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SEPTEMBER 2017



Ready for the FAIR!

INCLUSION:
Kindness is the New Cool:



COLLEGE Guidebooks

101

plus:

WHAT KIND OF MOM ARE YOU?

Back-To-Mom Guide

school daze?

family taco night

p.19

humor@home

MacGyver parenting

p.20

fidget spinners

spin safely

p.12

Introducing new players in our starting lineup.

Dignity Health welcomes NFL's Derek and David Carr

While building teams, coaches look for players with key traits like speed and agility. At Dignity Health, humankindness is at the top of our list. That's why Derek and David Carr were first-round draft picks for our new partnership.

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Hello humankindness™



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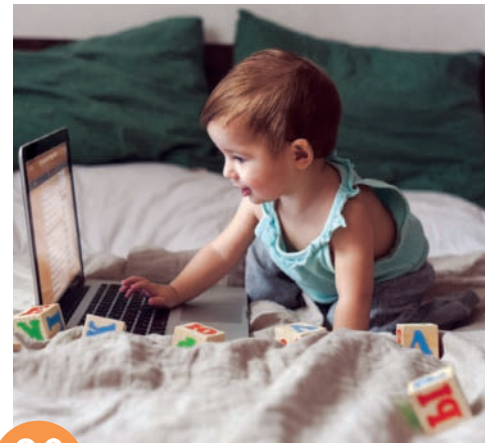
ON OUR COVER:
Stockdale West 4H participant, **Aly Rooke**, and her 1000 lb steer, Milton, are preparing for the Kern County Fair. Read more on page 8. Cover and article photos by Lorie Chambless. For more of her photography, visit www.loriechambless.com.



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dear reader



Vaun Thygerson,
Contributing Writer

This month, I find myself navigating uncharted waters: I have a college student. My daughter, Bryce, started Bakersfield College as a freshman studying liberal arts. She is an adult or probably more accurately described as adultish. I really don't know how this happened. When people tell you the childhood years go by really fast, believe

them, it's the truth!

The endless days of diapers and bottles may seem long when you're in the trenches, but the years move at a lightning-fast pace.

The funny thing about parenting is that once you're out of a certain stage, you tend to forget it and focus on the next stage. As they get older, you have different demands and expectations.

I'm a mom to two teens and a 'tween, but the operative word is "mom" and that doesn't go away, no matter how old your children become.

So instead of changing their diapers, I provide a listening ear or a bowl of ice cream when they need it. They also need a lot more rides to and from places and they require a lot more supervision on their social media accounts.

When my kids were in the primary grades, I was

almost always a room mom, which required many hours on the elementary school campus. I had a tight handle on their academic and social ups and downs. Now, as they are older, I hardly ever go on campus or bake snacks for their classes. The older they become, the more parental participation dwindles at the school level. And now with my college gal, she will determine her own path with just a little help from me and her dad. It's bittersweet – your heart loves their independence and misses their dependence, all at the same time. But, no matter what, one thing is for certain: parenting never ends.

A useful tool my daughter can use to help her move smoothly through her college years is the Internet version of the "Bakersfield College Renegades Campus Guide," which is described as "college in the palm of your hand." In the article, "College Guidebooks 101," on page 10, Dave Bergman writes about how these guidebooks have changed over time from an extra thick phonebook-sized textbook that barely fit into your backpack to a virtual version found with a simple search on Google. These reference books definitely help college students learn the ins and outs of their chosen higher learning institution.

One person who never needed to look at a manual to solve anything was Angus MacGyver. He could fix anything with his masterful makeshift tools, kind of like us moms. We have to prevent all kinds of parenting conundrums with just our wiles and the contents in our diaper bags. In Tracie Grimes's Humor@Home article,

"Parenting: MacGyver-style," she writes about how many times she has had to think in a split second to avert disaster by using whatever stuff was available to her in that moment. To find a list of MacGyver-inspired mommy items, turn to page 20.

Just like MacGyver, running a successful home, takes serious skills that can translate into a job outside the home when the time is right. Going back to work can be tricky, so check out Megan Ruffing's article, "Headed Back to Work?" on page 16. You will find six steps that will help you get started on this new adventure and make the transition as smooth as possible.

In September, whether you have a newborn baby that loves to cuddle or a college student starting a new life chapter, remember that tender moments and memories are to be found in it all. No matter how old your children may become, they always need a mother, and you will always want to be there for them. Just like Ferris Bueller said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it!"

Happy Fall, Y'all!



Do You Have Hazardous Waste? ... DON'T TOSS IT! The Kern County Special Waste Facility is the Solution!

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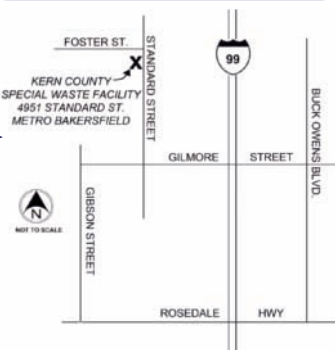
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Game Show Experience to Benefit Cancer Patients

Do you love TV game shows? Could you use a parents' or girls' night out? Then you'll want to attend The Game Show Experience Night on Saturday, Sept. 16, from 4:30 to 9 p.m. at 1933 Event Center, Sports Bar and Restaurant.

The evening will feature great food and drinks, plus all the fun and excitement of a television game show. Teams will go head-to-head in a "Family Feud"-style competition.

The game show ambience will include authentic lights, sounds and buzzers from some of your favorite TV game shows.

Contestants will have opportunities to bid on fabulous prizes, including vacations and one-of-a-kind keepsakes, during a live auction—all while helping raise money for Thumbs Up, Cancer Down, a local nonprofit designed to help patients battling cancer. Their thumbs-up images shared around the world spread encouragement and they have developed care packages called Thumbs Up Power Up Packs to give to cancer patients.

The Game Show Experience Night is sponsored by Thumbs Up, Cancer Down and Three-Way Chevrolet. Tickets are \$75 per person or reserved seating for four for \$400 and a table for 10 for \$1,200. **For tickets or more information, visit www.thumbsupcancerdown.com.**



KHSD Schools Receive State Honor

The Kern High School District has earned the recognition of several local schools by the California Positive Behavioral Intervention and Supports implementation.

The PBIS is not a program, but rather a systems approach for establishing the social culture and individualized behavior supports needed for schools to achieve both social and academic success for all students.

"We are very proud to have earned Gold Medal status for two years in a row," said David Reese, principal of Bakersfield High School. "This recognition goes above and beyond a state championship in football and wrestling because it is a reflection of the efforts and commitment of the entire student body and staff."

Other high schools recognized at the silver level include: Arvin, East Bakersfield, Foothill, Frontier, Highland, Independence, North, South and Tierra Del Sol Continuation.

Bronze level high schools include: Central Valley Continuation, Centennial, Golden Valley, Kern Valley, Nueva Continuation, Shafter, Stockdale and West.

Summer Jobs Program Helps 300 Teens

In partnership with the Boys & Girls Clubs of Kern County and Pacific Gas & Electric, their 2017 Better Together Summer Jobs Programs provided job readiness training to almost 300 students from local high schools during the year.

More than 200 of those teens graduated from the Career Launch portion and had the opportunity to apply and interview for one of the paid summer intern jobs.

Recently, 55 of those teens completed their six-week internship and were celebrated



at a local ceremony. In Fresno, 100 students graduated and 55 graduated in Sacramento. Through this program, these interns gained valuable life skills that will give them a competitive edge for future employment.

For more information, visit www.bgclubsofkerncounty.org and www.pge.com.

CALM Welcomes Newest Residents

Olivia Granger celebrated her fourth birthday at the California Living Museum with guests bringing presents for her animal friends, including their newest donkeys, Flap Jack and Wolfman Jack.

In June, CALM's donkey, Sophie, passed away, and Peggy the pony was distraught without her. Luckily, CALM found two new corral mates for Peggy at Mea Ola's Place in Phelan, Calif. These two new donkeys are fitting right in and being spoiled by patrons, like Olivia.



Olivia Granger, 4, with Flap Jack & Wolfman Jack. Photo courtesy of CALM

Lana Fain, CALM zoo manager, encourages the community to come out and meet the new "dunks" (as they are referred to in the horse world).

"Of course there will never be another Sophie," Fain said. "These are two young, lovable donkeys who will carry forward the 'donkey connection' she started 35 years ago. I'm sure guests will become as attached to them as they were to Sophie. You can't help but love them."

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

Arvin Singer Returns to County Fair

Marcus Leary grew up in Arvin, where he played in the fields and learned to love music. He's been playing country music for almost 30 years and will be performing his new single, "Arvin Forever in my Heart," at The Kern County Fair on Friday, Sept. 29, from 9:30 to 11 p.m. at the main plaza stage.

"I'm very excited to be returning back to The Great Kern County Fair this year with my band, The Fifty Buck Band, to perform my new song I wrote about my hometown, 'Arvin Forever in my Heart,' and other songs like 'You Don't Know Jack,'" Leary said. Currently living in Dallas, Texas, Leary is pursuing his dream of becoming a country singer.



Marcus Leary

Leary's performance is just one of the many attractions scheduled for The Great Kern County Fair, which will be held Sept. 20 through Oct. 1 at the Kern County Fairgrounds, 1142 South P St., Bakersfield.

To see what's new this year and to find out how to get discounted tickets, visit www.kerncountyfair.com. For more information on Leary, visit www.facebook.com/MarcusLeary.



2 WEEKENDS OF RODEOS!

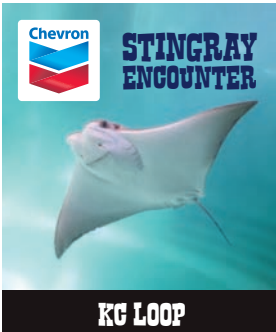
EXTREME RODEO
FRI 9/22 • SAT 9/23

PRCA RODEO
FRI 9/29 • SAT 9/30

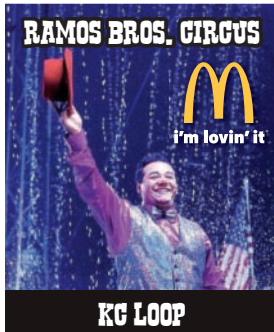
2 FIESTA RODEOS
SUN 9/24 • SUN 10/1



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KC LOOP



KC LOOP



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Ages 6 - 12 \$5	Parking \$10	Each Saturday Noon - 11 pm
Ages 5 & under FREE	Opening/Closing Times	Each Sunday Noon - 10 pm
Seniors (62 or better) \$9	Monday - Thursday 3 - 10 pm	www.KernCountyFair.com

Advance tickets and wristband vouchers available online at KernCountyFair.com through Saturday, Sept. 30, 2017. Also available at all Vallarta Supermarkets. Must pay with cash.

KC LANE/KC LOOP

- All-Alaskan Pig Races
- All-Star Stunt Dog Challenge
- Camel Rides
- Community Stage
- Kern Medical KC Lane Stage
- LIVE Stingray Encounter **NEW!**
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- Ramos Brothers Circus **NEW!**
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[October 28, 2017] | [9:00 a.m.]

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Penicillin Allergy? Maybe Not

Penicillin is the most commonly reported medication allergy in pediatric emergency departments, affecting how often doctors prescribe the effective and inexpensive first-line antibiotic. A recent study reported by the American Academy of Pediatrics has concluded many children with suspected penicillin allergy are not actually allergic to the drug. For the study, "Allergy Testing in Children with Low Risk Penicillin Allergy Symptoms," parents of nearly 600 children between the ages of 4 and 18 years who came to an urban pediatric emergency department completed an allergy questionnaire. Based on parent-reported symptoms such as itching and rash, which were confirmed by the child's medical provider, 100 children were categorized as low-risk for penicillin allergy, and were tested. All 100 children were found to be negative for the allergy and had their labeled penicillin allergy removed from their medical records. Researchers said symptoms such as rashes can be caused by bacterial or viral infection but often are misinterpreted as an allergy when patients are treated with penicillin. As a result, children are prescribed broad-spectrum antibiotics that can have more side effects, can be less effective and can contribute to a rise in antibiotic-resistant infections. The study was funded in part by the American Academy of Pediatrics, Section on Emergency Medicine Ken Graff Award.

Give Them the Correct Dose

A July 2017 Pediatrics study found that more than 80 percent of parents made at least one dosing error when measuring liquid medications for children. For the study, "Pictograms, Units and Dosing Tools, and Parent Medication Errors: A Randomized Study" (published online June 27), researchers asked nearly 500 English- and Spanish-speaking parents with children age 8 or younger to measure three amounts of liquid medication (2 mL, 7.5 mL and 10 mL) using three dosing tools (cup, 5 mL syringe and 10 mL syringe). Label instructions provided were either text-plus-pictogram or text-only, and dosing tools had units that were either mL/tsp or mL only. Parents using tools with a size that more closely matched the prescribed dose made the fewest errors, researchers said. For the 2 mL dose, the fewest errors occurred with the 5 mL syringe, for example. For the 7.5 mL dose, parents using the 10 mL syringe made significantly fewer errors compared to when they used a 5 mL syringe, which was too small to allow them to measure the amount with a single fill, which meant that parents would need to use math skills to correctly split the dose into two separate measurements. In addition, parents who used text-plus-pictogram dosing instructions, as well as parents who used mL-only labels and tools had the lowest odds of making dosing errors. Researchers said the findings are being used to help develop a comprehensive labeling/dosing strategy for pediatric liquid medications that they are now testing in a "real world" randomized trial.



What Would You Do in the Event of a Nuclear Attack?

It's something no one wants to think about, yet it's all over the news: the threat of a nuclear attack.

We teach our children about how to safely escape their home during fire. We teach them how to protect themselves from natural disasters and drowning. We hope they will never need to employ the tactics. Maybe it's time to be prepared for a nuclear threat, too. The Department of Homeland Security wants families to be prepared for anything, so they have created the website **ready.gov**, which provides suggestions and tips families can use to discuss threats and prepare for them.

Plan in Advance

According to Homeland Security, a nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. A nuclear device can range from a weapon carried by an intercontinental missile, to a small portable nuclear device transported by an individual. All nuclear devices cause deadly effects when exploded.

The department said there are things your family can do to protect itself and your property in the event of a nuclear blast:

- Build an emergency supply kit.
- Make a family emergency plan.
- Find out from officials if any public buildings in your community have been designated as fallout shelters.
- If your community has no designated fallout shelters, make a list of potential shelters near your home, workplace and school, such as basements, subways, tunnels, or the windowless center area of middle floors in a high-rise building.
- During periods of heightened threat increase your disaster supplies to be adequate for up to two weeks.

According to Homeland Security, the three factors for protecting oneself from radiation and fallout are distance, shielding and time.

Distance. The more distance between you and the fallout particles, the better. An underground area such as a home or office building basement offers more protection than the first floor of a building.

Shielding. The heavier and denser the materials - thick walls, concrete, bricks, books and earth - between you and the fallout particles, the better.

Time. Fallout radiation loses its intensity fairly rapidly. In time, you will be able to leave the fallout shelter. Radioactive fallout poses the greatest threat to people during the first two weeks, by which time it has declined to about 1 percent of its initial radiation level.

Remember that any protection is better than none at all, and the more shielding, distance and time you can take advantage of, the better.

If a Nuclear Blast Occurs

The following are guidelines, according to The Department of Homeland Security, for what to do in the event of a nuclear explosion:

- Listen for official information and follow the instructions provided by emergency response personnel.
- If an attack warning is issued, take cover as quickly as you can, below ground if possible, and stay there until instructed to do otherwise.
- Find the nearest building, preferably built of brick or concrete, and go inside to avoid any radioactive material outside.

- If better shelter, such as a multi-story building or basement can be reached within a few minutes, go there immediately.
- Go as far below ground as possible or in the center of a tall building.
- During the time with the highest radiation levels it is safest to stay inside, sheltered away from the radioactive material outside.
- Radiation levels are extremely dangerous after a nuclear detonation but the levels reduce rapidly.
- Expect to stay inside for at least 24 hours unless told otherwise by authorities.
- When evacuating is in your best interest, you will be instructed to do so. All available methods of communication will be used to provide news and/or instructions.

If you are caught outside and unable to get inside immediately:

- Do not look at the flash or fireball - it can blind you.
- Take cover behind anything that offers protection.
- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Take shelter as soon as you can, even if you are many miles from ground zero where the attack occurred - radioactive fallout can be carried by the winds for hundreds of miles.
- If you were outside during or after the blast, get clean as soon as possible, to remove radioactive material that may have settled on your body.
- Remove your clothing to keep radioactive material from spreading. Removing the outer layer of clothing can remove up to 90% of radioactive material.
- If practical, place your contaminated clothing in a plastic bag and seal or tie the bag. Place the bag as far away as possible from humans and animals so that the radiation it gives off does not affect others.
- When possible, take a shower with lots of soap and water to help remove radioactive contamination. Do not scrub or scratch the skin.
- Wash your hair with shampoo or soap and water. Do not use conditioner in your hair because it will bind radioactive material to your hair, keeping it from rinsing out easily.
- Gently blow your nose and wipe your eyelids and eyelashes with a clean wet cloth. Wipe your ears.
- If you cannot shower, use a wipe or clean wet cloth to wipe your skin that was not covered by clothing.

After a Blast

People in most of the areas that would be affected could be allowed to come out of shelter within a few days and, if necessary, evacuate to unaffected areas. The heaviest fallout would be limited to the area at or downwind from the explosion. It might be necessary for those in the areas with highest radiation levels to shelter for up to a month.

Remember the following when returning home:

- Keep listening to the radio and television for news about what to do, where to go and places to avoid.
- Stay away from damaged areas. Stay away from areas marked "radiation hazard" or "HAZMAT."

For more information on this or other safety topics, visit ready.gov.





Alyssa Rooke and her 4-H Steer, Milton
Photo by Lorie Chambless

Looking Forward to the Kern County Fair

By Andrea Rose

A Kern County tradition gets underway this month. The Great Kern County Fair opens September 20th.

The fair's history dates back to Aug. 5, 1916, when it got its start on 106 acres at Chester Avenue, just north of 34th Street and south of Kern River Bridge. What began as a small event with a handful of tents grew over the years as dates changed, and activities were added and subtracted. Activities like parachute jumps, motorcycle races, parades, commercial and private exhibitors and everything in between have been at the Fair at one time or another.

Today's fair offers a variety of exhibitors, rides, entertainment and, of course, animals! Featured on our cover, Legacy Christian Academy seventh-grader, Alyssa Rooke, is one of the many 4-H youth who will be at the fair showing her animal. "Aly" is a member of Stockdale West 4-H.

The 4-H program is the nation's largest youth development organization designed to empower nearly 6 million young people across the country. Youth get involved in the program through the local Cooperative Extension. Kids participate in hands-on projects in areas such as science, health, agriculture, and citizenship and receive guidance from mentors.

According to her mother, Heather, Aly has always had a love for animals and has a few friends that show animals at the fair, too.

The family lives on a half-acre and her steer resides in the back yard inside a portable enclosure. It's Aly's job to walk the steer daily, feed him (3 percent of his body weight every day!), spray him off, and place his feet to keep his head high for the purpose of showing him at the fair.

The one-and-a-half-hour daily exercise isn't just about practicing for show day. The endeavor teaches the steer to trust Aly so they can be a team at the fair.

Aly will sell her steer at market at the end of the fair. For her, it's all part of

business. Her mother said she has gained confidence presenting her project to local businesses in the hopes they will sponsor her financially. She keeps a financial record book to keep track of her expenses and these donations.

It's a family affair, too. Her sister, Julia, 15 and brother, Will, 8, help out, too. Her brother, Milton, at 1-and-a-half, is too young. Of course, Heather and dad, Dave, guide the brood.

"Aly is supported by her family because we all love challenges and we love for our kids to try new things," Heather said.

When she's not working with her steer, Aly enjoys helping others. She also plays soccer, enjoys painting and creating things, and is involved in youth group at her church.

The Great Kern County Fair will be held at the Kern County Fairgrounds, located at 1142 South P Street, Bakersfield, and will be open September 20-October 1, 2017. For specific hours and more information, visit kerncountyfair.com.

Love Animals? Join 4-H!

If your child loves animals and wants to get involved with 4-H, now is a great time! You don't have to have a farm or lots of space - there are many ways to be involved with 4-H that don't include raising farm animals.

When they join 4-H, children will select their own education project, so they can choose one that works well within their family's space and budget. Programs and clubs typically meet once a week or monthly.

Programs are available for children ages 8-18, but some clubs offer Cloverbud programs for children ages 5-7.

For more information or to join 4-H in Kern County, call 661-868-6200 or visit them at 1031 S. Mount Vernon Ave., Bakersfield.



Stay Safe!

The Great Kern County Fair also offers rides. **But are they safe?**

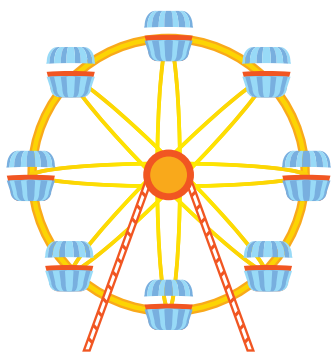


In 2012, an accident at the Kern County Fair occurred that frightened some fairgoers. A ride called the “spin out” tipped and damaged the ride’s deck. Fortunately, no one was seriously injured in the accident, and the California

Department of Industrial Relations Division of Occupational Safety and Health stepped in to investigate.

According to OSHA officials, it was determined the employee operating the ride was “unable to demonstrate he knew how to properly perform the emergency evacuation procedure” and was “unable to read the manufacturer’s maintenance and repair manual” due to a language barrier. While not all accidents can be prevented, the state takes steps to eliminate as many as possible.

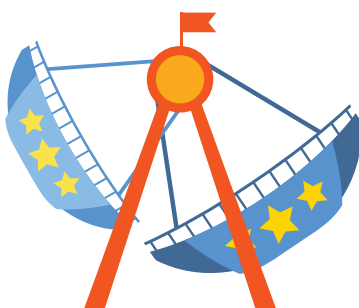
The state has regulations and inspections for temporary rides, such as carnival rides. The Amusement Ride and Tramway Unit is responsible under state Labor Code laws to inspect and issue permits for temporary amusement rides.



While not all accidents can be prevented, the state takes steps to eliminate as many as possible.

The regulations govern rides in locations such as carnivals, fairs, community events and festivals.

Under the TAR Safety Inspection Program, all owners of temporary amusement rides that intend to operate in California are required to submit by March 1 an application for a permit to operate, and must list the rides that will be in operation for the season, as well as where each portable ride is in operation. They also must report injuries, accidents or mechanical failures to state offices.



For more information, visit <https://www.dir.ca.gov/dosh/aoffices.htm>



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College Guidebooks: 101

By Dave Bergman



Two decades ago, opening a college guidebook made you feel like the ultimate insider — suddenly, you were holding data in your hand that felt like classified information. Only fellow purchasers of these phonebook-sized texts were privy to these “secrets” of the college application process.

Prior to the advent of the modern internet, data-starved applicants had to head over to Barnes & Noble or another now-defunct retailer to find insights beyond those contained in the official glossy brochures that arrived in the mail.

The internet has made some of these extra-thick volumes a bit less essential. After all, finding basic admissions data like a college’s SAT range, average GPA, tuition fee and acceptance rate can be done through a fast and free Google search. Yet, guidebooks remain quite relevant as their benefits and insights go well beyond sheer basic stats.

What follows are College Transitions’ reviews of some of the most popular college guidebooks on the market, with some of the pros and cons of each text. It’s important to note that our “cons” are not necessarily criticisms (although sometimes they are). Rather, this is our analysis of what each source lacks so that your student can properly identify the correct complementary source to fill in the gaps. After all, your student’s own learning process for a subject this expansive and important should involve more than one book:



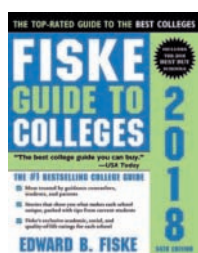
"The Princeton Review: The 381 Best Colleges"

Since 1992, The Princeton Review has released its “Best Colleges” editions each year based on surveys of more than 140,000 students at institutions across the country. The 2016 edition costs \$23.99.

Pros: This guide is an excellent starting point for any college-bound high school student. It covers many, but not all, of the finest institutions in the U.S., placing a spotlight on top programs, popular majors and notable campus attributes. Its wealth of lists will also help students looking to find like-minded peers by highlighting schools that are known for their LGBT friendliness, religious student bodies, intramural sports, quality college towns, study abroad opportunities, Greek or non-Greek-dominated social scene, and so on.

Cons: Anecdotes and generalizations of a less-than-helpful nature abound in this guidebook. Examples include statements such as “hard liquor is popular on

campus” and “no one cheats.” In reality, there are students at every school who are more focused on illicitly purchasing bottles of hard lemonade than attending class, and it’s likely that someone at even the allegedly most honest campus is plagiarizing a term paper on the resurgent popularity of Alexander Hamilton as we speak.

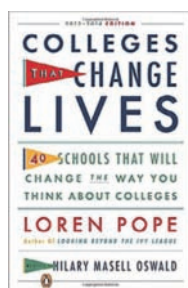


"Fiske Guide to Colleges"

Now in its 34th edition, this annual guide, authored by a former education editor of The New York Times, Edward Fiske, highlights institutions Fiske deems to be the “best and most interesting” schools in the U.S. Typically, around 320 colleges and universities make the cut. Cost: \$18.

Pros: “Fiske Guide to Colleges” is extremely well-written and the school profiles are a pleasure to read. Incisive quotes from students and professors are interspersed throughout each school profile. Rich descriptions of the overall academic milieu, program offerings and notably unique extracurricular/recreational opportunities give the reader an excellent overview of the strengths of each school. In addition to detailed profiles of hundreds of colleges and universities, there are also some helpful lists breaking down the included schools by cost as well as by graduate debt load.

Cons: Do you care that Brown University has “a building that resembles a Greek temple and buildings in the Richardsonian tradition”? There is a healthy dose of space devoted to campus architecture, as well as the same type of generalizations about the student body that are spewed by the Princeton Review (i.e. students are happy, preppy, leaders, world citizens, etc.) that may or may not be helpful to your student’s college search.



"Colleges That Change Lives"

Loren Pope, another New York Times education editor, penned this classic book as well as other worthy reads such as “Looking Beyond the Ivy League.” Pope’s was the first national voice to popularize the idea that what actually takes place on campus and in classrooms is far more important than name recognition and prestige. In advocating for small, liberal arts schools, he highlighted

40 schools that are not highly selective but still provide students with a superior educational experience.

Pros: There are two groups of students who can benefit from this book — those with Ivy League tunnel vision who can be enlightened about amazing schools that have been off their radar, and solid but not spectacular students who may be unaware of the incredible and one-of-a-kind educational opportunities that are actually within their reach.

Cons: While this book is undoubtedly a worthy read and was groundbreaking in leading the charge encouraging high-schoolers to consider less prestigious but excellent colleges, there are some negatives. Many of the school profiles are purely observational and some of the anecdotes get a bit repetitive. For example, Pope will stroll by the library at night, see a pack of students studying and conclude that this affirms an atmosphere of serious scholarship. One other important note is that some of the material is outdated, and was so even at the time of publication. Most egregiously, Antioch College, included in the 2006 edition, actually shut down for a four-year period due to financial difficulties just months after the book’s release.



"The Enlightened College Applicant"

We authored this book to fill what we saw as huge gaps in the available guidebook literature: What can academic research in the field of higher education tell us about college selection? How can we measure return on investment by undergraduate institution and

major? How can teenagers, even those unsure about their future paths, make decisions about college that will keep their lives flexible enough to pursue their dreams, as they begin to take form? \$18.20.

Pros: Since we wrote this book, we’ll let the national book critics speak to its worthiness. As “Kirkus Reviews” stated, our book is a “destressing trove of data that will help readers make more well-rounded college decisions.” It arms families and students with research-based advice to help make their college decisions more “rationally and reasonably,” to quote The American Library Association (Booklist). We think our text should be the first college book you read, as it will provide you with a framework and philosophy to guide your search for an undergraduate home. Publisher’s Weekly agrees that “The Enlightened College Applicant” is “a voice of reason” that will “provide comfort and direction to those starting the application process.”

Cons: None, because we wrote it! Just kidding. Our guidebook does highlight colleges that excel in particular areas (i.e. top feeders to medical schools) but is not a comprehensive list of hundreds of schools with institution-specific admissions data. For that, we recommend “Fiske Guide to Colleges,” “The Princeton Review: The 381 Best Colleges” or any number of free internet sites.

Other Helpful Books About College Admissions:

- “The College Solution” by Lynn O’Shaughnessy (\$17.15)
- “How to Raise an Adult” by Julie Lythcott-Haims (\$8.79)
- “The Gatekeepers” by Jacques Steinberg (\$11.63)
- “Conquering the College Admissions Essay in 10 Easy Steps” by Alan Gelb (\$14.99)

Dave Bergman, Ed.D., has more than a decade of professional experience in the field of education, as a teacher, administrator, adjunct professor and certified independent educational consultant. He is author of a blog on college admissions for College Transitions. He is based in Pennsylvania. For more information, visit www.collegetransitions.com.



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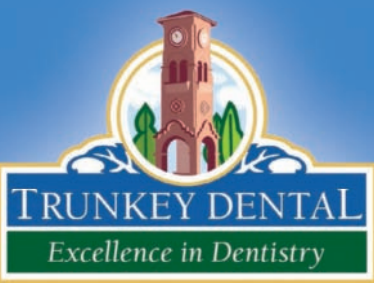

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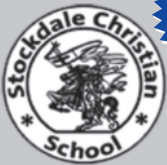
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Keep Spinning Safely

By Andrea Rose

You've seen them and chances are, your child has one. You know, those cool looking spinner things that come in all colors and are sold almost everywhere, from discount stores to office supply stores.



They are fidget spinners, and they are the latest toy to go viral. The toys are simple to use: a child (or adult) holds the center piece between the forefinger and thumb and rotates the outer piece to cause it to "spin."

Fidget spinners contain two main pieces—a center piece with a small ball-bearing component and an outer piece that has multiple "arms" weighted with ball bearings or small solid weights. The spinners themselves are made from plastic, brass, stainless steel, titanium, and copper.

According to marketing claims, the toys were designed to help children and adults with anxiety, ADHD and autism, but the spinners became popular with children of all abilities and ages over the past year.

Anytime something new comes out—especially in the toy world and especially if it's portable—kids will take it to school and entertain themselves and their friends, resulting in the potential for classroom distraction.

Some students have been reported to have even been trading and selling the toys on school campuses.

Some school districts across the nation have banned the toy, arguing that it distracts students from the educational process. According to a survey conducted by Alexi Roy, 32 percent of the largest 200 American public and private high schools had banned spinners on campuses.

Locally, spinners are being used by some students on Kern High School District campuses. "We leave it up to the individual teachers to decide whether spinners can be used in their classrooms as a student resource," said Lisa Krch, public information and communications manager for KHSD.

For the most part, the toys are safe. But, "As the agency investigates some reported incidents associated with this popular product, fidget spinner users or potential buyers should take some precautions: keep them from small children as the plastic and metal spinners can release small pieces that can be a choking hazard, and older children should not put fidget spinners in their mouths," said Ann Marie Buerkle, acting chairman of the U.S. Consumer Products Safety Commission.

"There have been some reports of fires involving battery-operated fidget spinners. Like any battery-operated product, consumers should be present and pay attention to their devices while charging them. It is important to use the charging cable that either comes with the fidget spinner or one that has the correct connections for the device as charging cables are NOT interchangeable."

The CPSC offers safety tips for parents of children with fidget spinners:

- Keep fidget spinners away from children under 3 years of age.
- The plastic and metal spinners have small pieces (including batteries) that can be a choking hazard. Choking incidents involving children up to age 14 have been reported.
- Warn children of all ages not to put fidget spinners or small pieces in their mouths and not to play with the fidget spinner near their faces.

For battery-operated fidget spinners:

- Have working smoke alarms in your house to protect you if there is a fire.
- Be present when products with batteries are charging.
- Never charge a product with batteries overnight while you are sleeping.
- Always use the cable that came with the fidget spinner.
- If the fidget spinner did not come with a cable, make sure to use one with the correct connections for charging.
- Unplug your fidget spinner immediately once it is fully charged.

Fidget spinners can be fun to use, but parents should be aware of some of the safety concerns associated with this product.

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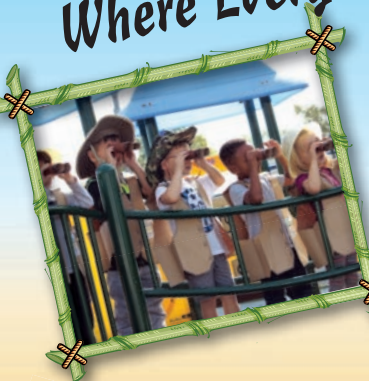
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What Kind of Mom Are You?

by Christa Melnyk Hines

Now that the kids are back in school, it's time to get back to you! If you could fit neatly into a "mom" category, where do you think you'd land? Grab your beverage of choice, your favorite pen and a comfortable chair —yes, you finally get to sit down—and take our lighthearted quiz. No studying required! And don't worry, every mama in this quiz gets an A+.

It is a busy school night. What is for dinner?

- a. Tofu stir-fry
- b. Pizza
- c. Crockpot meal
- d. Hotdogs
- e. Mac and cheese
- f. One of your wholesome pre-made meals from the freezer

Your family pet is a:

- a. Rescue dog or cat
- b. Cat or purse-sized puppy
- c. Golden retriever or a Labrador
- d. A boxer or German shepherd
- e. Dogs, cats, fish, gerbils...we have a houseful
- f. Zhu Zhu Pet

Your kids want to go to an amusement park with friends. You:

- a. Say okay, but with strict instructions that they are not to eat anything with artificial colors.
- b. Warn them not to ruin those jeans you got them. They cost a fortune.
- c. Look online to see if there are any coupon deals.
- d. Insist on going, too. You are never too old for roller coasters!
- e. Say no problem and offer to drive.
- f. Agree, but secretly begin agonizing about the safety of the rides.

Your 13-year-old daughter is begging for the latest cell phone. You say:

- a. No way. You can use a flip phone when you need to reach me.
- b. Yes, let's go shopping!
- c. Okay, but first we are going to draw up a contract together and discuss the rules and responsibilities of owning a Smartphone.

- d. Well, I don't want you to be the only one of your friends who doesn't have one.
- e. Sure, whatever. Let's add you to the family plan.
- f. Are you kidding? A phone will expose your developing brain to harmful radiation.

Your child has an early morning soccer game, you are most likely to wear:

- a. Yoga pants and an organic cotton T-shirt.
- b. Designer jeans, UGG boots, hip jacket and a cute hat.
- c. Comfy jeans and your favorite T-shirt.
- d. Team shirt, capris and a great attitude.
- e. Oops, forgot to do laundry. Pull on something relatively clean.
- f. Soccer causes concussions. My kids don't play soccer.

You relax by:

- a. Making homemade soaps and gardening.
- b. Shopping and a spa day.
- c. Relax? What?
- d. Cheering on your favorite team.
- e. Sleeping in and watching old movies.
- f. Cleaning and organizing.

A vacation for your family looks like:

- a. Camping.
- b. Relaxing at a beach-side resort.
- c. Disney World and a full schedule of activities.
- d. Wherever my child's tournament is also being played.
- e. A leisurely drive to your destination with stops at historical landmarks and tourist attractions along the way.
- f. Family lake house.

How many extracurricular activities is each of your children in?

- a. 0-2
- b. 2-3
- c. 4-5
- d. 6+
- e. I don't have a clue.

Your car:

- a. Has a picture of the earth on it.
- b. Is detailed at least once a month.
- c. Has your website on the rear windshield.
- d. Features decals of your kids' names and the sports they play.
- e. Is littered with crumbs, sippy cups and toys.
- f. Is meticulously clean.

Your friend invites you to join her for a manicure; you say:

- a. Come over! I'll show you how to do an inexpensive, all-natural mani that you'll love.
- b. Sure, I could use a little pampering.
- c. I'd love to, and then post a photo of the two of you enjoying your time on Facebook.
- d. Absolutely! I wonder if they can put a baseball design on my nails?
- e. Fun! Let's have lunch, too!
- f. Hmm. Does this place clean their tools between clients?

Your favorite work-out is:

- a. Om! Yoga all the way.
- b. Tennis.
- c. Jazzercise. Group exercise is motivating.
- d. Running. Walking is for whiners.
- e. Chasing my kids.
- f. Weights and cardio with a personal trainer.

Your toddler has a melt-down at the store. You:

- a. Hand him homemade fruit leather you stashed in your purse. He is quickly appeased.
- b. Are surprised. This undesirable behavior clearly runs on your husband's side.
- c. Take a photo of your screaming tot and post it to Facebook with the breezy status "Another day in paradise!" Your friends quickly commiserate.
- d. Annoyed, you pick him up, abandon the cart and flee the store.
- e. Allow him to carry on. He's only embarrassing himself.
- f. Get worried and wonder if he is acting out because he is coming down with something.



Your parenting mantra is:

- a. "Eat real food. Live simply. Recycle like there is no tomorrow."
- b. "To be the best mom, you have to take care of yourself."
- c. "Need something done? Ask a busy mom!"
- d. "Winners never quit and quitters never win."
- e. "Keep calm and carry on."
- f. "Cleanliness is next to godliness!"

You organize your family by:

- a. Using an old-fashioned day planner.
- b. Hiring a virtual assistant.
- c. Plugging everything into your Smartphone.
- d. Recording all activities on the family wall calendar, color-coded according to the family member.
- e. Taking a fly-by-the-seat-of-your-pants approach. It will all work out.
- f. Each person has a folder

On the first day of school you:

- a. Sadly drop your child off and start researching how to home school.
- b. Skip through the morning routine singing "It's the most wonderful day of the year!"

- c. Post Instagram photos of your kids dressed for the first day in Pinterest-inspired poses.
- d. Give your kids a pep talk before dropping them off.
- e. Weep at the passing of another summer.
- f. Deliver an extra supply of disinfectant wipes to the teacher.

Your kids are performing in the school musical. You:

- a. Prepare a healthy dinner before performance time. Good food will help them focus.
- b. Work with the music teacher to ensure the costume designs are just right.
- c. Arrive an hour and half before performance time. How else are you going to visit with friends and get a good seat for your YouTube recording?
- d. Rehearse daily with your kids. You would be mortified if they screwed up.
- e. Remind your kids to practice their lines and assume they have it under control.
- f. Stay awake worrying the night before. What if a piece of equipment falls on their heads? Could they fall off of the stage? You've heard about these things happening.



Scoring- If most of your answers were:

A – You are a Crunchy Mama

From food to cleansers, you take an all-natural approach to life. You are committed to a healthy lifestyle and to feeding your family wholesome, unprocessed foods. You either belong to a Community Supported Agriculture (CSA) for locally sourced foods or you grow your own. You typically shop at places like Whole Foods and Sprouts with your cloth bags in hand. If you wear makeup, you keep it simple. You opted for a natural birth with your children, hired a doula and had a birth plan in place when you were pregnant. You have a "breast is best" philosophy for feeding your babies. You may have opted to homeschool your kids.

What others admire about you: Your commitment to living a more holistic, simpler life.

B – You are a Butterfly Mama

You rarely have a hair out of place and other moms are constantly wondering how you manage to look so classy and put together all of the time. You have a quiet confidence and own your fashionable style. You not only care about how you look, you also have the

attitude that self-care is important to being a better mother. Your home further reflects your creativity and is a show stopper that is as comfortable as it is stylish. Whether you shop at garage sales or high-end department stores, you always know what looks good and your kids generally share your sense of style.

What others admire about you: Your charming personality and fashion sense.

C – You are a Connected Mama

Social media has created a perfect storm of connection for you. You not only get to chat daily with friends and family from afar, you can share entertaining bits and pieces of your daily life with friends who may be right around the corner. Networking comes with ease and you manage to find friends where ever you go. You frequently organize moms night outs, get-togethers and events. Your smart phone is your favorite device. Of all the moms listed, you are probably the most sleep deprived. But you thrive on busyness and tend to be exceptionally organized.

What others admire about you: Your vast network and your resourcefulness.

D – You are a Sports Mama

You love sports as much as your kids. Your competitive nature can get you a little riled up during games. You push your children to always do their best whether in school, sports or life. You typically wear your hair in a pony tail, sporting a sun visor and a t-shirt that says "Baseball/Soccer/Football Mom." You come to games prepared with a cooler full of healthy snacks, bottled water, blankets, an umbrella and a comfortable bleacher chair. Your favorite mode of transportation is your SUV or minivan to accommodate the sports equipment, random water bottles and any team members who need rides. As something of a mother hen,

you carry a first-aid kit and can always be depended on to offer praise and encouragement to every player.

What others admire about you: Your can-do, up-beat and playful personality.

E – You are a Free Spirit Mama

You tend to take a go-with-the-flow approach to life and prefer to live for the present. Your favorite outfit is whatever is clean and ready to throw on first thing in the morning. You don't let a screaming child rush you into decisions you aren't comfortable with. You aren't one to hurry to urgent care the minute your child sneezes, falls or nibbles on some sand. You don't worry too much about the daily messes and chaos of life. Your attitude is that inconveniences and frustrations will sort themselves out eventually. For now, you say, let's celebrate the moments and embrace the journey.

What others admire about you: Your reliable, even-keeled sense of calm.

F – You are a Mama Bear

Committed to the health and wellness of the family, you are an avid reader of medical news and child development books. You tend to worry about your family frequently and pay close attention to any sniffles or complaints of body aches. You frequently evaluate if your kids' behavior is due to illness, allergy or some other disorder and you aren't shy about consulting with the pediatrician. Your kids knew about stranger danger and how germs spread before any other kid on the block. You keep a bottle of hand sanitizer in the car, the house and in your purse. You are happiest in a clean, well-organized environment.

What others admire about you: Your nurturing, fiercely protective spirit.



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Headed Back to Work?

From SAH Mom to Working Mom:
How to Market Yourself and Get a Job
By Meagan Ruffing



So you're an empty-nester? Sorta. The kids are back in school and it's the first year since having children that you find yourself at home...alone...and you've decided you need to get a job. Getting back into the workforce after having kids can be intimidating. Add to that a business world that demands a laundry list of work history, when all you feel like you have to contribute is the number of clothes you've washed and folded over the past 10 years multiplied by how many kids you have. It's OK. You've got more to offer than you realize, and your next gig will have you filling your confidence bucket faster than you can say, "I got the job!"

Follow these 6 steps to help you get started:

1. Start by figuring out what you want to do. If you have a college degree, that's a good place to start. If you have a business degree versus an English degree, your job searches will look much different. Narrow down your interests and do an initial search online to get a feel for what's out there. Bookmark all the jobs that interest you so you can go back and weed through them.
2. Now that you've picked a few jobs to go through, see if you're qualified to do them. If you need a degree for them and have always wanted to go back to school, maybe now's the time? If you have the degree and meet all of the qualifications, decide if this is something you could see yourself doing. If yes, then go ahead and start your resume. The resumé can be nerve-wracking if you haven't done one in years!
3. Type in your Google search bar, "How to write a resume" and you will be astounded at how many things pop up. You should be able to find a template and be able to plug in your information when prompted. Most resumé builders will give you examples of each action item, which makes it easier than ever to come up with catchy words and phrases that will catch your employer's attention. This is the part that will have you sitting back in your chair, thinking, "I'm really glad I volunteered at that camp. Or, that mentoring program I was a part of is really going to come in handy here." Think of all the things you've done over the past few years—big and small—and write them down. You can always edit them out later.
4. Once you have a rough draft of your resumé, step away for a day and let things marinate. This is a great tip for making your editing go that much smoother when you return to your resumé. Your eyes and mind need a break from what you've just written and sometimes it takes some time away from the material to see it with fresh eyes. Have someone you trust and respect look over your resumé and give you both positive and negative feedback. You want to put your best foot forward when applying for a job so it's important to have more than one set of eyes look over your resumé before hitting send.
5. Most companies will ask for a cover letter to accompany your resumé. A cover letter is basically a formal note selling yourself- explain who you are, what job you are applying for, how you heard about it, and why you are the best person for the job.
6. If the job you're applying for asks for referrals, think of three to five people who know your character and who you trust to share their opinions of you with others. Always ask your potential referrals for permission before you include them on your application. There's nothing worse than putting someone's name down, not telling them, and then they get called and are caught off guard. The professional thing to do is ask, thank them and move forward.

Applying for a job when you've been out of the market for a while is nothing short of scary. Give yourself credit where credit's due, and make all of those volunteer hours, contributions and trainings work for you by making sure you put them all down for your future employer to see. Take one last look over your application, hit send, and get busy applying for another job!



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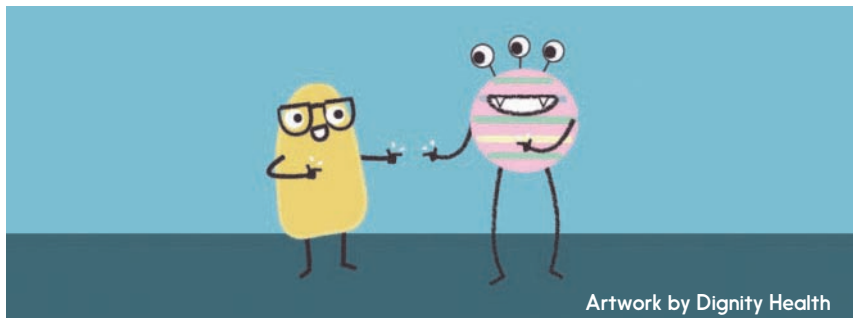
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Inclusion: Kind is the New Cool

September means a lot of things to different people. Maybe you think of "fall," or perhaps, "back to school," or maybe "football season." Whatever September means to you, one thing is certain: it's a great time to meet new faces and make new friends. That's why this month we're talking about inclusion.



Artwork by Dignity Health

Inclusion is Easy

Ever heard someone say, "the more the merrier?" Well, it's true! At school, at home, and just about anywhere, your day can go from all right to awesome pretty quickly when you include others. Ideas get supercharged when there are more minds working together; there's no telling what you might come up with! Many of mankind's greatest achievements have been team efforts. Do you think Neil Armstrong would have walked on the moon without any help from other people? That's right, including others isn't limited to hanging out or playing games. You can include others when trying to solve problems or invent new concepts. The whole idea of crowdsourcing and crowd-funding is that when we include more people, we tend to arrive at a better product, idea, or presentation.

Keep in mind: inclusion isn't a one-way street. It's great to include others in your fun, but don't be afraid to join somebody else's! Instead of asking, "Mind if I join your game?" try saying, "I'll be goalie!" (or whatever term is appropriate for the activity). Many people spend their lives waiting around for invitations to everything. Sometimes we just have to jump into new situations and let our positive attitudes guide the way. We all know what it's like to be on both sides of many situations, but keeping others in mind when we say or do certain things is a form of inclusion. You probably know it as "courtesy." Our language has lots of words like "courteous," "considerate," and

"accommodating," and they all mean we've included others. Including others, by taking their opinions into consideration, can help us make decisions today that will reduce problems or disagreements down the road.

Our Language Can Show Inclusion

Using "we" over "I," and "us" over "me" can reflect inclusion without having to say it outright. Leaders often use "we" when speaking about decisions to remind us that they are not just making decisions selfishly, but keeping the people they represent in mind. As such, it's possible to keep the spirit of inclusion alive with people you haven't even met! Recent publications will tell you that in the past few decades, people's homes have grown larger in square footage, yet people report having less friends in their daily lives. By playing both angles of inclusion, (including others in your fun and also joining theirs), we can turn this trend around and not only make our lives better, but lay the groundwork for generations to come. Inclusion lets you show kindness to others and also receive kindness from them.

This month's Random Act of Kindness challenge is: spend recess with as many different classmates as possible. And remember, "kind is the new cool."



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Taco Night!

SPICE UP FAMILY DINNER

During the School Week

Busy school days demand meals that can match the pace of life. A Mexican-themed meal is a sure way to keep things festive and lively around the family dinner table.

Not only does a meal centered on Mexican-style foods let you spice up your menu, it also allows for plenty of personalization so even the pickiest of palates can be satisfied. That means less time for preparation and more time spent together. Try these Chicken Tacos with a side of rice and beans for a classic meal. Crunched for time after school? Consider a one-pot option: combine chicken, taco sauce, stock, salt and pepper into a crock pot and let cook on low 8 hours. Shred chicken while still in the pot for super fast clean-up!

Try new things. An ethnically-inspired meal like this is a great opportunity to encourage kids to try out new flavors and experiment with foods they wouldn't normally eat. Sample variations of classic salsas, incorporate ingredients like jicama and diced sweet peppers to freshen up your tacos, and maybe try pot or whole black beans rather than refried.

Get creative with proteins. Chicken and beef are common options, but heart-healthy fish and shrimp are also great candidates for a Mexican-style meal. Pork is another good choice for many Mexican dishes, and beans provide an excellent source of added protein, along with some flavor variety.

Keep things kid-friendly and fun by focusing on finger foods. A large taco can be difficult for little hands to handle, but a street taco portion, a chimichanga or even nachos are more hands-on.

Look for fun toppings that add an extra crunch. For example, new Ortega Crispy Taco Toppers, lightly breaded slices of real jalapeno or onion, provide a bold kick and are the perfect finishing touch for tacos, salads and even Mexican-style burgers.

Find more mealtime inspiration like these recipes, perfect for the busy back-to-school season, at ortega.com, or find Ortega on Facebook, Instagram and Pinterest.



Slow Cooked "Pulled" Chicken Tacos

Prep time: 5 minutes | Cook time: 2 hours | Servings: 5

Ingredients

- 1 1/2 lbs. boneless, skinless chicken thighs
- 1 bottle (8 oz.) Ortega Chipotle Taco Sauce
- 1/2 c. chicken stock
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 pkg. (10 shells) Taco Shells, warmed
- Your favorite taco toppings

Preparation

1. In medium pan, combine chicken, taco sauce, chicken stock, salt and pepper, and cook over low heat, covered, approximately 2 hours, or until internal temperature of chicken reaches 165 F. Remove chicken from pan and shred using two forks.
2. Turn heat to medium-high and reduce cooking liquid into thick sauce, cooking 3-5 minutes and stirring occasionally.
3. Remove from heat and combine sauce with shredded chicken.
4. Serve in taco shells with desired taco toppings.



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Parenting: MacGyver Style



Angus MacGyver was a genius, if you ask me. He could diffuse a nuclear weapon with a blade of grass, plug a sulfuric acid leak with chocolate, make a bomb out of chewing gum and use a magnifying glass made of a hairpin and wine to read names of spies from a watch.

And he did these things within a time span of 30 minutes in order to a) slow down an approaching drug lord (and an army of soldiers), b) save the world from a nuclear apocalypse, or c) rescue someone from certain death. I was never a big fan of the show, but while recently reminiscing about it with a friend, I began thinking about how alike we parents are to this mulleted super-genius. After all, when facing the trying moments of parenting, don't we all reach down inside to tap into our inner-MacGyver?

One particular instance in which I had to think on my feet comes to mind. I was at Target with one of my daughters—she was about 2 or 3 at the time—and as I was lifting her from the basket to the car seat, I noticed a certain odor. I'm sure you know where this is going.

Knowing that I was about to "draw the brown card," I spread out my handy-dandy portable changing mat on the tailgate of my car and went to work doing what needed to be done. And boy, was it ever a doozy! As I reached for the baby wipes, I realized the lid was open, which meant the wipes were as dry as dirt. "Hummmm," I mumbled to myself searching through my diaper bag. "I just need a little moisture to finish the job properly." Then BAM! I came upon something that hadn't been around for long. It was a new product I had just

picked up at Bath and Body Works—hand sanitizer. And it smelled good, too! "Problem solved!" I thought as I dabbed a small amount on the fleshy portion of my daughter's derriere.

What happened next haunts me to this day. The shriek my daughter emitted was quite similar to the screams of the "Star Wars" robot, R2D2. Who knew something that smelled so lavender-y would burn like the dickens? OK, so this was a MacGyver parenting-style fail.

Even though my MacGyver moment failed miserably, there are a few I found online that may work far better when necessity becomes the mother of invention (I've only listed a few; visit www.mommyish.com/macgyver-parenting-style/ for more laugh ideas):

Out-Of-Nowhere Diapers

What you need: A set of keys, an old T-shirt, five paper towels (folded), two rolls of duct tape.

What you do: Distract child with keys, form T-shirt into a sort-of diaper shape, wad paper towels up into crotch area, secure entire shebang with a ton of duct tape. Hope for the best.

Jury-rigged Sound Machine

What you need: A pound of rice, two paper plates, a stapler and a tube of Bengay.

What you do: Pour rice onto paper plate, staple other paper plate on top, and rotate at regular intervals to make the soothing sound of rain. Apply Bengay when muscle death begins to occur.

Toys

What you need: Tampons

What you do: Scatter tampons on floor. Give up on life.

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Whose Homework IS it?

Tommy is puttering around the kitchen and his mother reminds him that he should get started on that homework. Tommy looks at his mother and says, "I just want to play a little iPad first. Besides, I can do that stuff later."

"You have to get started on the homework right away, you know that," his mother replies. "We argue about this too much, why do you have to make it such a fight?"

By now, Tommy is frowning at mother, working on a comeback. He says, "Why do you have to be so mean?" and stomps off, iPad in hand.

Mother stands in the hallway with a frown, exasperated, with discouragement on her face. What is going on? Tommy can do the work that is required, but it seems that he constantly requires his parents to push, demand, direct and encourage their son to complete his homework. This parental habit can lead to an evening of arguing, pleading and making deals.

Of times, his parents even end up doing some of the work for him, "let's just get it all finished," they say. This very thing happens in many homes, every school night.

How can a parent assess whether or not one's child is actually capable of performing this homework task on his own or may actually require some parental assistance?

Does your child require direction in eating pizza, in locating the TV controller, the computer, the bathroom or the iPad? Is your child capable of playing with a friend, walking through Target without getting lost, or going off to Sunday school?

While your child can do all of these activities in a self-directed manner, next, just to be sure, you might speak with his teacher at the school and ask him or her to inform you of any possible learning problems he or she thinks your child may have. After that, all things being even, your child is likely quite capable of completing his homework on his own, so the next step is yours.

Do you keep being the "reminder" person, the "encouraging" one, the

"organizer," or do you allow your child to learn and develop his own self-regulation skills that he will require for further academic success when you are not accessible?

It may be difficult for you, but you could allow your child struggle with learning to initiate this homework problem on his own. Since he seems to do everything else so competently (food, bathroom, friends, computer, iPod and television). Perhaps the best

way to help would be not to help at all.

What you can do is encourage your child to recognize that by completing his work in a timely fashion, he is eligible to participate in privileges available around the home: Netflix, snacks, computer, iPad and going to the store. Be prepared to be unhappy about his process in the beginning.

Your child will continue to expect you to jump in and remind and assist him when he acts helpless and desperate, like "Oh, my gosh! I forgot my paper is due tomorrow!" Things will calm down after a while, but since you have been helping him for a long time now, it will take a while for him to realize that you are finished being the "homework monitor."

Resist the urge to help him out "just one more time." Resist the urge to allow the guilty feelings to try to "fix things" as you watch him sulk about not getting the iPad. Remember the phrase: "Patience is a virtue," as it will be your best friend. Just state out loud, so your child can hear, "People can use the iPad when home work is complete," or "People can go to Costco with me when homework is finished." That's it.

Be unyielding and your child will eventually believe your actions and will sit down and complete his homework in one-fourth the time it took before. He will want and crave your interaction, your attention or your rewards, but first, make sure he earns these rewards by doing his homework on his own. The dreaded homework will no longer be a concern and your child will have become a successful, independent, and self-fulfilled student.



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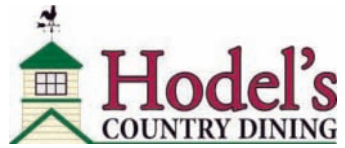


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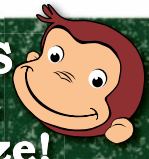
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FRIDAY, SEPT. 1st

FIRST FRIDAY ART WALK: The ArtWalk is a family friendly arts event that showcases our county's best artists. 5PM - 9PM. 324-9000.

FIRST FRIDAY CRUISE NIGHTS:

People are encouraged to come downtown, bring a chair and some friends and watch as classic cars cruise downtown Taft. 765-2165.

TEEN NIGHTS IN TAFT:

Come in and bowl, play in the gym or just hang out with friends in a fun and safe environment. Grades 6-12 invited. 765-6677.

BABY CAFE:

Bring the baby and get your questions answered. 747-5195.

HEART CENTERED HEALING:

Join us in the CBCC Chapel to learn how to heal ourselves by experiencing the presence of peace, grace and ease within our bodies. 862-7136.

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY:

This is for school-aged kids; younger kids need parental help with the projects. The craft changes monthly. 3-5PM. 868-0701.

YOGA IN THE GARDEN:

Complimentary admission with extended hours until 8PM. Free community yoga sessions in the Museum sculpture garden! 323-7219.

SATURDAY, SEPT. 2nd

FAMILY DAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY: 2 adults and up to 6 children admission only \$20. 10AM - 4PM. 324-6350.

A.S.C.E.N.D. FREE YOUTH MENTORING PROGRAM:

A free mentoring program for high school students. 331-6137.

FREE DO-IT-YOURSELF CLASSES FOR WOMEN BY WOMEN:

Free use of tools, free materials. Bring your own lawn chair. 310-975-4905.

FREE MEDITATION CLASS:

Meditation is a practice of concen-

trated focus in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth. 374-8693.

FAMILY STORYTIME AND CRAFT AT DELANO BRANCH LIBRARY:

Come join us for a family storytime and craft this event is free to the public and all ages are welcome. 2:30-3:30PM. 725-1078.

STEAM DAY AT KERN COUNTY MUSEUM:

STEAM is designed to integrate STEM (Science, Technology, Engineering, and Math) subjects and the art of design. 437-3330.

TEEN ACTING WORKSHOP AT BEALE MEMORIAL LIBRARY:

Fascinated by the performing arts? Enjoy a fun morning of learning different acting techniques through improvisation & fun games. 10AM. 868-0701.

CHILDREN'S ART CLASS (GRADES 1-6):

Class includes instruction on a variety of art skills. 330-2676

ZENTANGLE CLASS:

Well, we will show you how simple it is and you will leave with a beautiful piece of art. 324-9022.

SUNDAY, SEPT. 3rd

SENSORY SENSITIVE SUNDAYS: Early entry with minimal crowds at Chuck E. Cheese. 397-7855.

FREE ADMISSION FOR MILITARY MEMBERS TO BMOA:

Bakersfield Museum of Art is offering free admission to active duty military personnel and their families, including National Guard and Reserve. 323-7219.

GATHERING OF MEN GROUP AT THE ART & SPIRITUALITY CENTER:

This is a gathering for men who are interested and willing to venture into the depths of self-exploration. 632-5357.

MONDAY, SEPT. 4th

C.A.L.M. SENIOR DISCOVERY DAY: Seniors (60 yrs+) will receive a 50% discount on their admission

and a 10% discount in the Gift Store. 872-2256.

VOLUNTEER DAYS AT WIND WOLVES:

We need your help! Our volunteer events are fun and rewarding, allowing you to make a positive difference for the plants and animals that live on the preserve. 858-1115.

TUESDAY, SEPT. 5th

ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:

Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

BAKERSFIELD BLEND CHORUS:

Women Singers Wanted. If you love to sing, please join us on Tuesdays! 350 Calloway Drive Bldg A 3rd Floor, Bakersfield. 6:30-9:30PM. 497-SING (7464).

DO THE MATH:

Math help for students grades 4-12. 3:30-5:30pm. Bakersfield: 636-HELP (4357) or in other areas call toll free: 866-636-MATH (6284).

ESPAÑOL CON NANCY:

My mission is to teach Spanish through play. 889-2734.

FAMILY NIGHTS AT THE ICE CENTER OF BAKERSFIELD:

Get the whole family together for tons of fun. 852-7400.



FREE ACTING CLASS:

For children 5-17 years old who have never attended before. 2001 Westwind Drive, #8, Bakersfield. 4:30 PM. 348-4396.

MOPS -CALVARY BIBLE CHURCH:

MOPS International is dedicated to meeting the needs of every mother of preschoolers. 327-5921.

BEGINNING ART CLASS FOR GRADES 7-12 & ADULTS:

Learn drawing, painting mixed media and sculpture. Please confirm dates with instructor, Casey Hibbard at 301-2195 (text or call).

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (BAKERSFIELD):

FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

PATHFINDERS AND ADVENTURERS:

A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 871-5000.

PROJECT LINUS BLANKET MAKING:

Our mission is to provide love, a sense of security, warmth and comfort to children with items created by volunteers (blanketeers). 549-4967.

BAKERSFIELD BIRTH NETWORK:

The Nest is a community gathering, focusing on topics related to pregnancy, birth, breastfeeding and babies. Visit FB page to check if still meeting.

KERN RIVER VALLEY BOY SCOUT TROOP 690 MEETING:

Want to be a part of Boy Scouts? Call and Register today! 760-812-7082.

FAMILY STORYTIME AT FRAZIER PARK LIBRARY:

Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. 11:30 AM. 245-1267.

HOMEWORK ZONE AT DELANO BRANCH LIBRARY:

Need help with your homework? Stop by the library where tutors will be available to answer your homework questions. 3:30-4:30PM. 725-1078.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:

Stories and activities suitable for ages 3-5. 11AM. 868-0701.

WEDNESDAY, SEPT. 6th

ALZHEIMER'S CAREGIVER SUPPORT GROUP:

Come and share your experiences in a safe place to talk and listen to others. 665-8871.

CHILDREN'S ART CLASS (GRADES 1-6):

Class includes instruction in a variety of art skills, focusing on drawing and painting, sculpture, printing, ceramics and crafts. 330-2676.

KIDS CONNECT 2 CHRIST:

Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 342-2078.

MENTAL HEALTH SUPPORT:

Fresh Hope is a peer to peer wellness approach to mental health recovery based on 6 tenets that empower people to connect both their faith and recovery principles. 871-1150.

MOMnext - OLIVE KNOLLS NAZARENE CHURCH:

A group for mothers of school-age kids. 399-3303.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (LAKE ISABELLA):

FREE Grief Support Group open to anyone in the community who has suffered a loss. 760-379-5038.

SIP N' SIT:

Come on by and find out what's really going on in Taft. Everyone is invited to attend and to speak. 765-2165.

SPECIAL FRIENDS, JOYFUL HEARTS:

Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 665-7815.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:

For toddlers to third grade. We'll have a

SEND US YOUR EVENTS!

Our daily happenings section is dedicated to bringing the most current events to you, but in order to do so, we need your help! You can submit your calendar events online at kerncountyfamily.com by putting your mouse over Calendar on our website's menu bar and clicking the pull down tab, "Submit Calendar Event." Please submit calendar events by the 10th of each month prior to ensure we have enough time to consider your event. We are happy to have your events as part of our Daily Happenings section and best of all, it's FREE! All events are printed well in advance of distribution each month and are subject to change. Please contact the event coordinator ahead of attendance for dates and times.

great time with stories, coloring or crafts, and some snacks. 631-2575.

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. Ages 3-Highschool. 6PM. 833-4345.

CHESS CLUB AT FRAZIER PARK LIBRARY: Come play a game of chess at the library against your fellow neighbors & friends. 3:30 PM. 245-1267.

FULL MOON BIKE RIDES: Join us for a family-friendly, all-ages cruise starting at Beach Park and following the bike path to the Marketplace. 8PM. 321-9247.

LATIN DANCING AT KERN COUNTY MUSEUM: Get your high-heels on! Dance with your partner at the Kern County Museum. 437-3330.

RUSSELL DICKERSON AT BUCK OWENS' CRYSTAL PALACE: Concert and dancing. Tickets \$10. 328-7560.

TODDLER STORYTIME AT DELANO BRANCH LIBRARY: Join us for this interactive storytime where we read books and sing rhymes. 11:30AM-12PM. 725-1078.

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old for music, nursery rhymes, stories and play. 11AM. 868-0701.

TWEEN CRAFTERNOON AT MOJAVE BRANCH LIBRARY: Get arts & crafts with fellow tweens! 2PM. 824-2243.

THURSDAY, SEPT. 7th CHILD CAREGIVER SUPPORT GROUP: Benefit from fresh ideas on how to care for children. 393-5836.

HOFFMANN HOSPICE - CHILDREN AND TEENS GRIEF SUPPORT: If you have experienced grief in your life, please come to this safe place to talk and listen to others. 410-1010.

CRAFTY TEENS AT BEALE MEMORIAL LIBRARY: Are you crafty? Feel free to bring any crafts you want to work on! 4:30 PM. 868-0701.

EL TWANGUERO & THE DIEGO GARCIA TRIO AT BAKERSFIELD MUSIC HALL OF FAME: Spanish/Latin Grammy winner, songwriter, and string bender supreme comes to Bakersfield. 864-1701.

IMAGE CLEAR ULTRASOUND MOBILE UNIT: We will be in Arvin to serve the needs of women and their families. 600 Bear Mtn Blvd, Arvin. 2-5PM. 326-1907.

BEGINNING ART CLASS FOR GRADES K-12 & ADULTS: Learn drawing, painting mixed media and sculpture. Please confirm dates with instructor, Casey Hibbard at 301-2195 (text or call).

READ TO GINGER SNAP AT FRAZIER PARK LIBRARY: Kids come read to a happy therapy dog. 3:30 PM. 245-1267.

LEGO CLUB AT SHAFTER BRANCH LIBRARY: You can build anything you can imagine out of LEGO's! 5:30PM 746-2156

FRIDAY, SEPT. 8th CITY OF BAKERSFIELD ANIMAL CARE CENTER: Vaccine and licensing clinic. 201 South Mt Vernon, Bakersfield. 10AM. 832-7387.

HEART CENTERED HEALING: Join us in the CBCC Chapel to learn how to heal ourselves by experiencing the presence of peace, grace and ease within our bodies. 862-7136.

BAKERSFIELD MINERAL MITES: Rock & mineral club for ages 7-18 yrs. Special activities monthly. 324-5907.

BEGINNING CERAMICS CLASS (GRADES K-12): Students will learn step-by-step instruction of inventive hand built projects. Please confirm dates with instructor, Casey Hibbard at 301-2195 (text or call).

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Come into the children's room any Friday, from 3-5pm to work on the craft for the month. 868-0701.

SATURDAY, SEPT. 9th KIDS YOGA CLASS (AGES 4-10): Swing by -n- say Namaste. 5301 Office Park Dr. Ste. 420, Bakersfield. 9:30-11AM. 374-8693.

FREE DAY AT THE MARTURANGO MUSEUM: Come in and explore the exhibits, art gallery and our Museum Gift Shop. 10AM - 5PM. 760-375-6900.

VOLUNTEER ORIENTATION AND TRAINING: No experience is necessary to volunteer at M.A.R.E. (Mastering Abilities Riding Equines): barn care, facility maintenance, sidewalker, safety aide, and horse leader. 589-1877.

YOKUTS PARK FUN RUN: In cooperation with the Bakersfield Parks and Recreation Department, the Bakersfield Track Club presents the Yokut's Park Fun Runs. 7AM.

SATURDAY STUDIO AT BMOA: During the school year, weekends are the perfect time for children ages 6-8 to make art at the Museum. 323-7219.

FAMILY STORYTIME AND CRAFT AT DELANO BRANCH LIBRARY: Come join us for a family storytime and craft this event is free to the public and all ages are welcome. 2:30-3:30PM. 725-1078.

TEEN ACTING WORKSHOP AT BEALE MEMORIAL LIBRARY: Fascinated by the performing arts? Enjoy a fun morning of learning different acting techniques through improvisation & fun games. 10AM. 868-0701.

23RD ANNUAL BAKERSFIELD VILLAGE FEST: This is one of the longest running beer, wine, food and music festivals in Bakersfield history. 21 years+ Tickets online.

EAST BAKERSFIELD NEIGHBORHOOD REVITALIZATION PROJECT CLEANUP DAY: Volunteers needed to clean-up East Bakersfield. 1102 Grace St., Bakersfield. 9AM-12PM. 203-0983.

FULL MOON NIGHT HIKE AT WIND WOLVES: Reservations Required. This two-hour moonlit hike will start just before sunset and end after dark. 858-1115.

LEGO'S WORKSHOP-DISNEY THEME: Join Kern Autism

Network-Autism Society, in an innovative and exciting workshop just for our children! Parental or caretaker participation is required. Reservations online or over phone: 489-3335.

SUNDAY, SEPT. 10th BAKERSFIELD COLLECTOR CON: This year's convention will be two days of family fun! Expect to see all kinds of vendors selling toys, comics and almost anything that's collectable. Tickets online.

FAIRYTALE BRIDAL EVENT: Bridal shows are a great way to start planning your wedding. 633-9200.

NITRO CIRCUS LIVE AT KERN RACEWAY: Nitro Circus is an "action sport collective" led by Travis Pastrana, featuring his friends and him traveling around the world riding dirtbikes, base jumping, and more. 835-1264.

SPIRITUAL CINEMA SUNDAY: Showing "Extremely Loud & Incredibly Close," a movie about a nine-year-old boy who searches New York City for the lock that matches a mysterious key left behind by his father, who died in the World Trade Center on SEPT. 11, 2001. 632-5357.

MONDAY, SEPT. 11th COUNTRY LINE DANCING: Beginning and intermediate line dancing. 392-2010.

FREE CHILD IDENTIFICATION CARDS: A child identification card will include a picture, thumb prints and other identifying information for children. 1601 Truxtun Avenue, Bakersfield. 2-4:30PM. 326-3053.

BEGINNING ART CLASS FOR GRADES 7-12 & ADULTS: Learn drawing, painting mixed media and sculpture. Please confirm dates with instructor, Casey Hibbard at 301-2195 (text or call).



GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS: Open to all men who enjoy singing. 350 Calloway Drive, Bakersfield. 7-9PM. 871-6268.

KERN COUNTY CHAPTER OF CALIFORNIA TURTLE AND TORTOISE CLUB: The California Turtle and Tortoise Club (CTTC) was created to promote the preservation, conservation, welfare, study and dissemination of knowledge pertaining to all turtles and tortoises. 599-8425.

LA LECHE LEAGUE-NOW ONLINE: Free information and support group for pregnant and breastfeeding mothers. 10AM. 438-1518.

TROOP 712 BOY SCOUTS OF AMERICA MEETING: New/future Scouts welcome to see what it's like. 832-8011.

TUESDAY, SEPT. 12th MOVE TO IMPROVE: Move to Improve is a low impact, low intensity, semi private training program for people with physical limitations. 588-8931.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (TEHACHAPI): FREE Grief Support Group open to anyone in the community who has suffered a loss. 1-888-597-6115.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 871-5000.

EVENING CAREGIVER SUPPORT GROUP: Come and share your experiences with people who understand what you're going through. 393-8871.

FAUNA FOR THE FUTURE REPTILE CLUB MEETING: Families, children and reptiles welcome! 2018 Chester Ave, Bakersfield. 7:00 PM.

MOPS - OLIVE KNOLLS NAZARENE CHURCH: MOPS International is dedicated to meeting the needs of every mother of pre-schoolers. 399-3303.

N.A.M.I. FAMILY SUPPORT GROUP: The National Alliance on Mental Illness (NAMI) offers support for families, friends, and individuals living with mental illness. 398-8907/858-3255.

SIDE BY SIDE ART AT BMOA: The Museum welcomes children ages 3-5 and their parent/guardian for an experimental, hour-long workshop. 323-7219.

WARMLINE MOM & BABY GROUP: For moms with babies birth through one year. Great place to meet other moms & get your new mom questions answered. 323-3531.

WARMLINE MOM & TODDLER GROUP: All parents are encouraged to bring their children for a fun play session and interact with other moms in the community. FREE, Walk-in's Welcome! 323-3531.

LEGO CLUB AT FRAZIER PARK LIBRARY: Unleash your creative side & design your best LEGO creation. 5PM. 245-1267.

LEGO CLUB AT DELANO BRANCH LIBRARY: Come join us at the library as we explore our creativity with legos. 4:30-5:30PM. 725-1078.

ONE BOOK ONE BAKERSFIELD AT BEALE MEMORIAL LIBRARY: PBS' award-winning Point of View series and the One Book One Bakersfield are coming together to



TEEN CHALLENGE 5K/2K

Saturday, September 9

Teen Challenge has been on the front lines of helping those who have life-controlling problems in Kern County for 48 years. Run or walk, you can raise money for Teen Challenge. 399-2273.

encourage the entire community to share experiences related to a single book. 6PM. 868-0701.

WEDNESDAY, SEPT. 13th HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. 410-1010.

KIDS CONNECT 2 CHRIST: It's like VBS every week, for kids 4-12! Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 342-2078.

OPEN CALL DAY FOR ACTORS AND ACTRESSES: All ages welcome for talent agency representation in commercials. Actors and models must bring headshot and/or resumes. 348-4396.

OPTIMAL HOSPICE CARE-GRIEF SUPPORT (LAKE ISABELLA): FREE Grief Support Group open to anyone in the community who has suffered a loss. 760-379-5038.

SIP N' SIT: Come on by and find out what's really going on in Taft. Everyone is invited to attend and to speak. 765-2165.

SPECIAL FRIENDS, JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 665-7815.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 10-11AM. 631-2575.

ALZHEIMER'S SPOUSE SUPPORT GROUP: Come and share your experiences in a safe place to talk and listen to others. 4203 Buena Vista Rd., Bakersfield. 1:30 PM. 665-8871.

BEYOND THE BOOK AT MO-JAVE BRANCH LIBRARY: Join the community discussion about this year's One Book, One Bakersfield, One Kern read, \$2.00 A Day. 4PM. 824-2243.

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. Ages 3 years to Highschool. 833-4345.

CHESS CLUB AT FRAZIER PARK LIBRARY: Come play a game of chess at the library against your fellow neighbors & friends. 3:30 PM. 245-1267.

BARKS & BOOKS AT BEALE MEMORIAL LIBRARY: Children in K-8th grade are invited to read with therapy dogs. Appointment required. 4PM. 868-0701.

COUPONING 101 AT DELANO BRANCH LIBRARY: Come join us for this introductory session where we show you the basics of couponing. 6-7PM. 725-1078.

HISTORICAL LECTURE SERIES AT KERN COUNTY MUSEUM:

Discussion centered on the Ku Klux Klan in Kern County. 437-3330.

MEDIYOGA AT ART & SPIRITUALITY CENTER: MediYoga sessions include gentle yoga postures, breathing and meditations which have been scientifically proven to help with stress and anxiety. 5:30 PM. 632-5357.

THURSDAY, SEPT. 14th HOFFMANN HOSPICE- ADULTS GRIEF SUPPORT GROUP: If you or someone that you love has suffered a loss we encourage you to try to locate a support group in your area. 410-1010.

SQUARE DANCING CLASSES: Square dancing is for everybody! 301-2808.

MOPS - VALLEY BAPTIST CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 387-6352.

READ TO GINGER SNAP AT FRAZIER PARK LIBRARY: Kids come read to a happy therapy dog. 3:30 PM. 245-1267.

SENSORY STORYTIME AT BEALE MEMORIAL LIBRARY: Join us for hands-on learning as we engage all of the sense through music, movement, stories and play. 868-0701.

DIAMONDS & DENIM: Join us for an exciting night of transformation, testimonies, silent auction, delicious food and some great entertainment provided by comedian Robert G. Lee. 489-5952.

TEEN ZINE AT DELANO BRANCH LIBRARY: Want to make your own magazine or vision book? Stop by the library and join us for the event. 5:30-6:30 PM. 725-1078.

FRIDAY, SEPT. 15th BABY CAFE: Need help breastfeeding? Bring the baby, get your questions answered. 747-5195.

HEART CENTERED HEALING: Join us in the CBCC Chapel to learn how to heal ourselves by experiencing the presence of peace, grace and ease within our bodies. 862-7136.

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Come into the children's room any Friday from 3-5pm to work on the craft for the month. 868-0701.

FAMILY FRIDAYS AT THE ART & SPIRITUALITY CENTER: Join us for the artistic inter-generational togetherness experience, which helps strengthen family relationships by spending dedicated time together. 6-8:30 PM. 632-5357.

SUNSET WALK AT WIND WOLVES: The Sunset Walk is a great opportunity for photographers, and anyone who enjoys the beautiful golden light that the last hour of the day brings! 858-1115.

SATURDAY, SEPT. 16th FAMILY STORYTIME AND CRAFT AT DELANO BRANCH LIBRARY: Come join us for a family storytime and craft this event is free to the public and all ages are welcome. 2:30 PM - 3:30PM. 725-1078.

3RD ANNUAL MEET ME IN PARIS FASHION SHOW: The Mission at Kern County Ladies' Guild is hosting their 3rd annual fashion show to raise money for the Mission. Call for tickets: 325-0863.

NONPROFIT INFORMATION SESSION AT BEALE MEMORIAL LIBRARY: An information session on how to find a grant. Computer Lab, 2nd floor. 10AM. 868-0701.

SATURDAY NIGHT RACES AT KERN RACEWAY: Have fun at the Raceway! Gates open at 5:30PM, Opening Ceremony at 7PM. 835-1264.

STEAM DAY AT KERN COUNTY MUSEUM: STEAM is designed to integrate STEM (Science, Technology, Engineering, and Math) subjects and the art of design. 437-3330.

ZENTANGLE CLASS: Don't draw? Don't consider yourself an artist? Well, we will show you how simple it is and you will leave with a beautiful piece of art. 324-9022.

SUNDAY, SEPT. 17th MURRAY FAMILY FARM FUN: Come by Murray Family Farm and have fun picking your own fresh and local fruit! 330-0100.

EOKIDZ AT WIND WOLVES: Reservations Required. Parents come out and enjoy a free outdoor activity with your kids. 858-1115.

MONDAY, SEPT. 18th ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday at different times for different ages. Please call to reserve space. 348-4396.

ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.): Be encouraged by God's word to overcome addictions. A free, local Christian support group. 323-2851 ext 30.

C.A.L.M. SENIOR DISCOVERY DAY: Seniors (60 yrs+) will receive a 50% discount on their admission and a 10% discount in the Gift Store. 872-2256.

THE CHRISTIAN JOURNEY: 12 step Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464.

MOPS - NORTHSIDE COMMUNITY CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 589-3535.

E-BOOK EXPERIENCE AT BEALE MEMORIAL LIBRARY: One-on-one session with a librarian

on how to download Kern County Library e-books. 12PM. 868-0701.

FAMILY MOVE NIGHT AT SHAFER BRANCH LIBRARY: Join us for "Beauty and the Beast (1991)." 5:30PM. 746-2156

TUESDAY, SEPT. 19th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

ESPAÑOL CON NANCY: My mission is to teach Spanish through play. 889-2734.

FAMILY NIGHTS AT THE ICE CENTER OF BAKERSFIELD: Get the whole family together for tons of fun. 852-7400.

MOPS - CALVARY BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 327-5921.

OPTIMAL HOSPICE CARE-GRIEF SUPPORT (BAKERSFIELD): FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

PARENTS 4 KIDS: Support for parents by parents raising kids with special needs. FREE and open to the public. 811 Roberts Lane, Bakersfield. 11AM. 862-0783.

BEGINNING ART CLASS FOR GRADES 7-12 & ADULTS: Learn drawing, painting mixed media and sculpture. Please confirm dates with instructor, Casey Hibbard at 301-2195 (text or call).

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 6-7:30PM. 871-5000.

SUICIDE SURVIVORS SUPPORT GROUP: This group is open to anyone who has lost a loved one to suicide. 868-1552.

D.O.O.R. AT THE ART & SPIRITUALITY CENTER: Discovering our own recovery is a women's support group that meets every month and offers a safe place to talk about the many facets of an ongoing illness. 10AM - 12PM. 632-5357.

HOMEWORK ZONE AT DELANO BRANCH LIBRARY: Do you need help with your homework? Stop by the library and let our tutors help you free of charge. 3:30-4:30PM. 725-1078.

ONE BOOK STORYTIME AT FRAZIER BRANCH LIBRARY: The read is meant to pull a community together, cross cultural divides, and enhance understanding of our diversity, all while supporting literacy. 11:30 AM. 245-1267.

SUMMER RESEARCH STORIES AT BEALE MEMORIAL LIBRARY: Members of the Kern County Genealogical Society host this overview of hands-on family tree research. Tejon Room, 2nd floor. 1PM. 868-0701.

WEDNESDAY, SEPT. 20th KIDS CONNECT 2 CHRIST: Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 342-2078.

FRESH HOPE MENTAL HEALTH SUPPORT: A peer to peer wellness approach to mental health recovery based on 6 tenets that empower people to connect both their faith and recovery principles. 871-1150.

MOMnext - OLIVE KNOLLS NAZARENE CHURCH: A group for mothers of school-age kids. At MOPS International, Better Moms Make a Better World. 399-3303.



Photo by Lorie Chambless

2017 KERN COUNTY FAIR

September 20-October 1

Join us and see this 1000-pound steer, other animals, livestock, and concerts at the Great Kern County Fair. Tickets available on www.kerncountyfair.com

There is a time in the last few days of summer when the ripeness of autumn fills the air.

Rudolfo Anaya

OPTIMAL HOSPICE CARE-GRIEF SUPPORT (LAKE ISABELLA): FREE Grief Support Group open to anyone in the community who has suffered a loss. 760-379-5038.

SIP N' SIT: Come on by and find out what's really going on in Taft. Everyone is invited to attend and to speak. 765-2165.

WOMEN'S SELF DEFENSE WORKSHOPS: Learn to defend yourself. Workshops are FREE and open to the public. 322-0931.

AWANA CLUB AT FELLOWSHIP BAPTIST: Wednesday night dinner is from 5-6, with AWANA and Adult Bible Study starting at 6. 833-4345.

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: Sign up at the Reference Desk or call 868-0701 to reserve sessions with a volunteer coach for one-on-one computer learning. 868-0701.

CHESS CLUB AT FRAZIER PARK LIBRARY: Come play a game of chess at the library against your fellow neighbors & friends. 3:30 PM. 245-1267.

KERN COUNTY FAIR CONCERTS: Old Dominion joins us opening at the Budweiser Pavilion. 1142 South P Street, Bakersfield. 8PM. 833-4900.

THURSDAY, SEPT. 21st KERN RIVER ASTRONOMY CLUB: Come up the hill to see the stars with a group of enthusiasts. 760-376-1291.

MOPS - THE BRIDGE BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 587-2010.

THIRD THURSDAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY: \$2.00 admission! For info regarding events at BVMNH, please call or visit their website. 324-6350.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP: FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

CHILD CAREGIVER SUPPORT GROUP: Anyone can benefit from fresh ideas on how to care for their children. 393-5836.

HOFFMANN HOSPICE - CHILDREN AND TEENS GRIEF SUPPORT: If you have experienced grief in your life, please come to this safe place to talk and listen to others. 410-1010.

MOPS - LAURELGLEN BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 833-2800.

FILM NIGHT AT BEALE MEMORIAL LIBRARY: The film begins at 6pm, auditorium doors open at 5:45pm. Films recommended for adults only. Auditorium. 6PM. 868-0701.

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Free pregnancy tests and ultrasound services for women in their first trimester. Peer counseling and resources are available. 600 Bear Mtn Blvd, Arvin. 2-5PM. 326-1907.

READ TO GINGER SNAP AT FRAZIER PARK LIBRARY: Kids come read to a happy therapy dog. 3:30 PM. 245-1267.

PHOTO SERIES KICKOFF AT BEALE MEMORIAL LIBRARY: Mr. Solis will give a talk on his work and travels; the series are titled "Through the Eyes of a Bus Rider" and "Car Free Los Angeles." Auditorium. 5PM. 868-0701.

BEGINNING ART CLASS FOR GRADES K-12 & ADULTS: Learn drawing, painting mixed media and sculpture. Please confirm dates with instructor, Casey Hibbard at 301-2195 (text or call).

FRIDAY, SEPT. 22nd BABY CAFE: Relax and join us for refreshments, support and information. 747-5195.

CITY OF BAKERSFIELD ANIMAL CARE CENTER: Vaccine and licensing clinic. 832-7387.

HEART CENTERED HEALING: Join us in the CBCC Chapel to learn how to heal ourselves by experiencing the presence of peace, grace and ease within our bodies. 862-7136.



KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Let your creative side show, learn new things, and meet new people. 3-5PM. 868-0701.

SATURDAY, SEPT. 23rd FREE MEDITATION CLASS: Meditation is a practice of concentrated focus to enhance personal and spiritual growth. Free class, donations accepted. 5301 Office Park Dr. Ste. 420, Bakersfield. 8:30-9:30AM. 374-8693.

BAKERSFIELD CARS & COFFEE: Come out to look at some fancy cars and talk to their owners. NW Promenade on Rosedale Hwy, Bakersfield. 7-9AM.

SATURDAY STUDIO AT BMOA: Led by one of our on-site instructors, students learn new artistic processes and techniques followed by an interactive art project formatted to fit their age level. 10AM. 323-7219.

FAMILY STORYTIME AND CRAFT AT DELANO BRANCH LIBRARY: Come join us for a family storytime and craft this event is free to the public and all ages are welcome. 2:30-3:30PM. 725-1078.

2017 BAKERSFIELD WALK LIKE MADD AND MADD DASH: This is your chance to do something about drunk driving in our community. 11298 Stockdale Hwy., Bakersfield. 8-11AM. 334-4948.

BLACKOUT NIGHT HIKE AT WIND WOLVES: Naturalists will discuss nighttime wonders such as nocturnal animals and sensory awareness activities. 858-1115.

COLOR ME HAPPY AT BEALE MEMORIAL LIBRARY: Join the coloring craze with a relaxing morning of refreshments, conversation and coloring. 10:30 AM. 868-0701.

HANDMADE CRAFT N' ART FAIR IN CORSEGOLD: Indoors, handcrafted art only. Free parking and Free admission. 35610 Hwy. 41, Corsegold. 10AM - 4PM. 559-692-2352.

KERN COUNTY FAIR CONCERTS: War, an American funk band, plays at the Budweiser Pavilion. 8PM. 833-4900.

SKILLZ DAY AT KERN COUNTY MUSEUM: Learn and play through skills! Different activities such as crafts and presentations. All children are welcome! 437-3330.

SUNDAY, SEPT. 24th HAGGIN OAKS FARMERS MARKET: Check out the best selection of seasonal and fresh vegetables, fruit, local honey, eggs, hummus, and just about everything. 8800 Ming Ave, Bakersfield. 9AM-2PM. 334-2033.

MURRAY FAMILY FARM FUN: Come by Murray Family Farm and have fun picking your own fresh and local fruit! 330-0100.

VOLUNTEER DAYS AT WIND WOLVES: Working alongside rangers, you have the opportunity to save endangered species, remove invasive plants, work in our native nursery, monitor species populations, and more. All ages welcome! 858-1115.

MONDAY, SEPT. 25th C.A.L.M. SENIOR DISCOVERY DAY: Seniors (60 yrs+) will receive a 50% discount on their admission and a 10% discount in the Gift Store. 872-2256.

GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS: Open to all men who enjoy singing. 871-6268.

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: Sign up at the Reference Desk or call 868-0701 to reserve sessions with a volunteer coach for one-on-one computer learning.

ACRYLIC PAINTING AT THE ART & SPIRITUALITY CENTER: Let our facilitator guide you through a process that will lead to satisfying, beautiful art-making and greater self-awareness. 632-5357.

BEGINNING ART CLASS FOR GRADES 7-12 & ADULTS: Learn drawing, painting mixed media and sculpture. Please confirm dates with instructor, Casey Hibbard at 301-2195 (text or call).

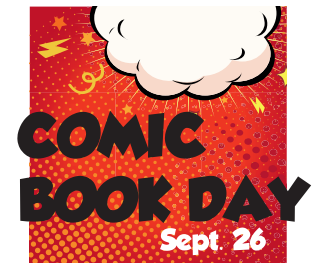
TUESDAY, SEPT. 26th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. If you love to sing, please join us on Tuesdays! 497-SING (7464).

FAMILY NIGHTS AT THE ICE CENTER OF BAKERSFIELD: Get the whole family together for tons of fun. 852-7400.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 871-5000.

EARLY STAGE CHAT GROUP FOR INDIVIDUALS WITH DEMENTIA OR ALZHEIMER'S: Come to a safe place to talk and get advice from others. 4203 Buena Vista Rd., Bakersfield. 1:30 PM. 665-8871.



MOPS - OLIVE KNOLLS NAZARENE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 399-3303.

N.A.M.I PEER SUPPORT GROUP: The National Alliance on Mental Illness (NAMI) offers support for families, friends, and individuals living with mental illness. 247-5426.

WARMLINE MOM & BABY GROUP: Don't sit at home alone with your baby; come on out and join with other moms to discover the world of mothering together 11:15AM. 4301 Calloway Dr, Bakersfield. 323-3531.

WARMLINE MOM & TODDLER GROUP: All parents are encouraged to bring their children. Enter parking lot from Hageman, follow fence line all the way to the back parking lot. Enter through double glass doors. We're on the left in room 104. 9AM. 323-3531.

FAMILY STORYTIME AT FRAZIER PARK LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. 11:30 AM. 245-1267.

KERN COUNTY FAIR CONCERTS: Chris August, a contemporary Christian musician, will be performing. 8PM. 833-4900.

WEDNESDAY, SEPT. 27th HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. 410-1010.

KIDS CONNECT 2 CHRIST: It's like VBS every week, for kids 4-12! 342-2078.

MENTAL HEALTH SUPPORT: Fresh Hope is a peer to peer wellness approach to mental health recovery based on 6 tenets that empower people to connect both



KERN RIVER ROCK & BLUES FESTIVAL

Saturday, September 23

Lots of rock bands and blues artists will be playing this weekend. Proceeds benefit Veterans Organizations. 10:30AM-9PM. 11252 Kernville Rd, Kernville. 340-0026.

their faith and recovery principles. 871-1150.

SIP N' SIT: Come on by and find out what's really going on in Taft. 765-2165.

SPECIAL FRIENDS, JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 665-7815.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: We'll have a great time with stories, coloring or crafts, and some snacks. 10AM - 11AM. 631-2575.

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 833-4345.

CHESS CLUB AT FRAZIER PARK LIBRARY: Come play a game of chess at the library against your fellow neighbors & friends. 3:30 PM. 245-1267.

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old for music, nursery rhymes, stories and play. 11AM. 868-0701.

ARTIFACTS COME TO LIFE AT KERN COUNTY MUSEUM: California Indian Artifacts, such as charmstones, shamans and warfare will be discussed. 437-3330.

THURSDAY, SEPT. 28th HOFFMANN HOSPICE - CHILDREN AND TEENS GRIEF SUPPORT: If you have experienced grief in your life, please come to this safe place to talk and listen to others. 5:30 PM. 410-1010.

WORD POETRY/OPEN MIC NIGHT: Come relax, unwind and listen to what's on the mind. 1718 Chester Avenue, Bakersfield. 7PM. 703-6911.

MOPS - ST. ELIZABETH ANN SETON CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 587-3626.

MOPS - VALLEY BAPTIST CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 387-6352.

LEGO CLUB AT BEALE MEMORIAL LIBRARY: Come build with us! All materials provided by the library. 5:30 PM. 868-0701.

READ TO GINGER SNAP AT FRAZIER PARK LIBRARY: Kids come read to a happy therapy dog. 3:30 PM. 245-1267.

KERN COUNTY FAIR CONCERTS: Montgomery Gentry, an American country duo composed of vocalists Eddie Montgomery and Troy Gentry, will be performing. 8PM. 833-4900.

FRIDAY, SEPT. 29th

OPEN ART STUDIO: Short on Studio Space? Bring your latest project and supplies to the Bakersfield Art Center! 869-9320.

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Come into the children's room any Friday from 3-5pm to work on the craft for the month. 868-0701.

EVERY GOOD BOY DESERVES FAVOUR: Bakersfield Symphony Orchestra presents a play by Tom Stoppard, with orchestration by Andre Previn. Adults only. 328-7928.

BEGINNING CERAMICS CLASS (GRADES K-12): Students will learn step-by-step instruction of inventive hand built projects. Please confirm dates with instructor, Casey Hibbard at 301-2195 (text or call).

SATURDAY, SEPT. 30th FARMERS MARKET: Looking for the freshest fruits and vegetables? We have what you're looking for. 3201 F St, Bakersfield. 8AM - 12PM.

KIDS FREE DAYS AT C.A.L.M.: The last Saturday of each month, kids up to 12 years old are FREE with a paying adult. 872-2256.

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: We have some great farmer's markets in Kern County, and this is another one. 9AM - 1PM. 760-417-9575.

ONYX FAMILY FARMS: Locally grown fruits and vegetables, no chemicals used, just veggies grown the old fashioned way. 9AM - 4PM. 760-377-7460.

FAMILY STORYTIME AND CRAFT AT DELANO BRANCH LIBRARY: Come join us for a family storytime and craft this event is free to the public and all ages are welcome. 2:30-3:30PM. 725-1078.

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Learn math or get assistance with your math homework; Open to learners of all ages. 2-4PM. 868-0701.

BACKCOUNTRY SAFARI AT WIND WOLVES: Some of our Safari themes are: Birds of Wind Wolves Preserve, Animal Sightings, Natural History, Native American History, Wildflowers (seasonal) and much more! 8:30AM - 12PM. 858-1115.

BIKE YOUR PARK DAY WITH BIKE BAKERSFIELD: Join us for a fun filled overnight bike camping trip for Bike Your Park Day SEPT. 30! 321-9247.

PHOTO SAFARI AT KERN COUNTY MUSEUM: Perfect for teens and tweens! A professional photographer will guide students as they take photos around the Pioneer Village grounds. 437-3330.

totsshots

Riverwalk Park September 5
11298 Stockdale Hwy
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

Walgreens Pharmacy September 6
40 Chester Avenue
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

Walgreens Pharmacy September 7
3301 Panama Lane
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

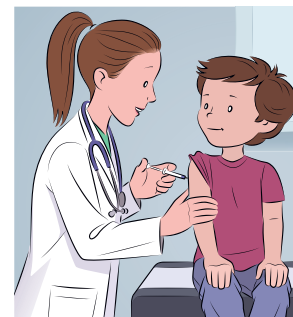
Benton Park Center September 11
2705 So.H St. @
Wilson Rd., Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

Mercado Latino September 12
2105 Edison Hwy.
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

Kern County Dept. of Human Services September 13
100 E. California Ave
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

Walmart September 14
2601 Fashion Plaza
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

Walmart Supercenter September 18
5075 Gosford Rd.
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm



New Life Church September 20
4201 Stine Road
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

NOR-Riverview Park September 25
437 Willow Drive
Bakersfield
9:00 am—11:30 am
12:00 pm—2:00 pm

Walmart September 26
401 Central Ave.,
Wasco
9:30 am—11:30 am
12:00 pm—2:00 pm

Adventist Health Bakersfield September 27
2800 Chester Ave.
Bakersfield
1:00 pm—3:00 pm
3:30pm — 6:00pm

Vallarta Market September 28
600 Bear Mountain
Blvd., Arvin
9:30 am—11:30 am

*Please note that according to Vaccine for Children (VFC) guidelines, vaccines are FREE of charge to children under the age of 18 who meet one of the following criteria: • No health insurance • Eligible for Medi-Cal (must present Medi-cal card at each visit) • American Indian or Native Alaskan. The mobile unit continues to take its services right to the families who need them the most. No appointment necessary, but immunization cards are required. We may stop registration 30 minutes before closing time. We also offer the Hemoglobin test FREE of charge to children, expecting and post-partum mothers, but require a WIC, school or doctor referral; regardless of health insurance criteria. Please be aware, children under 5 years of age and their siblings will be given priority due to First 5 Kern funding. Mobile Immunization clinics will close for lunch between 11:30 am - 12 pm, except the third Wednesday of the month which will close from 3 pm - 3:30 pm. For more information, call (661) 869-6740.

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SEPTEMBER *worship* GUIDE

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10:45 am - Worship Celebration (English & Spanish)
4:30 pm - Trek & Journey (7th-12th)
5:00 pm - Enrichment classes Men & Women

Wednesday
6:00 pm - Awana, Bible Study & Prayer

READER QUICK PIX

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E-mail photos to kcfm@kerncountyfamily.com*

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www.goCBC.org

Sunday Mornings
Traditional Service at 8:00
Classes for all ages at 9:30
Contemporary Service at 10:45

Sunday Afternoons
4:00 GriefShare Class

Wednesday Nights
5:00 Community Dinner
6:00 Worship Time
KIDS INVEST program (for kids 3 years - 6th grade)
6:30 Youth Groups (JH & HS) and Adult Bible classes

Thursday Nights
6:00 Celebrate Recovery

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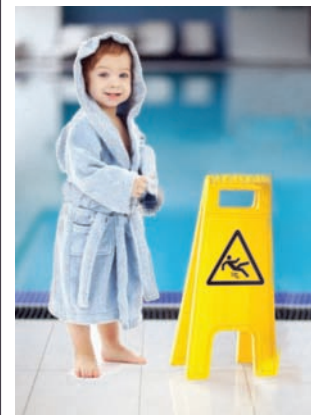
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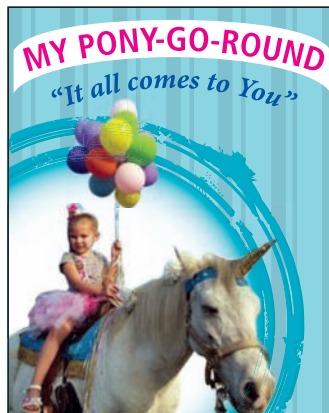


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9	5	4	2	1	8	6	3	7
6	1	8	5	7	2	3	9	4
7	3	9	6	4	1	8	2	5
2	4	5	3	8	9	1	7	6
1	6	7	4	2	5	9	8	3
5	9	2	8	6	3	7	4	1
4	8	3	1	9	7	5	6	2

Crossword:

Across

- Football
- Winners
- Defense
- Forward
- Omens
- Baseman
- Lot
- OT

Get Scrambled:

Hat head



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"Autism Society Chapter-Kern Autism Network provides support, awareness, information and education to families and the public throughout Kern County"

Upcoming Workshop & Seminar...

- Disney Theme LEGO Workshop Saturday Sept. 9, 10am-12:30pm
Canyon Hills Assem. of God Church Gym
- Autism Spectrum Disorders Seminar Series 1:
Monday, October 23rd, 2017, 9am to Noon
Speaker: Emily Luxford-RD, Samsun Clinic-Santa Barbara, CA
Topic: "The Benefits of Pro-biotics for Autism & Nutrition"

Monthly Support Groups:

Family Support & Sibling Autism Support Groups
Tuesday, Sept. 19, 6-7:30pm
Canyon Hills Assem. of God Church

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EARLY SIGNS OF AUTISM:

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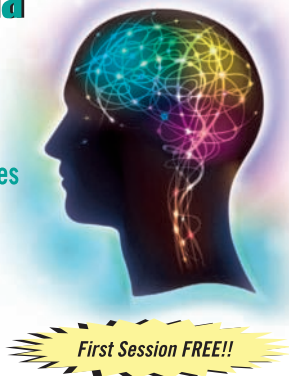
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TOY RECALLED By Andrea Rose

Tomy has recalled its Lamaze Munching Max chipmunk stuffed toys after reports that parts inside the toy can break creating a sharp point that can penetrate the surface of the toy, posing a laceration hazard. The toys were sold at Babies R Us, Toy R Us and other retail stores nationwide and online at Amazon.com from May 2016 through July 2017 for about \$16. This recall (17-188) involves Lamaze Munching Max chipmunk stuffed toys with item number L27578. "Tomy," "Lamaze" and the item number are printed on a sewn-in fabric label near the tail of the toy. The stuffed toy is multi-colored with a white clip on the head of the chipmunk. When the clip is pulled, the chipmunk toy vibrates and simulates eating the cloth nut attached to its arm.

What to do: Consumers should immediately take the recalled toy away from children and contact TOMY International toll-free at 866-725-4407 from 7:30 a.m. to 4:30 p.m. CT Monday through Thursday and 7:30 a.m. to noon Friday or online at <http://recall.tomy.com>. Consumers can also visit www.tomy.com and click on Recalls for more information.



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Hat Word Find

Find the hidden words in the puzzle

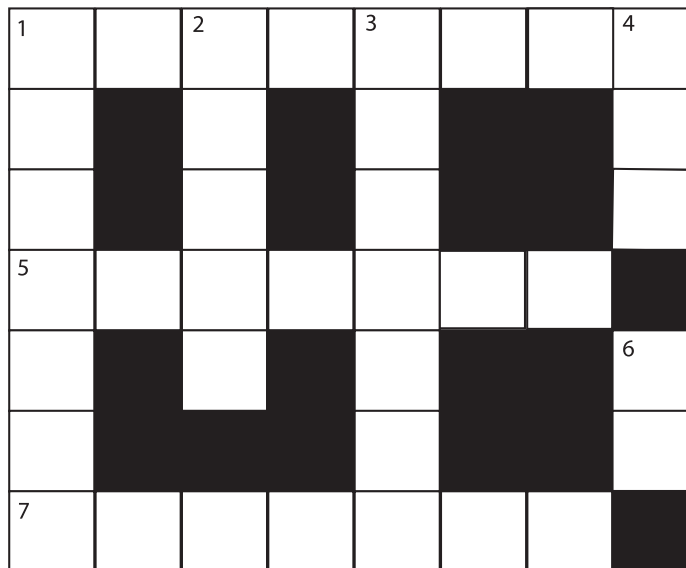
FASHION
FIT
HAT
HEAD

KNIT
SHADE
STRAW
STYLE

UNIFORM
WARDROBE
WARMTH
WOOL

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

Crossword Puzzle



ACROSS

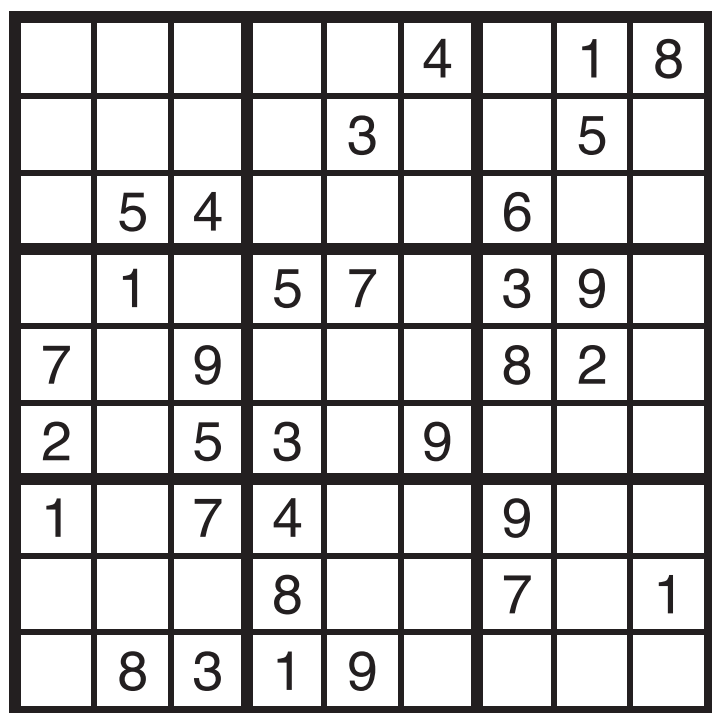
- Tackle sport
- Champions
- Protection

DOWN

- Plays nearest the opposing team's goal
- Events portending outcomes
- Position in baseball
- Area of land
- Extra time (abbr.)



Sudoku



Level: Beginner

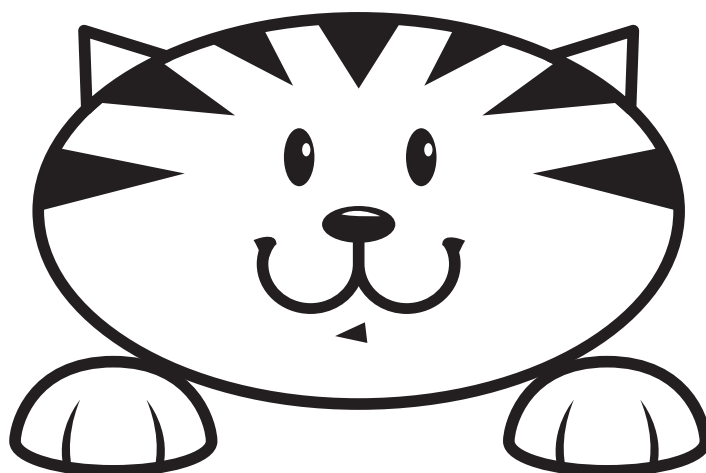
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve: the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes.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

Get Scrambled

Unscramble the words to determine the phrase

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ALL-NEW 2018 GMC TERRAIN



The All-New Terrain offers greater refinement and versatility to adapt to customers' unique needs, and it's packed with more available features and advanced safety technologies than ever before. Three all-new turbocharged engines, leading with a 2.0L at launch – followed later with a 1.5L and an available 1.6L turbo-diesel – provide more choices when it comes to performance, efficiency and capability.

"Terrain helped define the premium compact SUV segment and the all-new 2018 model elevates it with a stronger roster of standard and available features," said Duncan Aldred, vice president of Global GMC. "GMC's proven SUV experience makes it a more compelling choice than ever, with a strong blend of design, functionality and engineering excellence."

The All-New GMC Terrain provides great value in packaging with a host of standard premium features, including a new 170-hp, 1.5L turbo engine paired with a new nine-speed automatic transmission; driver-controllable Traction Select system; signature LED daytime running lamps and taillamps; leather-wrapped steering wheel; flat-folding front passenger seat; and keyless open and start.

The Terrain Denali raises the bar even further to add a standard 252-hp, 2.0L turbo engine; 19-inch ultra-bright machined aluminum wheels; LED headlamps; heated leather-wrapped steering wheel; hands-free power programmable liftgate; an 8-inch diagonal infotainment system with navigation; Bose premium seven-speaker audio system; and a suite of standard safety features that includes: Side Blind Zone Alert with Lane Change Alert, Rear Cross Traffic Alert, Rear Park Assist and Safety Alert Seat.

The new Terrain keeps passengers connected with Apple CarPlay and Android Auto compatibility^[2] and access to a standard in-vehicle OnStar 4G LTE Wi-Fi hotspot^[3]. GMC customers in the U.S. can currently purchase an unlimited data plan enabled by AT&T for only \$20 per month^[4].

In addition to the 4G LTE connection, the OnStar Basic Plan^[5] comes standard on all new GMC retail models for five years. The Basic Plan offers select remote vehicle services and the OnStar AtYourService marketplace via the myGMC mobile app^[6] among other features.

See our 2018 GMC Terrain review online at www.MotorCityGMC.com/newsletter or call us today at (855) 411-3683 and schedule a test drive at Motor City Buick | GMC today.

^[1] The manufacturer's suggested retail prices include a destination charge of \$975, but exclude tax, title, license, dealer fees, and optional equipment.

^[2] Apple CarPlay and Android Auto compatibility are subject to their terms, privacy statements and data plan rates, as well as a compatible smartphone.

^[3] Visit onstar.com for vehicle availability, details and system limitations. Services and connectivity may vary by model and conditions. Eligible vehicle and data plan required. 4G LTE coverage not available everywhere.

^[4] Plus applicable taxes and fees. Plan provides access to AT&T wireless data services for your equipped vehicle for 30 days. Payments are non-refundable (subject to applicable law). Visit onstar.com or att.com for plan details.

^[5] OnStar Basic Plan is available for five years from the delivery date of eligible 2015 model year and newer vehicles and is transferable. Basic Plan does not include Emergency, Security or Navigation services; these and other services require a paid plan. Visit onstar.com for details.

^[6] Compatible mobile device required. Some features require a paid OnStar service plan.

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