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DECEMBER 2018

ALL THE TOYS!

2018 GIFT GUIDE

Have
Yourselves a
**MERRY
LITTLE
CHRISTMAS!**



plus: 2018 Christmas Song & Activity Book **INSIDE!**

real life mom resolutions *p.10* 30 merry ways to celebrate *p.24*



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MEMBERS OF



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HAPPY HOLIDAYS!

We hope you enjoy the enclosed 2018 Song & Activity Book with your friends and family- it's a little gift to thank you, our loyal readers. From all of us at Kern County Family, we wish you and yours a very Merry Christmas and Happy New Year! See you in 2019!

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

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dear reader



Vaun Thygerson,
Contributing Writer

If I say, "You'll shoot your eye out," pretty much everyone knows that famous line comes from one of the all-time best, most sweetly nostalgic Christmas movies, "A Christmas Story." Ralphie knew what he wanted for Christmas and no one was going to persuade him otherwise: a Red Ryder Carbine Action Air Rifle.

I watched this movie for the first time as a teenager when it came out in 1983, and it doesn't matter how old I get, it remains a classic and part of our Christmas movie viewing repertoire. My in-laws always tease my husband and say that he looked and acted like the main character Ralphie as a child. If you were to compare photos of my husband at nine years old and Ralphie, it's a pretty good match!

The movie has a lot of gems and quotes that have stood the test of time. Even though the movie took place in Cincinnati, there were a lot of similarities that I could relate to having grown up in a small town in Idaho. This movie is my "ghost of Christmas past," and I love it. It's fun to remember your childhood when life was simpler and no one could dissuade you from your Christmas dreams.

The holiday season brings a lot of traditions and expectations with it. Every year, you are busy trying to see everyone, decorate everything, and make all of it perfect. Traditions are important and represent family longevity, but they can also cause stress. In Dr. Kirk's article, "Engaging the Whole Family for the Holidays," on page 23, he writes about how to make your hectic holiday plans

merrier, especially for your children. Most importantly, be available for them and encourage them to make their own traditions and gifts.

A new holiday tradition you should make with your family is a trip to Bakersfield Christmas Town, located at the Kern County Museum inside the Pioneer Village. To read about this unique winter destination, check out "The Magic of Bakersfield Christmas Town," on page 30. Owner Mike Ross knows how to put the spirit into Christmas and he wants to share it with the community. For a \$20 admission ticket, you can visit Santa and Mrs. Claus, slide down a wintry snow-covered hill, ice skate, take a hay ride, and so much more.

Santa came a little early for the children of Garden Pathways' Downtown Education Center, thanks to IGT's After School Advantage Program. In the article, "Garden Pathways Celebrates New, High-Tech Computer Lab," on page 18, you can read about a new lab that was donated by IGT for these children. You can also see photos from its official ribbon cutting and grand-opening celebration. This new high-tech computer lab will help Garden Pathways reach its vision to become an innovative model for early childhood education and academic success.

December is a magical time of year. I love the hustle and bustle of it all, but what I love most are the traditions and compassion we share this season. Whether you are snuggling up in front of a fire, watching your favorite Christmas movie, or sipping hot cocoa from Dustin's Diner as you stroll through the beautifully decorated streets of Haggin Oaks, the spirit of hope sets the tone for a simply wonderful Christmastime.

I triple-dog-dare you to have a Happy Holiday season!

Find Rudy Reindeer and You Can WIN!

Count the Rudys throughout this issue, let us know on our website how many you find, and you'll be entered to win a **NEW Playstation 4.**



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~ *Eryka Murdock*
Ridgeview High School junior,
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It's a Christmas Luau

Join the 5th Annual Christmas Luau, presented by the Upside Academy, Inc., on Friday, December 14, from 6:00 to 8:00 p.m. at Bakersfield Police Activities League (BPAL) 301 E. 4th Street. With the theme, "Christmas in the Neighborhood," this free event is one of the largest Christmas parties for kids in Kern County.



Special guest appearances from favorite television cartoon characters will include Brother Claus, Farmer Green, and Grandma Whoople. The family friendly night will feature food, raffles, games, swag bags, and Santa's workshop. Dress in luau attire to win extra prizes. If you would like to donate a toy, please drop off at one of the Citizens Business Bank locations: 1230 17th Street, 5060 California Ave. #100, and 3911 Coffee Road, Suite A.

For more information, please email info@upsideacademyinc.org.

Kern Medical Wins \$60,000 Grant to Help Improve Safety on Kern County Roads

Kern Medical has secured a \$60,000 grant from the Office of Traffic Safety to help improve safety on Kern County roads. The grant will help fund Kern Medical's Safe Streets education program to provide additional knowledge to students, from elementary to high school, to prevent pedestrian and cycling crashes. The fund will also provide bike helmets, reflective armbands and zipper pulls, bike headlights, and much more.

A specific partnership has been established with Standard Middle School to provide on-site, in-depth education for all students, due to the school's proximity to areas where pedestrian and bike incidents occur more regularly.

"At Kern Medical we are fortunate to have many experts in traumatic injury," says Santa Ponce, Clinical Director of Trauma Services. "But, even our trauma surgeons would agree the best medicine for these devastating events is prevention. Distractions can occur at any time on a roadway, as a pedestrian, cyclist, or driver. Simple choices can make all the difference. That's what Safe Streets is all about."

For more information, please visit www.kernmedical.com.

2nd Annual Toys for Tots Ugly Sweater Bash

The 2nd Annual Toys for Tots Ugly Sweater Bash will be held Friday, December 7, from 7 p.m. to 9 p.m. at Temblor Brewing Company, 3200 Buck Owens Blvd. Special guest performances will feature Eric Lyn from The Voice, Season 13, and Bakersfield's own The Akoustiks. The family fun night will also include a sweater contest, raffles and prizes, carolers, and a visit from Santa. There is no cover charge.



For more information, please visit www.theakoustiks.com.

Kern County's Favorite Recipes to the Rescue Cookbook Launch and Lunch

Purchase *Kern County's Favorite Dishes – Recipes to the Rescue*, featuring recipes from the Carr brothers, anchors at 23 ABC, and other Kern County public officials, including Sheriff Donny Youngblood and more, to help support a good cause. All proceeds help the life-transforming programs offered at The Mission of Kern. Scripps Media will match up to \$5,000 of all sales and donations.



With each purchase through December 10, you will receive a hardback cookbook (valued at \$29.99) and a meal voucher for only \$10.00. The meal will include a hot-off-the-grill tri-tip sandwich, chips, drink, and

dessert via drive through at The Mission of Kern, 816 E. 21st Street.

To order your cookbook and meal, visit www.eventbrite.com.

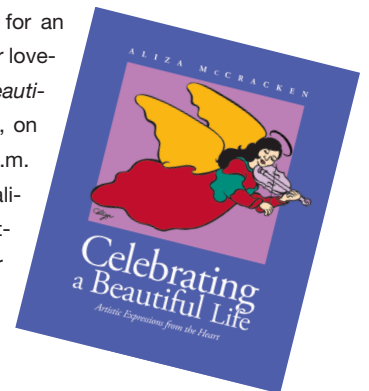
Bakersfield Christmas Parade

This year's annual Bakersfield Christmas Parade, "Christmas Around the World," will be held Thursday, December 6, from 6:00 to 8:00 p.m. in downtown Bakersfield. Celebrate the spirit of the season with over 100 entries of floats, light displays, marching bands, drill teams, live performances, and more. Explore the newly formed "Christmas Square" marketplace where you can enjoy delicious food from food vendors and check out the children's activity centers.

For more information, please visit www.bcparade.com.

Celebrating a Beautiful Life

Join artist and author, Aliza McCracken, for an uplifting afternoon where she will share her lovely collector's edition of *Celebrating a Beautiful Life: Artistic Expressions for the Heart*, on Saturday, December 1 from 2:00 to 5:00 p.m. at Barnes & Noble Booksellers, (4001 California Avenue). In addition, Aliza's delightful companion books will be available for your collection, including: *Spirit of Joy*, *Creative Abundance*, *A Season of Miracles*, *Pure Grace*, *The Dance of Love*, and *Peaceful Moments*. Such inspiring titles make perfect gifts for everyone on your wish list.



Additionally, your generosity creates a positive impact throughout our community, as a portion of proceeds will benefit fine arts, educational, and humanitarian programs. You're welcome to donate online through <http://squareup.com/store/aliza-mccracken>.



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Corporal Punishment, Spanking, and Shaming Officially on the Naughty List

By Alexa Bigwarf

The American Academy of Pediatrics (AAP) has released a new policy statement taking a strong stance against using spanking, yelling, or shaming children as forms of discipline. There is little evidence to indicate these types of punishment are actually effective tools of discipline, but more evidence is linking corporal punishment to worsened behavior and other negative outcomes in cognitive, psychosocial, and emotional results.

Dr. Jennifer Shu, pediatrician and author of *Baby and Child Health: The Essential Guide from Birth to 11 Years*, and Dr. Robert Sage, one of the authors of the updated policy *Effective Discipline to Raise Healthy Children*, presented the findings of the AAP. Shu said there is more evidence that spanking is causing more damage to children. "We know that the brain does not grow and develop as well once there has been physical punishment to the point where it can cause learning problems and problems with vocabulary and memory, as well as aggressive behavior," Shu said.



But it's not just spanking that causes damage to children. Shu continues on that verbal reprimands can be just as detrimental to a child's well-being. "Anything that's verbally abusive in addition to being physically abusive can change the brain architecture," Shu said. Spanking, yelling and shaming elevate stress hormones. "Basically, these are adverse childhood events that can cause toxic stress and lead to health problems as well as emotional problems as a child reaches the preteen and teen years."

Physical punishment and verbal abuse may cause an immediate fear reaction that redirects a child's behavior, but does not result in overall improved behavior, and, in fact, may result in more aggressive behavior. Shu encourages parents instead to reward good behavior and also stick to consistent expectations of behavior. Set up rules and expectations early on and then follow through with those consistently. Focus on teaching children right from wrong.

In response to the often-heard argument from many parents that they were spanked as kids and turned out just fine, Shu compares it to changes in car seat requirements.

"There weren't any car seats, for example, when I grew up, [and] we turned out fine — those of us who lived to tell about it," Shu said. "But now that we have safety information and car seats, we do recommend that everybody use them all the time."

Kern Health Systems to Donate \$100,000 to Kern Medical's Valley Fever Institute

By Vaun Thygerson



Kern Health Systems' donation to Kern Medical Center will help to provide the best patient care available for those affected with Valley Fever.

Kern Health Systems recently donated \$100,000 to The Valley Fever Institute at Kern Medical during a check presentation ceremony at Kern Medical's Board of Governors' meeting. The funding will help the Valley Fever Institute continue its mission to increase education and awareness for the public, patients, and health care providers to provide the best patient care available for those affected with Valley Fever.

"This donation is a testament to the shared mission of Kern Medical and Kern Health Systems. Together, we work to improve the health and well-being of the residents of Kern County," says Kern Medical CEO Russell Judd. "When it comes to Valley Fever, our organizations have taken a stand against the illness and made a commitment to education, research, and a future where our residents no longer fear the devastating effects of this fungal infection."

For more information, please visit www.valleyfeverinstitute.com.

Protecting Your Family From Wildfire Smoke

By Alexa Bigwarf

The air quality across California is impacted by the wildfires, and the polluted air can cause many respiratory and other health issues, including asthma and low birth weight. All children, regardless of current health status, are at a higher risk than adults from the negative impacts of smog. For young children, smog may harm the development of their nose, throat, and lungs and may impact their health for years to come. Air pollution can increase the child's likelihood of catching colds or make it more difficult for a child to recover from a cold, because their body is already working hard to handle the inhaled pollutants.

But, there are some actions you can take to reduce the impact of the high smog levels.

WAYS TO AVOID SMOKE INHALATION

1. Stay inside if possible, and when outside, avoid exercise or intense physical activities when the air quality health index is at dangerous levels.
2. Get a high-efficiency particulate air (HEPA) filter for your home. If you can afford to place them in the rooms you spend the most time and in your child's bedroom, that's optimal. If not, get a portable one that can move to where the child spends the most time in the day and back to the bedroom at night.
3. If the cost is prohibitive in your home, consider spending more time in community spaces like libraries or malls.
4. Do not smoke inside your house.
5. If you have a child with asthma or allergies, ensure you have a good supply of their medications on hand.
6. Pay special attention to coughing, labored breathing, wheezing, or any complaints of pains when breathing and take your child to the doctor if any of these occur.



7 Tips for Beating the Blues

By Alexa Bigwarf

Wildfires, continued violence, and other tragedies may have your child feeling anxious, stressed, or even a little depressed. There are some simple ways to help your child work through these emotions and beat the blues.

1. Get out of bed and hop, hop, hop. Or do some jumping jacks, squats, or lunges. But do something, even if you only have time for just a few minutes when you wake up. According to research by Dr. Kenneth Fox, there is now plenty of evidence showing that exercise – which causes your body to release endorphins that make you happy – is helpful for beating depression. So, start your morning by hopping on over to that coffee pot!

2. Try Smiling. Even if it's a fake or forced smile, research shows that people who smile more are actually happier. So, even if it's cold and dark, plaster that grin on. For a fun "experiment" with the kids, go someplace and walk around smiling at everyone. Tell the kids to record the reactions. There's a good chance you'll all be giggling in no time.

3. Dance it out. Put on some upbeat music and dance around the house. The kids will love it, you'll feel better, and you'll burn some calories while you are at it. Singing along can also help boost your morale.

4. Sniff something that smells good! Flowers, essential oils, household cleaners? Whatever smell lifts your mood. Citrus (particularly orange) and lavender scents have been associated with mood enhancement. Buy some flowers, light a candle, or get into the essential oil trend and let those happy smells waft through the house.

5. Throw on a green sweater, green socks, or some green accessories. Green, which symbolizes nature, can increase your mood by giving you the feeling that you've escaped into nature.

6. Do something good for someone else. The organization Action For Happiness explains that there is psychological evidence proving that doing something good for someone else actually makes us happier. Helping others boosts our mood and reduces stress by giving us a sense of meaning and purpose, among other things. This could be something as simple as doing a chore for someone you know needs help, all the way to longer term volunteering. There are plenty of ways to give back and do good for others in our communities, bringing happiness to ourselves in the process.

7. Eat chocolate! Yes. It's allowed. Dark chocolate, that is. Dark chocolate is full of antioxidants and helps regulate our stress hormone, cortisol.

Pay attention to serious signs of sadness and depression. If your child is experiencing significant mood or behavior changes, be sure to reach out to their pediatrician.



Reference: Kenneth R Fox (1999). *The Influence of Physical Activity on Mental Well-Being. Public Health Nutrition*, 2, pp 411-418. doi:10.1017/S1368980099000567.



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8 Real-Life Mom Resolutions

By Lindsay Joan (LJ) Kunkel



"NEW YEAR, NEW YOU!"

I see this phrase everywhere, and I can't help but roll my eyes a little. Don't get me wrong – I'm all for motivation and self-improvement. Kudos to those pursuing new awesomeness this year!

But, I'm a mother of three youngsters. At this point in my life, I'm just trying to keep my head above water and not go completely crazy. Considering 92% of resolutions fail, I'm keeping it real this year with more modest goals:

1. Get up earlier.

Start the day with an hour of yoga! (Fast forward to alarm buzzing at ungodly hour...) Nope, nope, nope. Sleep wins. Maybe let's try for 10 minutes earlier – just enough time to consume my coffee, so I don't bite everyone's head off the moment I hear them bounding down the stairs.

2. Prep ahead.

Kids' backpacks and lunches pre-packed, clothes laid out the night before, a to-do list for the next day, structured daily schedule for the little ones, and dinners planned out for the week. Bahaha! Just kidding. The only thing I'll be prepping is my solid expectation for morning madness.

3. Eat healthier.

I'd really like to get more superfoods into my diet. Bring on the kale, broccoli, avocado, magic spices, those chia things that get stuck in your teeth and, wait...chocolate is a superfood, right? Good. Let's go with that one.

4. Work out more.

By "more" I mean putting the chocolate in the basement so I have to take the stairs to get to it. Okay, I really should take this one seriously, considering the many proven benefits of exercise could really change my life for the better. But hey, baby steps, right?

5. Actually fold and put away the laundry.

At least one basketful before the next mountain of mess. Eh, who am I kidding? It's never going to end anyway, and I'll never know what completion satisfaction feels like. Let's just accept the laundry as the perpetual pile of doom it is.

6. Find a way to ban SpongeBob SquarePants.

Is there a way to selectively black out a channel during this sinister show? Or, at least, some sort of auto-mute option? C'mon, there's got to be a way! Maybe parents can unite and sign a petition to end the horror that lives in a pineapple under the sea. While we're at it, let's get rid of Caillou, too. (I wonder if that kid can spell his own name. No wonder he whines so much.)

7. Stop apologizing all the time.

Why I am always apologizing? WHY? It's usually not even remotely my fault. Sorry my house is so messy. Sorry my kid is crying in the middle of the store. Sorry I didn't make your favorite meal tonight. Sorry you got sick because you keep putting things in your mouth even though you know that's how germs get in.

Enough of that! We really need to come up with a replacement phrase for this. How about, "Well, that's life. Deal with it."

8. Stop doing everything for everybody.

Really gotta stop doing for them what they can do for themselves.

First grader: You are fully capable of putting away all the toys and art and junk in your room and finding something non-destructive to do when you're bored. **Toddler:** You can pull your own pants down to go potty. (I know you can since you seem to have no problem doing it when you want to run around naked.) **Baby:** Well, your job is to drool and poop. You're pretty much the boss right now. Enjoy it while you can!

Lofty goals, I know. Time to tackle 'em!

Originally published on parent.com.



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Starting November 28, submit your favorite Santa moments, elf capades, Christmas lights, adorable babies or pets—whatever photos best capture YOUR family and loved ones showing off the holiday spirit—for your chance to WIN!

Upload your images online at
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Please see our website for prizes, full contest rules, and additional information.

Good Luck!

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KCFM's 2018 TOY GIFT GUIDE



Looking for the perfect gift for all the fun-loving kids on your lists? Not sure where to start? Look no further! We've compiled our annual list of the best award-winning toys for all ages for you to pick from! Happy Shopping!

AGES 2+



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MORE TOYS!
on page 14



Opening November 23, 2018

Santa's Coming

at the Kern County Museum
3801 Chester Ave
inside Pioneer Village



Hours & Prices

Admission Prices

\$20
General Admission

Children 2 and under are FREE.
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the general admission.

Hours of Operation

Open Every Day November 23 - December 31, 2018*
Ticket booth opens every day at 5:00 PM

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AGES 4+



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MORE TOYS! on page 16



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My Dream Holiday

A poem by Andrea Rose
(Or sing to the tune of "My Favorite Things")

Sledding down big hills
And screaming as we go
Making snow angels and warming with cocoa
Kiddos that giggle with glee as they play
These are the things of my dream holiday



Wrapping up presents
And counting down the hour
Rolling out cookies all covered in flour
No big to-do list that'll take me all day
These are the things of my dream holiday.

Bundled in sweaters
On sleigh rides with horses
Dinners with family in four or five courses
Twinkling colored string lights to light up the way
These are the things of my dream holiday.

When the kids fight
When the boss calls
When I just need some space
I simply envision my dream holiday
And it puts a smile on my face.



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And screaming as we go
Making snow angels and warming with cocoa
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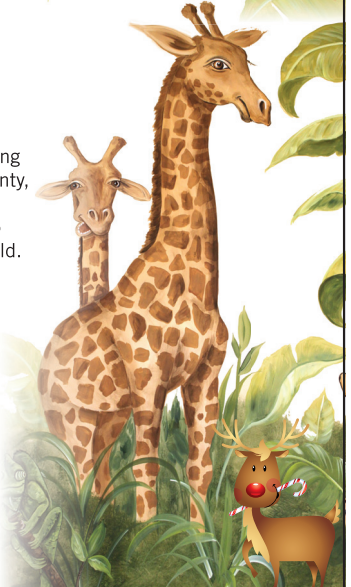


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Garden Pathways Celebrates New, High-Tech Computer Lab

IGT's After School Advantage Program Helps Bridge the Digital Divide By Vaun Thygeron

Garden Pathways' Downtown Education Center, 1130 17th Street, recently unveiled its new, high-tech computer lab as part of IGT's After School Advantage program with an official ribbon cutting and grand-opening celebration. Garden Pathways' vision for the Downtown Education Center is to become an innovative model for early childhood education and academic success.

As part of the donation, Garden Pathways, received 24 Chromebooks, three LCD Epson PowerLite 680 Projectors with mount, a projection screen, two laptops with Microsoft Office Professional and Dell Wireless Keyboard, a Wi-Fi booster, and furniture and decorations for the room. The new technology will provide the children of Garden Pathways with access to programs that stimulate analytical and creative learning.

In the heart of downtown, Garden Pathways' Downtown Education Center helps to inspire lifelong learners for children ages six weeks to six years. Its focus includes early literacy curriculum and arts education with a faith-based foundation to help with school and life readiness.

"This technology provides wonderful new resources to help enhance learning opportunities for our children in the Bakersfield community," says California State Senator Shannon Grove.

"This technology provides wonderful new resources to help enhance learning opportunities for our children in the Bakersfield community," says California State Senator Shannon Grove. "I am very thankful to Garden Pathways and Mayor Goh for having the insight to recognize the importance of this investment and what it means to the future of our children. IGT is a wonderful partner in providing necessary learning tools to students across the State of California, and I am grateful for their generous support through the After School Advantage program."

This is the 25th IGT After School Advantage technology lab installed in California and the 305th one worldwide. IGT provides government lotteries and the commercial gaming industry with proven solutions and has partnered with the California Lottery since 1985. The After School Advantage Program allows IGT to apply its technological expertise, as a leading provider of technology and services to lotteries and commercial gaming operators worldwide, to assist in the education of our youth. For each After School Advantage Program, IGT donates, on average, \$15,000 in new computers, printers, software, furniture, and volunteer hours to qualifying public schools and non-profit agencies in jurisdictions where IGT conducts business worldwide.

"IGT is extremely proud to support the children of Bakersfield through our After School Advantage program and applauds the educational impact made by the teachers and staff of Garden Pathways," says IGT Senior Vice President of Operations, North America Lottery, Matt Whalen. "Through the donation of this technology lab, IGT is providing these young children with essential learning resources that will help them succeed in the future."

For more information, please visit www.gardenpathways.org or www.igt.com.



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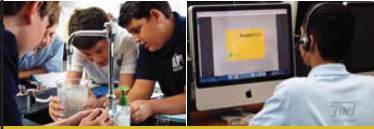
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you can do it

Holiday MAKE-AHEAD Inspiration

The holiday season is full of opportunities to eat, drink and gather around the table with the ones you love. Whether it's a family dinner, office potluck or neighborhood brunch, good food is a cornerstone of nearly every great holiday celebration.

From hosting guests to kids returning home on winter break, the holiday season can require more planning than usual. Ensure you're prepared this year with a crowd-pleasing favorite like Bacon French Toast Bake, giving you more time to soak in the best parts of the season.

For more recipes and tips that can help make your holiday soiree a breeze, visit Smithfield.com/HolidayHub.

Bacon French Toast Bake

Ingredients:

- 1 small loaf challah or brioche bread, cut into 1/2-inch-thick slices
- nonstick cooking spray
- 6 large eggs
- 1 cup heavy cream
- 1 cup whole milk
- 1/2 cup grated Gruyere cheese
- 1/3 cup maple syrup
- 1 teaspoon ground cinnamon
- 4 slices Smithfield Bacon, cooked and chopped
- 1/4 cup grated Swiss cheese
- 1/2 cup blackberries
- 1 teaspoon powdered sugar, for dusting



Directions

1. Leave bread slices out, at room temperature, at least 3 hours, or until slightly stale.
2. Generously coat 9-inch baking dish with nonstick cooking spray. Arrange bread, slightly overlapping.
3. In large bowl, whisk eggs, heavy cream, milk, Gruyere cheese, maple syrup and cinnamon. Add chopped bacon, saving 2 tablespoons for later. Pour over bread in baking dish. With hands, press down on bread to submerge.
4. Cover baking dish with plastic wrap. Refrigerate at least 5 hours, or overnight.
5. Heat oven to 375 F. Remove plastic. Sprinkle remaining bacon and Swiss cheese over top of bread mixture.
6. Bake 45-50 minutes, or until golden brown and set.
7. Top with blackberries and dust with powdered sugar before serving.

'Tis the Season Give Your Time- Volunteer!

By Vaun Thygerson

If you are looking for volunteering opportunities this Holiday Season, you can find all kinds of ways to serve locally by contacting the Volunteer Center of Kern County, which is the central hub for more than 3500 non-profit agencies within Kern County and responds to requests from the agencies for volunteers on a daily basis. This organization is responsible for providing more than \$76 million dollars of volunteer services annually and works with volunteers of all ages.



On December 20th, The Volunteer Center of Kern County is hosting its annual **HOLIDAY CINNAMON ROLL SALE** at 1311 Eye Street, beginning at 7 a.m. and continuing until sold out.

Customers can drive through and purchase one dozen yummy cinnamon rolls with cream cheese frosting for only \$10. Orders of 5 dozen or more can be pre-purchased and delivered to any of business address located in Bakersfield that day. Delivery must be to a business address only- no private residence deliveries.

For more information, please call 661-395-9787 or email bratliffvc@yahoo.com.

The Volunteer Center has highlighted several local volunteer opportunities for this Holiday Season:

Ronald McDonald House Charities

Toy Drive and Car Show: December 1st
Need volunteers to work various booths during the toy drive and car show. Get into the holiday spirit and have loads of fun by volunteering with this amazing group!

Gift Wrapping at Macy's: December 7th and 16th
Email Araly Ornelas for details and to sign up: aornelas@rmhsc.org

For details on cooking dinner for families, special projects, and distributing "goodies" to children at the hospital throughout the year, please call 661-437-4130. "House" hours are Monday - Friday, 9 a.m. - 9 p.m.; Saturday and Sunday, 8 a.m. - 8 p.m.

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Seasonal Bell Ringers
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Christmas for Seniors of Kern County

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Sort gift items, toiletries, etc. that will be included in gift packages for our local seniors. Christmas for Seniors is in a new location this year and is asking for your help with getting ready for the holidays. Several volunteer opportunities are available throughout the month. Call Sandy Morris for scheduling and more details at 661-703-8893.



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Merry Christmas

In observance of this special Holiday, we will be closed Christmas Day. We will also be closing at 7:30PM on Christmas Eve. We want to wish all of our friends & families in the community a Merry Christmas from our family to yours.





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Dear Santa,

Because I've received the coveted "World's Okayest Mom" award this year, I feel I am eligible for your "nice" list. I know that for most of the past 27 years I've been teetering more toward the "naughty" side, but since my kids have all reached the age when the law calls them "adults," my exorcist mom voice has disappeared. I haven't had to hide all car keys to keep them from "going to get gas" at 2:00 am, and I haven't had to put a pencil in my mouth just to keep from screaming at my tiny humans. Kudos to me, right?

So Santa, I've just been thinking...since I've conquered so many demons and have behaved like a reasonably patient and understanding adult (although you and God, you sneaky little devils you, have been testing my resolve not to go back to the "Dark Side" by giving me students that I would love to put in "time out" for about 16 weeks) I've decided to do something I haven't done in years- send you my Christmas list. Here goes:

1. Could you send a few of your elves over every so often to give my house a good scouring? Or, if it would be easier, just send me a new house to live in whenever the old one gets too nasty.
2. I'd love it if you'd send me students who would rather listen to my lectures and learn about subject/verb agreement than constantly check their phones to see which celebrity has been arrested or what kind of shoes the Kardashians are wearing that day.
3. Oh, and it would be so cool if you could set me up with a pair of arms equipped with firm, strong triceps that don't flap around when I'm writing on the board.
4. On the practical side, it would sure be terrific if you could sprinkle some of your magical "instant house-breaking" dust over my dogs.
5. I also saw a few cool T-shirts that would make great stocking stuffers. One says, "Keep Rolling Your Eyes and Maybe You'll Find Your Brain Back There," and there's "Ha Ha! Made You Read!" This one will probably get a lot of wear- "It's A Beautiful Day To Leave Me Alone."
6. I found something that will add a little sass to my refrigerator: a magnet that says "Do you know what rhymes with Monday? Wine."



7. And last, but not least, I saw a lovely tea towel that will go perfectly in my kitchen. It says, "Deck the Halls, Not Your Family." Isn't that a beautiful Christmas sentiment?

With love and warm Christmas wishes from your biggest fan,

Tracie

Engaging the Whole Family for the Holidays

Surprisingly, the holidays are upon us once again. What is it that your family does throughout the holidays that will continue as a legacy for your children? What plans will you be making and who will be involved with making these plans? Thanksgiving, Hanukkah, Christmas, and New Year's Eve and Day each offer every family an opportunity for joyous get-togethers, relaxing moments with significant others, surprises, opportunities for creative and imaginative gift-giving, a time to consider the less fortunate, and time for showing love to your children. Although the holidays are exciting for all, they can sometimes be fraught with hurried times, decorating, moments of arriving family and friends, and the adventure of creating delicious food for everyone.

With all of that in mind, there are some things we, as parents, can make sure we do that will make all of the holiday experiences even better for our children.

First, be available for your children. Be available to allow them to just talk with you; be the better listener that everyone needs. Be sure to sit down and really look at and listen to your child, perhaps even repeat back, more or less, what you heard her or him say. That process allows your child to feel heard and thus feel significant to you. That, in and of itself, is a gift. Also, find some time in each week throughout the holidays to participate in an activity with your child one-on-one, if possible. This could be an activity directed by the child, one of her favorite things to do or listen to, which you wildly accept with no judgment, or something you both have repeatedly done together and always had a great time. Your child feels comforted by your personal attention, and that will always make the holidays better for him or her. Perhaps even talk with your children about your childhood holiday experiences and how they were important for you, and they may share with you what experiences they have had as well as what they find important and significant for them.

You can always use the holidays to continue with family traditions. These activities are as important as your heartbeat. These traditions represent family and the longevity of enduring family experiences. Taking everyone to the Melodrama for the Holiday shows, out viewing holiday lights in the neighborhoods, or participating in available services for those who are less fortunate can contribute to a sense of family and of giving.

Perhaps use the holidays this year to begin new traditions, to make time for ideas you have had before but felt you did not have the time to initiate them. Assisting the children in making their own gifts for family members,



grandparents and others, by encouraging creativity and the actual idea of contributing and sharing may be a good way to start. The sense of well-being gained by making something for a parent, relative, or a sibling is extremely rewarding. These days there are plenty of on-line places to get ideas for holidays gifts made at home, from using wine corks or candle jars to a collage of family pictures for the grandparents. Have the children be more involved in any usual holiday preparations from getting out the decorations to having them participate in deciding what to put out, and where, this year. Having the children more involved with the meal preparation and cooking process is a must. Everyone needs to learn how to cook, and what better time than this? Be flexible as a parent, watch out for any strong and negative reaction such as: 'No, we don't put the lights up like that!' and allow the children to decorate their way. Remember, the children are a part of the family. They will likely want to continue with traditions you have started, and perhaps create some of their own. Be open as a parent for that to occur. Your expressed confidence and approval will, again, go a long way in allowing them to feel accepted and loved throughout the holiday season.

Parenting is a challenging process, yet it is always an opportunity for you to stretch yourself. This means that during the holidays you have the opportunity to look beyond what you are currently doing as a parent and think about different approaches you can utilize with your children, including listening to your child in a positive and supportive manner and engaging with him or her in family activities, particularly throughout the holidays, thus making the holidays merry and joyful for all.

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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30 Ways to Celebrate a Merry Month

By Family Features

The holiday season is marked by various gatherings of friends and family, decadent foods, cocktails, traveling, and gift exchanges. The joy of the holidays also is about all of the memorable experiences that tend to make the season so beloved. With that in mind, here are 30 ways to make the holiday season that much more merry.



1. Visit with an elderly or housebound neighbor and share conversation.
2. Donate gently used toys to a children's hospital.
3. Research the history of the holiday and share it with people you care about.
4. Make handmade Christmas tree ornaments.
5. Donate money to a charity or other good cause.
6. Encourage "pay it forward" movements in your community. Start by doing something simple like buying a coffee for a complete stranger.
7. Feed birds facing the cold, winter weather.
8. Take a ride or walk around the neighborhood to look at decorated houses.
9. Make a fire in a fire pit in the yard and toast marshmallows while sipping hot chocolate.
10. Binge watch holiday movies.
11. Attend the concert of a children's choir.
12. Help a friend decorate his or her home.
13. Host a tree-trimming party.
14. Schedule a day for baking cookies.
15. Sing Christmas carols at a nursing home.
16. Put together care packages of items and send them to troops overseas.
17. Share the holidays with a military family whose spouse is in service and can't make it home.
18. Offer to shop for someone who is homebound due to age, a chronic illness or injury.
19. Visit a large city to look at Christmas window displays.
20. Buy and hang real mistletoe ... and use it.
21. Make a new friend and invite him or her to a holiday party for the first time.
22. Babysit a newborn so his or her parents can get errands done or just catch up on rest.
23. Volunteer at a soup kitchen.
24. Share the religious traditions of your holiday with someone of a different faith.
25. If weather permits, go sledding, build a snowman or have a snowball fight.
26. Share favorite memories at family holiday dinners.
27. Remember a deceased loved one with a special tribute.
28. Construct a gingerbread house.
29. Teach someone how to make a cherished family recipe.
30. Surprise a distant relative with an impromptu visit.



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- ◆ Severe Anxiety
- ◆ Depression
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- ◆ Many others

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Monday, Wednesday, Friday
3:30 PM - 6:30 PM

or
Tuesday, Thursday, Friday
5:30 PM - 8:30 PM

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Bakersfield, CA 93301
(661) 549-WIGS (9447)
www.lemonadelocks.com

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A Holiday Tradition...

Murray Christmas on the Farm

Stroll Our



A Giant book in a five "show" story with eight foot tall Santas...see how Santa goes ¡Flaco! (in English and Español!)



Open Every Day in December (Except Christmas Day)

- MEET SANTA!
- TAKE a SLEIGH RIDE
- ENJOY CHRISTMAS on the FARM with a COZY FIRE and Toasted Marshmallows
- ...and MUCH MORE!

Go to MurrayFamilyFarms.com for more information



Have yourself a Murray Christmas

and purchase your FRESH CHRISTMAS TREE on the farm



Go to www.MurrayFamilyFarms.com for more information on times, days, activities, prices and more!

BIG RED BARN COUNTRY STORE

Farm Fresh Holiday Gifts & Christmas Trees

8am - 8pm every day

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661.330/0100

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December 2015

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

Saturday December 1

LIVE MUSIC: Join us for some great live music! 703-6911

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

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

COLOR ME HAPPY AT BEALE MEMORIAL LIBRARY: Stressed out! Join the coloring craze. 868-0701

18th ANNUAL TEHACHAPI CHRISTMAS PARADE: Tree Lighting to follow at the Tehachapi Depot! 5:30 PM 822-4180

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

BAKERSFIELD'S 5TH ANNUAL SANTA 5K/10K FUN RUN & CRAFT FAIR: Run Santa Run! 325-5084



Look for the ornaments throughout the calendar for December Holiday Fun!



BREAKFAST WITH SANTA:

Join League of Dreams for a pancake breakfast with Santa. Saturday-Sunday 616-9122



BREAKFAST WITH SANTA

CLAUS: Join us for Breakfast with Santa Claus! Adult or Child Ticket, \$5.00. Take photos with Mr. & Mrs. Santa Claus or with other photo opportunities in the Main Hall. 2030 18th Street 9:00 AM - 11:30 AM 325-7889

CELEBRATING A BEAUTIFUL LIFE:

AUTHOR EVENT WITH ALIZA MCCRACKEN: You are cordially invited to an uplifting author event with beloved local artist, Aliza McCracken. 4001 California Ave., 2:00 PM - 5:00 PM 631-2575

MOVIE TIME AT WASCO LIBRARY:

Join us for a Christmas movies to be shown. 12:30 PM - 2:00 PM 758-2114

PHILOSOPHY FOR CHILDREN AT

BEALE LIBRARY: 868-0701

Sunday December 2

HAGGIN OAKS FARMERS MARKET:

8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033



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 December 3

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

COLOR ME HAPPY AT MOJAVE

BRANCH LIBRARY: A relaxing stress-free & fun way to socialize. 824-2243

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 LI-

BRARY: Enjoy stories, songs, and fun. 854-5934

BC JAZZ PRESENTS: DUKE

ELLINGTON'S NUTCRACKER

SUITE: The Nutcracker Suite re-imagined with a big band twist! Proceeds benefit the Jazz Studies Program. Tickets: 7:30 PM - 10:00 PM 322-5200 or visit www.Vallitix.com.

FAMILY FUN TRIVIA: FLIGHTS OF

FANTASY AT BEALE LIBRARY: Join us for this family-friendly trivia featuring all things fantasy. Max team of 4, with prizes for the top teams. 5:30 PM 868-0701

FAMILY FUN TRIVIA: FLIGHTS OF

FANTASY AT BEALE LIBRARY: Join us for this family-friendly trivia featuring all things fantasy. Max team of 4, with prizes for the top teams. 5:30 PM 868-0701



POPCORN STRINGING AT

WASCO LIBRARY: String popcorn to decorate our Christmas tree. 3:30PM-5:00PM 758-2114

DECEMBER '18

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	18
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Tuesday December 4

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

FREE LEGAL HELP CLINIC AT

BEALE LIBRARY: Local attorneys will hold FREE informational workshops. 868-0701

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

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 MAK-

ING: 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

EVENING TAI CHI: For persons 18 and older. 2215 Truxtun Ave. 6:30 PM - 7:30 PM 632-5747

LEGO CLUB AT WASCO LIBRARY: Unleash your creative side and design your best LEGO creation. 758-2114

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

Wednesday December 5
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

BAKERSFIELD CHRISTMAS PARADE

Thursday, December 6th, 6:00pm
Corner of 21st and L St, Downtown Bakersfield, CA. Call (661) 301-2081 or visit bcparade.com for details.

ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Crafts and conversation. 5:00 PM - 7:00 PM 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 6:00 PM 833-4345

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

PATHFINDERS AND ADVENTURERS: Hillcrest Seventh Day Adventist Church. 6:30 PM - 8:00 PM 871-5000

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

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

COLOR ME HAPPY FAMILY EDITION AT MOJAVE LIBRARY: Coloring for all ages! 2:00 PM 824-2243

TEEN ADVISORY BOARD (TAB) AT WASCO LIBRARY: Interact with other teens. 4:00 PM - 6:00 PM 758-2114

TREE DECORATING AT WASCO LIBRARY: Help us decorate our Christmas tree. 3:30 PM - 5:00 PM 758-2114

Thursday December 6
FREE ACTING CLASS: For children. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

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

FAMILY FITNESS: DOUBLE TIME AT SOUTHWEST LIBRARY: Fun and fitness whole family! 5:00 PM 664-7716

A MERRY-ACHI CHRISTMAS: Mariachi Sol de Mexico de Jose Hernandez. 2001 H St., 6:30 PM 324-1369

PUZZLE MANIA AT WASCO LIBRARY: Have fun putting puzzles together 4-6:00 PM 758-2114

SEASON OF LIGHT HOLIDAY PLANETARIUM SHOW: 1801 Panorama Dr. 7:00 PM - 9:00 PM 395-4011

Friday December 7
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

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

FIRST FRIDAY ART WALK: A family friendly event that showcases our best artists. 5:00 PM - 9:00 PM 324-9000

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

FREE FRIDAY AT BMOA: In participation with downtown Bakersfield's First Friday events. 1930 R St. 323-7219



TEEN NIGHTS IN TAFT: The first Friday of every month is Teen Night! Come in and bowl, play in the gym or just hang out with friends in a fun and safe environment. Grades 6-12 invited. 500 Cascade Place 8:00 PM 765-6677

A CHRISTMAS CAROL THE MUSICAL: A holiday spectacle not to be missed! 1622 19th Street, 7:30 PM - 10:00 PM

CIVIC DANCE CENTER'S 41ST ANNUAL NUTCRACKER: Friday - Sunday. 1001 Truxtun 7:30 PM 852-7777

FLIX! THE THIN YELLOW LINE: \$6.00. 2001 H St. 6:30 PM 324.1369

NOR's JUNIOR THEATER PRESENTS "A CHRISTMAS STORY": Friday - Saturday 1920 18th St. 392-2020

Saturday December 8
FAMILY STORYTIME & CRAFT AT NORTHEAST LIBRARY: Enjoy stories, songs, and a craft. 871-9017

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- 3:00 PM 871-9017

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

It's Christmas ALL MONTH LONG!

These Local Holiday Fun Fests Are Now Open!

Christmas On The Farm
Santa, hay rides, slides, trains, and more at Murray Family Farm! **Until December 31.** Closed Christmas. 330-0100 www.murrayfamilyfarms.com

Bakersfield Christmas Town At Pioneer Village
A Christmas experience for all ages! Children can send letters to Santa at our Candy Cane Post Office, frolick in Frosty's Play Area, climb Rudolph's Rock Wall, and ride our Sugar Plum Christmas Train! **Open every day until December 31.** Closed Christmas Eve and Christmas Day. 927-7353

Holiday Lights at CALM:
A holiday tradition. **Open every night until January 5.** Closed Christmas. 5:00 PM - 8:30 PM

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


2ND SATURDAY FILM SERIES AT BEALE LIBRARY: Watch an afternoon movie. Bring your lunch! 868-0700


GEMINID METEOR SHOWER AT BUENA VISTA MUSEUM: Discuss this amazing meteor shower. 324-6350

 **HOLIDAY CARD MAKING:** Make some really stunning greeting cards to celebrate the holidays. 632-5747

2ND SATURDAY AT BUENA VISTA MUSEUM: Family Day, 2 Adults and up to 6 kids only \$20! 324-6350

"WINTER DANCE PARTY": Re-creation of Buddy Holly, Ritchie Valens and the Big Bopper's tour. 324-1369

 **JUST FOR KIDS AT BUENA VISTA MUSEUM:** Make ornaments for the holiday. 10:30 AM - 12:00 PM 324-6350

 **PIONEER PINES HOLIDAY CRAFT FAIR:** 6601 Eucalyptus Dr. 11:00 AM - 4:00 PM 366-3242

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

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

 **A CHRISTMAS CAROL THE MUSICAL:** A holiday spectacle not to be missed! 1622 19th Street, 2:00PM - 4:30PM

SPIRITUAL CINEMA SUNDAY: "ZOOTOPIA" 2215 Truxtun Ave. 2:00 PM - 5:00 PM 632-5747

Monday December 10
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

COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY: A relaxing stress-free & fun way to socialize. 824-2243

FAMILY STORYTIME & CRAFT AT ARVIN LIBRARY: Enjoy stories, songs & craft! 854-5934

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

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

 **CULTS & CLASSICS: THE POLAR EXPRESS:** Ticket price: \$5.00. 2001 H St. 6:00 PM 324-1369

MOVIE TIME AT WASCO LIBRARY: Families can spend time watching a movie. 3:30 PM - 5:00 PM 758-2114

Tuesday December 11
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

FREE LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys will hold FREE informational workshops. 868-0701

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

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

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

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

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

EVENING TAI CHI: For persons 18 and older. 2215 Truxtun Ave. 6:30 PM - 7:30 PM 632-5747

CARD GAME FUN AT WASCO LIBRARY: Enjoy fun, and fascinating card games for all ages. 4:00 PM - 6:00 PM 758-2114

Wednesday December 12
ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Crafts and conversation. 5:00-7:00 PM 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Kids will learn Bible verses and play games. 6:00 PM 833-4345

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 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

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: 322-2800


PATHFINDERS AND ADVENTURERS: Hillcrest Seventh Day Adventist Church. 6:30 PM - 8:00 PM 871-5000

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

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

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

GENTLE FLOW YOGA AT BAKER LIBRARY: Stretching, strengthening and balancing. 5:30 PM - 6:30 PM 861-2390

 **HOLIDAY LIGHTS RIDE:** Christmas is even more magical on a bike. 8800 Ming Ave. 6:30 PM - 8:30 PM 321-9247

LEGO CLUB AT MOJAVE LIBRARY: Design your best LEGO creation! 2:00 PM. 824-2243

 **ORNAMENT MAKING AT WASCO LIBRARY:** Make Christmas ornaments to take home. 3:30 PM - 5:00 PM. 758-2114

Thursday December 13
FREE ACTING CLASS: For children. 322-2800

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

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

**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.

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

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

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

FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: Enjoy watching a movie with your friends and family. 4:00 PM 868-0701

GAME ON AT WASCO LIBRARY: Enjoy family fun board games. 4:00 PM - 6:00 PM 758-2114

MOSCOW BALLET PRESENTS: GREAT RUSSIAN NUTCRACKER: 2001 H St. 6:30 PM 324-1369

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

Friday December 14 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

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

The *Magic* of Bakersfield Christmas Town

By Vaun Thygeron

Santa Claus has found the perfect place to park his sleigh and celebrate the most wonderful time of the year. You can find him at Bakersfield Christmas Town, inside the Pioneer Village at the Kern County Museum (3801 Chester Avenue), with a 40-foot-tall lighted Christmas Tree as the focal point for its fantastical light show.

Bakersfield Christmas Town owner, Mike Ross, wanted to create a magical town where everyone, big and small, could get into the spirit of Christmas. The town is open every day except Christmas Eve and Christmas Day from November 23 to December 31, Sunday through Thursday, 5:30 to 9:00 p.m. and Friday through Saturday, 5:30 to 10:00 p.m. Admission is \$20 and gives guests access to most activities and concessions. Ross says, "It's Bakersfield's best value."

Ross is the owner and creator of this full-scale production. Each season, he brings joy to the 30,000 to 40,000 people who come to visit his winter wonderland. In fact, his vision has caught on outside of Bakersfield, and he's been taking his Christmas "formula" to Las Vegas for the past two years. "It's the perfect formula that works for Christmas - it's the smell of the Christmas trees, Santa Claus, the whole concept of snow," he says. "We put our heart and soul into decorating, and we put on the best show we can."

He and his wife Jessica have six children ranging in age from 25 to six years old. Over the years, the children have helped with the Christmas businesses in different ways. Nowadays, only two of the children live in town, Mark, age 10, and Jack, age six. Mike says their family has a "Christmas habit" that has turned into a year-round venture attending conventions, testing things out, and planning to make the next year's production even bigger.

He's been selling Christmas trees for 17 years, and his lot is still open for Noble Firs and Douglas Firs on Rosedale Highway, just west of Jewetta. He started making snow and having Christmas activities as a way to sell more Christmas Trees, and then it turned into a business of its own. First there was "Santa's Playground" and now it's evolved into what it is today. He's excited to have it back at the Kern County Museum this year.

At Bakersfield Christmas Town you can find something for everyone. In Santa Claus' Cozy Cottage you will find Santa, and sometimes Mrs. Claus, enjoying a relaxing night by the fireplace. With his reindeer nearby, Santa



is excited to meet all the boys and girls in Bakersfield and spend some time finding out what they want for Christmas.

Guests can cozy up in scarves and hats to embark on a Holly Jolly Hayride to tour Christmas Town through its poinsettia forest, snowflake arches, a Victorian village, and Toyland. With music filling the air, you will enjoy the kaleidoscope of lights, its twinkling penguin family, Frosty the Snowman, and the 12 Days of Christmas.

What does every magical Christmas experience need? SNOW! And Ross has spent years perfecting his man-made snow to be the right texture and consistency. Using 300 pounds of ice, he makes the perfect wintry sledding hill 40 feet in the air. Slide down the 100-foot snow hill on an old-fashioned tube. In fact, this is his son Mark's most favorite activity at Bakersfield Christmas Town.


One of the popular activities gives guests a chance to save Christmas Town from the abominable snowman at the paintball shooting gallery. In the game, Shoot the Yeti, you can shoot a "real-life" Yeti that pops in and out of his cave and growls to create a unique interactive experience. Paint balls are not included in the price of admission.

After you've warmed up with hot cocoa from one of the food concession booths, you can lace up your ice skates and take a turn on the Under the Mistletoe Skating Rink. The center of the rink features a 12-foot tree with 18 poles of lights, all synchronized to seasonal music for the whole family to enjoy.

The amazing Elf Hamlet has many activities for children including a place where they can send a letter to Santa from its Candy Cane Post Office, frolic in Frosty's Play Area, get a Winterland face painting, help Buddy the Elf save Christmas in the Laser Tag Arena, climb Rudolph's Rock Wall, and ride its Sugar Plum Christmas Train.

If you want to have your birthday party or corporate event at Bakersfield Christmas Town, you can contact grace@kerncountymuseum.org. For more information, please visit www.christmastown.net.

Ross is also co-owner of the newly opened The Track House at 3101 Gilmore Avenue, Suite 100, which housed Scare Valley this year. The Track House features state of the art tracks, delicious food, virtual reality experiences, and arcade games. For more information, please visit www.trackhousebakersfield.com.

 **A CHRISTMAS CAROL THE MUSICAL:** A holiday spectacle not to be missed! 1622 19th Street, 7:30 PM - 10:00 PM

BAKERSFIELD MUSEUM OF ART CLASSES AT WASCO LIBRARY: 4:00 PM - 6:00 PM 758-2114

FAMILY FRIDAYS: Experiencing art can benefit family bonding. 6:30 PM - 8:30 PM 632-5747 2215 Truxtun Ave.

FAMILY STORYTIME AT MOJAVE LIBRARY: Enjoy stories, songs and craft! 11:30 AM 824-2243

STORYTIME & CRAFT AT WASCO LIBRARY: Enjoy stories, songs, and fun for the family. 3:30 PM - 5:00 PM 758-2114

Saturday December 15
COLOR ME HAPPY AT BEALE MEMORIAL LIBRARY: Stressed out! Join the coloring craze. 868-0701

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

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

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


 **BAKERSFIELD SYMPHONY ORCHESTRA: GOOD MORNING CHRISTMAS MUSIC:** Join us for an interactive, 45 minute program with Pyper Von Normann and the Bakersfield Symphony. 1001 Truxtun Avenue 9:30 AM 323-7928

 **LORI BROCK CHRISTMAS:** Enjoy holiday themed activities in the Lori Brock Discovery Center including Christmas treat making, crafts, and photos with Santa Claus. 3801 Chester Ave. 1:00 PM - 3:00 PM 437-3330

PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY: 868-0701

 **SANTA AT THE TEHACHAPI DEPOT RAILROAD MUSEUM:** 101 W. Tehachapi Blvd, Tehachapi, 823-1100

Sunday December 16
HAGGINS OAK FARMERS MARKET: 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

 **BAKERSFIELD SYMPHONY ORCHESTRA: HOME FOR THE HOLIDAYS:** 1001 Truxtun Avenue, 3:00 PM 323-7928

Monday December 17
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


COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY: A relaxing stress-free & fun way to socialize. 824-2243

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

 **CULTS & CLASSICS: IT'S A WONDERFUL LIFE:** Ticket price: \$5.00. 2001 H St. 6:00 PM 324.1369

S.T.E.A.M. ACTIVITIES CLUB AT WASCO LIBRARY: Embrace your inner Mad Scientist and join us for wildly amazing science experiments and related S.T.E.A.M. topics. It's fun for all ages. 3:30 PM - 5:00 PM 758-2114

Tuesday December 18
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

FREE LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys will hold FREE workshops. 868-0701

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

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

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

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

EVENING TAI CHI: For persons 18 and older. 2215 Truxtun Ave. 6:30 PM - 7:30 PM 632-5747

LEGO CLUB AT WASCO LIBRARY: Unleash your creative side and design your best LEGO creation. 758-2114

 **TEEN GOURMET CHEF AT BEALE LIBRARY:** Decorate cookies with frosting, sprinkles, and candies to make a yummy treat. Participants will take home all the cookies they decorate. 4:30 PM 868-0701

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

Wednesday December 19
CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Crafts and conversation. 5:00 PM - 7:00 PM 868-0701

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 6:00 PM 833-4345

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

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

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

PATHFINDERS AND ADVENTURERS: Hillcrest Seventh Day Adventist Church. 6:30 PM - 8:00 PM 871-5000

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

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

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

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

GAME ON! AT MOJAVE LIBRARY: Enjoy family fun board games for all ages! 2:00 PM - 5:30 PM 824-2243

MOVIE TIME AT WASCO LIBRARY: Families are invited to watch a family-friendly movie. 3:30 PM - 5:00 PM 758-2114

Thursday December 20
FREE ACTING CLASS: For children. 322-2800

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

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

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

FAMILY FITNESS: DOUBLE TIME AT SOUTHWEST LIBRARY: Fun and fitness whole family! 5:00 PM 664-7716

CRAFTY TEEN CLUB AT BEALE LIBRARY: Are you crafty? Do you like to make stuff? Find your inner craftiness. Tejon Room, 2nd floor. 4:00 PM 868-0701

DECEMBER 2018 *daily happenings*

PROJECT PLAY: Gather in the Lori Brock Discovery Center for a mommy and me social. Kids enjoy crafts while moms enjoy coffee and conversation. 3801 Chester Ave. 10:00 AM - 1:00 PM 437-3330

PUZZLE MANIA AT WASCO LIBRARY: Join us for a fun time putting puzzles together. 4:00 PM - 6:00 PM 758-2114

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

Friday December 21
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 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

FAMILY STORYTIME AT MOJAVE LIBRARY: Enjoy stories, songs and craft! 11:30 AM 824-2243

 **BAKERSFIELD MUSEUM OF ART CLASSES AT WASCO LIBRARY:** Make snowflakes. 4:00 PM - 6:00 PM 758-2114

 **HOLIDAY PARTY AT MOJAVE LIBRARY:** Decorate a Christmas cookie and enjoy some fun activities!! 1:30 PM 824-2243

STORYTIME & CRAFT AT WASCO LIBRARY: Fun for the whole family. 3:30 PM - 4:00 PM 758-2114

Saturday December 22
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 NORTH-EAST LIBRARY: Build anything you can imagine! 871-9017


MATH CLINIC AT BEALE MEMORIAL 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

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

 **EVERYBODY'S CHRISTMAS STORY:** Tired of the same old thing every Christmas? Come enjoy a fun comedy appropriate for the entire family. 10200 Campus Park Dr. Saturday - Sunday 663-3888

FULL MOON COMMUNITY BIKE RIDE: A family-friendly, all-ages cruise. Price: Free 7:00 PM - 9:00 PM 3400 21ST Street

Sunday December 23
HAGGINS OAK FARMERS MARKET: 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

 **A CHRISTMAS CAROL THE MUSICAL:** A holiday spectacle! 1622 19th Street, 2:00PM - 4:30

Monday December 24
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

ACTING COURSES FOR CHILDREN: Monday-Friday 322-2800

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

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

COUNTRY LINE DANCING: 392-2010

IMAGE CLEAR ULTRASOUND MOBILE UNIT: DreamCenter Bakersfield 326-1907

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

Tuesday December 25



Wednesday December 26
CHILDREN'S ART CLASS (GRADES 1-6): Bakersfield Art Center. 869-2320

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 6:00 PM 833-4345

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

PATHFINDERS AND ADVENTURERS: Hillcrest Seventh Day Adventist Church. 6:30 PM - 8:00 PM 871-5000

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



Listings of FREE Immunizations

totshots

Walgreens
Monday, December 3rd
4306 Ming Avenue, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Standard Middle School
Tuesday, December 4th
1222 No. Chester Ave., Bakersfield
from 4:30 p.m. to 6:30 p.m.

Walgreens
Wednesday, December 5th
40 Chester Avenue, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walgreens
Thursday, December 6th
3301 Panama Lane, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Greenfield Family Resource Center
Monday, December 10th
5400 Monitor Street, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Riverwalk Park
Tuesday, December 11th
11298 Stockdale Hwy., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Adventist Health Bakersfield
Wednesday, December 12th
2800 Chester Avenue, Bakersfield
from 1:00 p.m. to 6:00 p.m.

Walmart
Thursday, December 13th
2601 Fashion Plaza, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Children's Mobile Immunization Program
Monday, December 17th
2800 K Street Bldg B, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Children's Mobile Immunization Program
Wednesday, December 19th
2800 K Street Bldg B, Bakersfield
from 9:00 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.

Thursday December 27

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

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

MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Arvin. 326-1907

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

ROPING PRACTICE: Spectators welcome. 325-4206

SQUARE DANCING CLASSES: 301-2808

WORD POETRY/OPEN MIC NIGHT: 703-6911

MOPS - ST. ELIZABETH ANN SETON CHURCH: Meeting the needs of every mother of preschoolers. 587-3626

Friday December 28

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

LIVE MUSIC: Join us for some great live music! Friday - Saturday 703-6911

Saturday December 29

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

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

Sunday December 30

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

Monday December 31



December Worship Guide

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Dec. 14-16
Dec. 21-22
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- Dec 24 - 5pm
Christmas Eve Candlelight Service

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661-833-4345
www.myfellowshipbaptist.com

Sunday 9:30 am - Bible Studies for all ages 10:45 am - Worship Celebration (English & Spanish)	Wednesday 6:00 pm - Bible Study, & Prayer Awana 3yrs-6th grades
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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
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Christmas Eve Services:
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AUTISM SOCIETY
 Improving the Lives of All Affected by Autism
 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

- Autism Spectrum Disorders Seminar #2 Wed. December 5th, 9am-Noon, Adventist Health, 1524 27th St-2nd Flr.
- Sensory Friendly Santa Wed. Dec. 19th, 5-7pm The Marketplace
- LEGO Workshop-Star Wars Theme: Sat., Jan. 19th, Canyon Hills Church Gym 10am-12:30pm (Registration required)

Monthly Autism Support Groups
 • Tues., Dec. 18th 6-7:30 pm, Canyon Hills Church Room #102

EARLY SIGNS OF AUTISM:

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

SERVICES OFFERED:

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
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661-489-3335 • kernautism.org • kernautism@gmail.com
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ACTIVITY CORNER ANSWERS

p. 38

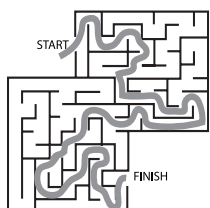
Sudoku:

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

Crossword:

- Across: Down
- Holidays
 - Home
 - Team
 - Duty
 - Enjoy
 - Samples
 - Presents
 - Joke
 - Run
 - Up

Maze:



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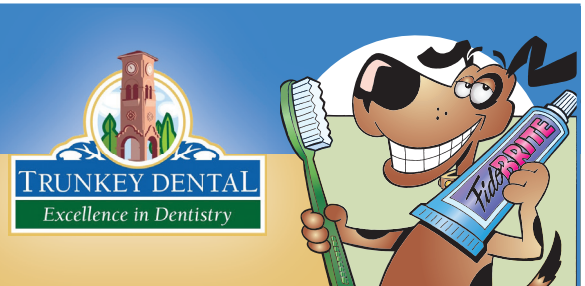
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KID'S activity corner

Answers on page 37

Sudoku

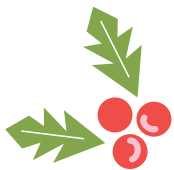
2				5				7
			4		6	8	2	
8			2	7	3	5	9	
		7			4	2	5	3
5	3	8			1	7		6
					5		8	
6		3						8
			3				1	
7	5	4		1			6	

Level: Beginner

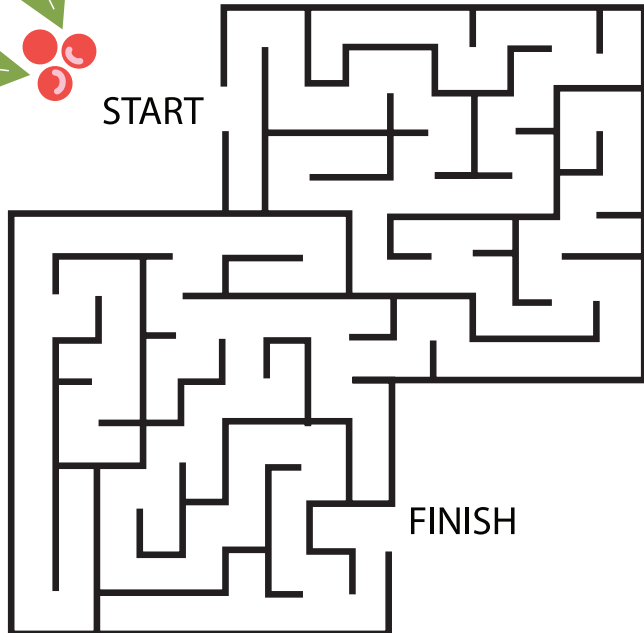
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve: the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes.

The more numbers you name, the easier it gets!

Maze Craze



START



FINISH

Word Find

Find the hidden words in the puzzle

CURLING	ICE DANCING	SLEDDING
FREESTYLE	LUGE	SNOWBOARDING
HIKING	SKATING	SNOWSHOEING
HOCKEY	SKIING	TOBOGGAN

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

Crossword Puzzle

1				2			3
			4				
5		6					
				7			
8							
9							

ACROSS

- Special occasions
- Sports group
- Have fun
- Gifts

DOWN

- Place to live
- Task or job to try
- Small parts
- Gets a laugh

7. Move fast

8. Not down



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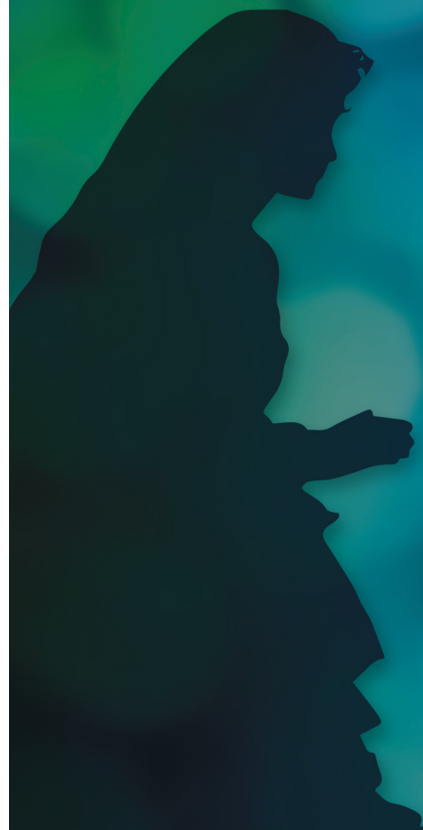
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DECEMBER
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Santa Claus PNO

12/15/18 7:30-9:30pm

New Year's Eve PNO

12/31/18 6pm-10pm



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