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OCTOBER 2018

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Learn.**

**Fire Safety Tips
for Your Family**

**Have a
MAGICAL
Halloween!**

**Find Tricks & Treats
Starting on p.20**

October is for
**BREAST
CANCER
Awareness**

plus: pumpkin gingersnap cheesecake *p.22*
mentors for moms *p.16* local teen JoVi Mongold in the spotlight *p.7*

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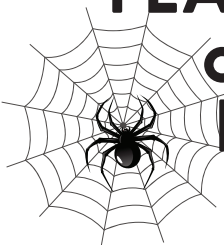


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Vaun Thygeron,
Contributing Writer

I don't even paint, but I love to watch Bob Ross as he hosts The Joy of Painting. And, apparently, I am not the only one. There is something so soothing about his voice and the calm way in which he paints. I also love his eternal optimism when he makes a painting blunder and easily turns it into a tree or a bird that fits his scene perfectly. This is my favorite of his quotes: "We don't make mistakes. We just have happy accidents."

My friend recently posted videos on Snapchat of her family doing their own Bob Ross tutorial paint night. Each of her boys had an easel, a canvas, and all the painting supplies needed to paint along with him. I sent her a message saying they should take their Bob Ross idea one step further and dress up as him and/or his paintings for Halloween.

Bob Ross is one of the hottest costume ideas for this trick-or-treating season. You can dress up as him, complete with his amazing hair and beard, while holding a canvas and artist's palette. There are also many versions of costumes of his paintings, from face cut-outs to wearable art. In fact, if you google Bob Ross costume ideas, you will have no shortage of websites to find what you need to make him come to life. With all the scary costumes oozing with blood and gore that will abound on Halloween, it would be a fun change to see this curly-haired artist.

Speaking of curly hair, JoVi Mongold, who has amazingly natural curly locks, recently won Junior Miss Kern County 2018. She is using her title to spread awareness and help the local foster care system. On page 7, you can read about her amazing journey and why this issue is so near and dear to her heart. With 1,600 youth in the local foster care system, she wants to see an increase

of at least 100 new certified foster homes in Kern County during her reign. She will be representing Bakersfield and competing for the title of 2019 Teen Miss California International in March in Los Angeles. Can't wait to see more from this young leader.

Tracie Grimes is back at making us laugh this month in her Humor at Home article, "Out of My Mind," on page 18. She writes about the common sleep-deprived days that moms have when their kids are little. Most of the time, being tired is the reason moms do crazy, unexplainable things. Even though her children aren't little, Tracie recounts a story which proves that sleep deprivation is still a part of her life.

In Dr. Kirk's article, "Stop the Yelling!," he writes about how important it is to speak in a positive manner to your children. He says that yelling may be the most ineffective and widespread parental behavior and it isn't helping your child learn. To find out ways that parents can discipline without yelling, turn to page 19.

This Halloween there are so many Spook-tacularly fun family-friendly events in Kern County for your little ghosts and goblins. To find out where the "Happenings" are for trick-or-treating, safe Halloween parties, and festivals, look for the candy corn throughout our calendar section starting on page 25. You will have so many options for happy haunting places, you will have to make a schedule.

As you're trick-or-treating with your little ones, whether you've decided to dress up as a scary monster, evil clown, cute witch, or even Bob Ross, don't forget to be safe and have fun! If you've never seen a Bob Ross video, I encourage you to YouTube him. There is something about his style that is mesmerizing! Take time to embrace your "happy accidents!"

Happy Halloween! 

Find Jack O'Lantern and WIN!

Count the Jacks you find throughout the issue, let us know how many you find, and you'll be entered to win a

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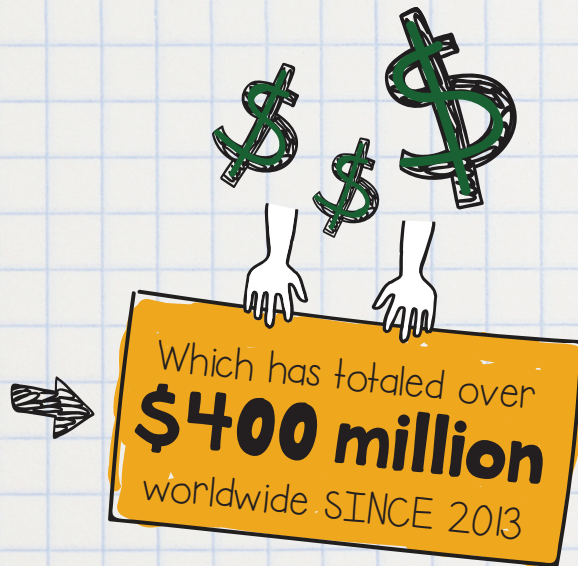
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Over \$1.7 million has been raised since 2012 to help fund classroom projects for public schools in Kern County, California.



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CALM's California Coast Room's Second Phase Opens

CALM's California Coast Room's second phase recently opened featuring two new aquariums. One tank is home to Hank, the two-spotted octopus, and the other tank features five northern seahorses. The new sea creatures complement an existing 10-foot aquatic touch tank filled with snails, crabs, urchins, sea slugs, and sea stars for guests to explore, plus a moon jellies viewing window which opened in January 2017.

"We are so excited to add to our coast room collection," said CALM manager, Lana Fain. "Guests are in for a real treat!"

The second phase of the California Coast Room was made possible through funding from the Wheeler Foundation.

The California Coast Room will be open daily from 10 a.m. to 3 p.m., while the zoo itself is

open daily from 9 a.m. to 4 p.m. CALM is located at 10500 Alfred Harrell Hwy (between Lake Ming and Hart Park). **For information, call 872-2256 or visit calmzoo.org.**



Photo courtesy CALM

CSU Bakersfield Moves Up in National Rankings

California State University, Bakersfield, continues to move up the national rankings for master's degree programs, coming in at number 5 in the latest rankings by Washington Monthly, a D.C.-based magazine. CSUB moved up from number 10 in last year's ratings, number 12 in 2016 and number 87 in 2015. In addition, Washington Monthly ranked CSUB number 2 for the "Best Bang for the Buck" for four-year colleges in the Western Region.

"We truly are 'Runners on the Rise,'" said CSUB President Lynnette Zelezny. "We're proud to receive national recognition for the quality of our students and faculty in our master's programs as well as for providing our students with an excellent educational opportunity that is both accessible and affordable."

For more information, please visit www.csub.edu.

Kids Conquer Cocci

Valley Fever Americas Foundation presents a special fundraising event, Kids Conquer Cocci, at Camelot Park, 1251 Oak Street, on Saturday, October 20, from 10 a.m. to 2 p.m. to help raise awareness of this deadly disease and the effects it has on families in our community. Sponsored by Valley Children's Hospital, First Five Kern, Kern Family Health Care, and others, the day will include a vendor fair, raffle prizes, a DJ dance party, and unlimited play-on rides. Tickets are \$16 or a sponsored Valley Fever pediatric patient ticket.

For more information, please email martizaj@khs.com or call 661-664-5536.



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Local Teen in the Spotlight!

Junior Miss Kern County JoVi Mongold Believes in Her Platform

Thirteen-year-old JoVi Mongold, who recently won the title of 2018 Junior Miss Kern County, takes her new role and mission to heart. She won the Miss Kern County Scholarship Pageant on a platform to increase awareness and opportunities for the foster care youth programs in Kern County.

"My goal for my one year reign is to gain at least 100 new certified foster homes here in Kern County while partnering with Kern Bridges Youth Homes. My hope is to get the community talking about and opening up to how they can be a part of changing the lives of the estimated 1600 foster youth that are in the system at any given time," says JoVi.

Wise beyond her years, JoVi, one of eight children, holds this platform dear to her heart as she has three siblings who were adopted through the local foster care program. Her parents, David and Timi Ann Mongold, are active in the community and also support her goal 100 percent.

"We see JoVi taking her vision and mission beyond Kern County. Her passion and love for children and young people is deeply rooted and she'll carry this passion wherever she goes in life," says Timi.

JoVi plans on continuing to serve the Kern County community through the four cornerstones of the Miss Kern County Scholarship Pageant: faith, family, service, and community. During the first four months of JoVi's reign, she has already served at over 60 events and has given more than 160 hours of service. Her goal is to serve in every city within Kern County.

JoVi will continue with her platform of being an advocate for foster care youth and Foster to Adopt by running for 2019 Teen Miss California International on March 23rd-24th 2019 in Los Angeles, CA.

You can learn more about JoVi on Facebook and Instagram @ 2018 Jr Miss Kern County JoVi Mongold.



Photo courtesy Timi Ann Mongold

Fall Into Fashion Fashion Show for Children's Miracle Network

Junior Miss Kern County **JoVi Mongold** will be one of the many local models to make miracles happen for children. She will show off fall fashions in the 2nd Annual Fall Into Fashion show benefitting the local Children's Miracle Network Hospital—The Lauren Small Children's Center at Bakersfield Memorial Hospital—on Thursday, October 25, at 5:30 p.m. at The Westchester Hall, 2801 F Street, Bakersfield. Sponsored by the Bakersfield Memorial Hospital Foundation, the designs featured at the fashion show, which starts at 7 p.m. will be from head fashion designer Michael Kors.

For ticket information, please visit www.eventbrite.com.



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Stem Cells from Baby Teeth Can Regrow Dental Tissue

By Alexa Bigwarfe

For those of you who worry incessantly about what could happen if your child sustains a massive injury to the mouth through sports or a fall, recent clinical trials on stem cells extracted from children's baby teeth bring good news. Researchers have discovered they can use stem cells from baby teeth to regrow the living tissue in children's teeth damaged by injury. Perhaps this is a reason to hold on to those pearly whites!

Nearly half of children experience some kind of trauma to a tooth, and when this happens to a new permanent tooth, the damage can result in a tooth dying.



The clinical trial was run by Songtao Shi of the University of Pennsylvania and Yan Jin, Kun Xuan, and Bei Li of the Fourth Military Medicine University in Xi'an, China, and results of this trial were published in the *Science Translational Medicine* journal. Up until now, the treatments for damaged teeth were not able to replace lost tissue from injury, resulting in loss of sensation and abnormal root development. But, with this treatment, patients will actually regain sensation in their teeth and will have living teeth again.

This is just the first step in what they hope will result in treatment for even broader systemic diseases such as lupus.

American Heart Association's Annual Heart Walk

By Vaun Thygerson

More than 2,000 Kern County residents are expected to participate at the Annual American Heart Association Heart Walk on Saturday, October 20, beginning at 8 a.m. at CSU Bakersfield's Amphitheater, 9001 Stockdale Highway. The 5k fun run/walk and 2-mile walking route encourage healthy habits while raising funds to support the American Heart Association's research and education efforts to fight heart disease and stroke – the nation's number one and number five killers.



Photo by April Massirio

Sponsored by Adventist Health Bakersfield, Dignity Health Bakersfield Memorial Hospital, Columbo Construction Company, and Chevron, the event will feature a family-friendly festival with entertainment, a kid's zone, and light refreshments. **For more information, please visit www.BakersfieldHeartWalk.com.**



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Miscarriage Risk May Be Increased by Higher Blood Pressure Before Pregnancy

By Alexa Bigwarfe

October is Pregnancy and Infant Loss Awareness month. One in four women in the United States will experience the loss of a pregnancy or an infant. Of the estimated 4 million pregnancies each year, that means that 900,000 to 1 million will end in miscarriage. Researchers continue to look at all avenues to determine causes behind miscarriages, and a recent study conducted by the American Heart Association has made a link between higher blood pressure in women prior to conception and increased miscarriage risk. This is even if the women are not diagnosed with hypertension. The results of the study were published in the American Heart Association's journal, *Hypertension*.

It should be noted that the study was conducted on over 1,200 women who had already experienced at least one miscarriage, so while the researchers are not ready to generalize the results across the population, the study definitely showed a strong link between blood pressure and pregnancy.

"Elevated blood pressure among young adults is associated with a higher risk of heart disease later in life, and this study suggests it may also have an effect on reproductive health," said Carrie J. Nobles, Ph.D, lead author of the study and a postdoctoral fellow in the Epidemiology Branch of the Eunice Kennedy Shriver National Institute for Child Health and Human Development (NICHD) in Bethesda, Maryland.



This is the first study of its type to look at blood pressure prior to conception and how it impacts pregnancy results. The researchers wanted to determine if taking low-dose aspirin might reduce the miscarriage risk. The aspirin did not seem to have any impact across the participants, but they did find a correlation between miscarriage and blood pressure rates. They noted an 18 percent increased risk of pregnancy loss for every 10-point increase in diastolic blood pressure (the lower number) and a 17 percent increased risk of miscarriage for every 10-point increase in mean arterial pressure. These numbers were consistent for preconception and early-pregnancy blood pressure.

"The impact of cardiovascular risk factors starts really early in life. Physicians treating women of reproductive age should pay attention to slightly elevated blood pressure because it may have other not-well-recognized effects, such as adverse pregnancy outcome," said Enrique F. Schisterman, Ph.D., senior author of the study and Senior Investigator and Chief of the Epidemiology Branch of NICHD.

More studies across a more diverse group of women are necessary before the researchers can apply broad results (this study included mostly white females who had experienced at least one miscarriage). However, it does indicate that leading a heart healthy life may also improve reproductive health.

Visit the American Heart Association for more information on tips for reducing risks of heart disease at www.heart.org.

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personally speaking

Why My Ponytail Is So Important to My Son

By Kai McGee

I caught a glimpse of my tattered ponytail in the neon sign as I entered the barbershop, where I'd taken my son on many occasions. The door chimed as I walked in, and the head barber waved. "Jay isn't in today," he said. "I know. I'll take anybody who's available." He looked confused. "Is this for you?" "Yes, yes, it is," I whispered. I sat in Jose's chair. He was young and handsome. He smelled like last night's tequila and good times. He smiled and asked, "What can I do for you?"

"Cut it all off. Please."

I had just ruined Jose's day. I was sorry. I was used to it. The "day ruiner" had become my new role. I sat tall, stoic. I was not going to be the pathetic woman who walked into the barbershop and sobbed. He told me that his aunt had breast cancer, too. I responded, "Sorry to hear that. How's she doing?" "She died." Our eyes locked in the mirror. He felt awful, and so did I. I replied, "Sorry for your loss."

The sound of the clippers removing the last bit of femininity attached to my scalp was like nails on a chalkboard. The cut felt like it lasted an eternity. I watched as my hair was reduced to debris that would be swept and thrown in the trash. He gave me a hand mirror, so I could see his work. I didn't know the woman looking back at me. She was bald, thin and her eyes were sad. I thanked Jose and asked how much I owed him. "There's no charge," he said. "I hope you'll be ok." I smiled. "I hope so, too."

Most of us can fill volumes in a library with stories about our hair. All of the phases we've endured. The desire for what we've never had. If your hair is curly, you want to straighten it. If it's straight, you find ways to make it wavy. It really is a phenomenon. Girls grow into women who define themselves by the crowning glory that we call hair.

For the first eight years of my son's life, he'd always known his mommy to have long, healthy, hair. My appearance was consistent. He could look for me in a crowd and knew I was the one with the fantastically bouncy ponytail.

I knew there was never going to be a "good" time to share my diagnosis with him. So, one evening I sat him down and gave him my best version of a "don't be scared mommy is going to be just fine" speech. I told him that we would both be dependent on the love and support of family and friends for the foreseeable future. He immediately burst into tears when he heard the word "cancer." I let him cry and cry and cry. When the tears finally subsided, as if it couldn't get any worse, I also had to prepare him that, because of my treatment, I was going to be bald. His dad, my then husband, is bald. So, I told him, "Mommy is going to be bald like daddy because of the strong medicine." Unexpectedly, he smiled. It was a big, mischievous, eight-year-



old boy smile. "That's funny, mommy," he said. We laughed and hugged. And, in that moment, I needed to believe that he was going to be okay.

The grueling chemo left my hair paper thin and brittle. Pulling out chunks of hair as I showered felt like a slow death, which was precisely why the Saturday before my second treatment, I came to the decision to have it all removed. I had passed on rockin' wigs; it just wasn't my thing. Somehow, they made me look like I was in the witness protection program. I did wear fancy, colorful scarves when we went out. But, at home, there was no camouflage. I was bald.

My son would look at me and say, "Mommy, when is your hair going to come back? I kind of miss it." I would hug him tightly and say, "I kind of miss it, too." I'd catch him looking at me during my six months of baldness, as if he was willing the hair to grow back. I wanted to shield him from the pain. I wanted things to be certain in both his world and mine. But, I couldn't make such promises. I could not guarantee whether I would "survive" this fight for my life, whether I'd be here to endure the messy teenage years alongside him. The only thing I knew for sure was that I wanted to live. I wanted to laugh and not think about my mortality. I wanted to attend functions at my son's school with my hair and not with a perfectly tied head scarf. I wanted my clothes to fit again. I wanted no more nausea. I wanted no more tests, needles or doctors. I wanted my ponytail back.

Time passed, and over the course of the next twelve months, I slowly became stronger and healthier. My hair began to grow back, one strand at a time. A little grayer than I had expected, but it could've returned as a deep crimson or royal blue for all I cared. As my hair grew, so did my son's smile. He was always looking at it, touching it, appreciating it. One morning in particular he said, "Whoa, mommy. Your hair is coming back. A lot!" My hair was his connection to my wellness. Updates that my margins were clear or that my body responded to the chemo meant nothing to an eight-year-old. His mom had hair again. That had meaning. That resonated in a way that adult conversations and assurances never could. With the growth of my hair, his world was starting to feel safe again. As my body healed, my hair grew. As my spirit healed, my hair grew. As we healed as a family, my hair grew.

That eight-year-old little boy is now an eleven-year-old tween and I am approaching three years cancer free. Just the other day, during an unexpected exchange, my son looked at me and said, "Hey, mom, nice ponytail." In that moment, I realized that each strand of my hair represents a confirmation for him that his mom is healthy. Each strand of hair soothes him and heals his wounds in a way that my hugs and reassurances never could. I'm grateful for this healing. And for second chances.



Fight Club

Cancer Care for all of Bakersfield

Here at the Adventist Health AIS Cancer Center, when it comes to fighting cancer, your stories of hope, resilience and survival inspire us the most. When it comes to fighting cancer, we believe working together, works miracles.

The AIS
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WeCanBeatCancer.org

Where's the Best Cancer Advice?

If you or someone you love has cancer, resist the urge to scour the Web for information. Endless searches can leave you confused and even more worried. Instead, go to the new site survivornet.com, which contains hundreds of videos and articles from doctors at renowned institutions like Memorial Sloan Kettering Cancer Center and Dana-Faber Cancer Institute. Topics range from how to be your own advocate to when to consider a clinical trial, and all content is peer-reviewed for accuracy.



How to Juggle Work and Breast Cancer Treatment

By Metro News Service

Age is a risk factor for breast cancer, and the organization Susan G. Komen notes that the older a woman is, the more likely she is to get breast cancer. However, data from the National Cancer Institute indicates that breast cancer rates in women begin to increase after age 40, meaning many women diagnosed with breast cancer have to juggle both their disease and their careers.

The nonprofit organization Breastcancer.org says that breast cancer treatments can produce some cognitive side effects that affect thinking and memory. Memory loss and difficulty concentrating are two such side effects that can make it difficult for working women to do their jobs while being treated for breast cancer.

Professional women diagnosed with breast cancer may be able to take advantage of short- and long-term disability programs that provide a percentage of their incomes if they are diagnosed with an illness that prevents them from doing their jobs. In addition, Breastcancer.org notes that the Family and Medical Leave Act allows employees to maintain their benefits and keep their jobs while taking up to 12 weeks of unpaid leave to heal from serious health conditions.

Despite those options, many women may want to continue working while receiving treatment for breast cancer. Such women can heed the following

tips, courtesy of Breastcancer.org, to overcome any cognitive effects of treatment so they can continue to perform their jobs capably.

Start taking notes.

Start taking notes during meetings, important work-related conversations and even doctor's appointments to counter any issues with memory. Keep such notes on a tablet or smartphone so they can be quickly and easily accessed throughout the day.

Write down deadlines and work schedules.

Accomplished professionals may keep lists of deadlines and work schedules in their heads, but that internal list might not be so reliable while women are being treated for breast cancer. Make use of the calendar function on your smartphone or tablet to note deadlines, even setting alerts so you receive routine reminders when important dates are coming up.

Make and routinely update a to-do list.

Some professional women diagnosed with breast cancer may be juggling work, treatment and their families. Keeping a to-do list and checking items off as they're completed can help women effectively manage such juggling acts and save time.

Set realistic goals.

Breast cancer treatment can produce a host of side effects, including fatigue. So women who plan to continue working during treatment should be sure to set realistic goals that take into account the effects that treatment may have on their energy levels. If need be, delegate more tasks and ask for more help.



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Three Simple Steps to Help Protect Your Family From Fire

By Lisa Braxton

When a fire happens in your home, it can spread rapidly. It used to be that families typically had up to seven minutes to escape once the smoke alarm sounded. But many homes these days are built using lightweight construction materials, which burn faster than solid wood. Your family could have as little as two minutes to escape safely once the smoke alarm sounds. But by taking three simple steps, you and your family can make your home as safe as possible from fire and know what to do if a fire happens.

LOOK for Places Fire Can Start

Pay attention to your surroundings. Looking for potential “hot spots” in your home can be a family affair. Get the kids involved in a fire safety scavenger hunt. Let them lead the way as you walk around your home identifying potential fire hazards in the bedrooms, kitchen, living room, basement, attic, and other areas of the home. Ask the kids for their ideas on how any safety hazards should be addressed. Make a plan for correcting the hazards. Once you’re done on the inside, take the scavenger hunt outdoors. Walk around the home with the kids to check the gutters, deck, porch, crawl space, and patio. Point out dead leaves, pine needles, or other debris that can burn. Together, make plans to do a cleanup.

LISTEN for the Sound of the Smoke Alarm

Take the sound of your smoke alarm seriously. Review smoke alarm safety with your kids so that they’ll know what to do if they hear the smoke alarm sound. Explain to them that a smoke alarm senses smoke and will sound if there is smoke in the home, possibly from fire. Give kids a printout of NFPA’s Smoke Alarm Safety Sheet calendar (sparky.org/activities), a handy chart that offers a timely reminder to test smoke alarms once a month. Gather the kids and walk with them throughout your home where alarms should be located — every bedroom, outside of each bedroom, and on every level of the home, including the basement. Make a plan to add alarms if some are missing in those loca-

tions. Test the alarms. This will get the kids familiar with the loud sound. Using the check-off box for the designated month on the smoke alarm calendar, have them note whether or not the smoke alarms are working. Make a plan for addressing smoke alarms that aren’t working. Depending on the type of alarm you have, either replace the battery or replace the alarm.

Discuss with the kids that once the smoke alarm sounds or “beeps,” they should go outside immediately with the rest of the family and stay outside until an adult says that it is safe to go back inside. Tell them that, if necessary, they can leave immediately on their own. They are not to stop for toys, pets, or other things. Explain that when an adult is cooking and the smoke alarm sounds, the adult will determine if everyone should get out quickly.

LEARN Two Ways Out of Each Room

Look for the exits. Walk through your home together as a family and identify all of the windows and doors. Every room in the home needs two ways out. Find at least two exits in each room. Have the kids point to the two ways out. One way would be the door and the second way out may be another door or a window. Make sure that all doors and windows that lead outside can be opened.

Make a printout of NFPA’s How to Make A Home Fire Escape Plan (nfpa.org/fpw/safety-tip-sheets) to help you and the kids draw a map of your home, showing each level of your home, all doors and windows, and stairwells. The printable sheets include a checklist for planning and practicing an escape drill and a blank grid and template. Identify all of the smoke alarms in your home and mark them on the grid. Decide on a location for your outside meeting place that is a safe distance away from the front of your home — it could be a mailbox, light pole, or tree. Be sure to draw it on the escape plan as well. If you live in an apartment building, review the building’s evacuation plan as a family. Remind everyone that they are not to use the elevator unless told to do so by the fire department.

Practice Your Home Fire Drill

Put your plan to the test by conducting a home fire drill. Pick the day for the drill. Help the kids make a poster announcing the date of the drill. Spend a few minutes each day leading up to the drill reviewing the important points of the home escape plan: the sound of the smoke alarm, two ways out of each room, and the outside meeting place. On fire drill day, have someone push the test button on the smoke alarm. Watch the kids’ responses to the alarm to see if they take appropriate action.

Get up and walk to your exit. Don’t run, but walk briskly. Shut the doors as you leave. Get outside quickly to the safe meeting place. Once the drill is over, have a conversation about how things went. Discuss any challenges or concerns about the drill.

Make a plan to practice your home fire drill at least twice a year with everyone in your home, at night and during the daytime.

Look. Listen. Learn. Three simple calls to action to identify basic but essential ways families can reduce their risk of fire and be prepared in the event of one.

You can find more activities for keeping your family safe from fire by visiting sparky.org and firepreventionweek.org. Fire Prevention Week™ takes place October 7-13, 2018. This year’s theme — Look. Listen. Learn. Be Aware. Fire Can Happen Anywhere.™ — reminds us that fires can and still do happen, but steps can be taken to remain safe.

Questions? Call the Kern County Fire Department at (661) 391-7000.

Lisa Braxton is the Public Education Specialist for the National Fire Protection Association® (NFPA®).



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Could You Benefit From a New Mom Mentoring Program?

By Cheryl Maguire



A woman peered into the double stroller and asked, “Are they twins? Is that difficult?”

I heard this comment often when my twins were first born. It was difficult. Really difficult. When I think back to that time period, two things helped me get through it. One was joining a group for moms of multiples (twins, triplets, etc.) and the other was having a mom mentor.

A mom mentor is someone who is a mom to older children and is matched with a first-time mom. She provides support and feedback for the new mom. In my case, she was assigned to me through the mom group. She called me weekly in the beginning and then less often as I became adjusted to my new role as a mother of twins.

There are various types of new mom mentor groups available. I spoke with the founder of two different types of groups. One type is the one I participated in and is run with a family type atmosphere. I also spoke to the founder of a hospital based new mom mentor program which is a patient program. Both mentor programs use peer volunteers who are matched up with a mentee who recently gave birth.

The mom group I belonged to is called Keeping Pace with Multiple Miracles. I spoke with one of the founders, Pam Pace, about the mentor program which she created with co-founder, Donna Baker. The mentor program began after Donna and Pam met in the hospital in 1994. Donna gave birth to triplets while Pam was on bed-rest, pregnant with triplets. Donna became a mentor to Pam when her triplets were born three months later. They continued to support one another and then founded the non-profit group Keeping Pace with Multiple

Miracles. Their bond became similar to sisters, which is the main premise of the support they hope to provide for other mothers.

I also spoke with Christine Sweeney, LICSW, who founded the Parent Connection in 1991. This program is based at Beth Israel Hospital in Boston, MA. It was created due to a need the OBGYN nurses identified during follow up calls from women who had recently given birth. Many of the new moms reported feeling overwhelmed or had early symptoms of postpartum depression.

Christine Sweeney, Pam Pace, and other women who participated in the mentor programs reported the following benefits women experienced:

Provides You With a Support System: When you first become a mother, you may feel alone. If you don't have family or friends nearby who understand your experience, it can be isolating. For many women, having a mentor provided a support system they were lacking. Even women who did have family or friends stated that they didn't always feel comfortable sharing the negative aspects of being a new mom with them.

Alexis Petru participated in the mentoring program, Mentoring Mothers, located in San Francisco, CA. She stated, “There's still a stigma for women to talk about the ‘dark side of parenting.’ We're still supposed to subscribe to that Hallmark-approved ‘enjoy every moment’ romanticized view of motherhood. During my mentoring group, it was the first time I could really vent about my complicated feelings about motherhood...the anger, frustration, sadness, and loneliness that goes along with the joy and wonder of raising children.”

Christine Sweeney noticed a similar experience in her mentoring program. She said, “Since there isn't an agenda and no expectations or judgments, women feel safe discussing their struggles. Some women who had difficulty getting pregnant may think they can't complain about how hard it is to be a new mom. A mentor gives the new mom a sense of safety and relief that they can talk about their feelings.”

Increases Your Confidence: Being a new mom is overwhelming. A lot of new moms question whether they are correctly taking care of their baby. Christine Sweeney stated, “A lot of new moms have questions about breastfeeding. Their mentor can help provide answers and give them a sense of what is normal.” The mentor can answer their questions and let their mentee know they are making progress, which increases their confidence.

Provides You with Resources: In addition to answering questions, a mentor can help their mentee when they might not know how to ask for help or realize they need it. Pam Pace noted, “Sometimes the new moms might have marital problems or financial issues, and the mentor will help them to get the resources they need.”

Christine Sweeney also added that mentors are occasionally the ones to identify when a new mom is struggling with post-partum depression and will help the mentee receive the proper mental health services.

Helps You To Be A Better Mother: By having a support system and the proper resources, new moms are better able to care for their babies. Mentors help care for the new moms when they are focused on caring for their newborns. This enables the mentee to be a better mom to their newborn.

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Out of My Mind

Fatigue sure can make you think you're losing your mind. I've been known to fold a dirty basket of clothes, brush my teeth with Ben-Gay instead of toothpaste (what an experience that was), and take medicine meant for my dog.

Every parent with small children has a sleep-deprivation story like mine, so I don't feel alone. I've read about moms who have tried to put a diaper on a cat instead of changing the diaper of their crying child. I think one of the funniest stories I've read was the one about a mom who filled a sippy cup with milk, handed it to the dog, and then got annoyed when he didn't take it.



But sleep-deprivation still raises its ugly head for me every once in a while. My latest experience was just the other day. Some relatives had come into town, and we were sitting around, catching up on the family scoop (which mostly involved the latest aches and pains each of us were experiencing), when my mother brought up an incident I had never heard about before.

When my brother and I were toddlers and she was just days away from giving birth to my youngest brother, apparently a few men came to the door of our house, knocked on the front door, then brandished a gun. Dizzy with fatigue,

she simply looked at the men, closed the door, and then went back to whatever she was doing before the knock on the door.

You can just imagine the barrage of questions that followed. "Why didn't you call the police?" and "Weren't you afraid they were going to force their way in and start shooting?"

"I didn't know it was a gun," my mom said very matter-of-factly.

"If you didn't know it was a gun, why are you saying it was a gun?" I asked. "And, by the way, why haven't I heard this story before?"

"Well, I'm telling you now, and I know it was a gun because when I told your father about it when he got home from work, he said it was a gun."

"OK, explain to me why Dad was able to figure out it was a gun when you described it to him, but you didn't know it was a gun when you were looking at it," I asked.

"Because it was silver, and I thought all guns were black. And it didn't have that round thingamajiggy (the barrel) that the bullets go into," was my mom's reply.

"Who had a gun?" my aunt said.

"The guys who knocked on the door," my dad answered.

"I didn't know it was a gun, and I didn't speak Spanish back then," my mother said.

"Who doesn't speak Spanish?" someone else asked.

"The guys with the gun spoke in Spanish," came the answer.

"Why did they knock with a gun?"
(I have no idea who asked this because, having been up until 3 am grading the night before, I was not only fatigued out of my mind, I felt my head was about to explode.)

I looked at my cousin and said, "OK, I'm waaay too tired to track this conversation. I need to go home."

I remember very little about the short drive back to my house, but what stands out very clearly in my mind is the fact that we couldn't open the hatch, because as Jennifer (my cousin) was pressing the button on the hatch to open it in order to retrieve her suitcase, I was pressing the "open hatch" button to the left of the steering wheel.

Apparently my struggles with decreased brain function due to sleep-deprivation are not over.

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STOP the Yelling!

A parent says, "Gee, I never thought of it that way. Speaking coarsely to my child can hurt his feelings? Even though I am trying to help?" Well, you have to consider what it is you really want to accomplish. Do you want your child to feel bad or do you want your child to learn? We could say that everybody yells at their children sometimes, even though most parents know it is not effective. And that is why parents get so frustrated. Let us not blame this frustration on the behavior of the children, but on the faulty behavior of the parent.

Yelling may be the most ineffective and widespread parental behavior around today. We know that parents who have regular shouting matches with children, or their spouses, have children with lower self-esteem and subsequently higher rates of mood issues. Studies suggest that parental yelling produces results similar to what children experience with physical punishment. This could include anxiety, stress, and depression, along with a significant increase in behavioral problems. Just ask any high school dean.

How many times in one's parenting life have you thought to yourself, after yelling at the children, "I am so proud of myself for that?" It doesn't make you look authoritative. You lack the sense of having command of the family, you appear mean, and it makes you look like you are out of control. Perhaps you could think, "Is this the best that I can do?"

Often parents say they find it difficult to know what else to do. Research on yelling, or the behavior commonly called nattering, presents parents with two problems: How do I stop, and what might I do instead? Yelling as a form of correcting behavior is just not working as well as you want it to. Plus, you are teaching the younger generation to do it when they reach adulthood. Parents yell at their children over the same stuff every day. Fold and put your clothes away. Come eat dinner. Feed the dog. Stop hurting your brother.

Just knowing that yelling is a poor tactic won't help much. Yelling is not a strategy; it's an emotional release. If the goal of the parent is for emotional release, then yelling is perfect. But if the goal is to change something in the child in order to develop a positive habit, then there is a better alternative. By not using your yelling button, you require yourself to follow a pre-conceived plan, and both of you will feel better. And children who feel better, behave better.

There is a case for discipline here, but most people believe discipline to be the same as punishment. Punishment is an effort offered by the parent AFTER a behavior, while discipline is how parents show their children how to live their lives every day. By being a disciplined parent, you act in such a way that you are modeling behaviors that you want your child to utilize, such as being polite, patient, and gracious with others. Rather than yelling at your child for an indiscretion, remind him with a simple phrase such as, "I appreciate it when people clean up their dishes," or "It's helpful to the family when we all clean up after ourselves," and then wait. Your child may desire to watch some TV or even beg for a ride somewhere. As a disciplined parent, repeat the earlier phrase, "I appreciate it when my children clean up their dishes," and wait again. When your child does clean up on her own, with or without complaint, which you ignore either way, you can smile with appreciation, thank them, and allow the child the privilege. All done without yelling and with everyone feeling better. That is a disciplined way to parent.

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

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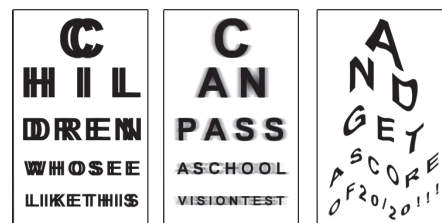
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Halloween

SAFETY TIPS

By Alexa Bigwarfe



Halloween can be a really fun and enjoyable evening but the scary fact is this: on Halloween, children are two-to-four times more likely to be hit and killed by a car than any other day. There is also a high potential for injury and illness through Halloween activities. Follow these tips to ensure everyone has a safe Halloween.

PUMPKIN CARVING

- Allow the kids to draw on the pumpkins, but not cut them. Young children should not handle knives.
- Make sure pumpkins with candles are placed far from anything that may catch on fire.
- Keep matches or lighters stored safely out of reach.
- Consider glow sticks rather than a lit flame.

COSTUMES

- Select a costume that fits well. If their costume is too big, there's a good chance they will trip and fall.
- Pick out flame resistant costumes, and do not walk too closely to lit candles.
- Use reflective tape on costumes and bags.
- Avoid masks that can obscure vision.
- Test out make up first to make sure your child does not have a sensitivity.
- Don't use over the counter decorative contact lenses.



TRICK-OR-TREATING

- Children under twelve should not be out alone. They should be supervised by an adult, and, if at all possible, traveling in a group. Older children should plan a route with their parents and have an established return time.
- Walk on sidewalks or other paths, and make sure to check before crossing any streets.
- Only visit homes with the porch light on.
- Ensure your children are carrying glow sticks or flashlights so that drivers can see them better.
- Never accept rides from a stranger or enter a stranger's house.

A note to drivers: most children trick or treat between 5:30 and 9:30, so slow down and be vigilant if driving during those hours.

FOOD SAFETY

- If you're going to parties, don't forget common food safety. Don't leave food out that needs to be refrigerated.
- Feed your child a meal prior to parties to help them avoid over eating candy and other foods that may lead to stomach pains.
- Have an adult sort through all of the candy once the children are home and throw out any candies that are unwrapped. Do not accept treats or candies that are not factory wrapped. Finally, ration that candy over the next thirty days.





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No Tricks, ALL TREAT

Pumpkins are everywhere in fall, from carved jack-o'-lanterns to lattes to pie. Why not try something completely new and cook up the following recipe for Pumpkin Cheesecake with Gingersnap Crust?

Pumpkin Cheese with Gingersnap Crust

Serves 8 to 10 | Reprinted courtesy of Lori Longbotham's "Luscious Creamy Desserts" (Chronicle Books)

Ingredients:

Crust

- 1 1/2 cups gingersnap cookie crumbs
- 1/2 cup finely chopped hazelnuts
- 6 tbsp unsalted butter, melted
- 1/4 cup sugar

Filling

- 1 1/2 pounds cream cheese, at room temperature
- 1/2 cup packed light brown sugar
- 1/4 cup granulated sugar
- 2 large eggs
- 2 large egg yolks
- 1 1/2 tbsp all-purpose flour
- 2 tsp pumpkin pie spice
- 1 cup solid-pack pumpkin purée (not pumpkin pie mix)
- 1/2 cup sour cream
- 2 tsp pure vanilla extract

Directions

1. Preheat the oven to 350 F. Lightly butter an 8- or 8 1/2-inch springform pan.
2. To make the crust: Stir together all of the ingredients in a medium bowl until the crumbs are moistened. Press the mixture over the bottom and up the sides of the pan. Bake the crust for 10 minutes. Let cool completely on a wire rack. Increase the oven temperature to 425 F.
3. To make the filling: With an electric mixer on medium speed, beat the cream cheese, brown sugar and granulated sugar in a large deep bowl until light and fluffy. Beat in the eggs and then the egg yolks one at a time, beating well after each addition. Add the flour and pumpkin pie spice and beat on low speed until just combined. Add the pumpkin purée, crème fraîche and vanilla, and beat until just combined. Pour the filling into the shell.
4. Place the cheesecake on a baking sheet and bake for 15 minutes. Reduce the oven temperature to 250 F and continue baking for 1 hour.
5. Turn the oven off and let the cheesecake cool in the oven for 2 1/2 hours. Then transfer to a wire rack and let cool to room temperature. Refrigerate, tightly covered, for at least 10 hours, until thoroughly chilled and set, or for up to 2 days.
6. To serve, run a knife around the side of the cheesecake and remove the side of the pan. Serve slightly chilled or at room temperature, cut into thin wedges with a sharp knife dipped into hot water and wiped dry after each cut.





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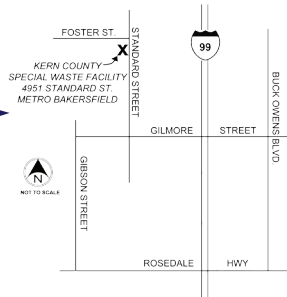
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REAL ITALIAN BY REAL ITALIANS

Frugatti's Italian Eatery

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Frugatti's amazing new Wine Cave Party Room is Now Open for Reservations!!!
Call Today to Book your Next Party.



Hours: Mon.-Thu. 11 am - 9:30 pm, Friday 11 am - 10 pm, Saturday 11:30 am - 10 pm, Sunday 11:30 am - 9 pm.

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600 Coffee Rd., corner of Truxtun and Coffee.
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VINTAGE ITEMS, CLOTHING, RECORDS
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MON - SAT 10 - 5 • SUNDAY 12 - 5

WOOLWORTH'S DINER
"Original 50's Luncheonette"
Delicious Burgers, Shakes, Fries, Sandwiches
Mon-Sat 10-4
Sunday 12-4



f i follow us



KERN COUNTY FAMILY MAGAZINE

daily happenings

THE BEST LOCAL CALENDAR OF EVENTS!

Our printed version of the calendar has been edited for space.
For more details about these events or activities not listed please visit
www.kerncountyfamily.com

October 2015



Monday Oct. 1
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday-Thursday 392-2054

CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday 322-2800

C.A.L.M. SENIOR DISCOVERY DAY: 872-2256

COUNTRY LINE DANCING: 392-2010

FAMILY STORYTIME & CRAFT AT ARVIN LIBRARY: Enjoy stories, songs, and a craft. 871-9017

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

THE CHRISTIAN JOURNEY: Christian compulsive or obsessive behavior recovery group. 832-7464

TODDLER TIME AT ARVIN LIBRARY: Enjoy stories, songs, rhymes & fun. 854-5934

CLUE SCAVENGER HUNT AT NORTHEAST LIBRARY: Join us all month as we bring CLUE to life. 871-9017

WORD SEARCH AT WASCO LIBRARY: Word search for young and old alike, come join us on the search. 758-2114

COLOR ME HAPPY: FAMILY EDITION AT ARVIN LIBRARY: Join us for a relaxing family event. 854-5934

Tuesday Oct. 2
FREE ACTING CLASS: For children 5-17 years old. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 588-8931

2 BUCK TUESDAY: \$2 per skater and \$2 skate rental. Skateland 415 Ming 831-5567

AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. 497-7464

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Bakersfield Art Center. 869-2320

BLOCKS FOR THE BRAVE: Give back to our Veterans by making quilts. 805-712-1323

DO THE MATH: Math help for grades 4-12. Every Tuesday - Wednesday 636-HELP

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Greenfield Resource Center. 837-3720

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

PATHFINDERS & ADVENTURERS: A program for children. 871-5000

PERSONAL COMPUTER COACH AT ARVIN LIBRARY: One-on-one computer learning. 854-5934

PRESCHOOL STORYTIME AT BEALE LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

QUILTING: Learn a new hobby or just enjoy quilting with friends. 392-2010

PROJECT LINUS BLANKET MAKING: Provide love and comfort to children with items created by volunteers. 549-4967

BEALE LIBRARY PRESENTS: DARK DIAL RADIO HOUR: Join us Tuesdays for a chilling good time listening to old, eerie radio dramas. We will end the series with the 80th anniversary of the original broadcast of War of the Worlds! 868-0701

GAME ON CHALLENGE AT WASCO LIBRARY: Challenge someone to a game, or just play for fun. 758-2114

KIDS GET CRAFTY AT NORTHEAST LIBRARY: Join us to create the craft of the month. 871-9017

PRESCHOOL STORYTIME AT BEALE LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

UKULELE CLUB AT BEALE LIBRARY: Join us for a rousing good time at this Uku-Nanny! 868-0701

Wednesday Oct. 3
ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Enjoy crafts & conversation. 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Learn Bible verses and play games. Ages 3 years to 17. 833-4345

CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12: Bakersfield Art Center. 869-2320

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: For kids 4-12! 342-2078

MOVIE AT ARVIN LIBRARY: Families are invited to spend quality time and watch a movie. 854-5934

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: One-on-one computer learning. 868-0701

ROLLERAMA-WEST BARGAIN SKATE NIGHT: \$6 with free skate rental! 7850 Brimhall Rd, 589-7555

SPINNING TALES: Join the fun and listen to a story. 392-2029/392-2054

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Enjoy stories, songs, and fun with your 18mo.-2 yrs. old. 868-0701

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

FIRST WEDNESDAY AT BMOA: BMOA offers unique insight into the artistic culture of Bakersfield. 323-7219

MOMnext - OLIVE KNOLLS NAZARENE CHURCH: A group for mothers of school-age kids. 399-3303

UKULELE JAM AT FRAZIER PARK LIBRARY: Join the strumming fun! Bring your own ukulele. 245-1267

ADULTS GET CRAFTY AT WASCO LIBRARY: Learn to make Halloween Lollipops. 758-2114

Thursday Oct. 4
BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS: 869-2320

FREE ACTING CLASS: For children 5-17 years old. 322-2800

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

KNIT & CROCHET: Come join us for some fun! Yarn provided. 2400 Kenwood Rd. 871-5236

LEGO CLUB MANIA AT BEALE MEMORIAL LIBRARY: Join us in building LEGO creations. 868-0701

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 588-8931

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

THURSDAY NIGHT CRUISIN: Show off your vehicles. Free. Chuy's 8660 Rosedale Hwy. 431-7688

WORD POETRY/OPEN MIC NIGHT: 703-6911

CINEMA MACABRE AT BEALE LIBRARY: THINGS THAT GO BUMP IN THE NIGHT: Enjoy a spooky film. 868-0701

PUZZLE MANIA AT WASCO LIBRARY: How many puzzles can you complete in a set time? 758-2114



Look for the Candy Corn for Halloween/Fall fun!

OCTOBER 2018 *daily happenings*

SUPERVOLCANOES PLANETARIUM SHOW: The William M Thomas Planetarium will show Supervolcanoes. 395-4011

TODDLER TIME AT NORTHEAST LIBRARY: Enjoy stories, songs, and fun (18-mo. 2-yr.). 871-9017

YOGA FOR ADULTS AT SOUTHWEST LIBRARY: Stretch away your weekly stress. 664-7716

Friday Oct. 5

BIKE ARVIN: Make new friends, ride your bike with us. 854-3577

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

FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD: Friday and Saturday 6:30 - 9:30pm

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Attend monthly craft projects and get creative! 868-0701

FIT N FUN FRIDAYS: Free for parents of children ages 3-5 years. 392-2029/392-2054

LIVE MUSIC: Join us for fun and relaxation while listening to some great live music! Friday - Saturday 703-6911

OPEN ART STUDIO: Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

A TASTE OF GRACE: An evening of music, food, drink, raffles and the opportunity to visit with friends. 869-1630

FIRST FRIDAY ART WALK: Join the Arts Council of Kern for the Downtown ArtWalk. 324-9000

FIRST FRIDAY CRUISE NIGHTS: Come bring a chair and watch as classic cars cruise downtown Taft. 765-2165

FLIX! AT THE FOX: LOVING VINCENT \$6.00 6:30 PM. 324-1369

FREE FRIDAY AT BMOA: BMOA offers FREE admission with extended hours until 8PM. 323-7219

PHILOSOPHY FOR KIDS AT SOUTHWEST LIBRARY: 664-7716

SMART CYCLING BIKE PARTY: Learn about smart cycling, win a bike at the raffle and join the bike ride! 854-3577

ST. GEORGE GREEK FOOD FESTIVAL: Friday - Sunday Food, Music, Dancing, Bounce House, Shopping. 325-8694

STORYTIME & CRAFT AT WASCO LIBRARY: Celebrate stories, songs, rhymes, and a unique craft. 758-2114

TEEN NIGHTS IN TAFT: Hang out with friends in a fun and safe environment. Grades 6-12. 765-6677

YOGA IN THE GARDEN: Free community yoga sessions in the Museum sculpture garden! 323-7219

Saturday Oct. 6

FARMERS MARKET: 3201 F St, 8am

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga, 374-8693

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: 9:00 AM - 1:00 PM. (760) 417-9575

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Learn math or get assistance with your math homework. 868-0701

ONYX FAMILY FARMS: 9:00 AM - 4:00 PM. (760) 377-7460

QUILTERS AND CROCHETERS: Meet the needs of those who request a special handmade item. 398-1971

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

STORYTIME AT BARNES & NOBLE: Storytelling time for children and families. 631-2575

FAMILY DAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY: 2 adults and up to 6 children admission only \$20.

JUST FOR KIDS PRESENTATION AT BUENA VISTA MUSEUM OF NATURAL HISTORY: 1st Saturday of each month.

KIDS' TOOL SAFETY WORKSHOP AT HOME DEPOT: Teaches children do-it-yourself skills and tool safety.

SPAY/NEUTER VOUCHERS AT KERN HUMANE SOCIETY: Free vouchers given out for dogs and cats. 325-2589

ART EXPRESS: Enjoy an art project in the new Art Express room in Lori Brock Discovery Center. 437-3330

BAKERSFIELD MUSEUM OF ART CLASSES AT WASCO LIBRARY: Create your own pumpkin fun. 758-2114

BAKERSFIELD SYMPHONY ORCHESTRA - RUSSIAN FANFARES: Ticket Price: \$20/\$30/\$35/\$45 Rabobank Theater

COLOR ME HAPPY AT BEALE LIBRARY: Stressed out? Join us for relaxing conversation and coloring. 868-0701

FAMILY STORYTIME & CRAFT AT NORTHEAST LIBRARY: Enjoy stories, songs, and a craft. 871-9017

GET HEALTHY 2018: Free Health Fair offered by the Bakersfield Heart Hospital. 316-6000

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, & more! 664-7716

HOLIDAY CRAFT BAZAAR: You will find a variety of items to choose from. 10500 Toscana Dr. 873-0580

LEGO CLUB MANIA! AT NORTHEAST LIBRARY: Build anything you can imagine! 871-9017

MOVIE TIME AT WASCO LIBRARY: Join us for a showing of one of your favorite movies. 758-2114

NIGHT HIKE AT WIND WOLVES: Two-hour guided hike. 858-1115

NORTH HIGH SCHOOL BLOWOUT RE-UNION BBQ: Classes of 1970 - 1979 will be having a Blowout Reunion BBQ at the North High School cafeteria. 319-2342

POPOVICH COMEDY PET THEATER: The most beloved family show in the world. \$5-40. 2001 H St, 324-1369

ROWDYCON 2018 - GAME ON! - 5K FUN RUN: Entry into RowdyCon INCLUDED with 5k. CSUB 6AM - 8AM

STALLION SPRINGS OKTOBER-FEST: Saturday - Sunday. Please join us. 12:00 PM - 6:00 PM 822-3268

VOLUNTEER DAYS AT WIND WOLVES: We need your help! 858-1115

FAMILY STORYTIME & CRAFT AT NORTHEAST LIBRARY: Enjoy stories, songs, rhymes, and a unique craft. 871-9017

Sunday Oct. 7

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

HAGGIN OAKS FARMERS MARKET: 8800 Ming Ave, Bakersfield, 9:00 AM - 2:00 PM. 334-2033

FALL CRAFT FAIR: FREE admission. 415 Ming Avenue, Bakersfield, CA 93307. 9:00 AM - 4:00 PM 831-5567

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

STRIDES FOR CJD WALK/RUN IN MEMORY OF MAYOR HARVEY L. HALL: Raise awareness of CJD. 322-8741

VILLAGE FLEA: Featuring true antiques, collectibles, vintage clothing, art and vintage home furnishings. 437-3330

Monday Oct. 8

4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday 322-2800

C.A.L.M. SENIOR DISCOVERY DAY: 872-2256

COUNTRY LINE DANCING: 392-2010

Join the FUN at Trinity Preschool!



Monday-Friday 6:30am-6:00pm
Half days & Full days available
Ages 2yrs-6yrs (non-potty trained welcome)
Snacks and Lunch Provided

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Includes X-rays, Office Visit & Cleaning

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El Dentista Habla Español
Most Insurance Accepted
Medi-Cal for Families or Medi-Cal Program

Midtown Family Dentistry



Just for Kids Dentistry
4000 Stockdale Hwy., Suite H
327-7668



2427 "H" Street
Enrollment available on site
861-0577
OPEN 6 DAYS A WEEK

FAMILY STORYTIME & CRAFT AT ARVIN LIBRARY: Enjoy stories, songs, rhymes, and a unique craft. 854-5934

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

THE CHRISTIAN JOURNEY: Christian compulsive or obsessive behavior recovery group. 832-7464

TODDLER TIME AT ARVIN LIBRARY: Enjoy stories, songs, and fun with your 18-mo. - 2 yrs old. 854-5934

COLOR ME HAPPY AT WASCO LIBRARY: A relaxing and fun way to socialize. 758-2114

Tuesday Oct. 9

AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. 497-7464

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Bakersfield Art Center. 869-2320

BLOCKS FOR THE BRAVE: Give back to our Veterans by making quilts. 805-712-1323

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Greenfield Resource Center. 837-3720

PATHFINDERS & ADVENTURERS: A program for children. 871-5000

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PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

QUILTING: Learn a new hobby or just enjoy quilting with friends. 392-2010

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Will be in Wasco. 327-1907

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PRESCHOOL STORYTIME AT BEALE LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

ADULTS GET CRAFTY AT NORTHEAST LIBRARY: Enjoy crafts & conversation. 871-9017

BARKS AND BOOKS AT SOUTHWEST LIBRARY: Practice your reading skills by reading to therapy dogs. 664-7716

CARD GAME FUN AT WASCO LIBRARY: Come play your favorite card game. 758-2114

LEGO CLUB MANIA AT SOUTHWEST LIBRARY: It is a LEGO free-for-all! 664-7716

**Wednesday Oct. 10
ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Enjoy crafts & conversation. 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Learn Bible verses and play games. Ages 3 years to 17. 833-4345

CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12: Bakersfield Art Center. 869-2320

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: For kids 4-12! 342-2078

MOVIE AT ARVIN LIBRARY: Families are invited to spend quality time and watch a movie. 854-5934

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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ROLLERAMA-WEST BARGAIN SKATE NIGHT: \$6 with free skate rental! 7850 Brimhall Rd, 589-7555

SPINNING TALES: Join the fun and listen to a story. 392-2029/392-2054

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Enjoy stories, songs, and fun with your 18mo.-2 yrs. old. 868-0701

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

GET BUS SPOOKY STORYTIME AT BEALE LIBRARY: Enjoy a spooky storytime aboard the GET bus. 868-0701

LEGO CLUB AT WASCO LIBRARY: Bring your imagination. 758-2114

TEEN ADVISORY BOARD AT WASCO LIBRARY: Reading: Touching Spirit Bear 758-2114

**Thursday Oct. 11
BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 869-2320

FREE ACTING CLASS: For children 5-17 years old. 322-2800

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

KNIT & CROCHET: Come join us for some fun! Yarn provided. 2400 Kenwood Road, 871-5236

LEGO CLUB MANIA AT BEALE MEMORIAL LIBRARY: Join us in building LEGO creations. 868-0701

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 588-8931

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

THURSDAY NIGHT CRUISING: Free for the community to enjoy. Chuy's 8660 Rosedale Hwy. 6:00 PM - 8:00 PM 431-7688

WORD POETRY/OPEN MIC NIGHT: 703-6911

TODDLER TIME AT NORTHEAST LIBRARY: Enjoy stories, movement, songs, and fun (18-mo. 2yrs.) 871-9017

YOGA FOR ADULTS AT SOUTHWEST LIBRARY: Stretch away your weekly stress. 664-7716

COLORING PAGES AT WASCO LIBRARY: Express yourself with colors. 758-2114

FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: Enjoy watching the movie "Corpse Bride" with your friends and family. 868-0700

Friday Oct. 12th

BIKE ARVIN: Make new friends, get outside and ride your bike with us. 854-3577

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

FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD: Fri. - Sat. 6:30 - 9:30 pm

FIT N FUN FRIDAYS: Free for parents of children ages 3-5 years. 392-2029/392-2054

KIDS GET CRAFTY AT BEALE LIBRARY: Attend monthly craft projects and get creative! 868-0701

LIVE MUSIC: Join us for fun and relaxation while listening to some great live music! Friday - Saturday 703-6911

OPEN ART STUDIO: Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

PHILOSOPHY FOR KIDS AT SOUTHWEST LIBRARY: 664-7716

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TODDLER TIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, rhymes & fun. 664-7716

33RD ANNUAL BUDWEISER NATIONALS RACE: \$6-45. 5001 N Chester Ext 5:00 PM - 11:30 PM 393-3373

FLIX! AT THE FOX: LIKE CRAZY: \$6.00 6:30 PM. 324-1369

Saturday Oct. 13

FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga, 374-8693

LAKESHORE FARMER'S MARKET-WOLFORD HEIGHTS: 9:00 AM - 1:00 PM. (760) 417-9575



DID YOU KNOW?
The most popular kid's costume in 2017 was a **SUPERHERO**

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Learn math or get assistance. 868-0701

ONYX FAMILY FARMS: 9:00 AM - 4:00 PM. (760) 377-7460

QUILTERS AND CROCHETERS: Meet the needs of those who request a special handmade item. 398-1971

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

STORYTIME AT BARNES & NOBLE: Storytelling time for children and families. 631-2575

FAMILY STORYTIME & CRAFT AT NORTHEAST LIBRARY: Enjoy stories, songs, and a craft. 871-9017

LEGO CLUB MANIA! AT NORTHEAST LIBRARY: Build anything you can imagine! 871-9017

FREE DAY at the MARTURANGO MUSEUM: Explore the exhibits, art gallery and our new Gift Shop. 760-375-6900

SAN JOAQUIN VALLEY LAPIDARY SOCIETY: Learn silver smith, wire wrapping, beading and more. 861-9102

SECOND SATURDAY AT BIKE BAKERSFIELD: Stop in for a tune up and ride around downtown. 321-9247

VOLUNTEER ORIENTATION AND TRAINING: M.A.R.E. provides therapeutic equine-assisted activities for the benefit of people living with special needs and disabilities. 589-1877


2ND SATURDAY MOVIE AT BEALE LIBRARY: Families are invited to watch an afternoon movie. 868-0701

OCTOBER 2018 *daily happenings*

BACK COUNTRY SAFARI AT WIND WOLVES: Visit our "Authorized Access Only" areas. 858-1115

BAKERSFIELD CACTUS AND SUC-CULENT SOCIETY'S 19TH ANNUAL SHOW AND SALE: 831-8488

CHILDREN ARE PRECIOUS CARNIVAL: Sat. - Sun. 5320 Peacock Park Lane, 8:00 AM - 5:00 PM 717-7573

 **COPTIC FESTIVAL:** Sat. - Sun. Free. 9200 White Ln, 11:00 AM - 6:00 PM 664-7320

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, & more! 664-7716

KERN COUNTY CANCER 5k RUN/WALK: 4000 Empire Dr., 7:00 AM - 11:00 AM 859-2530

NAMI WALKS KERN COUNTY: Free. 3400 21st Street, 8AM - 12PM 331-6137

RUNNING WITH THE ANGELS: 5 K Run and Walk. \$15-25. 9001 Stockdale Highway, 8:00 AM - 2:00 PM 472-9219

STAR PARTY: The Kern Astronomical Society's Public Star Party will set up several types of telescopes and binoculars so the public will be allowed to look through and view objects in the sky! FREE 832-0712

 **TEHACHAPI APPLE FESTIVAL:** Enjoy two days of "Apple Goodness" in Downtown Tehachapi. 374-0395

YOKUTS PARK FUN RUN: Free! Choose from a 2, 3, or 5 mile run. 7AM - 9AM.

Sunday Oct. 14

PLANT-BASED HEALTH WORKSHOP: Learn the benefits of eating a plant based diet. 8800 Ming Ave, 877-524-7373

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

HAGGINS OAK FARMERS MARKET: 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

BAKERSFIELD CACTUS AND SUC-CULENT SOCIETY'S 19TH ANNUAL SHOW AND SALE: 831-8488

 **68TH ANNUAL HARVEST FESTIVAL:** FREE. 9915 Ramos Ave, 12:00 PM - 5:00 PM 831-8905

Monday Oct. 15

4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

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SEWING CLASS: 246-7144

THE CHRISTIAN JOURNEY: Christian compulsive or obsessive behavior recovery group. 832-7464

PUZZLE MANIA AT WASCO LIBRARY: Energize your mind, come to puzzle mania. 758-2114

SCIENCE FUN AT WASCO LIBRARY: Building with Gumdrops. 758-2114

Tuesday Oct. 16

FREE ACTING CLASS: For children 5-17 years old. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 588-8931

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IMAGE CLEAR ULTRASOUND MOBILE UNIT: Greenfield Resource Center. 837-3720


PATHFINDERS & ADVENTURERS: A program for children. 871-5000

PERSONAL COMPUTER COACH AT ARVIN LIBRARY: One-on-one computer learning. 854-5934

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

QUILTING: Learn a new hobby or just enjoy quilting with friends. 392-2010

PROJECT LINUS BLANKET MAKING: Provide love and comfort to children with items created by volunteers. 549-4967

 **BEALE LIBRARY PRESENTS: DARK DIAL RADIO HOUR:** Join us Tuesdays for a chilling good time listening to old, eerie radio dramas. We will end the series with the 80th anniversary of the original broadcast of War of the Worlds! 868-0701

PRESCHOOL STORYTIME AT BEALE LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

FAMILY FLIX BEFORE 6 AT NORTH-EAST LIBRARY: Enjoy watching a movie with your friends and family. 871-9017

KIDS GET CRAFTY AT NORTHEAST LIBRARY: Attend monthly craft projects and get creative! 871-9017

UKULELE CLUB AT BEALE LIBRARY: Join us for a rousing good time at this Uku-Nanny! 868-0701

Wednesday Oct. 17
ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Enjoy crafts & conversation. 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Learn Bible verses and play games. Ages 3 years to 17. 833-4345

CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12: Bakersfield Art Center. 869-2320

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: For kids 4-12! 342-2078

MOVIE AT ARVIN LIBRARY: Families are invited to spend quality time and watch a movie. 854-5934

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: One-on-one computer learning. 868-0701

ROLLERAMA-WEST BARGAIN SKATE NIGHT: \$6 with free skate rental! 7850 Brimhall Rd, 6:30PM-8:30PM 589-7555

SPINNING TALES: Join the fun and listen to a story. 392-2029/392-2054

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Enjoy stories, songs, and fun with your 18mo.-2 yrs. old. 868-0701

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

FAMILY FLIX BEFORE 6 AT SOUTHWEST LIBRARY: Enjoy watching a movie with your friends and family. 664-7716

FAMILY STORYTIME & CRAFT AT NORTHEAST LIBRARY: Enjoy stories, songs, and a craft. 871-9017

Thursday Oct. 18
BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS: 869-2320

FREE ACTING CLASS: For children 5-17 years old. 322-2800

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

KNIT & CROCHET: Come join us for some fun! Yarn provided. 2400 Kenwood Road, 871-5236

LEGO CLUB MANIA AT BEALE MEMORIAL LIBRARY: It is a LEGO free-for-all! 868-0701

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 588-8931

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808


THURSDAY NIGHT CRUISIN: Free for the community to enjoy. Chuy's 8660 Rosedale Hwy. 6:00 PM - 8:00 PM 431-7688

WORD POETRY/OPEN MIC NIGHT: 703-6911

\$2 DOLLAR DAYS AT BUENA VISTA MUSEUM: Third Thursday of Each month. 324-6350

TODDLER TIME AT NORTHEAST LIBRARY: Enjoy stories, movement, songs, and fun (18-mo. 2yrs.) 871-9017

YOGA FOR ADULTS AT SOUTHWEST LIBRARY: Stretch away your weekly stress. 664-7716

 **CRAFTY TEEN CLUB AT BEALE LIBRARY:** Find your inner craftiness making Sugar Skulls. 868-0700

ERIC WARNOCK: Laughter is the best medicine. 6417 Ming Ave, 6:30 PM

GAME ON CHALLENGE AT WASCO LIBRARY: Pick your game and challenge someone. 758-2114

PROJECT PLAY: Bakersfield moms gather at the Kern County Museum in the Lori Brock Discovery Center for a mommy and me social. 437-3330

SENSORY STORYTIME AT BEALE LIBRARY: Ideal for children with autism or sensory processing issues. 868-0701

Friday Oct. 19

BIKE ARVIN: Make new friends, ride your bike with us. 854-3577

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

FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD: Friday - Saturday 6:30 - 9:30pm

FIT N FUN FRIDAYS: Free for parents of children ages 3-5 years. 392-2029/392-2054

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Get creative! 868-0701

LIVE MUSIC: Listen to live music Friday-Saturday 703-6911

OPEN ART STUDIO: Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

PHILOSOPHY FOR KIDS AT SOUTHWEST BRANCH LIBRARY: 664-7716

STORYTIME & CRAFT AT WASCO LIBRARY: Celebrate stories, songs, rhymes, and a unique craft. 758-2114

TODDLER TIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, rhymes & fun. 664-7716

27TH CALIFORNIA HOT ROD RE-UNION: Friday – Sunday. Come out and see. 33559 Famoso Rd., McFarland

BAKERSFIELD MUSEUM OF ART CLASSES AT WASCO LIBRARY: Make your own mask. 758-2114

FLIX! THE DEATH OF STALIN: \$6.00. 2001 H St. 6:30 PM 324-1369

HEALTH AND RESOURCE FAIR: Free. 1000 E Hosking Ave, 5:00 PM – 8:00 PM 868-1212

Saturday Oct. 20

FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga. 374-8693

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: 9:00 AM - 1:00 PM. (760) 417-9575

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Learn math or get assistance. 868-0701

ONYX FAMILY FARMS: 9:00 AM - 4:00 PM (760) 377-7460

QUILTERS AND CROCHETERS: Meet the needs of those who request a special handmade item. 398-1971

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

STORYTIME AT BARNES & NOBLE: Storytelling time for children and families. 631-2575

FAMILY STORYTIME & CRAFT AT NORTHEAST LIBRARY: Enjoy stories, songs, rhymes, and a unique craft. 871-9017

LEGO CLUB MANIA! AT NORTHEAST LIBRARY: Build anything you can imagine! 1:00 PM - 3:00 PM 871-9017

2018 KERN COUNTY HEART WALK: Help fight heart disease and stroke. 9083 Stockdale Hwy. 8:00 AM

COLOR ME HAPPY AT BEALE LIBRARY: Stressed out? Join us for relaxing conversation and coloring. 868-0701

KIDS CONQUER COCCI: Join the fun as we celebrate the life of our Brave Children Conquering COCCI! 664-5536

MKNK 5K/FUN RUN AND FALL FESTIVAL: Bring your family and furry friends for a fun filled day in the park. 868-7136

SUGAR SKULL CRAFT AT KERN COUNTY MUSEUM: Celebrate Halloween. 437-3330

VIA ARTE ITALIAN STREET PAINTING FESTIVAL AT THE MARKETPLACE: Saturday – Sunday 10:00AM - 8:00PM

WHAT THE KNIT! AT SOUTHWEST LIBRARY: Join our social knitting circle. 664-7716

GRACE BAPTIST CHURCH ANNUAL WOMEN'S BAZAAR: Over 30 vendors to shop from. 589-0424

Sunday Oct. 21

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

HAGGINS OAK FARMERS MARKET: 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

22ND ANNUAL FALL FESTIVAL: Free. 7300 Stockdale Hwy, 4:00 PM - 6:00 PM 831-4460

EUCCHARISTIC MIRACLES EXHIBIT: FREE. 900 H St, 7:00 AM - 7:00 PM 327-4734

VOLUNTEER DAYS AT WIND WOLVES: Our volunteer events are fun and rewarding. 858-1115

Monday Oct. 22

4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

C.A.L.M. SENIOR DISCOVERY DAY: 872-2256

COUNTRY LINE DANCING: 392-2010

FAMILY STORYTIME & CRAFT AT ARVIN LIBRARY: Enjoy stories, songs, rhymes, and a unique craft. 854-5934

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

THE CHRISTIAN JOURNEY: Christian compulsive or obsessive behavior recovery group. 832-7464

TODDLER TIME AT ARVIN LIBRARY: Enjoy stories, songs, and fun with your 18-mo. - 2 yrs old. 854-5934

COLOR ME HAPPY AT WASCO LIBRARY: Come de-stress by coloring. 758-2114

Tuesday Oct. 23

FREE ACTING CLASS: For children 5-17 years old. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 588-8931

AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. 497-7464

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Bakersfield Art Center. 869-2320

BLOCKS FOR THE BRAVE: Give back to our Veterans by making quilts. 805-712-1323

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Greenfield Resource Center. 837-3720

PATHFINDERS & ADVENTURERS: A program for children. 871-5000

PERSONAL COMPUTER COACH AT ARVIN LIBRARY: One-on-one computer learning. 854-5934

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QUILTING: Learn a new hobby or just enjoy quilting with friends. 392-2010

Halloween & Fall Fun Around Town!

OCTOBER FUN AT MURRAY FAMILY FARMS

Oct. 1-31: A pumpkin from our field with every admission!

LITTLE BEARS PUMPKIN PATCH

Oct. 6-31: Free Admission

BOO AT THE CALM ZOO

Oct. 20 & 21: Trick-or-treat around the zoo, 5-8pm

TRUNK OR TREAT Oct. 25: Valley Achievement Center, 617-6040

FALL INTO THE SEASON

Oct. 27: Trick or Treat With Country Sweet Produce, 631-2272

SAFE HALLOWEEN AT PIONEER VILLAGE

Oct. 30 & 31: Over 50 Trick or Treat Stations! 437-3330

HARVEST FESTIVAL

Oct. 31st: With Costume Contest! Fellowship Baptist, 6-8:30pm

FALL FESTIVAL

Oct. 31: Ridgeview Community Church, 5:30-8:30pm



OCTOBER 2018 *daily happenings*

BEALE LIBRARY PRESENTS: DARK DIAL RADIO HOUR: Join us Tuesdays for a chilling good time listening to old, eerie radio dramas. We will end the series with the 80th anniversary of the original broadcast of War of the Worlds! 868-0701

PRESCHOOL STORYTIME AT BEALE LIBRARY: Celebrate reading for your 3 to 5 year old. 868-0701

ADULTS GET CRAFTY AT NORTHEAST LIBRARY: Enjoy crafts & conversation. 871-9017

BARKS AND BOOKS AT SOUTHWEST LIBRARY: Practice your reading skills by reading to therapy dogs. 664-7716

Wednesday Oct. 24
ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Enjoy crafts & conversation. 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Learn Bible verses and play games. Ages 3 years to 17. 833-4345

CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12: Bakersfield Art Center. 869-2320

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: For kids 4-12! 342-2078

MOVIE AT ARVIN LIBRARY: Families are invited to spend quality time and watch a movie. 854-5934

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: One-on-one computer learning. 868-0701

ROLLERAMA-WEST BARGAIN SKATE NIGHT: \$6 with free skate rental! 7850 Brimhall Rd, 589-7555

SPINNING TALES: Join the fun and listen to a story. 392-2029/392-2054

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Enjoy stories, songs, and fun with your 18mo.-2 yrs. old. 868-0701

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

BARKS AND BOOKS AT BEALE LIBRARY: Practice your reading skills by reading to therapy dogs. 868-0700

MAGIC BY CHRISTOPHER LOPEZ AT WASCO LIBRARY: Do you believe in Magic? 758-2114

Thursday Oct. 25
BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS: 869-2320

FREE ACTING CLASS: For children 5-17 years old. 322-2800

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

KNIT & CROCHET: Come join us for some fun! Yarn provided. 2400 Kenwood Road, 871-5236

LEGO CLUB MANIA AT BEALE MEMORIAL LIBRARY: It is a LEGO free-for-all! 868-0701

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 588-8931

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

THURSDAY NIGHT CRUISIN: Free: Chuy's 8660 Rosedale Hwy. 6PM - 8PM 431-7688

WORD POETRY/OPEN MIC NIGHT: 703-6911

TODDLER TIME AT NORTHEAST LIBRARY: Enjoy stories, movement, songs, and fun (18-mo. 2yrs.) 871-9017

ART AFTER DARK: An after-hours art experience featuring fine art, entertainment, and drinks. 1930 R St, 323-7219

COLOR ME HAPPY - FAMILY EDITION AT WASCO LIBRARY: Halloween edition. 758-2114

FRIENDSHIP HOUSE MIXER & MORE: \$25.00 per person. 1604 19th St. 319-9254

INTERNATIONAL CINEMA AT BEALE LIBRARY: Join us while we showcase films from around the world. 868-0700

LIBERTY ROCHE 'RECORD RELEASE PARTY: 2230 Q St, 864-1701

OTAKU ANIME & MAGNA CLUB AT BEALE LIBRARY: Discuss anime, manga, music, and more! 868-0700

Friday Oct. 26
BIKE ARVIN: Make new friends, ride your bike with us. 854-3577

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

FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD: Friday - Saturday 6:30 - 9:30 pm

FIT N FUN FRIDAYS: Free for parents of children 3-5 years. 392-2029/392-2054

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Attend monthly craft projects and get creative! 868-0701

LIVE MUSIC: Listen to some live music Friday - Saturday 703-6911

OPEN ART STUDIO: Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

STORYTIME & CRAFT AT WASCO LIBRARY: Enjoy stories, songs, rhymes, and a unique craft. 758-2114

TODDLER TIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, rhymes & fun. 664-7716

BAKERSFIELD COLLEGE CHOIRS FALL CONCERT: Come experience a night of music. 742-4633

MOVIES IN THE CANYON AT WIND WOLVES: 858-1115

Listings of FREE Immunizations

totshots

Walgreens
Monday, October 1st
4306 Ming Avenue, Bakersfield
from 9a.m. to 2p.m.

Walgreens
Wednesday, October 3rd
40 Chester Avenue, Bakersfield
from 9a.m. to 2p.m.

Walgreens
Thursday, October 4th
3301 Panama Lane, Bakersfield
from 9a.m. to 2p.m.

Stiern Park
Monday, October 8th
5201 Monitor Street, Bakersfield
from 9a.m. to 2p.m.

Kern County Dept. of Human Services
Wednesday, October 10th
100 E. California Avenue,
Bakersfield from 9a.m. to 2p.m.

Shafter Youth Center
Thursday, October 11th
(FLU SHOTS ONLY)
455 East Euclid Ave., SHAFTER
from 9:30 a.m. to 2p.m.

Good Neighbor Festival
Saturday, October 13th
1000 South Owens @ California
Ave., Bakersfield, 11a.m. to 2p.m.

Walmart Supercenter
Monday, October 15th
5075 Gosford Road, Bakersfield
from 9a.m. to 2p.m.

Adventist Health Bakersfield
Wednesday, October 17th
2800 Chester Avenue, Bakersfield
from 1p.m. to 6p.m.

Walmart
Thursday, October 18th
2601 Fashion Plaza, Bakersfield
from 9a.m. to 2p.m.

Binational Health Week Health & Resource Fair
Friday, October 19th
(Hosking Ave., Swap Meet),
Bakersfield from 5p.m. to 8p.m.

Mercado Latino
Monday, October 22nd
(FLU SHOTS ONLY)
2105 Edison Hwy., Bakersfield
from 9a.m. to 2p.m.

Shafter Youth Center
Thursday, October 11th
(FLU SHOTS ONLY)
455 East Euclid Ave., SHAFTER
from 9:30a.m. to 2p.m.

NOR Riverview Park
Monday, October 29th
437 Willow Drive, Bakersfield
from 9a.m. to 2p.m.

Kern County Dept. of Human Services
Tuesday, October 9th
(FLU SHOTS ONLY)
8300 Segrue Street, LAMONT
from 9:00 a.m. to 2:00 p.m.

New Life Church
Wednesday, October 31st
4201 Stine Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

*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.

Saturday Oct. 27

FARMERS MARKET: 3201 F St, 8:00 AM - 12:00 PM

KIDS YOGA CLASSES: Kids ages 6-13 will learn Yoga. 374-8693

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: 9:00 AM - 1:00 PM (760) 417-9575

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Learn math or get assistance. 868-0701

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QUILTERS AND CROCHETERS: Meet the needs of those who request a special handmade item. 398-1971

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

STORYTIME AT BARNES & NOBLE: Storytelling time for children and families. 631-2575

KIDS FREE DAY AT CALM: Last Saturday of the month, kids up to 12 years old are FREE with a paying adult. 872-2256

LEGO CLUB MANIA! AT NORTHEAST LIBRARY: Build anything you can imagine! 871-9017

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST LIBRARY: Enjoy stories, songs, & more! 664-7716

HALLOWEEN SPOOKTACULAR: Halloween Trail Challenge 5320 Peacock Park Lane. 325-4206

HAUNTED LIBRARY FAMILY STORYTIME AT NORTHEAST LIBRARY: Join us for a spooky good time. 871-9017

MAKING STRIDES OF KERN COUNTY: Come together to celebrate survivors, have fun, and raise money. 327-7827

NIGHT HIKE AT WIND WOLVES: This two-hour guided hike will involve stargazing or moon viewing. 858-1115

PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY: 868-0700

RC SAILING: Race today. 477-1806

SHAFTER HIGH SCHOOL 50TH REUNION - CLASS OF 1968 AT BAKERSFIELD HALL OF FAME: 864-1701/818-629-6498

Sunday Oct. 28

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

HAGGINS OAK FARMERS MARKET: 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

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CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday. 322-2800

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IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

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CARD GAME FUN AT WASCO LIBRARY: Come play your favorite card game. 758-2114

Tuesday Oct. 30

FREE ACTING CLASS: For children 5-17 years old. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 588-8931

AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

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FAMILY FLIX BEFORE 6 AT NORTH-EAST LIBRARY: Enjoy watching a movie with your friends and family. 871-9017

HALLOWEEN TIE DYE AT SOUTHWEST LIBRARY: Join us for a fun Halloween tie dye project! 664-7716

WORD SEARCH AT WASCO LIBRARY: Join us for some Halloween word searches. 758-2114

Wednesday Oct. 31

ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Enjoy crafts & conversation. 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Learn Bible verses and play games. Ages 3 years to 17. 833-4345

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SPINNING TALES: Join the fun and listen to a story. 392-2029/392-2054

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Enjoy stories, songs, and trick or treating with your 18mo.-2 yr. old. 868-0701



TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 631-2575

FALLELUJAH: FREE EVENT. 2323 Mt Vernon Ave, Bakersfield, CA 93306. 871-1212

FAMILY FLIX BEFORE 6 AT SOUTHWEST LIBRARY: Enjoy watching a movie with your friends and family. 664-7716

MOVIE DAY AT WASCO LIBRARY: Halloween movies all day. 758-2114

WHO'S YOUR MUMMY? AT WASCO LIBRARY: Join us for some Halloween fun. 758-2114

SUBMIT YOUR EVENTS ONLINE!



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.

October Worship Guide

Sponsored by



Bakersfield Central SDA Church
Pastor Kevin Hart

Saturday Sabbath School
Classes for All Ages: 9:15am
Saturday Worship Service:
10:40am

661-832-2620 • 4201 Wilson Rd, Bakersfield 93309
www.bakersfieldcentralsda.adventistfaith.org

Saint Demiana Coptic Orthodox Church

COPTIC FESTIVAL
FREE ADMISSION
Saturday & Sunday
October 13th & 14th
11am - 6pm

- Authentic Mediterranean Food
- Children's Activities & Games
- Handmade Gifts & Church Tour
- Photos With The Pharaohs

9200 White Lane, Bakersfield, CA 93311

SOUTHWEST CHRISTIAN CENTER
Church of God, Cleveland, TN
3700 N. Stine Rd.

Sunday Services
9:00 a.m. & 10:30 a.m.
Children's Worship 10:30 a.m.
Small Group Studies 6:00 p.m.
Dr. Robert Proctor, Pastor
www.swcc.us.com

New This Fall

Midweek Study:
Word of Truth
Children's Program:
FOUNDATIONS
Membership Class

DISCIPLES CHURCH

Sunday Services
9 & 11 AM

DisciplesChurch.com
4500 Rosedale Lane
661.393.8210

ARE YOU LOOKING FOR A CHURCH HOME?...

Fellowship Baptist Church
3001 Stine Rd
Bakersfield • CA • 93309
661-833-4345
www.myfellowshipbaptist.com
Rick Prevost, Senior Pastor

Sunday
9:30 am - Bible Studies for all ages (English & Spanish)
10:45 am - Worship Celebration (English & Spanish)
5:00 pm - Trek & Journey (7th -12th)

Wednesday
6:00 pm - Bible Study,
& Prayer
Awana 3^{rs}-6th grades

HARVEST FESTIVAL
FUN FOOD GAMES
OCT 31 6-8:30pm
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Can you find them all?

A

B

Answers:
1. Larger pumpkin missing tooth 2. An extra small pumpkin is carved 3. Medium pumpkin is mist from lantern 4. Smoky mist from lantern

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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 Events

- Autism Spectrum Disorders Seminar Series 1 Wed., Oct. 10th, 9am-Noon, Adventist Health, 1524 27th St-2nd Flr. Speakers: Carly Fulgham & Dr. Damien Pena, Ed.D Topic: "How to Ask for Work & Secondary School Accommodations"
- LEGO Workshop-Harry Potter Theme: Sat., Nov. 10th, Canyon Hills Church Gym 10am-12:30pm (Registration required)

Monthly Autism Support Groups

- Parent & Sibling Support Groups Tue., Oct. 16th, 6-7:30 pm, Canyon Hills Assem. of God Church, Rm 202



EARLY SIGNS OF AUTISM:

- Delayed language development
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ACTIVITY CORNER

ANSWERS p.38

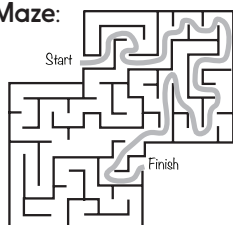
Sudoku:

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

Crossword:

- ACROSS: 1. Definite
4. Gum
5. Tier
6. Ouch
8. Township
- DOWN: 1. Dentist
2. Ingrown
3. Exam
7. Up

Maze:



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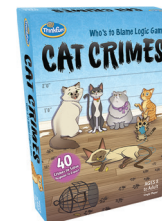
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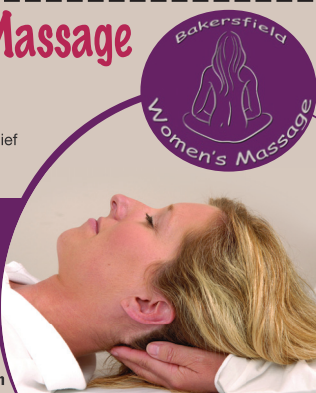
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Sudoku

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

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!



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

Crossword Puzzle

1			2				3
			4				
5							
			6				
							7
8							

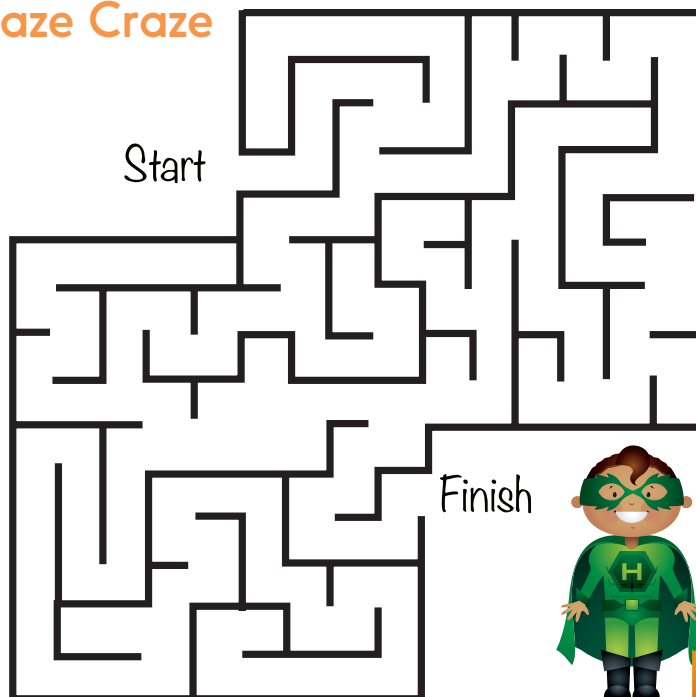
ACROSS

1. Absolutely
4. Something to chew
5. Level
6. Sound of pain
8. Part of a county

DOWN

1. Tooth doctor
2. Growing into flesh
3. Test
7. Opposite of 'down'

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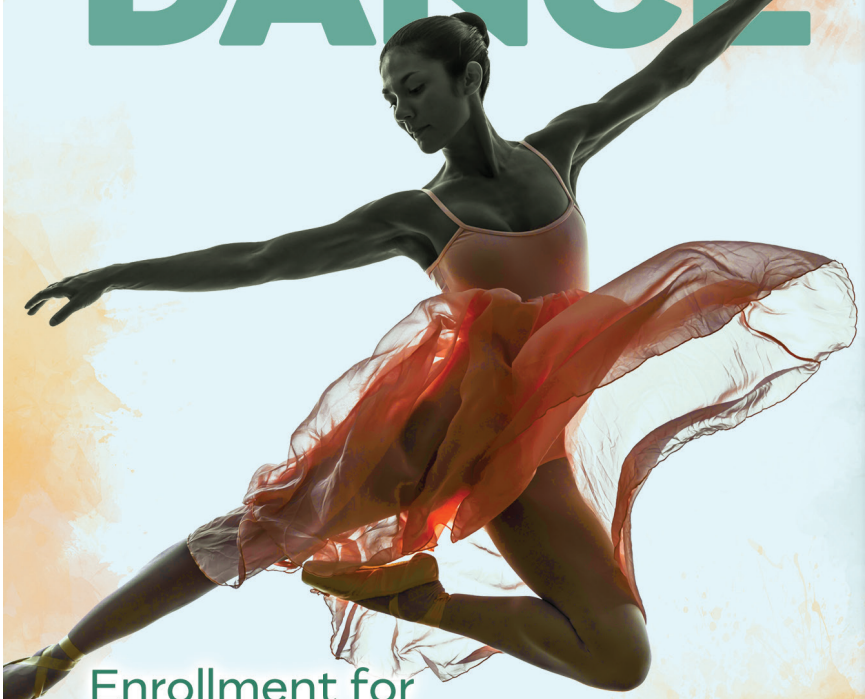
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