

WES MOORE

ONE NAME. TWO FATES

The chilling truth is that his story could have been mine. The tragedy is that my story could have been his.



"Wes stared back at me after I'd asked my question, letting a moment pass and a smirk flicker across his face before responding.

"I really haven't thought too deeply about his impact on my life because, really, he didn't have one."

announces its literary lineup for the 11th annual community book read. This year's book, "The Other Wes Moore" by Wes Moore, is part memoir, part biography. It's a story of two Wes Moores growing up at the same time in the same neighborhood, but who end up on vastly different life paths – one a Rhodes Scholar, decorated war veteran, and successful businessman; the other one a convicted felon serving a life sentence in prison.

Led by Kern County Library and CSU Bakersfield, the One Book committee has pulled in multiple community partners to present free programming related to the book. The read begins with a kickoff event in September followed by six weeks of expert panels, book discussions, arts events, and more. The read culminates with the author himself giving a free talk at CSUB on Nov. 8th.

For more information about One Book, One Bakersfield, One Kern, visit the website at <http://onebookonebakersfieldonekern.com> or contact organizer Kristie Coons at 661-325-9584 or kcoons3@sbcglobal.net.

October Marks National Disability Employment Awareness Month

In honor of National Disability Employment Awareness Month in October, Goodwill Industries of South Central California urge employers to consider the unique talents, perspectives, and contributions that people with disabilities bring to the workplace. For decades, Goodwill has been giving people with disabilities the tools they need to find jobs, build their careers, and become independent contributors to their communities.

Ken Beurmann, Vice President of Business Development for Goodwill Industries of South Central California says, "Diversity in the workplace includes people with disabilities. Employees should be judged by the quality of the work they perform, not by whether or not they have a disability."

For more information, please visit www.TheGoodwill.org or www.facebook.com/MyGoodwill or call 661-837-0595.

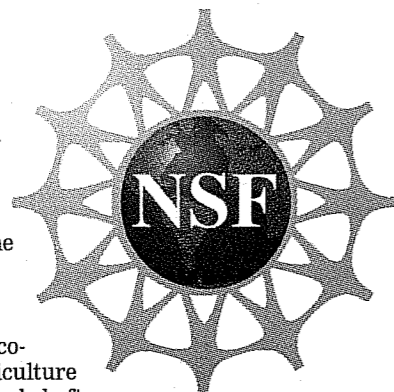
CSUB Receives \$5 million to Launch Science and Technology Research Center

The Department of Geological Sciences at California State University, Bakersfield, has been awarded \$5 million over five years by the National Science Foundation (NSF) to establish a Center for Research Excellence in Science and Technology (CREST). The center focuses on research topics important to the economic future of the San Joaquin Valley's agriculture and petroleum industries. The grant was awarded after a highly competitive proposal process.

The research projects include projecting the timing and amount of water resources delivered to the valley from the Sierra Nevada over the next several decades, and geological site characterization for potential underground carbon storage facilities. The grant proposal received several endorsements from regional water agencies and institutes, major oil companies, cooperating Ph.D. granting universities throughout the western United States, and several national laboratories and agencies.

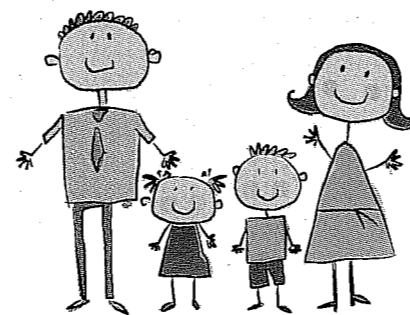
"The NSF recognized that the past record of student and faculty accomplishments in the Geological Sciences Department justified a large investment toward future peer-reviewed scientific research at CSUB, a university that serves a student population that is underrepresented in Science, Technology, Engineering and Mathematics disciplines," said Rob Negrini, a professor of geology at CSUB.

For more information contact Dr. Negrini at 654-3027 or rnegrini@csub.edu.



Kern County Family Week

With the motto, "Today's Families – Tomorrow's Future," Kern County Family Week will be celebrated November 13-19. In honor of this national celebration of families, students (grades 1-12) can enter its annual Creative Expression Contest. This year's theme is "What My Family Means to Me." Participants can enter one of two categories, creative writing or artistic expression. Four Grand Prize Winners will be selected by a panel of judges and awarded with prizes for each grade level in each category. Entries must be received by Monday, October 24, and will not be returned. For more information and contest entry rules, please contact 661.392.2000.



Annual Rideshare Week October 3-7

Kern Council of Governments (COG) is kicking off its annual Rideshare Week campaign October 3rd through the 7th with the theme "Rideshare 2011—It's a Total Trip" program. This program promotes carpooling, mass transit, and other alternatives to driving alone to help ease congestion and improve air quality.

Susanne Campbell, Kern COG's Rideshare Coordinator, says "We are asking people to find an alternative means of getting to work or school whether it's carpooling with coworkers, riding the bus one day, or bringing your lunch to work. We want to make people feel good, protect our environment, and save them some money all at the same time. And, participants are eligible to win prizes by accessing the Rideshare Week pledge card online."

To help commuters get involved, Kern COG offers a variety of tools for employers and drivers at www.commutekern.org.

BEST Kidwit

Submitted by:
Vickie Belmore

As many of us do, I often sing in the car. I was on a road trip with two of my grandchildren and was really belting them out, giving it my all! After some time, five year old Cassidy said, "Grandma, I have an idea. Let's play that game where we see who can be the most quietest for the rest of the trip!"

October's winner for the BEST "Kid Wit" receives a reusable bag from Fresh & Easy filled with yummy treats for their ghosts and goblins!



We at Kern County Family Magazine have decided that parents should be given some kind of compensation for the embarrassment and public humiliation they suffer at the hands of their offspring, so we want you to share with our readers your "special moments" of mortification.

Submit your Kid Wit by mail or online! Kern County Family Magazine, 1400 Easton Drive, Suite 112, Bakersfield, CA 93309 • Fax: 661-861-4930 • www.kerncountyfamily@earthlink.net • or visit our web site: www.kerncountyfamily.com

A parent recently reported that he recognizes that he needs "some help." He stated, "I know what I am supposed to do," but then he cringed and said, "but I find myself yelling at the kids a lot. More than I should. I don't get it." This father reported that he actually pushed his son onto the floor having become angry about the son's behavior to a sibling. "I did the same thing to him that he did to his brother, and it was okay for me to do it. That's crazy!" This parent's problem is that in the calmer moments, he is able to reflect on what he did. But in the heat of the moment, he responds much as someone else likely did a long, long time ago—his parents.

When we are children in a family, we are constantly exposed to everything that goes on in the family. This happens 24 hours a day, day in and day out. As we experience these events, we record them like a DVD in our brain. After a while, there is so much stored memory that we have to think very little about what to do. We have seen it so many times, we can replicate the behavior with our eyes closed. And, we often do. The original problem occurs when older people in our families of origin engage in problematic behaviors such as yelling, fighting, and just being disrespectful to each other. All this time, the children are watching and listening. After the child has watched and listened enough, he tries out the same behavior. When he does, someone may yell at him, chastise him, scold him, and he learns even more. By the time that boy becomes a man and a father, he has practiced being disrespectful so many times, he is quick to display the behavior with his children and others. And, so it goes.

What is a parent to do? For starters, we have to recognize that we often cannot rely on what we learned from our parents to automatically be the best response for our own family. We can learn to WAIT and then DECIDE on WHAT to do. Nothing will change should we take our time to decide how best to handle a situation with our child.

What is the hurry anyway? Moreover, if we take our time to make a decision rather than quickly respond much like the father above did (which implies that he was not thinking, but REACTING), then we will be teaching our children how to best handle problematic situations with consideration and deliberation. Plus, we will make better decisions about what to do in family situations rather than hurting our children and later feeling unhappy regarding our impulsive and aggressive behavior.

We have to think ahead about how we might want to respond to the children's behavior. This is called "rehearsal." By thinking ahead of time how we can respond, we are preparing ourselves for the upcoming event. Once it arises, we may be able to catch ourselves and recognize, "Hey, this is one of those times. Let's think about this." Finally, you can then CHOOSE to exact a measure of discipline on these children whom you love. Remember, your task is to help them learn to correct their mistakes, not hurt them and make them feel ashamed. Later, ask your child how he could have behaved differently when his brother took his bike or his sister threw something at him. By encouraging our children to REHEARSE, they can become prepared for crises as well. Teaching your children to be thoughtful through your own thoughtful behavior is an excellent parental task to take on. Then, you can really be yourself as a parent.

Michael E. Kirk, PhD, a local clinical psychologist, is a father and grandfather. He specializes in working with families, adolescents, and children.

11.5%

The percentage of people that will dress up their pet for Halloween

NATIONAL RETAIL FEDERATION, 2011

www.costumecreations.com

replicate and produce cookies, paper décor, and terpieces. My finished somewhat cute and alw NEVER look like Mart

So, this Halloween wanted to make a Haur House, I knew I needed life simpler and bough Target that I could ma Instead of gingerbread chocolate cookie pieces resemble a house, frost and bagged, and spook off. Following step-by- we cemented the sides accompanying orange fell down almost imme this project was going looking abode, one tru tion sheet and let my k kids ate more of the ca they created a perfectl they had a ball decorat

To find some Martl kid-friendly so all the "Turn your store-boug You will learn how to tions. My kids and I lo strous mess in our kit into mummies, and Pe name a few. I even too class for his birthday t

Halloween is all ab around. In Brian Kam Scared of," on page 14, them. He reminisces a – quicksand, lava, real they're scared of, he sa makes everything seen

Another part of Fa Grimes's Humor at Ho Died," on page 8, she w nurturing her lawn to lawn died. Not to wor

Tracie Grimes als Reading Outside the B the boring out of readi Some books she sugg and Marion Billet; "L Surprise," by Corinne Jennifer Weiner, a stor life and what binds th

This month, wheth ing your inner Martha changing landscape a time to enjoy your fam

Happy Halloween

