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MEMBERS OF



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HELLO HAPPY MAMA

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YOU CAN DO IT

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COVER ILLUSTRATION: SHUTTERSTOCK



Vaun Thygerson
CONTRIBUTING WRITER

Robin Williams said, “Spring is nature’s way of saying, ‘Let’s party!’” I must agree! In fact, Spring is my favorite time of year in Bakersfield. I am reminded of how lucky we are to have such weather here. When I get Snapchats from others who live in colder climates, where there is still snow on the ground, I forget that people live in the snow during Spring. A friend in Idaho recently sent me a video of her grandchildren jumping on the trampoline in puffy coats with a cold, wintery landscape in the background. You could even see ice on the trampoline springs. Growing up in Idaho, we had more snow-filled days in April than not. In fact, one year, my older sister and I made the local newspaper for building a darling, supersized snowman with giant, floppy ears in our front yard for Easter: an iconic Snow Bunny.

My youngest son has been living in Kansas his Freshman year of college and has weathered some cold, WAY below-zero temperatures. When he came home for his Spring Break, he was in heaven shedding his winter gear for shorts and t-shirts. He is a true California boy at heart. We are so lucky to live in this desert climate; let’s just remember this when it turns hot, and we’re drenched in sweat.

One of my favorite events in April is the Bakersfield Women’s Conference, held this year on Thursday the 24th at the Dignity Health and Convention Center. Over the years, I have heard some inspiring speeches from local movers and shakers, and national figures like Tyra Banks, Joan Lunden, Vicky Lawrence, and others. This year’s theme is “Embody the Royal You”

with the keynote speaker Lisa Nichols, entrepreneur, philanthropist, and author. The best part of the event is networking and meeting new friends who are passionate about empowering others.

In this month’s Hello, Happy Mama, Callie Collins features some career advice from the leaders of this landmark, annual event. In the article, “**Hello, Happy (Networked) Mama: Five Networking Tips from the Bakersfield Women’s Business Conference Board Members,**” on page 12, she interviews the following women: Angel Cottrell, Janelle Capra, Christina Springstead, and Lizette Gomez Paterson. To learn more about this event and these women, check out <https://bakersfieldwomen.org>.

In this month’s Humor at Home, “**Grouchy Grins and Growing Pains,**” Julie Willis writes about her daughter’s new mouth accessory and rite of passage into adolescence: braces! She writes about the pain cycle of adjustments and how it affects her daughter’s eating habits. To read all about how her daughter is navigating this journey and where she falls on the grouch-o-meter, turn to page 21.

For this month’s Readers Respond, by Lisa Keosouphanh, on page 10, KCFM asked parents of teens for date ideas for this younger crowd. The question, “**What are some affordable and appropriate date night ideas for teens in Bakersfield?**” garnered all kinds of fun answers. Some ideas included everything from bowling to board games and included the family for BBQ and paint nights.

As we enjoy this time of year’s beautiful weather in Bakersfield, take a moment to appreciate all the benefits of living in a place that has almost 200 days of sunshine each year. And, remember that Spring really is a time to PARTY!

Happy Easter!

HELLO HAPPY MAMA CONTEST!

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Fifth Annual Autism Awareness Car Parade & Family Festival

April is Autism Awareness Month! Join the Kern Autism Network, Inc. for its 5th Annual Autism Awareness Car Parade & Family Festival on Saturday, April 5 from 10 a.m. to 1 p.m. at Beach Park, 3400 21st Street. Following the Autism Car Parade, there will be food vendors, bounce houses, and more to visit in the gated softball diamond. This event has free admission, but registration is required. It sold out last year. **For more information, please visit www.kernautism.org and click on the Eventbrite link.**



Skye on the River: Reimagining Okihi

When Stephen and Catherine Winters, founders of White Wolf Wellness, decided to put their creativity and expertise towards reimagining Okihi by the Kern River, they knew they had found their passion. This 14-acre piece of land has been dedicated as a space for nature, education, and community.

On Saturday, May 3 at 6 p.m., you can help celebrate this magical retreat with their fundraising event, Skye on the River, at Okihi's Outdoor Amphitheater, 13227 Round Mountain Road. This night will feature local musicians, curated by Crimson Skye, performing under the stars with a panoramic Kern River view. On property, you can enjoy food and drinks while you meet Okihi's wildlife: horses, sheep, goats, turkeys, and chickens. Stay for the concert or extend your stay for the night in a fully equipped RV rental, glamping tent, or bring your own tent to camp at one of their sites.

For ticket information and to learn more about Okihi, visit www.okihi.org

Congressman Fong Invites High School Students to Participate in 2025 Art Competition

Congressman Vince Fong (CA-20) invites high school students within California's 20th Congressional District to compete in the 2025 Annual "An Artistic Discovery" Congressional Art Competition. High school students (grades 9 – 12) from portions of Kern, Fresno, and Tulare counties who live in California's 20th Congressional District can submit artwork on a wide variety of subjects and mediums. Entries must be submitted by Friday, April 11, 2025, to Congressman

Fong's Bakersfield or Clovis offices. The winning entry will be prominently displayed in a corridor leading to the United States Capitol for one year.

All artwork must be an original concept, two dimensional, and no larger than 26" x 26" (the measurement should allow for framing) and 4" in depth. Paintings (oil, watercolor, acrylic, etc.), computer generated art, photography, drawings, collages, and prints (lithographs, silk screens, monotypes, woodcuts, and

intaglio methods) are acceptable. The winner of the overall competition will receive roundtrip airline tickets to travel to the exhibit opening in Washington, D.C. in June.

In addition to the overall winner, awards will also be given to students who place first, second, and third in the following three categories: photography, computer generated art, and artwork of all other mediums. **For further information, please contact Congressman Fong's Bakersfield office at (661) 327-3611 or any high school art department in California's 20th Congressional District.**

CSUB Hosts Annual Engineering Day

As part of its annual Engineering Day, local high school students visited the California State University, Bakersfield campus to learn about engineering programs and careers. The College of Natural Sciences, Mathematics and Engineering (NSME) hosts the event in conjunction with National Engineers Week.

“Kern County needs more engineers; we need more innovators and problem solvers who will shape the future of the community,” Dr. Jane Dong, dean of NSME, told students. “As the only four-year university in the area that offers ABET-accredited engineering programs, we take great pride in our responsibility to inspire, to educate and to create opportunities for young minds like yours.” **For more information, please visit www.news.csub.edu**



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Rio Tinto US Borax Donation to the Kern County Fire Department

Recently at the Kern County Board of Supervisors, Rio Tinto US Borax made a impressive donation of \$200,000 to the Kern County Fire Department. This generous contribution will directly support the personnel and resources needed by the Fire Department. Given the current high demand on local firefighters, it is essential that they receive the support and resources they need and deserve. **For more information, please email kuwaharas@kerncounty.com**

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Supporting Special Needs Students: The Increasing Demand

The number of children diagnosed with developmental disabilities is on the rise, specifically attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder (ASD). According to the CDC's National Center for Health Statistics (NCHS), nearly one in ten children have a developmental disability,

With diagnoses increasing and the demand for qualified professionals at an all-time high, schools are facing a nationwide shortage of specialists, leaving countless students lacking the care they need to thrive academically and socially.

Ahead of World Autism Day (April 2), ProCare Therapy, has shared ways that schools and communities can support students of all abilities in the classroom.

1. Implement Universal Design for Learning (UDL)

The UDL framework, which offers visual, auditory, tactile, and kinesthetic learning methods, helps remove potential hurdles in the learning process and caters to the diverse needs of all students, including those with neurodevelopmental and learning disorders.

2. Consider Individualized Support

Teachers can work closely with students to develop personalized learning plans that address their unique needs. This may include offering additional time for assignments, providing visual aids, or using assistive technology.

3. Foster Social-Emotional Learning

educators can encourage positive peer interactions and provide opportunities for students to build friendships and develop their social skills by ensuring students frequently engage in group



activities and cooperative learning,

4. Utilize Multi-Sensory Classroom Design

To accommodate different learning styles and sensory needs, classrooms can incorporate designated quiet spaces, natural or soft lighting, calming colors, and sensory objects. In addition, using visual aids, such as daily schedules and timers, can be particularly helpful for students with autism or ADHD.

5. Include Inclusive Books in Classroom Libraries and Reading Lists

By incorporating inclusive books, such as books with characters with disabilities, teachers expose students to varied experiences, perspectives, and challenges that may differ from their own. Breaking down stereotypes and promoting a more inclusive and supportive learning environment where students who identify with these characters feel seen.

With these tips, creating a more inclusive and supportive learning environment in classrooms where all students can thrive is achievable.

For more information about ProCare Therapy, please visit www.procaretherapy.com.



Kidney Stones Affecting Younger Ages: A Growing Concern

Kidney stones, typically forming in mid-30s to 50s individuals, are now increasingly seen in younger patients, including adolescents. A kidney stone is a hard debris formed from solid waste like salts and minerals in urine. When the balance of solid waste to liquid in urine is low, crystals form and bond into stones. Small stones may pass unnoticed, while larger ones cause pain or get stuck, leading to severe pain and infection. The rise in kidney stones among younger people is linked to high-sodium diets, ultra-processed foods, and inadequate hydration. Data from the Centers for Disease Control and Prevention (CDC) shows that children and young adults now far exceed the recommended sodium intake of 2,300 milligrams per day. Changing diets to limit salty and ultra-processed foods, ensuring hydration, and maintaining a healthy weight can help reduce the risk.



Pecans Pack a Nutritious Punch

Though pecans may not land on most people's radar unless they're served in pies, this valuable nut packs quite a nutritional punch. According to the International Tree Nut Council Nutrition Research & Education Foundation, a 1-ounce serving

of pecans provides 11 percent of the daily recommended dietary fiber and are a great source of healthy fats, as 60 percent of the 20 grams of total fat found in a 1-ounce serving is from monounsaturated fat and 30 percent from polyunsaturated fat.

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Q. "What are some affordable and appropriate date night ideas for teens in Bakersfield?"

KERN COUNTY FAMILY MAGAZINE reached out to parents for teen date night ideas in Bakersfield, and WOW did you deliver! With nearly 200 amazing suggestions, we've gathered plenty of fantastic options for your teens to enjoy. Check out a selection of your creative and budget-friendly ideas below:

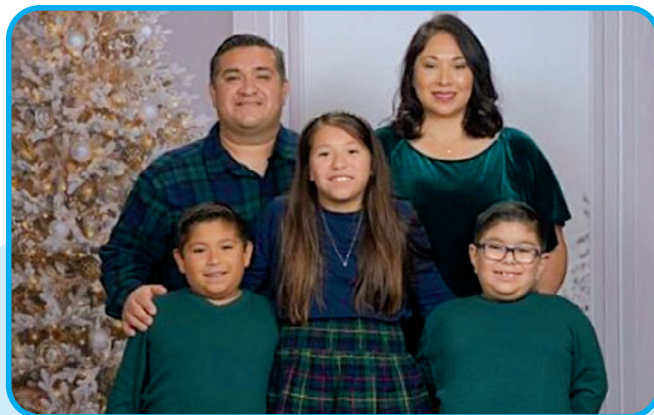


"Chilis for the 3 for me meal, get a smoothie from Jamba Juice, or SMG for the Tuesday \$6 tickets."

- Ariana Martin

"Bowling can be great fun. It's a good way for the whole family to go. And mom and dad can chaperone!"

- Rebecca Espitia Pate



"Staying at home, so I can watch them."

- Dominica Dominguez

"Church event, pizza & music."

- Linda Castro



"Rush Air"

- Chellie Malley



"Attending local high school and/or college sport events; Roller skating at the rink; a trip to the library; cooking night for family."

- Jane Salazar

"Painting with each other, picnic in backyard, cooking class with family, doggy dates, trivia night with family, free marketplace concerts, BBQ with family."

- Martina Mieh



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HAPPY Spring!



For answers to this month's puzzle, scan the QR code, or go to: omnifamilyhealth.org/puzzle-answer-key/

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Angel Cottrell



Janelle Capra



Christina Springstead

HELLO, HAPPY NETWORKED MAMA

Five Networking Tips from Bakersfield Women's Business Conference Board Members

The 35th annual Bakersfield Women's Business Conference (BWBC) will take place April 24 at Mechanics Bank Arena, with its inspiring theme: Embody the Royal You. Women of diverse backgrounds will gather for a day-long experience focused on personal and professional growth. This year's main speaker is entrepreneur, philanthropist and author Lisa Nichols. Additionally, the event includes 27 workshops, with topics ranging from personal finance to technology, offering key takeaways.

Averaging more than 1,400 conference participants in recent years, expected attendance has more than doubled since its founding in 1990. Sure to teach, inspire and help create connections, women continue to find support, resources and opportunities for reflection through the conference.

The opportunity to network is an outstanding aspect of the BWBC. Networking can open doors to new career prospects, provide valuable

insights and mentorship. Staying current on industry standards, sharing best practices and expanding circles of influence are just a few benefits networking can facilitate for members of distinct communities. Moreover, the ability to make friends and support each other's ambitions matters.

Four members of the nonprofit's board, which is made up of 20 women, including wives and mothers, professionals and others, share about themselves along with their best networking tips below to put into practice for the big day:

NETWORKING TIP LIST

Tip #1. Do Your Research to Prepare: Preview the event's agenda, speakers and attendees. Familiarize yourself with who to connect with; learn about their roles or interests to approach conversations confidently and with purpose.

Angel Cottrell, 2025 Board Chair

Current professional title: CEO, Apollo Consultancy Group Inc-Strategic

Consulting and Executive Coaching Firm; Founding Program Manager, Kern High School District Entrepreneurship Resource Centers; Business Adjunct Faculty at California State University, Bakersfield and Taft College

Best career advice: "Don't be afraid. Be focused. Be determined. Be hopeful. Be empowered." — Michelle Obama

Tip #2. Have a Clear Elevator Pitch:

Succinctly explain who you are, what you do and what you're looking to achieve in 30 seconds or less. Be clear and engaging. Tailor info to the audience you're addressing.

Janelle Capra, Greater Bakersfield Chamber, Marketing Committee

Current professional title: President & CEO, Greater Bakersfield Chamber

Favorite quote: "For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone." — Audrey Hepburn



Lizette Gomez

More inspiring quotes from national experts on networking:

“You can have everything in life you want if you will just help enough other people get what they want.”

— Zig Ziglar

“Networking is more about farming than it is about hunting. It’s about cultivating relationships.”

— Ivan Misner

“Networking is the No.1 unwritten rule of success in business.”

— Sallie Krawcheck

Janelle’s sample elevator pitch:

“Good day! I’m Janelle Capra, CEO... that’s “Chief Empowerment Officer” and I love to play matchmaker for small businesses, nonprofit organizations and corporations. I believe in the pure power of PR to connect, collaborate and create a culture of positive impressions. How can I help you build your brand in Bakersfield and beyond?”

Tip #3. Bring Your Business Cards:

Exchanging business cards makes it easy for new contacts to reach you. Always have a supply of business cards on hand for networking.

Christina Springstead, Treasurer

Current Professional Title: Founder & CEO, Springstead Solutions | Master Profit First Professional

Favorite quote: “The voice you believe will determine the future you experience.” — Priscilla Shirer

One central truth to share with women in Bakersfield:

Your business is only as strong as the foundation it’s built on. Every decision you make — who you trust, how you manage your time, and what you invest in — shapes your future. Don’t undervalue your own leadership by handing over key areas of your business without due diligence.

Tip #4. Be Genuine and Listen: Build authentic relationships rather than just pushing your own agenda. Listen actively to the people you speak with and ask thoughtful questions to form meaningful connections and leave a positive impression.

Lizette Gomez Patterson, Vice Chair

Current Professional Title: Founder & CEO, Cazador Consulting Group Inc.

Favorite quote: “I can. I will. Watch me.” — Anonymous

Best Career Advice: Success isn’t about being perfect, it’s about being real. Perfection doesn’t make you successful; persistence, grit, and authenticity do. The most successful people aren’t the ones who never failed; they’re the ones who kept going despite their failures.

Tip #5. Follow Up: The event’s board members agree: Circle back with the people you meet. Whether through LinkedIn, email or a specific platform, a personalized message shows genuine interest in maintaining the connection. Refer to specific topics you discussed to make your follow-up more memorable.

By following these tips and embracing the spirit of collaboration and support, you can make the most of networking opportunities. Building strong, genuine relationships with like-minded professionals will open doors to new opportunities and help you achieve your goals.

Find out more about the BWBC at <https://bakersfieldwomen.org/>

HELLO HAPPY MAMA CONTEST

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Value of \$300



Enter by Midnight, April 22nd



TO ENTER GO TO:

<https://kerncountyfamily.secondstreetapp.com/April-Hello-Happy-Mama-Contest-3/>

Books in Bloom: Your Spring Reading List

IF APRIL SHOWERS BRING MAY FLOWERS, this month may be a good one to cozy up with a good book! Here are our picks that will remind you that spring has sprung! Don't forget to celebrate World Book Day on April 23 by choosing your favorite and heading outside for a read!



Dr. Seuss's Spring Things: A Spring Board Book for Kids

By Dr Seuss
\$8.49; Ages 1-3
Publisher: Random House Books for Young Readers
Amazon.com

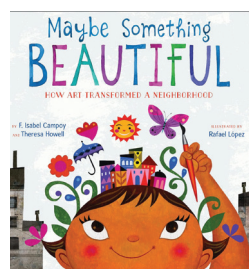
Another classic written in super-simple rhyme, this one is sure to be a hit with little ones, as they'll find bunnies, duckies, flowers, worms and more.



Little Blue Truck's Springtime

By Alice Schertle & Jill McElmurry
\$9.36; Ages 1-3
Publisher: Clarion Books
Amazon.com

This lift-the-flap book takes little ones on a ride with Little Blue Truck and his friend, Toad. What signs of spring will they find



Maybe Something Beautiful

By F. Isabel Campoy, Thera Howell & Rafael Lopez
\$5; Ages 4-7
Publisher:

HarperCollins
Kohls.com

Mira lives in a gray urban community until a muralist arrives and washes the town with color, joy and hope. Based on the true story of the Urban Art Trail in San Diego, 100% of the net profit from the sale of this item at Kohls will support the health and wellness of families in our communities.



Spring Stinks

By Ryan T. Higgins
\$7.79; Ages 2-6
Publisher: Disney Hyperion
Amazon.com
New York Times best-selling author, Ryan Higgins, pens this adorable story

about all the smells of spring!



I Spy Spring

By Foxes Publishing
\$10.99; Ages 3-6
Publisher: Independently published
Amazon.com

This "I spy" book is great for kiddos 3 and up. Look and find a variety of items all

relating to spring!



Who's Awake in Springtime?

By Phillis Gershtator, Mim Green & Chollat
\$8.15; Ages 4-7
Publisher: Henry Holt & Co.
Amazon.com

It doesn't matter if you read this to them or your early reader gives

it a go, this is a cute tale in rhyme.



Spring is Here: A Bear and Mole Story

By Will Hillenbrand
\$7.51; Ages 2-5
Publisher: Holiday House
Amazon.com

Mole is ready to take on warmer weather, but his

friend, Bear, is still sleeping. What's a mole to do?



The Flower Thief

By Alice Hemming & Nicola Slater
\$10.99; Ages 4-8
Publisher: Sourcebooks Jabberwocky
Amazon.com

This recently-released book is a companion to the bestseller, The Leaf Thief. In this rendition, spring is here and with it comes a new flower. But when Squirrel becomes too protective of it, Bird shows Squirrel the right way to let flowers blossom and grow.



Hello Spring!

By Shelley Rotner
\$7.99; Ages 4-8
Publisher: Holiday House
Amazon.com
Watch the season turn with each turn of the page—and get a few ideas of

how to celebrate the season!



Explore Spring! 25 Great Ways to Learn About Spring

By Lauri Berkenkamp & Alexis Frederick-Frost

\$12.95; Ages 6-9
Publisher: Nomad Press

Amazon.com

This book is for those who like to learn by doing. It combines hands-on experiences from observing the forest floor to science experiments. Great for families with kids of different ages!



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AGES 2-18

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Tuesday - Friday

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Tuesday - Friday

Northeast Branch Library

2671 Oswell St. Suite B, Bakersfield
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Beale Memorial Library

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Wasco Branch Library

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Wilson Branch Library

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Tuesday - Friday

Lamont Branch Library

8304 Segrue Rd, Lamont
Tuesday - Friday



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This program is supported in whole or in part by funding provided by the State of California, administered by the California State Library.



Virtual Summer Camp Fair

This year, Kern County Family Magazine is bringing the annual Camp Fair to you virtually! Discover the ideal summer camp for your child as you explore what makes each camp special and get answers to common questions parents often have when choosing the perfect fit.

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Top 10 Things You Never Knew About Camp

BY AMERICAN CAMP ASSOCIATION

Camp has become a staple of the summer season. Each year, millions of children, youth, and adults head to the hills, lakes, valleys, and parks to participate in the time-honored tradition of camp. And, while most people easily conjure up images of campfires and canoes, there is a lot more to the camp experience. Here are ten of the things you may not have known about the camp experience.

10. Camp is older than dirt, almost literally. Starting in 1861, the camp experience turned an impressive

150 years young in 2011. The secret behind longevity? “Camps are constantly adapting to meet the changing needs of today’s families,” said Peg Smith*, chief executive officer for the American Camp Association® (ACA). “And yet, in essentials, camp is very much the same as it was 150 years ago – kids still have authentic, life-changing experiences.”

9. Camp is worth its weight in gold, and then some! The camp experience is life-changing – developing friendships and memories that last well beyond the final campfire. And there is a camp for literally every budget. Often camps offer special pricing or financial

What are the average costs for summer camps in California?

Overnight Camps: Approximately \$2,270 per week, which translates to about \$325 per day.

Day Camps: Typically range from \$50 to \$500 per week, with an average daily cost of around \$87.

These costs can vary depending on the type of camp and the specific programs offered.

assistance, and some camp experiences qualify for tax credits or for payment with pre-tax dollars. Visit www.CampParents.org/affording-camp for more information.

8. Green is “zen.” Research shows that first-hand experience with nature, like those at camp, reduces stress in children and help them better handle stress in the future. In addition to teaching children how to be good stewards of the environment, camps teach children how to enjoy the world around them and take a minute to breathe deep and feel the nature, which ultimately teaches them how to de-stress the natural way.

7. Mommies and Daddies do it too. Camp is not just for children and youth. There are family camp experiences, and camps for single adults, senior adults, and any adult that wants to relax and enjoy all camp has to offer. Adults benefit from the same sense of community, authentic relationships, and self-discovery that children do. Camp is an excellent vacation option, allowing adults to try a variety of new activities in a safe and fun environment.

6. Try this on for size! Camp is a great place to try new activities and hobbies. Afraid of rock walls? According to ACA research, 74 percent of campers reported that they tried new activities at camp that they were afraid to do at first. And, those activities often leave lasting impressions. In the same survey, 63 percent of parents reported that their child continued new activities from camp after returning home.

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5. Manners matter and often linger. The camp experience teaches more than just archery or lanyard making. The entire experience is made of teachable moments, perhaps one of the biggest is how to live with a group of people. Campers learn to pick up after themselves, respect each other's property, and to say "Please" and "Thank You."

4. Veggies taste better with friends. Hollywood and fictional novels may have given camp food a bad reputation, but in truth, camps are constantly exploring healthy food options and often are at the forefront of things like allergy specific diets, healthy snack options, and vegetarian meals. According to ACA's 2011 Emerging Issues survey, 90.7 percent of responding camps indicated that healthy eating and physical activity was an important or very important issue.

3. If everyone else went to camp, maybe there's something to it! Camp has played an important role in the lives of some of the most talented people in history. ACA's family resource site offers a list of notable campers – including business professionals, celebrities, artists, and great thinkers.

2. Camp gets those neurons pumping! Education reform debate and concern over summer learning loss have pushed academic achievement into the spotlight. Research shows that participation in intentional programs, like camp, during summer months helps stem summer learning loss. In addition, camp provides ample opportunity for developmental growth, which is a precursor to academic achievement. And, because of the "hands-on" nature of camp, often children who struggle in traditional education settings do well at camp.

1. Camp builds leaders for the 21st century and beyond! Independence, resilience, teamwork, problem-solving skills, and the ability to relate to other people – these are the skills that tomorrow's leaders will need, and the skills camp has been adept at building for 150 years. "Tomorrow's leaders will not be those who can type or text with lightning speed, they will be those who can have a face-to-face conversation and articulate their thoughts, ideas, and values," said Smith. "Tomorrow's leaders will be able to relate globally and find common ground with people who are vastly different from themselves – people from different backgrounds and cultures. Tomorrow's leaders will be made and educated by experiences like camp."

About ACA: The American Camp Association® (ACA) is a national organization with over 9,000 individual members and nearly 3,000 member camps. ACA collaborates with those who value quality camp experiences and provides advocacy, education, and professional development. It is the only national accrediting body for camps, accrediting around 2,400 camps that meet up to 300 health and safety standards. For more information, visit www.ACAcamps.org.

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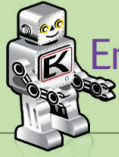
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For more information



SCAN ME

For more information

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Monday - Friday

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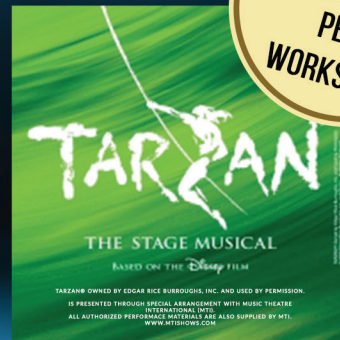
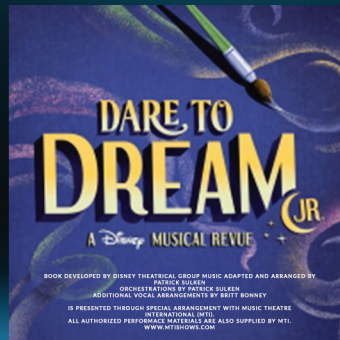
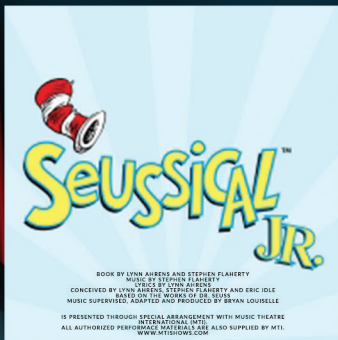
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- Roll the account over to an individual retirement account (IRA).
- Cash it out, which is subject to potential tax consequences.



We can talk through your financial goals and find the option that works best for you.



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Financial Advisor
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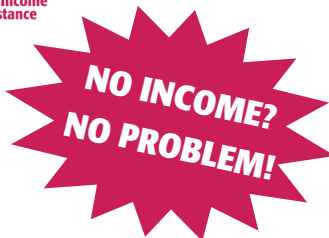
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Young Child Tax Credit (YCTC)

IT'S YOUR MONEY
GET IT!
EARNED INCOME TAX CREDIT



You may qualify for the Young Child Tax Credit even if you DID NOT have income in 2024.

- A tax credit for individuals & families who have at least one child under the age of 6 (5 or younger).
- The credit amount is up to \$1,154.
- Individuals with ITINS may also be eligible for YCTC.

To qualify for YCTC you must meet all of the following requirements during the tax year:

- You're at least 18 years old or have a qualifying child.
- Have earned income of no more than \$31,950.
- Have a valid Social Security Number or Individual Taxpayer Identification Number (ITIN) for you, your spouse/RDP, and any qualifying children.
- Lived in California for more than half of the filing year.
- Not be eligible to be claimed as a dependent of another taxpayer unless you have a qualifying child.



661-834-1724 vita.capk.org 300 19th St Bakersfield, CA 93301

WE LOVE IT!

By Lisa Keosouphanh

GO BEYOND SWEETS and spring into fun with these Easter basket toy ideas! Spark your kid's creativity and learning with these toy ideas and make this year's Easter baskets exciting—without the sugar rush. Find more Easter basket ideas at www.kerncountyfamily.com/

Cute & Custom Gem Water Bottle Decorating Kit

Have fun and stay hydrated! This water bottle is not just a practical accessory but also an exciting DIY project that lets children express their creativity. With water bottle kits for boys and girls, kids can design a personalized water bottle that is uniquely theirs. \$17.95, www.amazon.com



Tree Town Toys Art Café

Inspired by latte art and designer cookies made in stylish coffee shops and social media videos, Art Café introduces this pour & pull paint technique to arts and crafts. Beautiful designs emerge in magical transformations with this simple pour & pull technique. Enjoy the mesmerizing effect, as you pull, swirl, and transform the colors into entrancing works of art. \$15.99, <https://treetowntoys.com/new-art-cafe>



Gabby's Dollhouse™ Airbrush Art Case

Make your own cat-tastic posters with this handled art case including drawing surface, airbrush tool and colors, stencils, and mini poster sheets. All components fit in a handled case for storage and portability! \$24.20, www.amazon.com



Fisher-Price Barney's World: Sensory Barney Plush Toy with Fidget Activity

This Barney plush toy features a variety of textures & activities like smooth silky hands, soft ribbed belly, embroidered spiral and line patterns on feet to trace with a finger and a heart-shaped pop fidget accessory attached for added hands-on fun to help foster self-regulation skills and a sense of security for toddlers and preschool kids ages 2 years and older. \$22.60, www.walmart.com



Grouchy Grins and Growing Pains

Just in case adolescence had not hit my adolescent yet. Just in case she was not already grouchy and tired and sleeping until noon and staying awake all night. Just in case she could respond to a question with words instead of grunts. Just in case all was well at the cusp between being a tween and being a teen....

Just in case.

There are braces.

Because right when your twelve-year old is done holding it together. Just when she has given up on acting like a civil human being. Just when she has realized that you cannot force her to use her words anymore.

That is the moment.

The moment when life and growth throw this ball of fun your way.

So now your picky eater who only ever ate sushi and omelets and avocado toast now only eats ... absolutely

nothing. Because you can't chew with spacers between your teeth. So it is smoothies without any berries (because of the seeds, of course) and nothing but smoothies. All day. Every day.

Not that we were eating popcorn and ribs.

But let's just make sure we don't.

No ice. No gum. No biting down on toast.

And the food restrictions are not the worst of it.

Mainly what I want to whine about is grouchiness. The grouch-o-meter only goes up to ten on the grouch scale. It is about to set off every alarm.

A warning of impending doom.

This child is not only grouchy, but now she is in pain, too. Real, actual physical pain. The kind of pain most kids do not have to experience before adolescence. So they do not know how to handle it. It

is not like the pain of a shot. Because it stays sore for days on end. It is not like scraping your knee when you fall off your bike. It is not the type of thing that mom can kiss and make better. It is just there. Raw, sore, pain day after day.

And the moment things start to settle down and your adolescent starts thinking maybe they could bite into that avocado toast after all...

Then it's time for an adjustment.

And we begin this whole thing all over again.

It seems strange to think that by the time she gets her braces off, this child of mine will be sleeping at night again and using words to respond to us. It is like she will re-emerge as a human being who has remembered how to eat and sleep and speak.

At least that is the hope I am holding onto getting me through the next eighteen- to thirty-six months.



PHOTOS COURTESY OF FLOSSIE WHITE

“I saw that a lot of kids were sad so I made something that will make sure when they are in their darkest moments, they read it and it makes them feel better.”

Ivyskye Madison White

Ivyskye said she believes that’s exactly where healing and happiness must start. “A lot of people ask why girls always look sad or have an attitude. But you make them feel small and then you don’t listen and so they get an attitude. And some people say, ‘They’re just a kid, they don’t have the right [to an attitude].’ Just listen.”

Ivyskye’s writing endeavors have earned her props from her classmates.

“They love it,” she said. “They always walk up to me and say, ‘I saw you on the news’ and ask ‘Can I have a book?’”

Ivyskye’s mother couldn’t be more proud of her daughter.

“I want to talk about the resiliency of Ivyskye and how she has used her art, writing and passion for inspiring girls to overcome bullying after the unexpected death of her very involved father to an aneurysm. Not only has she overcome those challenges but as a result of COVID, she was behind a grade level in reading but she never stopped reading,” explained Flossie White. “She read and read finally reaching grade level and beyond becoming a honor student.”

Ivyskye recently made the Honor Roll at William Penn Elementary.

In her “spare” time, she draws, paints, attends church, feeds the homeless and plays cello.

When she completes high school, Ivyskye has hopes of moving to a big city and becoming a writer in a different genre.

“I like reading comic books, too, and want to make one,” she said.

For more information on Ivyskye and her books, visit her Facebook page, Princess Posse Magazine.

Young Words, Big Impact: Ivyskye’s Journey

Ivyskye Madison White has been on this earth for just a little more than a decade, but already she has penned two books, runs a magazine and, most importantly, is on a mission to help other kids.

The 11-year-old Bakersfield girl is author of “Little Girl, You Are ...” and “Choices: A Book About Bullies.”

“I love reading books and I wanted to make a book just like some of the books I read,” she explained when asked why she decided to become an author at such a young age.

She also wanted to help other kids who may be struggling with the same issues that have challenged her.

“When I was a little girl in like kindergarten, kids made fun of me because of my skin color and my hair,” she recalls. “I don’t like talking about it much, not because it hurts, it’s just something from the past that I don’t want to bring it into now times.”

Under the gentle guidance of her mom, Flossie White, Ivyskye used her experience to create a book for other kids.

“I first I wrote it out on Canva and then took it to a person that could make the writing into a book and with their help, it was easy,” she said.

Once the writing bug bit, Ivyskye started doing what writers do—she writes daily for about 1.5 hours after school —and before she knew it, she was focused on creating a magazine, Princess Posse Magazine, for girls ages 5 and up and their parents and grandparents.

“I saw that a lot of kids were sad so I made something that will make sure when they are in their darkest moments, they read it and it makes them feel better,” Ivyskye said.

If you’re getting the sense that this is a young lady who cares about others and has the spunk to make a difference, you’re right!

She also hosted a Princess Party for girls.

“The Princess Party is a party that little girls go to and they are happy. We have games, a DJ and have an enchanted feast at the party and kids dance with real life princesses,” Ivyskye said.

She said happiness is so important to young girls, especially.

“I think everyone wants them to be perfect,” she said. “People don’t listen. Maybe some girls are trying to talk but people keep shutting them up. That stuff really hurts, it hurts a lot and no one gets it.”

A Spin on a Classic Easter Dessert: Carrot Cheesecake

SWEET, DELICIOUS TREATS make Easter celebrations magical, putting the final touch on brunch, lunch or dinner gatherings. To ensure your feast goes off without a hitch, make this cake the day before for a no-hassle Easter.



Carrot Cheesecake

INGREDIENTS

Cake:

- 1 box spice cake mix
- 1 cup grated carrot
- 1 cup coconut
- 4 eggs
- 1 stick butter, melted
- ¾ cup vanilla Greek yogurt

DIRECTIONS

Heat oven to 350 F.

To make cake: Mix cake mix with carrot and coconut. Using hand mixer, blend in eggs, butter and yogurt. Pour mixture into greased springform pan and bake for 30 minutes. Let completely cool in pan.

To make cheesecake: Using hand mixer, whip whipping cream and sugar to form whipped cream and set aside.

Cheesecake:

- 1 cup heavy whipping cream
- 3 tablespoons sugar
- 8 ounces cream cheese, softened
- 1 teaspoon vanilla
- ½ cup powdered sugar

Topping:

- ½ cup chopped walnuts
- ½ cup white chocolate chips

Using hand mixer, whip cream cheese, vanilla and powdered sugar. Add in whipped cream and mix. Pour onto completely cooled carrot cake in springform pan. Let set in refrigerator at least 4 hours or overnight before unspringing pan.

For topping: Sprinkle chopped nuts and chocolate chips on cake before serving.

Tip: For extra festive appearance, add desired Easter candy on top.

— Recipe courtesy of "Cookin' Savvy"

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AUTISM AWARENESS MONTH

APRIL 1

April Fool's Day!

APRIL 4

Felipe Esparza

Felipe Esparza is a stand-up comedian and actor who has come a long way since winning NBC's "Last Comic Standing" in 2010. Get your tickets today for an evening full of laughter!

7 p.m.

Historic Bakersfield Fox Theater
2001 H Street
Bakersfield, CA 93301
<https://www.bakersfieldlive.com/>

Career and STEM Expo

FREE event! Geared towards middle school, junior high, and high school students of Kern to build Career & STEM awareness for tomorrow's workforce. Employers from Kern County will promote the different opportunities that are available within their companies through an interactive booth.

8:30 a.m. – 1 p.m.

Career Technical Education Center
7301 Old River Road
Bakersfield, CA
<https://cte.kernhigh.org/apps/pages/careerexpo>

Streets of Bakersfield Gala

First annual event, benefiting Orlie's Shoe Drive! Enjoy dinner, cocktails, live music, and make a difference in the lives of children in Kern County.

6 p.m.

Luigi's Event Center
725 E. 19th Street
Bakersfield, CA
<https://www.orliesshoedrive.com/>



Janelle Capra, LJ Radon, and Lisa Young networking at last year's Bakersfield Women's Business Conference.

APRIL 5

5th Annual Autism Awareness Car Parade & Family Festival

Celebrate Autism Awareness Month with food vendors, bounce houses, a car parade and more. Registration via Eventbrite is required for families. Admission is FREE!

Car Parade: 10 – 11 a.m.

Family Festival Activities:

11 a.m. – 1 p.m.

Beach Park
3400 21st Street
Bakersfield, CA
<https://kernautism.org/categories/>

Financial Literacy Day Bakersfield

Teens (15-18) are welcome

to attend this free event that will help them better understand the complexities and difficulty of living within a budget. Plus, each participant can enter for a chance to win a \$2,500 college scholarship! Register today!

9:30 a.m. – 12 p.m.

Valley Strong Administrative Office
11500 Bolthouse Drive
Bakersfield, CA
<https://www.valleystrong.com/workshops-webinars>

8th Annual BSWA 5K Walk

Get laced up and ready to walk! This year's theme is "Walk for Resilience". Char-di Kala (eternal optimism) encourages all to remain

positive and determined, even in the face of hardship.

8 a.m. – 12 p.m.

Park at RiverWalk
11298 Stockdale Hwy.
Bakersfield, CA
<https://runsignup.com/Race/CA/Bakersfield/BSWA5k>

Edible Schoolyard Annual Plant Sale

A day of food, fun, and gardening! Shop a vibrant selection of vegetables, herbs, and flowers to bring home to your own garden.

9 a.m. - 1 p.m.

Buena Vista Edible Schoolyard
6520 Buena Vista Rd.
Bakersfield, CA
<https://www.esykerncounty.org/plant-sale>

THE BEST LOCAL CALENDAR OF EVENTS!

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

APRIL 7

2025 ADAKC Golf Classic

Tee up for a good cause! A day of golf, camaraderie, and community while supporting the mission of serving families living with Alzheimer's.

9 a.m.

Bakersfield Country Club
4200 Country Club Dr.
Bakersfield, CA
<https://www.adakc.org/>

APRIL 10

National Encourage a Young Writer Day!

KCMEA Jazz Day

This all-day event will feature student jazz ensembles from throughout Kern County, with showcase performances by the BC Jazz Ensemble, the BC Faculty Jazz Combo, and the Kern County Honor Jazz Band.

9 a.m. – 5 p.m.

Simonsen PAC Indoor Theater
1801 Panorama Dr.
Bakersfield, CA
<https://www.bcjazz.org/jazzday>

APRIL 11

CSUB Jazz Concert

CSUB Jazz Ensembles under the Direction of Jim Scully will present new and old music by artists, focusing on those who made their career in Los Angeles.

7:30 p.m.

CSUB Doré Theatre
9001 Stockdale Hwy.
Bakersfield, CA
<https://www.csub.edu/music/>

APRIL 12



Monster Truck Wars Bakersfield

America's WILDEST Monster Truck Show, the family fun event is coming to Bakersfield!



APRIL 8

CAPK Spring Festival

FREE event for all ages! This event is packed with family-friendly activities, games, and springtime fun. Enjoy an egg hunt, meet the Easter Bunny, and explore a resource fair!

10 a.m. - 12 p.m.

Siemon Park
3300 Redlands Dr.
Bakersfield, CA
https://www.instagram.com/cap_kern/

APRIL 11

City of Bakersfield's Spring Eggstravaganza

FREE event for all ages! Enjoy an egg hunt, meet the Easter Bunny, and explore a resource fair!

3 p.m.

MLK Community Center
1000 South Owens
Bakersfield, CA
<https://www.bakersfieldcity.us/>

APRIL 12

NOR Easter Egg Hunt @ Riverview Park

Celebrate Easter early at this free egg hunt for children, ages 1-10 years old. Bring a basket and a camera for your photos with the Easter Bunny!

10 a.m.

Riverview Park
401 Willow Dr.
Bakersfield, CA
<https://www.norfun.org/>

Easter Family Fun Day

FREE event for families and children! Bounce house, giant slide, face painting, crafts, candy, egg hunt and more!

12 - 4 p.m.

First Presbyterian Church
1705 17th St.
Bakersfield, CA
<https://fpbchurch.com/>

3rd Annual Easter Showdown & Youth Basketball Tournament

FREE community event! Enjoy 3-on-3 Basketball Tournament and Pop-up Shop (ages 7-18), live entertainment, raffles, slam dunk contest, Easter bunny, vendors and more!

11 a.m. – 3 p.m.

Bakersfield Swap Meet
2207 Brundage Lane
Bakersfield, CA
<https://www.instagram.com/lovefromabovecommunity/>

APRIL 19

NOR Easter Egg Hunt @ Emerald Cove Park

Celebrate Easter early at this free egg hunt for children, ages 1-10 years old.

Bring a basket and a camera for your photos with the Easter Bunny!

10 a.m.

Emerald Cove Park
4303 Patton Way
Bakersfield, CA
<https://www.norfun.org/>

Eggstravaganza @ New Life Church

FREE event! Vendors, egg hunt, games, and more!

10 a.m.-12 p.m.

4201 Stine Rd.
Bakersfield, CA
<https://nlc.life/>

Easter in the Alley

FREE event! Games, Dancing, egg hunt, egg toss, and more! Bring your basket and have some fun!

11 a.m.

Jerry's Pizza & Pub
1817 Chester Ave.
Bakersfield, CA
<https://www.instagram.com/jerrypizzapub/>

APRIL 19 – 20

Easter on the Farm

Animal garden, lawn games, ball toss slides, and more!

11 a.m. – 5 p.m.

The Big Red Barn
6700 General Beale Rd
Bakersfield, CA
<https://www.murrayfamilyfarms.org/easterfunonthefarm>



10:30 a.m. – 1:30 p.m.
 Kern County Fairgrounds
 1142 South P Street
 Bakersfield, CA
<https://www.monstertrucks.fun/>

APRIL 13
Palm Sunday

APRIL 18
Good Friday!

APRIL 19
Kern River Trout Fest
 Full day of fishing fun with over 20 vendors, organizations, and agencies. Find everything you need to celebrate and support recreational and conservation fishing!

10 a.m. – 2 p.m.
 Riverside Park
 10 Kern River Dr.
 Kernville, CA
<https://www.kernriverconservancy.org/calendar/troutfest2025>

Bakersfield Mac & Cheese Fest
 Celebrating its 10th year, this extravaganza promises to be bigger and better than ever before. Spotlight will be on Mac & Cheese bites crafted by more than 30 of Bakersfield's culinary maestros, competing across various categories for culinary supremacy!
2 – 6 p.m.
 Kern County Fairgrounds
 1142 S. P St.
 Bakersfield, CA
www.bakersfieldmacandcheesefest.com/

Earth Day Festival
 FREE community event for the entire family. Enjoy some fun under the sun while learning simple ways to help our beautiful planet with recycled arts & crafts, vendors, field day events, interactive performance, face painting, music, community and more!
10 a.m. - 3 p.m.
 Beach Park
 3400 21st St.
 Bakersfield, CA
<https://www.lagreencleanpros.com/earthday661>

APRIL 20
Peace, Joy & Blessings at Easter

APRIL 22
Happy Earth Day!

APRIL 24
35th Annual Bakersfield Women's Business Conference
 This year's theme is "Embody the Royal You". This majestic event with workshops, exhibitor booths and keynote speakers will leave you feeling more connected to your purpose with the understanding that we need each other to become the greatest version of your grandest vision.
7 a.m. – 5:30 p.m.
 Mechanics Bank Theater
 1001 Truxtun Ave.
 Bakersfield, CA
<https://bakersfieldwomen.org/>



Local youth at Earth Day 661 2024. PHOTO COURTESY NATASHA ROBINSON OF EARTH DAY 661.

JJ's Legacy "You Light Up My Life" Gala
 15 years of honoring the gift of life! Reception, dinner, dancing, and more!
5:30 p.m.
 Stockdale Country Club
 7001 Stockdale Hwy.
 Bakersfield, CA
<https://www.instagram.com/jjslegacy/>

early 80s soft rock classics, also known as "Yacht Rock." 21 and over event.
5:30 p.m.
 CALM
 10500 Alfred Harrell Hwy
 Bakersfield, CA
<https://calmzoo.org/events/>

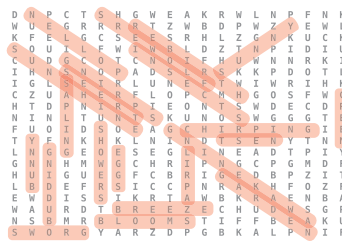
APRIL 25
4th Annual KEEP CALM Jamboree
 KEEP CALM Jamboree is back, and by popular demand, so is live music by Yachtley Crew, a Los Angeles based band performing 70s and

APRIL 26
Great American Cleanup 2025
 The Keep America Beautiful Great American Cleanup™ (GAC) is one of the largest community service events in the nation. GAC takes place across the country every spring. Come be part of the crew as a volunteer and contribute to this community

ACTIVITY CORNER ANSWERS ACTIVITY CORNER: PAGES 30-31

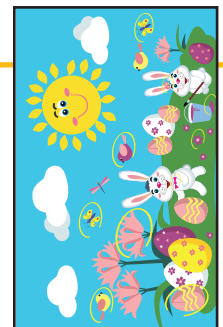
6	1	7	3	5	4	9	8	2
2	9	8	8	7	6	1	5	4
4	5	8	9	1	2	6	7	3
8	4	6	1	3	5	7	2	9
9	3	1	2	8	7	4	6	5
3	8	5	7	4	1	2	2	9
7	2	4	6	9	3	5	1	8
1	6	9	5	2	8	3	4	7

- Across
- 1. Gardens
- 2. Reaction
- 3. SD
- 4. Mower
- 5. Curbs
- 6. Soil
- 7. Exit
- 8. Lawn
- 9. Up



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cleanup tradition.

8 a.m. – 1 p.m.

Yokuts Park
4200 Empire Dr.
Bakersfield, CA
<https://www.bakersfieldcity.us/499/Great-American-Cleanup>

Garden Fest 2025

All ages welcome! Plant sales, gardening seminars, art, crafts, food truck, health and wellness, farmers market, and more!

9 a.m. – 4 p.m.

Bakersfield College
1801 Panorama Dr.
Bakersfield, CA 93305
<https://www.bakersfieldcollege.edu/campus-life/calendar>

Tehachapi Wind Festival

Kite flying, bounce houses, food trucks, crafts, vendors, and more! Family fun for everyone!

1 – 6 p.m.

Meadowbrook Park
21750 Westwood Blvd.
North of Red Apple Ave in the east Golden Hills area
<https://tehachapi.com/>

Festival of Baskets

Luncheon, fashion show, and raffles! All proceeds benefit local charities.

10:30 a.m.

The Women's Club of Bakersfield
2030 18th St.
Bakersfield, CA
<https://www.womansclubbakersfield.org/>

APRIL 28

KUZZ "Class of 2025"

Don't miss out! SPECIAL GUESTS: Drew Baldrige – Vincent Mason – George Birge – Tucker Wetmore

5 p.m.

Buck Owens' Crystal Palace
2800 Buck Owens Blvd.
Bakersfield, CA
<https://www.buckowens.com/event/kuzz-class-of-2025/>



ONGOING HAPPENINGS

SATURDAYS

F Street

Farmers Market

Bakersfield's longest-running Farmers Market! Accepts cash, card & EBT Snap.

7:45 a.m. – 12 p.m.

2819 F Street
Bakersfield, CA

SATURDAYS

RiverLakes

Farmers Market

Farm to Table, fresh produce! Our certified farmers bring you the freshest fruits and vegetables every Saturday.

9 a.m. - 1p.m.

Centennial High School
8601 Hageman Drive
Bakersfield, CA

SUNDAYS

Haggin Oaks

Farmers Market

Sundays are for the Farmers Market! Visit over 70 different vendors at the biggest Farmers Market in town.

9 a.m. – 2 p.m.

8800 Ming Avenue
Bakersfield, CA

Worship Guide

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He Is Risen: A Living Hope for All

The resurrection of Jesus Christ is the foundation of our faith and the source of our eternal hope. On the third day, He conquered death, proving that God's love and power are greater than the grave. Because He lives, we are no longer bound by sin or fear. His victory is our victory, and through Him, we have the assurance of new life. In a world filled with uncertainty, pain, and trials, the resurrection reminds us that suffering is not the end of our story. Just as Christ rose from the tomb, we, too, can rise above our struggles, knowing that His grace sustains us. He is our living hope, offering peace in the midst of storms and strength in our weakness. Because He is risen, we can face tomorrow with confidence. The same power that raised Christ from the dead is at work in us, transforming hearts and renewing lives. His resurrection is a promise that one day, we will be with Him in glory, free from sorrow and death. Until then, we live in hope, sharing His love and light with the world. He is risen indeed!

By Jon Engen, 88.3 Morning Show Host



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

Happy Easter!
April is Autism Awareness Month

Autism Car Parade & Family Festival
@ Beach Park Saturday, April 5th
Register via Eventbrite at Kernautism.org
Event is for Autistic children and related disabilities.

Cheer Club for Teens Sunday, April 06th, 3 p.m.
@2200 Oak Street. Register: www.kernautism.org

Parent Support Group Meeting Wednesday, April 09th, 6 p.m.
@2200 Oak Street. Register: 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:

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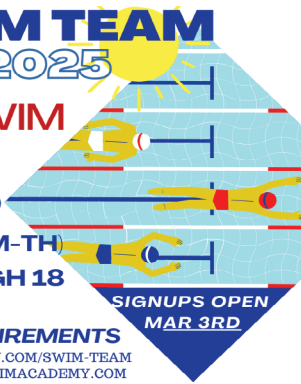
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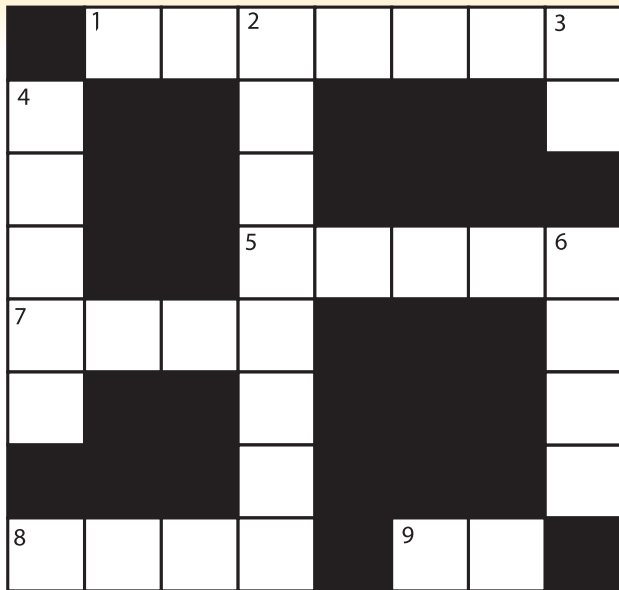
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APRIL ACTIVITY CORNER

Crossword



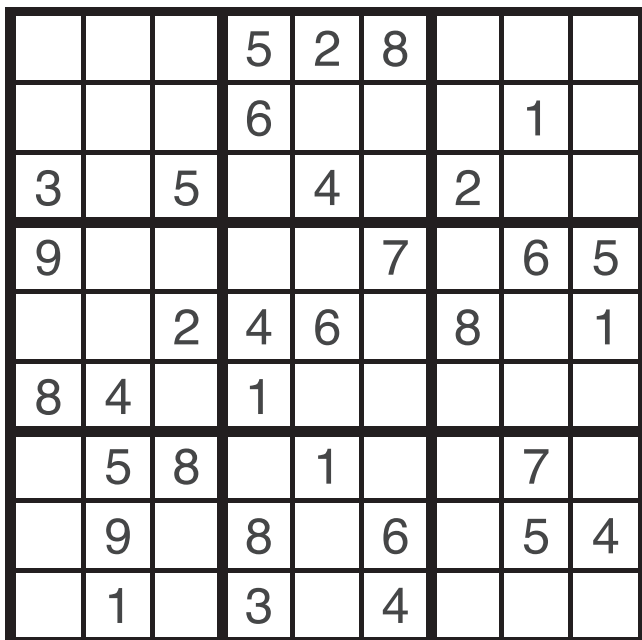
ACROSS

1. Where flowers grow
5. Where lawns meet the road
7. A way to leave
8. Green grass
9. Not "down"

DOWN

2. A response to
3. The lower of the Dakotas (abbr.)
4. Cuts grass
6. Dirt

Sudoku



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

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



DID YOU KNOW?

Parent child negotiations

According to new research, from tense standoffs to strategic bargaining — the average American parent spends 67 hours per year “in negotiation” with their child.

-Talker Research



APRIL ACTIVITY CORNER

PUZZLE ANSWERS
PAGE 26

SPRING HAS SPRUNG WORD SEARCH

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

- | | | | | |
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| APRIL | BUNNY | GREEN | REBIRTH | SUNSHINE |
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| BLOOMS | EGGS | INSECTS | SHOWERS | |
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