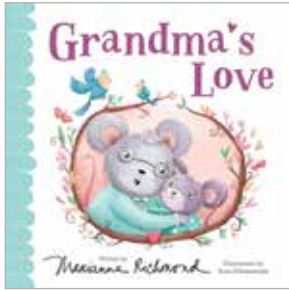
<https://kerncountyfamily.secondstreetapp.com/September-2024-Hello-Happy-Mama-contest/>



Prizes include an autographed Mariachi bow signed by the world-renowned Mariachi Vargas de Tecalitlán group, an autographed copy of Mari Pérez-Dowling’s Canciones Con Alma CD, an exclusive Festival del Mariachi event T-shirt & UWCEC Tumbler, and a \$25 gas card.

Honor Grandparents with Heartwarming Tales

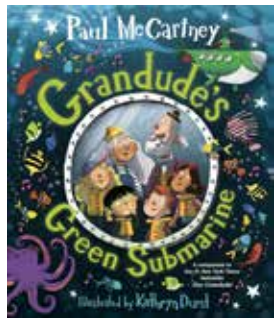
GRANDPARENTS HOLD A SPECIAL PLACE in our hearts and Sunday, Sept. 8, is a day set aside to honor them. Here are our picks for great books about and for the grandparents and grandchildren in our lives:



Grandma's Love

By Marianne Richmond and Anna Kubaszewska
\$7.99; Ages 0-and up
Sourcebooks Jabberwocky
Amazon.com

This beautiful book celebrates the love of a grandmother and would be great as a gift to a new grandma or grandbaby. It's got a place to complete a family tree inside, too!



Grandude's Green Submarine

By Paul McCartney and Kathryn Durst
\$11.38; Ages 2-6
Random House Books for Young Readers
Amazon.com

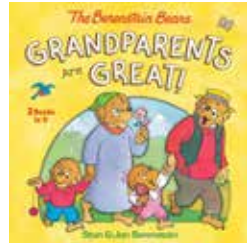
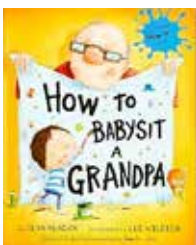
Paul McCartney (yes, THAT Paul McCartney) tells the tale of Grandude, who has built an amazing green submarine—but there are some minor troubles during an adventure with the grandkids. Not to worry! A good time is had by all! This is the companion picture book to McCartney's #1 New York Times best-seller, "Hey Grandude."



How to Babysit a Grandma/How to Babysit a Grandpa

By Jean Reagan
\$24.84; Ages: 0-4
Knopf Books for Young Readers (box edition)
Amazon.com

It's a rough life when you get to go to visit grandparents! You'll have so much to do! SO just how do you keep grandma and grandpa busy? What can you do? These books offer all the answers.



Grandparents are Great!

By Stan and Jan Berenstain
\$6.49; Ages 3-7
Random House Books for Young Readers
Amazon.com

The beloved Berenstain Bears are back and this time, it's all about grandma and grandpa. This is a great book to read with little ones or give to grandma and grandpa to share with their grands

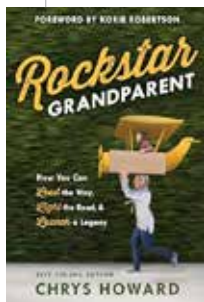


Grandma's Girl: Celebrate the Special Bond Between Granddaughter and Grandma

By Susanna Leonard

Hill and Laura Bobbiesi
\$10.99; Ages 4-7
Sourcebooks Wonderland
Amazon.com

Girls and grandmas are a unique pairing. This adorable book is a great read for grandmothers and granddaughters to share.



Rockstar Grandparent

By Chrys Howard and Korie Robertson
\$13.32; Ages: adult
WaterBrook

Grandparenting today isn't your grandmother's scene. There's blended families and technology and the

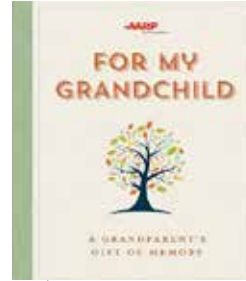
challenges of time and space. Here's how to bring it all together!



What I Love About Abuelo

By Moreno J. Hayes
\$7.99; Ages 10 and up
Independently published
Amazon.com

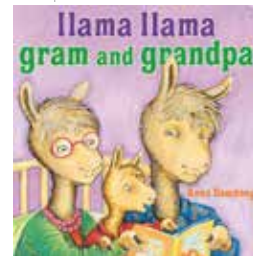
This fill-in-the-blank book gives prompts for writing and drawing that will give kids the opportunity to share what they love most about their abuelo.



For My Grandchild: A Grandparent's Gift of Memory

By Lark Crafts
\$14.95; adult
Union Square & Co.
Amazon.com

This book offers a unique way to share memories and insight with grandchildren. There's plenty of fill-in-the-blanks and spaces to record family history and traditions. It's a great gift to give to grandparents to complete or to grandchildren once completed.



Llama Llama Gram and Grandpa

By Anna Dewdney
\$5.99; Ages: 0-2
Viking Books for Young Readers
Amazon.com

Little kiddos love Llama Llama books and this one takes them on an adventure at grandma's house. All is going well until bedtime—something is missing! How will Grandpa Llama help?



What's Happening to Grandpa?

By Maria Shriver and Sandra Speidel
\$18; Ages 8-15
Little Brown Books for Young Readers
Amazon.com

This isn't a happy, go-lucky story, but it's a story that should be told and read. Maria Shriver offers this one to guide and inspire as she tells the story about a girl named Kate, who has always adored her grandpa's storytelling. But lately, he's been repeating the same stories again and again. What can she do? How can she help?

Sponsored by

kern county Family magazine

Ready, Set, Read!

September is National Literacy Month, an important reminder of the benefits books and reading have on every age group!



10 TIPS TO GET KIDS READING MORE

- Ask your child to read a book to you.
- Play a board game together.
- Take your child to get their own library card.
- Read newspaper comic strips or comic books.
- Ask kids to write a short story and read it out loud.
- Read and prepare a recipe together.
- Make bedtime stories a nightly routine.
- Play word games like reading tongue twisters, doing crossword searches or unscrambling words.
- Take a book with you wherever you go, so you can read together at any opportunity.
- Keep a book on your child's nightstand, so they are prompted to read if they wake up early.

10 BENEFITS OF READING FOR CHILDREN



- More extensive vocabulary
- Improved language skills
- Critical thinking skill development
- Increased creativity and imagination
- Empathy development
- Understanding of the surrounding world
- Improved concentration
- Parent-child bonding
- Cognitive development support
- Improved social skills and interaction

Source: All For Kids / Children's Bureau of Southern California, Journal of Developmental and Behavioral Pediatrics



BABY TALK

Foster Literacy Skills by Reading to Babies

It's never too early to begin reading to babies. In fact, reading to infants beginning at birth helps support their cognitive development and their bond with parents. It also increases the likelihood that parents will continue reading to children as they grow, improving language skills and concentration to prepare them for academic success.

Zero to Three, an organization focused on early childhood development, recommends these book-type guidelines for babies and toddlers:

Birth to 6 Months - chunky board books, soft fabric books and vinyl bath books

6 to 9 Months - board books with short, simple stories and colorful illustrations

9 to 18 Months - board books with simple stories, stories with rhymes and phrases that repeat, and stories with pictures of other babies and familiar objects like animals

18 to 24 Months - longer, slightly more complex stories; humorous stories; and stories featuring silly rhymes

24 to 26 Months - books with paper pages, nonfiction stories about things like animals or seasons, and books that discuss jobs

And Don't Forget...

studies show that good reading habits in older adults can help improve memory, sharpen decision-making skills, reduce stress and protect against Alzheimer's and dementia.

Sources: Mindlab International, Alzheimer's Association, American Academy of Neurology



September is National
Literacy Month

Strategies to Help Kids Manage Their Mental Health

MANAGING MENTAL

HEALTH can be challenging at any age but children have less life experience and fewer coping mechanisms. Equip them with skills in childhood that can last a lifetime for a positive impact on students' personal and academic success.

1

Name it to tame it

Help students talk through challenges they're facing and name strong emotions. Have an open-door policy welcoming communication in-person as well as via text, which can feel less intimidating to share important information.

2

Include healthy adults in students' lives

Communicating with parents may not always be possible. Help students have another trustworthy option by fostering key relationships with role models in their school, church and community.

3

Model downtime

Show your children what downtime means by practicing it yourself. Share intentional breaks together. Everyone needs a break from work and other responsibilities.

4

Encourage balance

There is more to life than dedication to one pursuit. Help your child develop diverse interests, hobbies and friendships. If games, friends or even academics are taking up too much bandwidth, intervene.

5

Seek professional help

Know that mental health resources are available. Start by calling your insurance provider to find out about covered options near you. Be willing to seek help for yourself and show your child that there is no shame in seeking outside assistance.





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Your child can qualify for Head Start as early as **6 weeks old**, and we offer healthy and nutritious food made in house, as well as plenty of family engagement activities to help you in your journey of parenthood, including services for pregnant women.

We take ages 0 to 5

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WE LOVE IT!

By Leslie Carroll

The Potarama Clamp Laser Cat Toy

This budget friendly laser toy features an attached clamp that allows you to place it in areas where you wouldn't normally be able to fit a toy. The dual motors give the laser a very random pattern. It has a setting for automatic ten minute cycles every hour to preserve battery life. You can also use it manually as a laser when you want to be a little more hands-on in your play. www.potarama.com, \$9.98



PEOPLE OFTEN ASSOCIATE SEPTEMBER with the start of school, football season and fall, but it's the purr-fect month to show some love to your furry, four-legged friends. September is Responsible Dog Ownership month and Happy Healthy Cat Month! We've rounded up a few items that pets and their owners are sure to love.

Unilove On The Go Pet Stroller

Whether you're headed to the vet, enjoying a day at the park, or simply exploring the neighborhood your pet can travel in style in this 3-in-1 lightweight stroller with detachable pet carrier. On The Go Pet Stroller follows the same regulations that govern baby stroller design, ensuring a secure and cozy space for your furry companion. Your pet can enjoy a spacious interior while being safeguarded by dependable brakes and a secure harness. www.unilovebaby.com, \$169.99



Evercare Pet Lint Roller

Keep your household fabrics clean from dog shedding with the Evercare Pet Extreme Stick Lint Roller. This extra sticky pet tape offers 50% more pickup per sheet for a quick and effective way to pick up pet hair, lint and debris. Perfect for use on clothing, upholstery and more, the efficient lint roller is great for quick touch-ups and larger cleaning projects! www.amazon.com, \$6.49



Bike Tow Leash

Bike riding with your dog is a great way to get their energy out! However, when biking, it can also mean the potential for injury. Bike Tow Leash solves this problem by keeping safety in mind and is the only American

Pet Association Approved dog biking attachment on the market. A durable pre-assembled Bike Tow Leash with a smart arm automatically provides a loose leash reward for the correct position beside you while communicating direction and speed changes. www.amazon.com, \$186



Pioneer Pet Big Max Style Stainless Steel Dog & Cat Fountain

This large capacity drinking fountain circulates the water which is more appealing to your pet. It can accommodate big dog slurps and multiple drinkers at one time. The tank is stainless steel and dishwasher safe. The replaceable charcoal water filter keeps drinking water clean and pure. www.amazon.com, \$76.51



Unique ways to put rotisserie chicken to use

SEPTEMBER IS NATIONAL CHICKEN MONTH, and rotisserie chicken, once a novelty, is now a staple in supermarkets and food centers. Its flavor and convenience make it a popular choice for quick, easy meals, especially when dining out isn't an option. Enjoy it straight from the container like traditional roasted chicken or use it in various dishes. Here are some ideas for incorporating rotisserie chicken into your meals.

Make stock: Boil the chicken carcass with onion, parsnips, carrots, turnips, and herbs to make a soup stock. Add leftover chicken and noodles for a delicious soup.

Make a pot pie: Line small ramekins with premade pie crust. Mix chopped rotisserie chicken, cream of chicken soup, and thawed mixed vegetables. Spoon the mixture into the crust, top with another crust round, and poke vent holes. Bake until the crust is golden and the filling is hot for a delicious chicken pot pie.

Rotisserie chicken can be used as the filling: for enchiladas, fajitas, and tacos. Simply season with a packet of taco seasoning or make your own blend from a combination of paprika, chili powder and cumin.

Make chicken salad for sandwiches: Pulse rotisserie chicken with celery, dill, and mayonnaise (or Greek yogurt/

ranch dressing) in a food processor. Add crumbled bacon and serve the chicken salad on toasted whole wheat bread.

Buffalo-style Chicken: Shred the rotisserie chicken and blend together with melted butter and hot sauce to make it Buffalo-style. Use it as a topping for pizza served with a blue-cheese sauce on the crust.

Make Omelets: Add pieces of rotisserie chicken to eggs and top with melted cheese for a savory breakfast or brunch option.

Make a casserole: chicken chunks can be added to any of your favorite casserole recipes in lieu of fresh chicken.

Make mac-and-cheese Chicken: mix in shredded rotisserie chicken.

Make a chicken stir-fry: mix hot rotisserie chicken, Asian vegetables and seasonings. Serve over glass rice noodles.

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Fifty and Fabulous: Tales of an Older Mom

I went to see my doctor. He likes to order tests, scold me for gaining weight, and prescribe medication for a variety of woes.

I am not just at the age when I have to take pills every day; I am at the age when I can't swallow them all at once anymore because there are too many and I will gag if I try. And not just because my esophagus is scarred and narrowed from all that heartburn I had during my pregnancies but because there truly are too many pills. As

in six. And two of them are big.

If you can swallow six pills (including two big ones) at once, then you are younger than I am.

This is the age when the doctor starts talking colonoscopies and a shingles vaccine.

To make me feel better (I guess?), my doctor assured me that there was no need to wait until I turned fifty (in three days), that I could go ahead and get that shingles vaccine right away.

Why are we in such a hurry, doc?

"How are your kids?" my doctor asked. "About ready for college?" And then we revisited the conversation where I reminded him that I did not start my family in my twenties and that my children are only 14 and 11 and not ready for college, and then he said I needed to start putting more into their 529 plans and I was like, "I just finished worrying that I would die while they were still breastfeeding." And yet there we were.

Now I worry that I WON'T die. Because I haven't exactly been contributing anything meaningful to my retirement.

An interesting thing happens when your kids are eleven and fourteen, and you are 49 (OK, 49 and 362 days). It sometimes happens that you go to bed before the kids do.

But to the great delight of nostalgia, my fourteen-year-old woke me up last night around 1am. This reminded me of all the times she woke me up at 1am during those early years.

She woke me up to let me know that there were mice outside her window eating birdseed from her bird feeder and that not only were they making a lot of noise, but the dog was barking at them and keeping her awake. And all I could think was, "What do you want me to do?"

"Do you want to sleep in here?" I asked, like she was six again.

"No."

"On the couch?"

"No."

I was out of ideas. So I did what any reasonable human being would do. I woke up my husband. He went out, shoed away the mice, and brought the bird feeder inside.

And did not come back to bed.

For hours.

Didn't bother me. I passed back out, vaguely wondering why I had not yet heard him re-alarm the house.

I suppose I learned one thing from having babies: how to fall asleep at every opportunity. Next up: extreme pill swallowing.

Let's find your rich



What does it mean to be rich?

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SEPTEMBER 2

HAPPY LABOR DAY

Happy Labor Day!

SEPTEMBER 6

First Friday Artwalk

Hosted by the Arts Council of Kern, the ArtWalk will showcase a diverse array of talents, featuring artists, artisans, and vendors, creating a dynamic atmosphere for attendees.

7 - 10 p.m.
Downtown Bakersfield
19th and Eye Street
Bakersfield, CA
<https://kernarts.org/artwalk/>

Movies in the Park-Space Jam

Bring your picnic gear, lawn chairs, and blankets. The movie begins at dusk.

Mesa Marin Sports Complex
10315 Highway 178
Bakersfield, CA
www.bakersfieldparks.us

SEPTEMBER 6 & 7

Adult CPR & AED Class

This course involves the theory and detailed demonstration of Adult CPR and AED needed to care for a victim in cardiac arrest. This is a FREE class but registration is required.

Friday 4-9 p.m.
Saturday 8 a.m. - 12 p.m.
Register at www.bakersfieldcollege.edu
Greenacres Community Center
2014 Calloway Drive
Bakersfield, CA



SEPTEMBER

Walking is a great way to improve or maintain your overall health. Join one of the many walks found in our local event calendar.

SEPTEMBER 6 & 21

Night Hike

Enjoy a guided night hike at Wind Wolves Preserve. Reservations are required. This event is free.

8 - 10 p.m.
Wind Wolves Preserve
16019 Maricopa Hwy
Bakersfield, CA 93311
661-858-1115
www.wildlandconservancy.org

SEPTEMBER 7



10th Annual "Stomp Out Suicide" Walk

SALT is a local nonprofit that assists those bereaved by suicide and promotes awareness about suicide prevention in Kern County. This year's

theme is "A Decade of HOPE." All funds raised stay local.

8 a.m. - 12 p.m.
The Park at River Walk
11298 Stockdale Highway
Bakersfield, CA
661-718-LIVE (5483)
www.saltkc.org



Bakersfield Village Fest

Come experience Bakersfield's Biggest Party of the Year! This annual event features local bands, food from local restaurants, and beer from more than 60 breweries from across the country! Proceeds benefit Kern County non-profits and children's charities.

6 p.m.
The Kern County Museum
3801 Chester Ave.
Bakersfield, CA
www.bakersfieldvillagefest.com/



3rd Annual Festival del Mariachi

The 3rd annual Festival Del Mariachi is returning to the Fox Theater with musical performances by Mariachi Nuevo Tecalitlán, their female counterparts—Nuevo Tecalitlán and Mariachi San Marcos. In addition to the concert, they're bringing back student workshops, which will take place at Arvin High School. All experience levels are welcome to learn to play mariachi instruments like guitar, guitarron, vihuela, violin, trumpet, voice, and harp.

7 p.m.
Bakersfield Fox Theater 2001 H St, Bakersfield, CA 93301
<http://thebakersfieldfox.com/mariachi@lotusbakersfield.com>

THE BEST LOCAL CALENDAR OF EVENTS!

This calendar is edited for space. For details about these events or other activities, please visit kerncountyfamily.com

SEPTEMBER 8

National Grandparents Day

Fairytale Bridal Event Expo

Meet some of the top wedding professionals in Kern County.

11:30 a.m. - 3 p.m.

DoubleTree by Hilton Hotel
3100 Camino Del Rio Court
Bakersfield, CA

SEPTEMBER 9

25th Annual Kern County College Night

Representatives from dozens of local colleges, universities, and trade schools will be on hand to answer questions.

This event is free. No reservations or tickets are required.

5 - 8 p.m.

Mechanics Bank Convention Center
1001 Truxtun Avenue
Bakersfield, CA

SEPTEMBER 14

Celtic Thunder Odyssey Tour

It's an educational and entertaining odyssey through the heart of Irish culture, perfect for fans of all ages

7:30 p.m.

The Historic Bakersfield Fox Theater
2001 H St
Bakersfield, CA
661-324-1369
www.thebakersfieldfox.com

SEPTEMBER 18

Brian Regan Comedy Tour

Critics, fans and fellow comedians agree: Brian Regan is one of the most respected comedians in the country.

7:30 p.m.

The Historic Bakersfield Fox Theater
2001 H Street
Bakersfield, CA
661-324-1369
www.thebakersfieldfox.com



National Dance Day: Kern Dance Alliance celebrates with a day of dance on September 21 at Mechanics Bank Arena.

SEPTEMBER 18-29

The 2024 Kern County Fair

Discover the Magic at this year's Kern County Fair! For a detailed list of performers and activities visit www.kerncountyfair.com

Monday - Thursday: 4 - 11 p.m.

Friday (9/20): 10:30 a.m. - 11 p.m.

Friday (9/27): 3 - 11 p.m.

Saturdays: Noon - 11 p.m.

Sundays: Noon - 10 p.m.

Kern County Fairgrounds
1142 P Streets
Bakersfield, CA
www.kerncountyfair.com

SEPTEMBER 21

11th Annual Bakersfield Walk Like MADD & MADD Dash 5K



MADD's signature fundraising event to help

us raise both awareness and funds to eliminate drunk and drugged driving. All funds raised from this event stay in Kern County to help victims of DUI crashes, help raise awareness of the DUI epidem-

ic in our community, and help fund MADD Kern County programs.

7 - 10 a.m.

The Park at River Walk
11298 Stockdale Highway
Bakersfield, CA 93311
661-493-8200
www.walklikemadd.org/bakersfield

National Dance Day

Kern Dance Alliance celebrates with a day of dance!

Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA
<https://kerndance.org/danceday/>



The Kern County Fair is back! September 18-29 at the Kern County Fairgrounds.

Brews on the Mountain Festival

Come enjoy live music and beer tasting from different vendors.

2 - 6 p.m.

West Park, Grimes Baseball Field
490 West D St
Tehachapi, CA

tvrpd.org/brews-on-the-mountain

SEPTEMBER 22

Bakersfield Community Concert Association presents Danny Wells “Straight From Me... to You”

Multi-award-winning songwriter and artist Danny Wells is hitting the stage to perform a special tribute to one of the biggest music stars of all time: George Strait.

2:30 p.m.

Harvey Auditorium (Bakersfield High School Campus)

1241 G Street
Bakersfield, CA

www.bakersfieldconcertseries.org/danny-wells-strait-from-me-to-you/



Bakersfield Community Concert Association presents Danny Wells “Straight From Me...to You” on September 22.

SEPTEMBER 26

KC Public Health Mobile Clinic

Access child and adult immunizations, family planning services, health screening, and more. No appointment necessary and walk-ins are welcome.

Riverview Community Center

401 Willow Dr
Bakersfield, CA 93308
661-321-3000
www.norfun.org

SEPTEMBER 27

World Ballet Series: Swan Lake

Experience the legendary Swan Lake! The World Ballet Company presents the most beloved and iconic ballets of our time in cities nationwide. Driven by the belief that ballet is for everyone, performances appeal to newcomers and seasoned ballet goers alike.

7 p.m.

The Historic Bakersfield Fox Theater

2001 H Street
Bakersfield, CA
661-324-1369

www.thebakersfieldfox.com



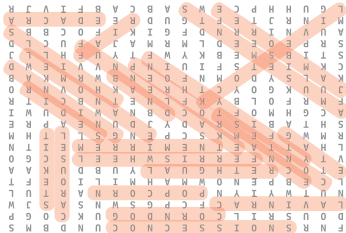
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ACTIVITY CORNER ANSWERS

ACTIVITY CORNER: PAGES 30-31

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

- CROSSWORD**
- Across
 - Down
 - 1. Activity
 - 2. Thug
 - 3. Youth
 - 4. Ligament
 - 5. Tackles
 - 6. OT
 - 7. Spots



WORD SEARCH SPONSORED BY:



SEPTEMBER 28

Movies in the Canyon

Get ready to immerse yourself in nature's beauty as you watch the film Jumanji under the starry night sky.

Gates open at 5:15 p.m.

Movies start at 7 p.m.

Wind Wolves Preserve
16019 Maricopa Hwy
Bakersfield, CA
661-858-1115
wildlandsconservancy.org/



Jon Pardi Mr. Saturday Night Tour

Country music superstar Jon Pardi in concert with special guest Pricilla Block.

7 p.m.

Mechanics Bank Arena
1001 Truxtun Avenue
Bakersfield, CA
www.axs.com

SEPTEMBER 29

Fun with the Frontline Fundraiser

Shielding the Frontline, Kern County (SFKC) will hold its 2nd annual fundraiser to raise funds to provide free, confidential behavioral health counseling services to local frontline emergency responders and their family members.

3 - 8 p.m.

Seven Oaks Country Club
2000 Grand Lakes Avenue
Bakersfield, CA 93311
661-621-2889
www.shieldingthefrontline.org

ONGOING EVENTS

THURSDAYS & FRIDAYS

Grandma Whoople STEM-U-LATION

Kids ages 4-17 are invited to participate in an engaging and educational program focusing on science, technology, engineering and math. Hosted by Grandma Whoople.

2:45 - 4:15 p.m.

MLK Community Center
Strong Room
1000 S. Owens
Bakersfield, CA
661-322-9874

THURSDAYS

UNTIL SEPT. 12

Toddler Story Time

10:30 a.m.

Beale Memorial Library
Register for free at Eventbrite
Sponsored by Blue Zones
Project Bakersfield

SATURDAYS

UNTIL SEPT. 28

NOR Skateboard Camp

Whether you're a beginner or a pro, enjoy an epic time filled with skating, fun, and new tricks! Camp instruction is provided by Bakersfield Skateboard Company. Registration required.

9 - 10:30 a.m.

North Beardsley Skate Park
901 Airport Dr, Bakersfield, CA
661-392-2000
www.norfun.org/skateboard-camp

EVERY SATURDAY

Riverlakes Farmers Market

Enjoy fresh, locally-sourced produce, connect with your neighbors, and embrace a lifestyle that celebrates simplicity and sustainability. Visit the NEW location!!

9 a.m. - 1 p.m.

Centennial High school
8601 Hageman Drive
Bakersfield, CA
661-332-4411
thehensroost@yahoo.com
https://thehensroost.com/

Worship Guide

SPONSORED BY:



David's Faith: Trusting the Good Shepard through Life's Trials *Jeremiah 33:3*

'Call to me and I will answer you and tell you great and unsearchable things you do not know."

Did you know that we know more about David than any other person in the Bible? We see him at every stage of his life. When he wrote Psalm 23 he wasn't a shepherd, He was the king of Israel. More than likely it was the time in his life when he was being chased by his son, Absalom. In verse one of Psalm 23 he speaks of God as his shepherd which means that

He saw himself as a sheep! If anyone knew the ways of sheep it was David. They are not known as real smart animals, and they definitely need protection and guidance. So do we! This world tells us that we are enough. It tells us that we are capable of navigating the paths of life without any assistance. Nothing could be further from the truth! It has never been God's plan for us to wander through our days without any direction, without any purpose, without any hope. Here's what the Good Shepherd says to us in Jeremiah 33:3, "Call to me and I will answer you and tell you great and unsearchable things you do not know." Call to the shepherd! He will answer!

— By Jon Engen, KAXL 88.3 Life FM



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Miscellaneous

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LESSONS & CLASSES

NEW CLASSES BEGIN IN SEPTEMBER!

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- Group Piano Classes (PreK - 11 yr)

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

Welcome Back to School!

Chess Club for Teens Sunday, September 15th, 3 p.m.
@2200 Oak Street. Register: www.kernautism.org

Parent Support Group Meeting Wednesday, September 18th, 6 p.m.
@2200 Oak Street. Register: www.kernautism.org

Female Support Group Thursday, September 19th contact our office for details.

Father Virtual Autism Support Group Saturday, September 21st, 2:30 p.m. Register: www.kernautism.org

Autism Seminar Series "Dyslexia & Irlen Syndrome" Wednesday, October 2nd register via www.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:

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com
2200 Oak Street, Annex Building

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HOME



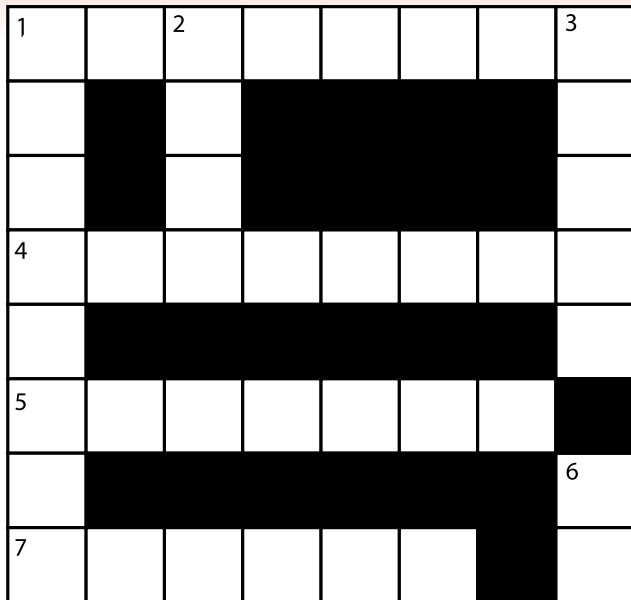
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SEPTEMBER ACTIVITY CORNER

Crossword



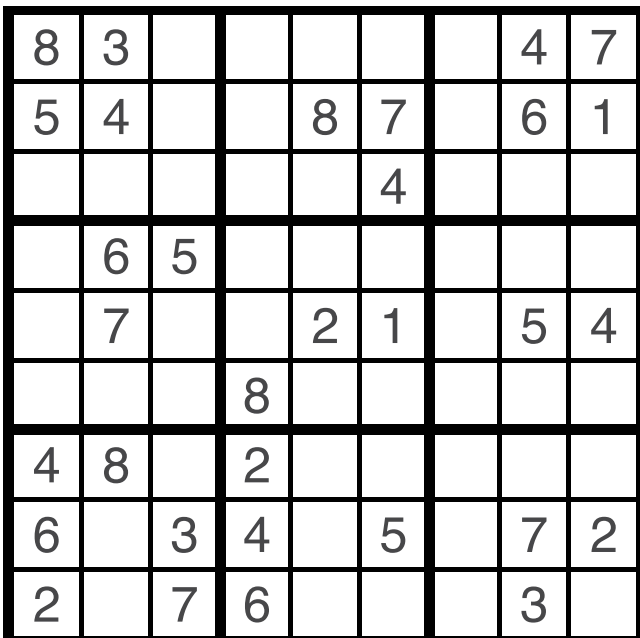
ACROSS

1. A thing a person does
4. Connective tissue
5. Grabs and stops a person
7. Competitive activities

DOWN

1. Sports participants
2. Aggressive person
3. Someone who is young
6. Extra time in a game (abbr.)

Sudoku



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



DID YOU KNOW?

Honeybee communication

Honeybees use a dance called the "waggle dance" to communicate with each other and tell their nestmates where to find the best food source. The angle and duration of the dance convey important information about the location of the nectar.

www.Google.com



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!

SEPTEMBER ACTIVITY CORNER

PUZZLE ANSWERS
PAGE 26

AT THE FAIR WORD SEARCH

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

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