

GOBBLE GOBBLE! Find Tommy Turkey Inside for YOUR Chance to WIN! See page 4 for details!

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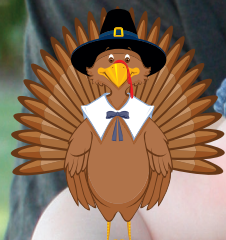


kern county **Family** free magazine

NOVEMBER 2018

Do This at Home!

STEM
FUN FOR
(little) **KIDS**



VOLUNTEER
opportunities
for **FAMILIES**

What's
On Your
FALL
BUCKET
LIST?

Great Ideas Inside!

plus: part ONE of our holiday gift guide! *p.15*
enrichment ideas for preschoolers *p.31* tantrum troubles *p.12*



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MEMBERS OF



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Holiday Volunteering
with the Family



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Hello Fall!

Cover Family **Brandon, Alyssa & Natalena Hellmund** (photographed by Vaun Thygerson) is so ready for their first fall as a family of three! Read Alyssa's Fall Bucket List for great ideas to get into the Autumn spirit



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STEM Edition



14 Feature:
STEM for Kids: Activities
to Try at Home

PLUS
Don't miss
the **FUN, the FEATURES, and the FACTS!**



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Vaun Thygerson,
Contributing Writer

One area of my life I want to improve in is keeping a journal. I wrote consistently when I was a teenager and young adult, but as life has become more hectic and busy, I have let this slide. I've tried all kinds of ways to stay up on journaling from a gratitude journal to Instagram posts to keeping a calendar with highlights. I think I have finally found one that fits my lifestyle and attention span.

My friend, Gina, gave me a new journal for my birthday entitled, "One Line a Day: A Five-Year Memory Book." The title says it all. The approach

is simple – one sentence a day for five years. There are two days on each page, with five years of three-line entries for each day. On the days where I have nothing to write or don't want to relive a bad day, I put an inspirational quote. So far, I have really enjoyed it and I think it will stick. My favorite part of journaling is the sense of gratitude I have when I go back and read past entries. I try to write from a place of thankfulness and appreciation.

This month emphasizes our desire to feel grateful and express thanks to those around us. One way we can do this is through volunteering. It's important to teach our children to serve others. In the article, "Holiday Volunteering Can Grow Charitable Adults," you can read about the long-term benefits of volunteering as a family. Bakersfield has many opportunities to help others, so turn to page 9 to see how you can help.

KCFM wants to give a special thanks to Brandon and Alyssa Hellmund and

their beautiful baby, Natalena, for gracing this month's cover. You can read "Alyssa's Fall Bucket List" and see the activities she wants to accomplish this season with her adorable little family on page 20. You can check off her list yourself or add to it. Fall is the perfect time to enjoy the crisp air and color-changing world around you.

In this month's Humor at Home article, Tracie Grimes writes about something else we have in common during this time of year: the flu! In her article, "The Purge," on page 18, she details how she recently became super sick. She says she had not been this sick in a long time and that the messy aftermath was so horrific it might have been better to move to another house than to sanitize.

November is Diabetes Awareness Month, and researchers may have found a hormone produced in breastfeeding that may protect women against Type 2 diabetes. In the "Vital Signs" article on page 10, researchers studied women for 20 years and found that those who had high levels of prolactin, a multi-function hormone related to pregnancy and breastfeeding, had a lower risk of contracting Type 2 diabetes.

Thanksgiving is about more than just a fabulous turkey dinner. It's a great time to reflect and journal while giving thanks for everything we have in our lives. Take the time to write down your memories. As Mina Murray said, "Journaling is like whispering to one's self and listening at the same time."

If you would like to have your holiday volunteer opportunity featured in KCFM's December issue, please send details to kcfm@kerncountyfamily.com with the subject line: **Holiday Volunteering.**



Happy Turkey Day!

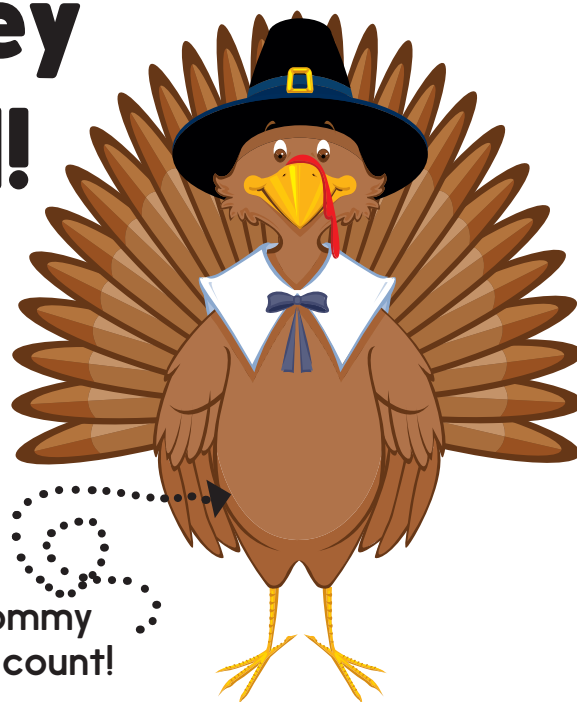
Find Tommy Turkey and You Can WIN!

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

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www.GETbus.org | 869.2GET (2438)

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~ Robert Moore

- Loving father
- US Army Reserve Veteran
- GET rider

Local Boy Scout Sells Over \$10,000 in Popcorn Sales

A local Boy Scout has achieved over \$10,000 in popcorn sales, which even surpassed his personal goal to raise \$6,000. Samuel Galagan, age 13, from Troop 194, has held 16 show and sell stands at store fronts selling popcorn from 9 a.m. to 4 p.m., and he's not done yet. Next year, Samuel's goal is to raise \$12,000.



Samuel Galagan at one of his show and sell stands.
Photo courtesy Jennifer Galagan

"I was so excited I had reached my goal. Not only do I get to go to amazing summer camps, but I get to work on earning merit badges, too. One day, I hope to earn them all!" says Samuel. "It was awesome how all of our family, friends, and the community helped me reach my goal. I can't thank everyone enough."

Popcorn sales helps scouts like Samuel fund their summer camps and participation in scouts. He hopes one day to complete all 167 merit badges, even though only 21 are required to reach the rank of Eagle Scout.

"Because so many sales go back to our own county, it's incredible what he does and what he brings to the scouting community," says Christy Schleibaum, of Camp and Special Events for Boy Scouts of America Southern Sierra Council. "He alone has done more than some units do in the whole season." **For more information, please visit www.sscbsa.org.**

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Bakersfield Lacrosse

Lacrosse is one of the fastest growing sports on the West Coast. Come check it out with this two-day free clinic for ages 8-17 held by the Bakersfield Youth Lacrosse League and North of the River Recreation and Park District (NOR) on consecutive Saturdays, November 10th and 17th, from 10 a.m. to 12 p.m. at Polo Community Park, 11801 Noriega Road.



At the clinic, you will meet the coaches, learn some basic ball handling skills, and see if lacrosse is the sport for you. If you have any questions, please call 661-377-8711. **You can register at www.bakersfieldyouthlacrosse.com.**

Heroes and Helmets for Hope

Help make a child's wish come true! For the 9th year, City and County Firefighters join together to support the Make-A-Wish Foundation at its annual Heroes and Helmets for Hope event on Thursday, November 1st, from 7 a.m. to 1:30 p.m. at the KGET-TV Studios on the corner of 22nd and L Streets. A "drive-thru" lunch, with a deep pit sandwich for \$7, will be offered from 11 a.m. to 1:30 p.m. **For more information, please visit www.wish.org.**

NOR to Open New Skatepark at North Beardsley

North of the River Recreation and Park District (NOR) recently opened its brand new skate park at North Beardsley Park, located at 901 Airport Drive at the northeast corner of the park. This is NOR's first venture into skate parks. NOR used a grant from the Land and Water Conservation Fund (LWCF) and matching funds from the District to bring the four-year project to completion.



"The North Beardsley Skate Park gave us the opportunity to take an area of despair, the 50-year-old swimming pool, and create a fresh look with a focus on a new activity within the District," says Steph Sanders, NOR Landscape Architect and Park Planner. "Our hope is the skate community will embrace this new location and enjoy many years of use."

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



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Night of Warhol for Boys and Girls Clubs of Kern County's Farm to Table(aux) Fundraising Event



LJ & Vaun Out & About

Andy Warhol once said, "In the future, everyone will be world-famous for 15 minutes." Recently at the Boys and Girls Clubs of Kern County's Farm to Table(aux) event, KCFM owner LJ Radon and writer Vaun Thygerson sure felt famous for the night. With the theme, **POP! Goes the Warhol**, the decor was full of color, art, and a lot of soup cans. They even got to mingle with Andy Warhol look-a-likes who played their aloof and eccentric part to perfection!

With a tableaux vivant for his famous Marilyn Monroe painting to a fabulous performance from the local Boys and Girls Clubs' members of the Greatest Showman songs to farm-to-table cuisine, the night was not only fun but it also raised a lot of money for a good cause. While attendees enjoyed their delicious dinner provided by Salty's BBQ, shadow dancers showed off their amazing acrobatic and ballet skills to entertain the guests. The live auction offered up many amazing items and trips, including a gorgeous Goldendoodle puppy named Annie, who started quite a bidding war, and went home with a loving family. Another big part of the evening's festivities

included members of the Boys and Girls Clubs of Kern County auctioning off their original artwork, which really accentuated the artistic talent of these children.

For more information, please visit www.bgclubsofkerncount.org

All event photos on this page courtesy Vaun Thygerson



(right) KCFM contributor Vaun Thygerson (l) and BMOA's Amy Smith (r) light up the night with blingy rings they bought in hopes of winning the Mystere box (AKA, a giant Warhol soup can). Amy's son Chris (also pictured) came from out of town for the event.



Holiday Volunteering Can Grow Charitable Adults

By Laura Lyles Reagan

Holiday volunteering can reap year-long rewards for character building service learning while creating lasting family memories.



Sally was nine years old and her sister, Emily, was seven years old when they began volunteering at their local food bank with their family. Volunteering included sorting boxes and cans of food into different groups and then packing family boxes for the low income families that the food bank served. The first time Sally and Emily volunteered, they asked lots of questions and enjoyed the can conveyor belt tremendously. The food bank volunteer manager had things well organized, so the kids were engaged the entire time. In order to make the experience purposeful, their mom pointed out the families waiting in the lobby who were to receive the boxes of food. As they were leaving the food bank, the volunteer manager heard Sally say, "This was one of the best days of my life!" Emily piped in and said, "That was fun!"

According to the National Service-Learning Clearinghouse, service learning is a teaching strategy that integrates meaningful community service with instruction and reflection. Service learning also builds character and teaches civic responsibility as youth participate in service projects in education, public welfare, health, public safety, or the environment. Families can volunteer together and reap all the benefits of service learning while making a memory.

Teaching service is most effective when children give something that is meaningful to them. An example of an age appropriate, meaningful service project for first and second graders is a teddy bear drive for abused children of domestic violence in shelters or hospitals. Children can be encouraged to give a stuffed animal of their own that is in good shape or earn the money by doing household chores to make a purchase themselves. Children can also travel to the shelter to drop off the stuffed animals so that the "giving" is concrete.

Children may come up with their own ideas about service projects that have special meaning to them. Older children may work together to sell candy or crafts at a profit to purchase items for less fortunate families such as children's coats. Service learning studies show that children who serve are more likely to grow into charitable adults.

Service learning ideas that can be done as a family are:

- Raking an elderly neighbor's yard.
- Organizing and conducting a canned food drive at your child's school together. (This may involve several pieces, announcing the food drive at various classrooms, making posters, decorating the collection boxes, and finally taking the cans to the food pantry or food bank.)
- Walking dogs at the local humane society shelter.
- Collecting new or like new books for the children's wing of the hospital and delivering the books to the hospital auxiliary to distribute.
- Holding a penny drive to buy extra school supplies for children who cannot afford them or use the pennies to buy dog and cat food for your local animal shelter and then delivering the bags of food.
- Planting a garden with native plants to encourage backyard habitat for birds, insects and small animals.
- Older children can write a letter thanking soldiers for their service.

Working for others, together as a family, not only strengthens communities by helping the cause of your choice, but also models good character and strengthens family bonds.

LOCAL THANKSGIVING VOLUNTEER OPPORTUNITIES IN KERN COUNTY

Provided by Brenda Ratliff, Executive Director of the Volunteer Center of Kern County. www.volunteercenter.info

CAPK Food Bank Food Drive

November 14th, 5am - 7pm

KGET TV 17 Studios

James: 398-4520

NEEDED: Assistance during the Food Drive, separating food and unloading donations during drive-up process at KGET TV 17, and also assisting with organizing Feed the Need Donations.

Victory Outreach Annual Turkey Giveaway

November 14th

Patty: 837-4908

NEEDED: Assistance with set-up and distributing turkeys and produce

Salvation Army Seasonal Bell Ringers

November 17th - December 24th

Register at registertoring.com

Ally: 836-8487 ext. 8403

NEEDED: Volunteers to ring bell for Salvation Army donations during the holiday season

St. Francis Parish Monday Meal Service

Every Monday night: 5 - 6:45pm

Jenny: 327-4734

Thanksgiving Dinner: Nov. 19th, 5 - 6:45pm

NEEDED: Volunteers to assist in serving

Blessing Corner Thanksgiving

November 19th through 21st

Nov. 22 (Thanksgiving Day) 9am - 2pm

Bonnie: 477-6028

NEEDED: Volunteers to serve Thanksgiving Dinner and Clean-up

The Mission Thanksgiving Food Prep and Regular Meal Service

November 20th & November 21st

ALL Thanksgiving Day opportunities have been filled at this time.

Jackie: 325-0863

NEEDED: Volunteers are ALWAYS needed at The Mission to assist with preparing and serving meals to clients on a daily basis. 365 days per year.

Bakersfield Homeless Shelter

Food Prep and Regular Meal Service

ALL Thanksgiving Day opportunities have been filled at this time.

Jeri: 322-9199

NEEDED: Volunteers are ALWAYS needed at the Bakersfield Homeless Shelter and can serve in various areas.

Stay Focused Ministries Thanksgiving

November 20th

Manuel: 322-4673

NEEDED: Assembly of Thanksgiving Baskets and cooking/preparing food for seniors.

The River Thanksgiving

November 22nd - Thanksgiving Day

Doug: 808-4673

NEEDED: Final assembly of baskets and delivery to family/individuals

Vaccines Still Critical, But More Children in the U.S. Are Not Getting Them

In the last 17 years, the percentage of children age 2 and younger who are not getting all of their vaccinations has quadrupled. The Centers for Disease Control (CDC) reports that 1.3 percent of children born in 2015 did not get vaccinations, a rise of 1 percent from the 0.3 percent of unvaccinated 19 to 35 month-olds in 2001. This rise is apparently due to the type of insurance children have and where they live. Those who live outside of a city, are uninsured, or are on Medicaid are at the highest risk of not receiving vaccinations.

totshots
See Tot Shots (pg 25) for a list of local
Vaccines for Children locations

There is a program available for parents who are unable to pay to vaccinate their children. Vaccines for Children offers vaccines at no cost to low income families.

On that note, it's time to get the flu vaccine!

Here are some key facts that you need to know about the flu vaccine and why it is important for you and your children to get it each year.

The Flu is highly contagious and kills or hospitalizes thousands of people every year. According to the CDC, the flu and complications from the flu kill about 30,000 people in America each year and more than 200,000 people require hospitalization. In the 2013-2014 flu season, there were 108 known pediatric flu caused deaths. The CDC noted that 90% of the children who died from the flu were unvaccinated. Complications from the flu include bacterial pneumonia, ear or sinus infections, dehydration, and worsening of chronic health conditions.

The Flu virus is always changing. Each year the flu vaccine is created to try to protect against the most likely strains for that year. The flu vaccine is the best defense against flu, even though it may not prevent all cases.

Because the risk of getting the flu is highest in children, it is recommended all children ages 6 months and up (and pregnant women) get the vaccination every year. Sometimes, younger children may even need two doses. From the time of vaccination, it takes about two weeks for protection to develop, and it should protect your child for several months to a year.

Flu symptoms may come on suddenly and include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose. Other illnesses that are not the flu but have similar symptoms may be mistaken for the flu. The flu vaccine only prevents actual influenza.

There are some people who should not be vaccinated. Those with life threatening allergies to any components of the vaccine or have ever had a severe allergic reaction to the vaccine or a history of Guillain-Barre Syndrome should not get a flu vaccination. Other long-term health problems should be discussed with your doctor.

As with any medication, there is always a risk for reaction. There are some common mild problems such as runny nose, nasal congestion, sore throat, headaches, and cough. Severe reactions are very rare, occurring in less than 1 in 1 million doses. A severe reaction, such as very high fever, hives, swelling, difficulty breathing, fast heartbeat, and weakness would occur within a few minutes to a few hours after the vaccination. Go to the hospital if this reaction occurs.

Your best defense against the flu is the flu vaccination. You can do more research at CDC.gov and flu.gov.

Could a Hormone Produced in Breastfeeding Protect Women Against Type 2 Diabetes?

November is Diabetes Awareness Month, and a new study recently released in the journal Diabetologia indicates that the hormone prolactin, a multi-function hormone related to pregnancy and breastfeeding but also important in many other functions like metabolism, immune regulation, and even the balance of water in the body, may also impact insulin secretion and sensitivity.

Insulin is the vehicle which carries sugar from the bloodstream into the cells so that the sugar can be used as fuel. Insulin is not used efficiently in type 2 diabetes patients and blood sugars rise quickly.



Researchers followed over 8,000 mostly white women in their 40's or 50's at the start of the study. They tracked the women's health for over 20 years and noted that, of this group, almost 700 women developed type 2 diabetes. They made adjustments based on the risk level for diabetes,

but it was noted that the higher the levels of prolactin women had, the lower the likelihood that they

developed type 2 diabetes. The researchers note this is not a cause and effect situation and more research is necessary. Jin Lin, lead author of the study and post-doctoral research fellow at the Harvard T.H. Chan School of Public Health in Boston, said this is not the first study to show a connection between prolactin and insulin secretion. It's

not clear whether this study provides enough information to determine if increasing prolactin is enough to prevent diabetes, especially since higher than normal prolactin levels can result in weight gain and more resistance to insulin. It also is associated with a higher risk of breast cancer.

The researchers are committed to conducting more studies and learning more about prolactin and its potential impact on type 2 diabetes.

NEW APPS WE LOVE Allergy EATS

This is a great guide for checking how many allergy friendly restaurants are in your area. Simply type the allergen and your location in the search. The results are ratings based on actual experiences by other families. You have the option to leave comments, too.



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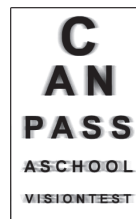
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7 Things to Remember When Your Child Throws a Tantrum (And They Will...)

By Sarah Lyons

When your child throws a tantrum, it is easy to get frustrated, overwhelmed, angry, and embarrassed, especially if the tantrum occurs in public. Unfortunately, the occasional tantrum cannot be avoided. They happen to every parent, but while your child is in the throes of a fit, try to remember these tips:

It is normal.

The first thing to remember when your child has a tantrum is that it is normal. Tantrums are a normal way for kids to express their frustration when they may not be able to communicate their feelings appropriately. While this fact doesn't make the tantrum any easier to deal with, it does help to know that, developmentally, this is a normal stage.

Do not engage.

During a tantrum, the temptation can be to lecture, yell, or reason with the child. They cannot hear you or comprehend reason when they are in the middle of a tantrum. The best thing to do is to wait it out. If you do feel the need to discuss the situation with the child, wait until later when he or she is calm and ready to listen.

Leave the scene.

When the child starts to throw a tantrum, make sure they are safe, and then leave the area. Typically, if the child doesn't have an audience to get a reaction from, the tantrum will cease. If you are not comfortable leaving the child alone, get busy doing other things and pretend to ignore them. If the tantrum happens in public, take the child to the car or the bathroom to calm down. If the tantrum continues and the child is unable to calm down, buckle them safely in their car seat and drive home.

Consider triggers.

Think about what triggered your child to get so upset in the first place. How can frustrating situations be avoided in the future? Of course, not all tantrums can be avoided, but certain triggers can be removed. When armed with this information, parents can be prepared to use distraction to lessen or avoid a future tantrum.

Don't give in, except once in awhile.

Giving in to a tantrum will do nothing but encourage future tantrums. If your



child is throwing a tantrum because he wants to eat a cookie before dinner, do not give him the cookie. It is also not a good idea to use bribes to stop a tantrum. "If you stop crying, I will buy you a toy." rewards the child for the tantrum. However, if your child is in the middle of a tantrum and listening to the same annoying song over and over again on the car ride home will help him calm down, this may be an exception you can live with.

You are not alone.

Although it might feel like you are alone while your child has a fit at the grocery store, we have all been there. It is likely your child will have a tantrum in public at some point and it will be embarrassing and inconvenient, but it is generally unavoidable. Remind yourself again that it is normal for kids to have tantrums, leave the store if needed, and try to laugh about it later.

Although it might feel like you are alone while your child has a fit at the grocery store, we have all been there.

Use distraction, humor, and hugs.

During a tantrum, kids are not able to listen to reason, but that doesn't mean parents can't try to wrap up the crying quickly. Try using a distraction like "Where is the ball?" or "Do you want to read a book?" Make a silly face to lighten the mood or turn on some music and begin a silly dance. For some kids a tight hug helps them to calm down when they are upset. Trying to help your child move past the tantrum can teach them methods for calming themselves down in the future. The situation that caused the tantrum can be discussed later if needed.

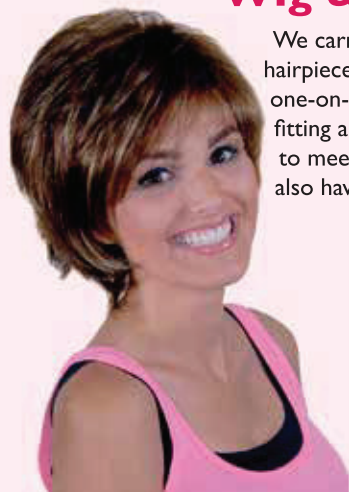
Don't doubt yourself.

There was a day when I had dealt with a particularly horrible tantrum from my daughter, and I began to blame myself. "What am I doing wrong? I am a terrible mom." After expressing these things to a friend, she reminded me that I am not a bad mother, I am just having a bad day. It happens to all of us. Remain confident in your parenting and remind yourself you are doing the best you can. Tantrums happen to all parents.

The next time your child has a terrible tantrum, try to stop and remember these tips. Ultimately, the tantrum will end and your child will grow and learn to communicate more effectively.

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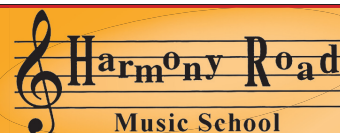
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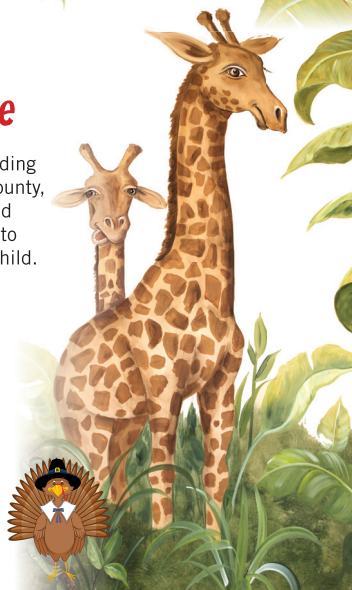
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STEM for Kids: Activities to Try at Home

By Sarah Lyons

Do your children have an interest in figuring out how things work? Do they enjoy experimenting with their surroundings? You may have a budding engineer, astronaut, mathematician or scientist on your hands. Even kids who are not naturally drawn to all things math and science enjoy exploring their environment and figuring out how things work. STEM, which stands for Science, Technology, Engineering, and Math, are activities that engage kids of all ages in these specific areas. According to the U.S. Department of Commerce, STEM occupations are growing 17% per year and STEM degree holders have a higher income. While a career in the STEM field may seem like a long time off for your preschooler, STEM education creates critical thinkers, increases science literacy, and enables innovation of new products in the future. Most would agree that jobs of the future will require a basic understanding of math, science, and technology and it is never too early to start developing your child's interest in these areas. (www.engineeringforkids.com) While many schools are developing STEM curriculums for classrooms, there are plenty of things you can do at home to kickstart your preschoolers love of science.

STEM in the Kitchen

Your school teachers were right, you do use math and science in everyday life. You may already love cooking with your kids, but consider incorporating science and math lessons at the same time. While baking cookies, have your children help measure the ingredients, count the scoops of flour, talk about what happens if you do not use the correct measurements, and discuss what the purpose of baking powder and baking soda is. (It leavens the batter to rise while baking.) Make the experience fun and educational at the same time.

Your child may not even notice they are learning about math and science while baking and sampling tasty treats.

DIY Science Lab

Create your own science lab mixing station at home. All you need are several plastic or glass containers (see through are best) of any shape and size. Fill containers with dry ingredients such as baking soda, baking powder, salt, sugar, and cornstarch. Fill additional containers with wet ingredients such as water, white vinegar, lemon juice, and ice. It may be wise to lay towels underneath your mixing station or set the ingredients up outside, so you can have fun without worrying about the difficulty of clean up. Once your science lab is set up, it's time to get creative. Let your kids experiment with what happens when different ingredients are mixed. This activity is great for preschoolers but can also be adapted to older children by providing them with a journal to record the results of each combination of ingredients when they are mixed.

Use What You Have

Set up a sensory bin using dried beans, water beads, or rice as a filler and hide items inside. Ask your child to find the red dinosaur, count the green items, or close their eyes and guess what items they feel. Encourage your little engineer or architect to build a tower using toothpicks and marshmallows or fill a tray with shaving cream and blocks and ask if they think the shaving cream will help their blocks stick together. Sharpen their math skills with colored cereal like Fruit Loops. Ask your child to sort the pieces by color and count them. Then, have them string the cereal on yarn to make a necklace. Make it fun and see what potential STEM activities you have laying around the house.

Preschoolers love to explore with their hands and all of their senses which makes the possibilities endless. Plant a garden, fill water glasses with food coloring and mix to learn about colors, count and sort items throughout the day, talk about and chart the weather, or play with magnets and a cookie sheet. STEM is all around us, just waiting to be explored.

Make Learning **FUN** this Holiday Season!



Looking for gift ideas for your hands-on learner? These award-winning options are sure to provide hours of stimulating fun for kids of all ages!



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Ooze Labs Chemistry Station

See how much fun chemistry can be with slimy, fizzy, colorful, and bubbly experiments. Comes with lots of different vessels and lab equipment. All experiments use non-hazardous chemicals. \$39.95, ages 6+, www.thamesandkosmos.com



KidiBuzz

This smart device does it all –sends texts, voice messages, photos, and drawings. It's also a multimedia player for music and videos. Includes more than 40 learning games and awesome apps. \$99.99, ages: 4 to 9, www.vtechkids.com

Kids First Coding & Robotics

Meet Sammy, an adorable peanut butter and jelly sandwich...robot! Teaches coding principles and skills without a tablet, smartphone, or computer. Simply lay down a sequence of physical code cards. \$129.95, ages 4+, www.thamesandkosmos.com



PJ Masks Super Catboy Learning Watch™ by VTech

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Snap Circuits BRIC: Structures

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MORE STEM FUN ON NEXT PAGE!



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My First Learning Tablet™ by LeapFrog

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Ready for more? Look for more great gift ideas for babies, collectors, board game lovers, and more in Kern County Family's December issue!



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I must have been quite a sight, because the guys at the oil-change place looked like they were considering running for their lives. For a moment, I thought they might just give me the oil change for free; they both recoiled as I extended my credit card with one hand while holding my head with the other. But Fate seemed to be laughing in my face– I think they may have charged me extra (a kind of “damage deposit” for cleaning the bathroom, perhaps.)

I don’t remember the drive home very well, but I do remember having to pull over a couple of times to succumb to the cursed plague and wait for my vision to be restored.

It had been a long time since I had been this sick. I felt like I was close to death; I actually remember

As I stood in front of my students, I prayed that God would save me from the pandemic that had infiltrated the Bakersfield College campus. My students seemed to be dropping like flies; in just about every one of my classes at least one would leave the room quickly, clutching his/her mouth. However, Fate was not with me that day. I knew I was a goner when I got home and heard the same heaving, coughing, and groaning from two of my children.

It hit me a couple of days later, while I was getting the oil in my car changed. Thank the good Lord, I was the only person in the shop at the time and for the fact that the bathroom was clean(ish.) I made it to the restroom just in time, and I hung on to the handicapped bar next to the commode as the nightmare that would be my reality for the next 48 hours began. I remember looking down at my former favorite pendant necklace, which got caught up in the...let’s just call it a “cascade,” and thinking about how much I would miss the beautiful blueness of it.

praying for death a few times as I laid on the floor of my bathroom. I also thought about how humbling illness can be. There I was, sprawled out on the floor, hanging on for dear life to something that, on a normal day, I would hesitate to touch with a bare hand, begging, praying, pleading for mercy. I made solemn promises to give up cursing when angry, judging people’s grammar, drinking wine (that one I took back right away, though) – anything to stop the pain.

When the tempest finally passed, I looked in the mirror and thought, “I look like I’m about 1,000 years old.”

Weak, shaky, and sore from my recent brush with death, I surveyed the damage left in the wake of The Purge. Open windows, several bottles of disinfectant, and 10 candles burning in each room may take care of any lingering virus and smell, but I had my doubts. It would have been so much easier if we’d just moved.

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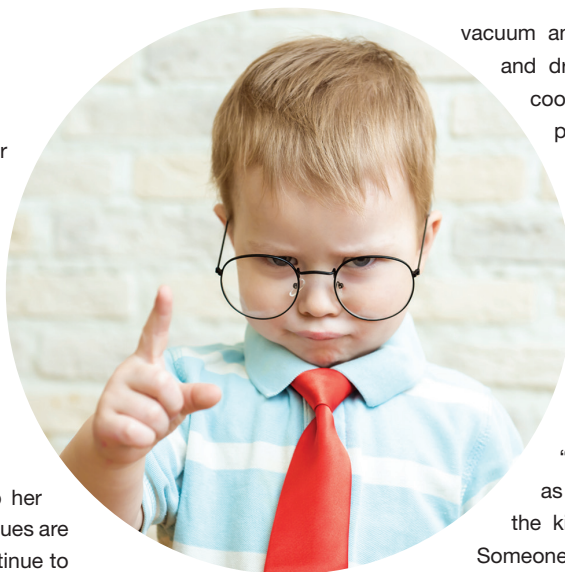
Shirley beseechingly asks her daughter, "What do I need to do for you to get you to do just one thing for me?" Her daughter, Robin, smirks and says to her mother, "Why SHOULD I do anything? All you do is yell at me and complain about my room and my grades! Just stop it," as she rolls her eyes to no one. Robin continues to sit curled up comfortably on the couch, which was paid for by her parents, using her parent's iPad and using her parent's wifi, which they pay for monthly with their own hard cash. Shirley sighs, shakes her head, and resigns herself to cleaning up her daughter's mess in the kitchen, again.

The problem here is two-fold: (1) mother is once again cleaning up her daughter's mess, and (2) the daughter does not seem to care. These issues are of great concern and should they not be resolved, the mother will continue to perform chores for her daughter, perhaps forever, and her daughter will never mature into a responsible woman.

How does one motivate a child to be respectful, to recognize the responsibility that one has to contribute to the family (often performed through necessary family chores,) and to become responsible, all in an eighteen year time slot? Well, it is difficult, but should one be persistent, doggedly determined, and recognize in advance what may be coming up for a young person as they grow in this world, it can be done. Who is going to do this for the child? Not reality television. Not social media. Not their friends. Nope. Just you, the parent. Only you can save your child from a life of embarrassment and juvenile decision-making. Yes, just you, the parent.

Who is running the show? It had better be the parent. And it is the parent's job, for 18 years per child, to make sure that this child can cook, clean, pay bills, save money, and successfully plan and carry out objectives. How does this get accomplished, one might ask? The child needs to do the work. In the home. The parents are like supervisors, and the children are like employees. You do not typically see the supervisor doing all the work while the employees sit around lazily perusing the iPad. You Tube does not offer careers for most people.

What next? Well, if the parent is running "the show," then the children should begin to work. They need to learn to clean the bathrooms. They need to



vacuum and learn to use the washer and dryer. They need to learn to cook for the family. It is a simple process: The child performs the required task, and when it is completed to the parent's expectations, the job is done. Until then, everything else is off limits except for eating, brushing teeth, and sleeping. Someone needs a ride somewhere? "Sure," says the parent, "Just as soon as my daughter cleans the kitchen to my expectations."

Someone needs a cash advance for a school project? "Sure," says the parent, "Just as soon as my child has cleaned the house to my expectations." Someone wants his iPhone turned back on? (It was turned off due to surly behavior toward the parent.) "Sure," says the parent, "Just as soon as my son can show us all respectful behavior in this house."

Simple. In the real world, no one gets paid until they have done the job. Some parents are leading their child into a nightmare of adult expectations when no one is around to do the work for him or her. They'll have only the boss to deal with, and SHE expects results. A parent does not have to respond to arguments from the child. If the parent argues, then the child is taught to expect her supervisor to argue with her, which won't happen. The adult child will just be fired. A parent does not have to remind the child. All that is necessary is for the child to begin to realize that if she or he wants privileges, then Do. The. Work.

Simple. When the parents are running the show, then the result will be more adults walking around being responsible. More adults walking around being kind and sympathetic. More adults walking around being productive and feeling proud. That is what happens when the parents are running the show.

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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Alyssa's Fall BUCKET LIST

By Vaun Thygerson

As F. Scott Fitzgerald said, "Life starts all over again when it gets crisp in the fall."

Fall is a magical time of year when the leaves change and the air cools. Brandon and Alyssa Hellmund (from our cover) are especially excited about this time of year as they get to share all its firsts with their baby, Natalena.



High school sweethearts, these two have a lot of plans to celebrate the season with their new little family. KCFM asked Alyssa, a cosmetologist at Concept Elite, to compile a Fall Bucket List of things she wants to accomplish this year, and she came up with some great ideas.



Whether you use Alyssa's list or make one of your own, make sure and find time to enjoy autumn and all its fun with your own family!

Fall 2018 Bucket List

- 🍂 Enjoy a candle scented with pumpkin spice.
- 🍂 Have friends over for chili.
- 🍂 Drink spiced apple cider.
- 🍂 Snuggle by the fireplace.
- 🍂 Do a craft with fall leaves.
- 🍂 Watch a Hallmark movie.
- 🍂 Go to Hart Park to see the changing foliage.
- 🍂 Go on a hayride.
- 🍂 Make caramel apples.
- 🍂 Make orange playdough.
- 🍂 Wear cozy socks.
- 🍂 Get a mani/pedi with a dark fall color.
- 🍂 Decorate sugar cookies.
- 🍂 Buy matching pajamas.
- 🍂 Have a picnic and play in the leaves.





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- 8" Toasted Almond Square Serves 16 2"x2" servings
- Pumpkin Cream Cheese Ring Cake
- Red Velvet Cupcakes Cream Cheese Frosting
- Pumpkin Cupcakes Cream Cheese Filling
- Triple Chocolate Cupcakes Dubash Filled
- Champagne Cupcakes
- 7" Pumpkin Chantilly

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	Sugar Free Chocolate Loaf

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- Holland Dutch
- Potato Rolls
- White Wheat Brown & Serve
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KERN COUNTY FAMILY MAGAZINE

daily happenings

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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

November 2016

NOVEMBER '18

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sunday November 4



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

AUTISM ON THE RUN: Join us for our annual 2k/5k event. Don Hart East Drive, 9:00 AM - 12:00 PM 616-9122

CHRISTMAS CRAFT FAIR AT SKATELAND: Shop with local vendors selling their products or handmade items. 831-5567

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

Monday November 5

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

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 craft. 854-5934

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

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

Thursday November 1

FREE ACTING CLASS: For children. 322-2800

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

BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:
869-2320

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 LIBRARY: Join us in building LEGO creations. 868-0701

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

TODDLER TIME AT NORTHEAST LIBRARY: Enjoy stories, songs, and fun. 871-9017

WORD POETRY/OPEN MIC NIGHT:
703-6911

LEGO CLUB MANIA AT RATHBUN LIBRARY: Unleash your creative side and design LEGO creations. 393-6431

Friday November 2

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

FIRST FRIDAY CRUISE NIGHTS:
Watch classic cars cruise downtown Taft. 765-2165

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

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

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess. 861-2083

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

FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD: Friday and 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: Join us for 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

PRESCHOOL STORYTIME AT WILSON LIBRARY: Fun with your 3 to 5 year old. 834-4044

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

Saturday November 3

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

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

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

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

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

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

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

2018 LIGHT THE NIGHT WALK AT CSUB: A fundraiser benefiting Leukemia and Lymphoma. 4:00 PM - 9:00 PM

PIANIST ANTON NEL CONCERT AT CSUB - DORE THEATRE: An afternoon of music. 3:30 PM - 5:00 PM

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

CHILDREN'S POETRY OPEN MIC AT BEALE LIBRARY: Children can read aloud a favorite poem, their own work, or choose from a selection we'll have on hand. 4:00 PM 868-0700

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

HELP FEED THE HUNGRY CRAFT & VENDOR SHOW: The vendors at The Villas at Scenic River have teamed up with The Blessing Box to help feed the hungry in Bakersfield. 4015 Scenic River Ln, 10:00 AM - 3:00 PM

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



DAY of the DEAD FESTIVAL

Friday, Nov. 2nd

Live entertainment, face painting, skull decorating, and MUCH MORE...

The church will end the celebration with a special mass. St. Joseph's Catholic Church, Free admission. 4pm-10pm 327-2744

FAMILY STORYTIME AT BAKER LIBRARY: Enjoy stories, songs, rhymes, and fun. 861-2390

KERN COUNTY SCIENCE ALLIANCE MEETING: Join is for a super science networking opportunity. 333-3203

Tuesday November 6



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

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 students grades 4-12. 636-4357

FREE ACTING CLASS: For children. 322-2800

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

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

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

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

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

2 BUCK TUESDAY AT SKATELAND: \$2 per skater and \$2 skate rental. 6:30 PM - 8:30 PM 831-5567

CARTOONING FOR KIDS AT RATHBUN LIBRARY: Learn how to draw your very own illustrations! 4:30 PM 393-6431

GAME ON: INTERNATIONAL GAME WEEK EDITION AT BEALE LIBRARY: Are you ready to game? 868-0701

TRIVIA CHALLENGE AT SOUTHWEST LIBRARY: Enjoy trivia questions. 4:30 PM 664-7716

Wednesday November 7

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess. 3:30 PM 861-2083

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

FAMILY STORYTIME AT HOLLOWAY LIBRARY: Enjoy stories, songs, rhymes, and fun. 861-2083

FIRST WEDNESDAY AT BMOA: Join us on the First Wednesday of the month, 10:00 AM - 11:00 AM 323-7219

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

LEGO CLUB MANIA! AT HOLLOWAY LIBRARY: Unleash your creative side and design LEGO creations. 861-2083

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

MOVIE AT ARVIN LIBRARY: Watch a movie. 854-5934

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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

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

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

KIDS GET CRAFTY AT HOLLOWAY LIBRARY: Get creative! 861-2083

LEGO CLUB MANIA! AT BAKER LIBRARY: Unleash your creative side and design LEGO creations. 861-2390

TODDLER TIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 868-0701

Thursday November 8

FREE ACTING CLASS: For children. 322-2800

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

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 LIBRARY: Join us in building LEGO creations. 868-0701

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

TODDLER TIME AT NORTHEAST LIBRARY: Enjoy stories, songs, and fun. 871-9017

WORD POETRY/OPEN MIC NIGHT: 703-6911

MOPS - VALLEY BAPTIST CHURCH: Meeting the needs of every mother of preschoolers. 387-6352

FAMILY FLIX BEFORE 6: Enjoy watching a movie. 868-0700

Friday November 9

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess. 861-2083

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

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

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

LIVE MUSIC: Join us for 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

PRESCHOOL STORYTIME AT WILSON LIBRARY: Fun with your 3 to 5 year old. 834-4044

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

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

Saturday November 10

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

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

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

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

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

FREE DAY at the MARTURANGO MUSEUM: FREE admission on the second Saturday of each month. 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 lets ride around downtown. 321-9247



A CONCERT SALUTE TO OUR VETERANS

Friday, Nov. 9

Bakersfield Master Chorale opens its 86th season with an inspirational concert that honors veterans for their service to our country. Free Admission. 4500 Buena Vista Road, 7:00 PM 831-1735



5th ANNUAL BACON & CRAFT BEER FESTIVAL

Saturday, Nov. 10

Unlimited craft beer, Unlimited bacon inspired foods, and Live Music. The Park at Riverwalk. 11298 Stockdale Hwy, 12:00 PM - 5:00 PM, Tickets available at baconandcraftbeerfest.com

NOVEMBER 2018 *daily happenings*

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

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

GARDEN OF INNOCENCE: A ceremony and burial service for abandoned and forgotten children. 371-1108

LEGO'S WORKSHOP: HARRY POTTER THEME: Join Autism Society-Kern Autism Network, Inc. in an inNovemberative and exciting workshop just for our kids! Adult participation is required. 10:00 AM - 12:30 PM 7001 AUBURN

PHILOSOPHY FOR KIDS AT BEALE LIBRARY: 868-0701

Sunday November 11

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

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

THE WESTERN BAND ASSOCIATION CHAMPIONSHIPS: The second-largest marching band contest in the country is coming to Bakersfield College. 8:00 AM - 8:30 PM



Monday November 12

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: 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 & craft! 854-5934

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

TODDLER TIME AT ARVIN LIBRARY: Enjoy stories, movement, songs, and fun. 854-5934

Celebrate Veterans

Calling all Honor Flight Veterans to participate in the 2018 Veteran's Day Parade on Monday, November 12th, from 7:30 a.m. to 12 p.m. in downtown Bakersfield. For the 7th year, KS Industries will provide American Legion Post 26 three floats and 130 seats, available for local veterans. Come donned in your Honor Flight gear and ready to participate in an unforgettable experience complete with free breakfast and lunch. To reserve your spot, please contact Barbara Wineinger at 661-387-6561.



2018 VETERANS DAY PARADE: Join our community to honor all veterans. 10:00 AM - 12:00 PM 324-9453

COLOR ME HAPPY: FAMILY EDITION AT BAKER LIBRARY: Flex your artistic abilities through coloring. 861-2390

Tuesday November 13

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

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

FREE ACTING CLASS: For children. 322-2800

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

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

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. 392-2010

IMAGE CLEAR ULTRASOUND MOBILE UNIT: WASCO 327-1907

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

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

Wednesday November 14

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess. 3:30 PM 861-2083

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

FAMILY STORYTIME AT HOLLOWAY LIBRARY: Enjoy stories, songs, rhymes, and fun. 861-2083

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

LEGO CLUB MANIA! AT HOLLOWAY LIBRARY: Unleash your creative side and design LEGO creations. 861-2083

MOVIE AT ARVIN LIBRARY: Watch a movie. 854-5934

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

ROLLERAMA-WEST BARGAIN SKATE NIGHT: \$6 with free rental! 589-7555

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

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

TODDLER TIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 868-0701

Thursday November 15

FREE ACTING CLASS: For children. 322-2800

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

\$2 DOLLAR DAYS AT BUENA VISTA MUSEUM OF NATURAL HISTORY: Third Thursday of each month. 324-6350

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

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

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

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

TODDLER TIME AT NORTHEAST LIBRARY: Enjoy stories, songs, and fun. 871-9017

WORD POETRY/ OPEN MIC NIGHT: 703-6911

PROJECT PLAY: 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 November 16

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess. 861-2083

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

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

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

LIVE MUSIC: Join us for 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 SOUTH-WEST LIBRARY: 664-7716

PRESCHOOL STORYTIME AT WILSON LIBRARY: Fun with your 3 to 5 year old. 834-4044

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

FLIX! THE INSULT: \$6.00. 2001 H St., 6:30 PM 324-1369

Saturday November 17

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

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

MATH CLINIC AT BEALE 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 craft. 871-9017

HOT CHOCOLATE TURKEY TROT 5K: Will start and finish at Brite Lake. 22902 Banducci Rd, Tehachapi, 822-3228

KERN TAMALE FEST: Come savor some of the best tamales that Kern County has to offer. We hope you will join us in celebration of family, culture and history. 4003 Chester Ave, 11:00 AM - 6:00 PM 384-2193

LIVING HISTORY DAY: See history come alive. Volunteers will be dressed in period costumes and will lead games and activities from the 1800's. Enjoy tours of some of our exhibits and learn, hands-on, the rich history of Kern County. 437-3330

MARS INSIGHT: Come see NASA/JPL Solar System Ambassador Volunteer - Roberta Parnell. She will be talking about "The Mars Insight Landing" in the Astronomy Room. 2018 Chester Ave, 10:30 AM - 12:00 PM 324-6350

OLIVE KNOLLS CHURCH OF THE NAZARENE ANNUAL CRAFT FAIR: 50+ crafters, all types of handmade goods. Pancake breakfast for \$5 from 7am-11am. Soup and salad lunch for \$5 from 11:30am-1:30pm. 399-3303

RECIPE EXCHANGE AT NORTHEAST LIBRARY: Join us as we discuss and exchange recipes. 871-9017

SISTER CITY GARDENS FESTIVAL: Join us in celebrating cultural diversity and community spirit. 393-2972

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

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

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

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

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

KIDS GET CRAFTY AT BAKER LIBRARY: Get creative! Create a Thanksgiving craft. 861-2390

Wednesday November 21

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

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess 3:30 PM 861-2083

Listings of FREE Immunizations

totshots

Walgreens
Thursday, November 1st
3301 Panama Lane, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walgreens
Monday, November 5th
4306 Ming Avenue, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walgreens
Wednesday, November 7th
40 Chester Avenue, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walmart
Thursday, November 8th
2601 Fashion Plaza, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Stiern Park
Monday, November 12th
5201 Monitor Street, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Adventist Health Bakersfield
Wednesday, November 14th
2800 Chester Avenue, Bakersfield
from 1:00 p.m. to 6:00 p.m.

Walmart Supercenter
Monday, November 19th
5075 Gosford Road, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walmart
Tuesday, November 20th
401 Central Ave., WASCO
from 9:30 a.m. to 2:00 p.m.

Kern County Dept. of Human Services
Wednesday, November 21st
100 E. California Avenue, Bakersfield
from 9:00 a.m. to 2:00 p.m.

NOR Riverview Park
Monday, November 26th
437 Willow Drive, Bakersfield
from 9:00 a.m. to 2:00 p.m.

New Life Church
Wednesday, November 28th
4201 Stine Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Vallarta Market
Thursday, November 29th
600 Bear Mountain Blvd., ARVIN
from 9:30 a.m. to 2:00 p.m.

*Please note that according to Vaccines 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.

Sunday November 18

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

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

BAKERSFIELD MARATHON: The 3rd Annual Bakersfield Marathon is a US-ATF-certified full marathon, half marathon, 2-person half marathon relay, and 5K. 9001 Stockdale Hwy, 6:00 AM - 3:00 PM 249-6450

NOT FADE AWAY: The Ultimate Buddy Holly Experience 1241 G St., 2:30 PM 322-7456

Monday November 19

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: 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, rhymes, and craft. 854-5934

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

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

KIDS GET CRAFTY AT BAKER LIBRARY: Get creative! Create a Thanksgiving craft. 861-2390

Tuesday November 20

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

FREE ACTING CLASS: For children. 322-2800



JR. RODEO & COWBOY MARKETPLACE

Nov. 16 - Nov. 18

The Jr. Rodeo is for children of all ages. The event takes place during our Cowboy Marketplace. Vendors will be selling unique western items. Rancho Rio Equestrian Center, 5320 Peacock Park Lane, 8:00 AM. 549 1405

NOVEMBER 2018 *daily happenings*

FAMILY STORYTIME AT HOLLOWAY LIBRARY: Enjoy stories, songs, rhymes, and fun. 861-2083

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

LEGO CLUB MANIA! AT HOLLOWAY LIBRARY: Unleash your creative side and design LEGO creations. 861-2083

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

MOVIE AT ARVIN LIBRARY: Watch a movie. 854-5934

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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

TODDLER TIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 868-0701

KIDS GET CRAFTY AT BAKER LIBRARY: Get creative! Create a Thanksgiving craft. 861-2390

KIDS GET CRAFTY AT SOUTHWEST LIBRARY: Get creative! Create a Thanksgiving craft. 664-7716

Thursday November 22



Friday November 23

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess. 861-2083

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

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

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

LIVE MUSIC: Join us for 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 SOUTH-WEST LIBRARY: 664-7716

PRESCHOOL STORYTIME AT WILSON LIBRARY: Fun with your 3 to 5 year old. 834-4044

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

BAKERSFIELD CHRISTMAS TOWN AT PIONEER VILLAGE: A Christmas experience for all ages! Thru Dec. 31. 927-7353

FULL MOON COMMUNITY BIKE RIDE: Join us for a family-friendly, all-age cruise starting at Beach Park. 7:00PM-9:00PM

Saturday November 24

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

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

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

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

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

Sunday November 25

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

Monday November 26

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: 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, rhymes, and craft. 854-5934

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

SEWING CLASS: 246-7144

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

Tuesday November 27

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

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

FREE ACTING CLASS: For children. 322-2800

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

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

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. 392-2010

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

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

Wednesday November 28

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess. 3:30 PM 861-2083

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

FAMILY STORYTIME AT HOLLOWAY LIBRARY: Enjoy stories, songs, rhymes, and fun. 861-2083

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

LEGO CLUB MANIA! AT HOLLOWAY LIBRARY: Unleash your creative side and design LEGO creations. 861-2083

MOVIE AT ARVIN LIBRARY: Watch a movie. 854-5934

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800

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.

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

TODDLER TIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 868-0701

Thursday November 29

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

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 LIBRARY: Join us in building LEGO creations. 868-0701

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

TODDLER TIME AT NORTHEAST LIBRARY: Enjoy stories, songs, and fun. 871-9017

WORD POETRY/OPEN MIC NIGHT: 703-6911

Friday November 30

CHESS CLUB AT HOLLOWAY LIBRARY: Come play a game of chess. 861-2083

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

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

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

LIVE MUSIC: Join us for 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 SOUTH-WEST LIBRARY: 664-7716

PRESCHOOL STORYTIME AT WILSON LIBRARY: Fun with your 3 to 5 year old. 834-4044

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

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Kern Autism Network

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



Upcoming Events

- **LEGO Workshop-Harry Potter Theme:**
Sat., Nov. 10th, Canyon Hills Church Gym 10am-12:30pm (Registration required)
- **Autism Spectrum Disorders Seminar #2**
Wed. December 5th, 9am-Noon, Adventist Health, 1524 27th St-2nd Flr.
Speakers: Dr. Ann Simun & Sandra Shove
Topic: Living in a "Land of Confusion"
What Parents Should Know About IEPs, 504 Plans, & Advocating for Students' Rights

Monthly Autism Support Groups

- NO November Meeting due to Thanksgiving Holiday

EARLY SIGNS OF AUTISM:

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships

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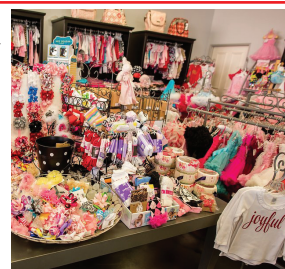
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Pint-Sized Pursuits: Enrichment Activities for the Preschool Crowd

By Sarah Lyons

Providing extra-curricular activities for your preschooler can encourage their natural curiosity and love of learning. It can also help them develop important skills like self-awareness, social development, language, and motor skills. There are countless classes and programs available for your child, but which activity is right for your child?

Team sports

Team sports help kids with their social development as well as problem solving skills. Being part of a team also gives kids a sense of confidence as they have the opportunity to cheer each other on and contribute to a common goal. Team sports are a good fit for your child if they love physical activity and socializing with other kids.

Art

An art class provides the opportunity for kids to create, make messes, and try crafts that their parents may not want to try at home such as painting, sculpture, and paper mache. Kids who are introverted, creative, and can sit still for longer periods of time would enjoy an art class.

Music and dance

Preschool kids love to listen to music and dance. There are many programs available where kids are encouraged to sing, make their own music, and

use their bodies to express themselves through dance. Many dance studios offer beginner classes for the preschool crowd.

Preschool and playgroups

Traditional preschool exposes children to many different types of enrichment such as art, music, games, cooperative play, drama and pretend play, as well as develops their social and language skills. While preschool may provide a well rounded enrichment experience, it may not be a good fit for some families due to schedules or finances. Play groups are another great way to expose your child to many types of enrichment experiences while giving them the social aspect that many preschools provide.

Individual sports

Gymnastics, swimming, and martial arts are great sports activities for little ones to try because they work on their core strength and confidence. Kids who love to be active and are maybe even a little daring do great in these individual sports.

The wonderful thing about preschool enrichment is that there are countless chances to expose your kids to learning at home. Kids can learn by helping with chores around the house, exploring parks and museums, and even visiting the local library. Get creative, make learning fun, and allow your child to explore and try new things both in organized programs and at home.



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THANKSGIVING TRIVIA

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A Swanson employee accidentally ordered too many turkeys for Thanksgiving (260 tons too many!) so 5,000 trays were filled with the extra, accompanied by dressing, peas, gravy, and potatoes, and the TV dinner was born!

About 46 million turkeys are cooked on Thanksgiving.

22 million more are cooked for Christmas just a month later.

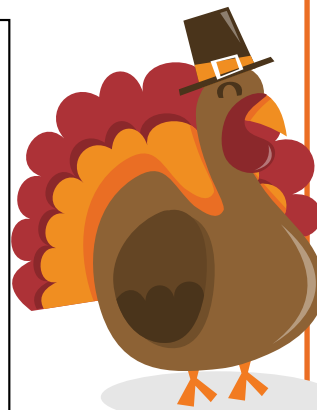
Only male turkeys say "gobble".

A female turkey makes a "cackle" sound instead.

Black Friday is the busiest day of the year for plumbers.

We can't make this stuff up. With over-full kitchen drains, garbage disposals, and toilets (!!!), the day after Thanksgiving is a popular day for plumbing disasters.

Adapted from an article in *Good Housekeeping*, 2018



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ACTIVITY CORNER

ANSWERS *p.34*

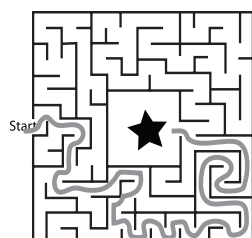
Sudoku:

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: Down:
1. Friendly 1. Family
7. No one 2. Endears
8. Mood 3. No
9. Arm 4. Doormat
10. Visited 5. LN
6. Years

Maze:



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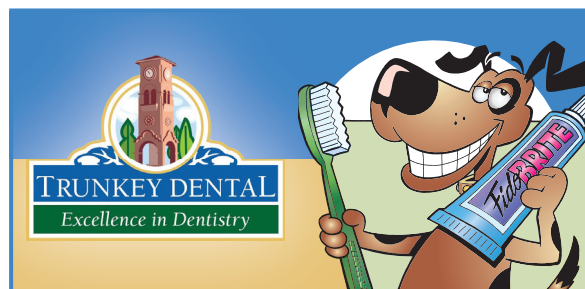
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KID'S activity corner

Answers on page 33

Sudoku

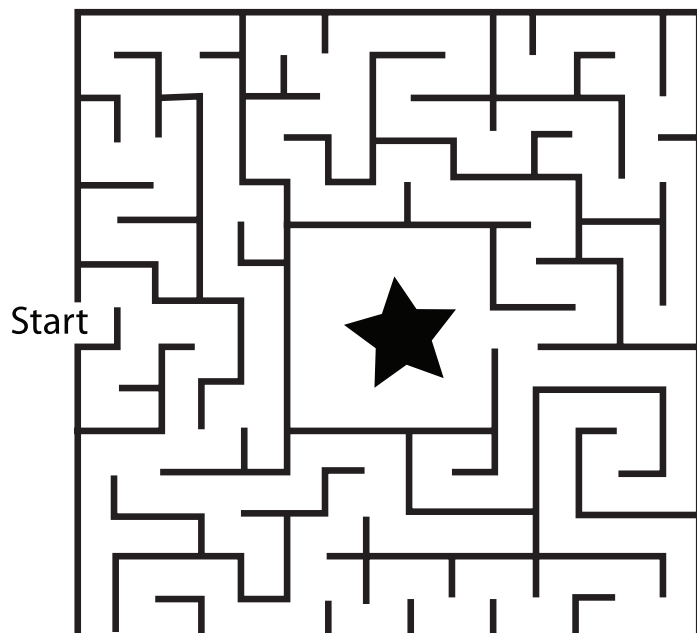
3			5			8		1
	6	9	1			7	5	
1							9	2
8		6	4				3	
9		4		6	7			5
	2		8				4	7
4			6					
	5	8		4	1	9		6
				5			7	4

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!

Maze Craze



Word Find

Find the hidden words in the puzzle

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CATCH
FOOTBALL
FUMBLE

INCOMPLETE
INTERCEPT
PASS
PLAY

QUARTERBACK
RECEIVER
TOUCHDOWN
YARDS

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

Crossword Puzzle

1			2	3	4	5	6
			7				
8							
			9				
	10						

ACROSS

- Acts nicely
- Not a single person
- State of feeling
- Upper limb
- Traveled to

DOWN

- Relatives
- Causes to be loved
- Negative
- For wiping shoes
- Liquid nitrogen (abbrev.)
- Periods of time

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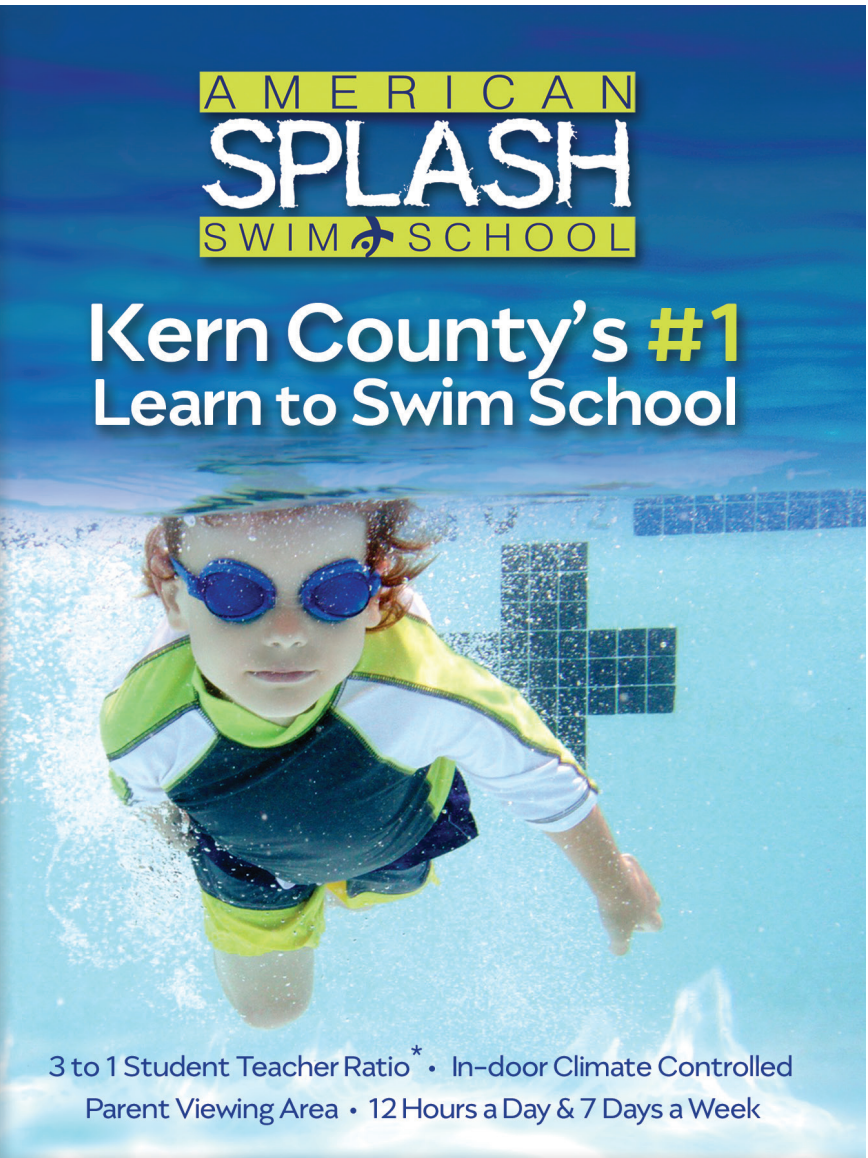
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