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JANUARY 2019

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**2019**  
**EDUCATION  
& ENRICHMENT  
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*plus:* local powerhouse student Coco Chapman *p.10*  
tear-free check-ups *p.8* saving money when you have hungry teens *p.20*



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**MEMBERS OF**



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**HAPPY NEW YEAR!**

Laugh along with Tracie Grimes' last Humor@Home Article: Should Old Acquaintance Be Forgotten



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dear reader



Vaun Thygerson,  
Contributing Writer

*No* matter what people tell you, words and ideas can change the world," said Robin Williams.

As long as I can remember, I have always loved using words to express my thoughts and ideas. My favorite icebreaker question is to find out people's favorite words. I think mine is "awesome," because I say it a lot, too much really.

Recently on social media I saw an ad for [www.myintent.org](http://www.myintent.org), where you choose a word you want to live by and create a custom piece of jewelry to wear daily to remind yourself of your target word. To find your word, you think about your life's values, challenges, passions, and what drives you. I decided for the New Year I was going to do this and create a word that I would focus on all year. But, it's easier said than done.

Some words I thought about were family, wanderlust, adventure, gratitude, friendship, kindness, blessed, and so many more. I asked my friends and family what word I should choose, and everyone had a different answer. I really thought about this because I wanted my word to really guide my life and decisions. And, then, out of nowhere, one night it hit me. I knew without a doubt what my 2019 word will be etched on my bracelet: OPTIMISM!

Being optimistic is so much more than seeing the world through rose-colored glasses. It's about having hope for the future and being grateful for everything in your life. It's about finding the best in people and being non-judgmental. I can't wait to get my bracelet to remind myself to be optimistic every day.

One local girl, Coco Chapman, has found her passion in her endeavors in ice skating and piano playing. In the article, "Always Keep Going," on page 10, Nora Tarte writes about this ambitious seventh grader who works hard to excel in both her extracurricular activities and rigorous academics.

This month's Humor at Home article, "Should Old Acquaintance Be Forgotten?" on page 18, will be Tracie Grimes last column for KCFM as she begins a new chapter in her life. In the article, she writes about how the picture of New Year's Eve changes once you have kids and how life constantly changes and evolves. KCFM has been honored to share Tracie's unique insight into parenting throughout the years. Thanks for the laughs Tracie! KCFM wishes you much happiness and success in the New Year!

As you get ready to tackle 2019's calendar head-on, think about what word you want to be the driving focus for your New Year. I mean, really think about it. What is your word? Finding the right word is harder than it seems, but once you figure it out, it will be worth it!

*Happy New Year!*



## New Year, New Happenings

With the New Year comes a blank calendar you can easily fill up with all kinds of fun activities for you and your family. If you want to find out what's happening around town, you can turn to the "Happenings" section on page 23 or visit our website's calendar. If you are an organizer or want to publish your event, please visit [www.kerncountyfamily.com](http://www.kerncountyfamily.com) to add it to our digital calendar and maybe even see it printed in the magazine.

# Kern County Public Works

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## Cellisimo Cello Performance

Cellisimo brings together masters of the cello, dynamic soloists Ruslan Biryukov and Anne Suda, to perform on Sunday, January 27, at the Harvey Auditorium, at 2:30 p.m. Join the Bakersfield Community Concert Association (BCCA) to celebrate its 56th anniversary season with these artists playing works by Brahms, Granados, Paganini, and Piazzola with passion and individuality. Single concert tickets are \$35. Adult BCCA season membership (3 concerts) are \$75.



For more information, please visit <http://bakersfieldcca.org/lospurchase.htm>.

## Probation Partners with Youth Connection

For over 25 years, the Kern County Probation Department has partnered with Youth Connection, a local non-profit organization that helps at-risk children find positive pro-social activities in the community, while developing into responsible adults. Each year several Christmas Giving Trees are put up throughout the Department decorated with ornaments that have a name of a deserving child within the community and a gift the child has asked for this season. This year 132 children were given gifts from Probation Staff. On December 14, 2018, the families were invited to the Southeast Center office to have cook-ies, take pictures with Santa and to receive their gifts. For those families who were unable to attend, Probation Officers surprised them at their homes with their Christmas gifts.



Photo courtesy Kern County Probation Department

## Hoopla at the Kern County Library

A new program, Hoopla, lets Kern County Library patrons stream and borrow movies, music, comics, and television shows, as well as enjoy more ways to check out eBooks and eAudiobooks. Through this program, Kern County residents can access these materials entirely for free, without wait times and with no late fees. Borrowers can check out up to three digitals through Hoopla per month, and as Kern County Library's gift to you for the New Year, through January 6, you can check out five materials.

"Our residents have expressed a desire for instant access and we are fulfilling that request with Hoopla Digital. Customers don't need to worry about requesting or waiting until a specific title becomes available. The Library is listening to the community's needs, and we are happy to offer a service where anyone can start reading, listening, or watching right now," says Library Director, Andie Sullivan.



Hoopla is entirely free with a Kern County Library card and is available on Android and Apple mobile devices, as well as streaming devices, including Roku, Amazon FireTV, and more.

For more information, please visit [www.kerncountylibrary.org/elibrary](http://www.kerncountylibrary.org/elibrary).

## Women's Empowerment Lunch

Christy Porter, founder of Jasmine Nyree Center, kicks off her first "Christy Porter and Friends" Empowerment Luncheon (CPEL) on January 12, at The Women's Club of Bakersfield, 2030 18th Street, from 9 a.m. to 2 p.m. as part of a four-city tour. Speakers, workshops, panel discussions, and activities will focus on topics including career planning, education, mental and emotional health, community involvement, and much more. Registration fee is \$20. No tickets will be sold at the door.

To buy your ticket, visit [www.christyporterempowermentbakersfield.eventbrite.com](http://www.christyporterempowermentbakersfield.eventbrite.com). If you would like to be a vendor at this event, please email [info@upsideproductions.biz](mailto:info@upsideproductions.biz).

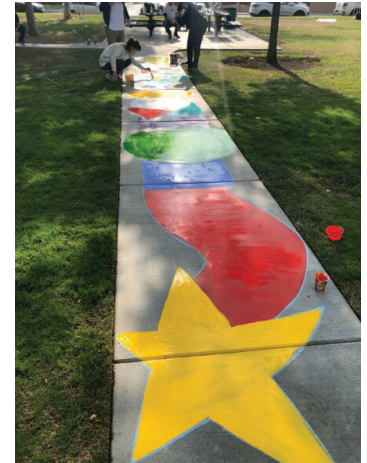
## Seventh Born Learning Trail Installed in Kern County

United Way of Kern County (UWKC), Chevron, and the City of Delano have come together to install the seventh Born Learning Trail in Kern County. The Born Learning Trail provides a fun way for parents and caregivers to interact with children from newborn to age five. The trail, a 10-station circuit course with learning activities at each station, is marked in both English and Spanish.

This Born Learning Trail is located at Morningside Park on 20th Avenue. The City of Delano will be installing the signs. UWKC and Chevron volunteers will be painting artwork along the trail.

The benefits for children and for Kern County include:

- 1) Children and parents/caregivers can actively interact throughout the trail;
- 2) Each station helps boost language and literacy skills;
- 3) Children get the opportunity to experience that learning is fun and engaging;
- 4) The trails bring community advocacy and volunteerism together.



Photos courtesy United Way

For more information, visit [www.uwkern.org](http://www.uwkern.org).

## California School Dashboard

The California School Dashboard recently released educational data to the public which provides access to important information about K-12 districts and schools, including the Kern High School District. Available via the California Department of Education (CDE) website, the dashboard features easy-to-read reports on multiple measures of school success. For high schools, this data includes graduation rates, college and career readiness, academic indicators, and suspension rates.

To find out details about your school on the dashboard, you can visit [www.cde.ca.gov/ta/ac/cm/](http://www.cde.ca.gov/ta/ac/cm/) or find the link on Kern High's website at [www.kernhigh.org](http://www.kernhigh.org).





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 Sundays: 11am, 1pm, 3pm, 5pm, 7pm

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View categories and submit nominations now at [www.bakersfieldchamber.org](http://www.bakersfieldchamber.org)

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- 3) Recycle it at one of the 24 Drop-off Locations in the County!

**Please Remember to Remove All Decorations, Tree Stands, Nails, & No Bags!**

**For Christmas Tree Recycling Drop-Off Locations:  
Call (661) 862-8900 or Visit  
[www.KernPublicWorks.com](http://www.KernPublicWorks.com)**





# 4 Tips for Tear-Free Check-Ups

By Sarah Lyons

The average child will have 9 well visits in their first two years of life and at least one checkup every year after. For kids who tend to worry and even fear going to the doctor, this can be overwhelming. There are a few things parents can do to calm the fears of kids who have an upcoming checkup.

## Discuss what will happen

Prior to the appointment, talk to your child honestly about what to expect. Ask your child if they have any questions or concerns. Be honest and tell the truth so they know what to expect, even if it is something unpleasant, like shots. The more information your child has the more comfortable they will feel when the day of the check-up arrives.

## Roleplay

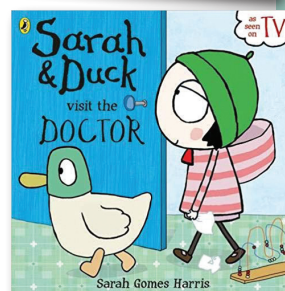
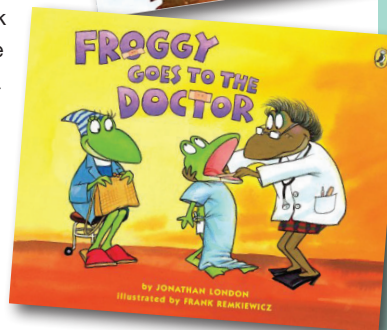
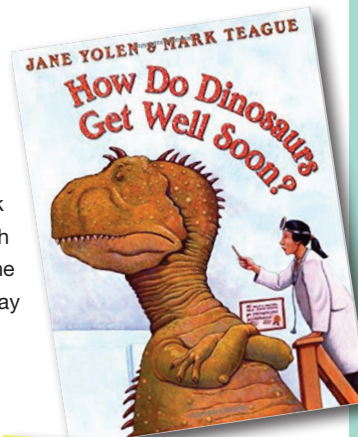
Playing doctor is not only fun for kids but it's also a great way to get themselves more comfortable with the idea of visiting the doctor. Check out library books about visiting the doctor or watching children's videos like Daniel Tiger or Doc McStuffins that help kids learn what to expect from a doctor visit. Role playing helps kids act out their fears and concerns as well as become more comfortable with new situations.

## Come prepared

When the day of the check-up arrives, try to be as prepared as possible. Pack items that will entertain your child if they have to wait, such as books, small toys, coloring books and crayons, or a tablet. Include any comfort items that may help your child if he is nervous or upset. It's also important for the parent to prepare themselves to be a calm and supportive through the check-up. Children can sense our fears and nervousness. When mom and dad are calm and comfortable, the child will most likely feel the same way.

## Plan a reward

Prior to the visit, set up a reward, big or small, for your child. Having something to look forward to after the check-up can make even a reluctant child more willing to cooperate during their time with the doctor. Choose something that will motivate your child, like ice cream, going out for lunch or a trip to the the park, or some parents may decide to purchase a small toy or book their child has had their eye on. Whatever you choose as a reward, explain to your child what it will be and how they will earn it. After the visit, tell them you are proud of them for their bravery and talk about how they felt during the appointment. When a child knows they can talk about their feelings honestly, they are usually more likely to discuss other fears in the future.



## 10 Children's Books About Doctor Visits

Books can help kids understand what to expect from an upcoming doctor visit and help them work through their fears. Check your local library for these titles to read with your child.

1. **A Visit to Dr. Duck** by Rosemary Wells
2. **How Do Dinosaurs Get Well Soon?** by Jane Yolen and Mark Teague
3. **Nervous Nellie: A Book for Children Who Worry** by Dr. Urmila Pai M.D.
4. **Biscuit Visits the Doctor** by Alyssa Satin Capucilli
5. **The Berenstain Bears Go to the Doctor** by Stan and Jan Berenstain
6. **Corduroy Goes to the Doctor** by Don Freeman and Lisa McCue
7. **Froggy Goes to the Doctor** by Jonathan London
8. **Doctor Maisy** by Lucy Cousins
9. **George Visits the Doctor** by Nicola Smee
10. **Sarah and Duck Visit the Doctor** by Sarah Gomes Harris

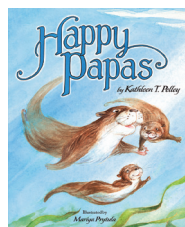


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### Read Aloud

Happy Papas (\$14.95, ages 2-4, amazon.com) is a beautiful picture book celebrating the wonder of fatherhood and exploring how both animal and human fathers shelter, nurture, interact and most of all love their little ones.



### Give Cuddly Comfort

The Thermal-Aid Zoo (\$19.95, ages 3+, thermalaidproducts.com) offer an adorable way to provide heat and cooling comfort for kids. These cute animals can be thrown into the freezer or the microwave to alleviate minor injuries.



### Baby Love

The Little Book of You (\$49.95, birth+, littlebookofyou.com) is a whimsical and one-of-a kind illustrated baby book personalized just for your bundle of joy. Tell your children's unique birth story through fun facts about their birthday, the year they were born and the people who couldn't wait for their arrival.



# 5 Tips for Staying on Track in the New Year

By Family Features

Once the allure of the new year wears off, it can be easy to let those resolutions for better health go by the wayside. To help stay on track, consider these easy-to-implement ideas from registered dietitian Annessa Chumbley:

**Write it down.** Using a nutrition journal and keeping a record of everything you eat and drink can help track progress and reveal small changes that need to be made. Alternatively, downloading a fitness tracking app can help keep you accountable digitally.

**Start your day with protein.** A high-quality protein source can set the stage for sustained energy levels throughout the day. Having an on-the-go source of protein on-hand, such as Premier Protein's ready-to-drink chocolate and vanilla shakes featuring 30 grams of protein and 160 calories and 1 gram of sugar, can help ensure you're starting the day with a proper foundation for success.

**Hydrate all day.** Hydration is a foundation of good health. Before bed each night, put a 16-ounce bottle of water in the bathroom then drink it first thing in the morning for a daily energy boost.

**Make healthy swaps.** Looking for alternatives is an easy way to eat healthy. Consider swapping out heavier carbs for vegetables such as grilled Portobello mushrooms as pizza crust or zucchini noodles instead of pasta. Swap mayo for avocado when eating egg, chicken or tuna salad. You can also use the sweetness of ripe bananas to decrease the need for added sugar in recipes like cookies, muffins and pancakes.

**Get moving.** Commit to stepping outside and taking a daily walk. Whether it's 1 mile or a walk around the block, you can burn calories and receive the added benefits of mental clarity, increased energy and improved digestion.

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in the world so  
**IRRESISTIBLY**  
contagious as  
**LAUGHTER**  
and good  
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- Charles Dickens, Author



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# Always Keep Going: Local Powerhouse Coco Chapman

By Nora Heston Tarte



5 when she composed her first song. It was only 30 seconds long, but Coco's teacher liked the song enough to submit it to the Music Teachers' Association of California (MTAC) for their annual evaluations of student compositions. She was the youngest student selected to perform his or her composition at MTAC's annual convention that summer.

Every year since then, Coco has submitted a composition for review and every year her piece has been selected. Last year, she performed five pieces at the event.

"Performing my original music at MTAC's annual convention each summer has become an annual tradition for me and one that I look forward to all year," Coco shares.

After high school, Coco wants to study music composition and become a music composer. "My dream is to attend a top music school such as The Julliard School in New York City or Berklee College of Music in Boston," says Coco, adding that she hopes to double-major in math, as well. At both schools, Coco would be allowed to attend an Ivy League school to obtain her second degree concurrently.

At Coco Chapman's very first ice skating competition, she fumbled. She began dancing before her music turned on, and she didn't catch the mistake until she heard the soundtrack kick in. Her immediate reaction was to stop. Her parents saw their little girl freeze from the bleachers, but a quick signal from her coach allowed Coco to recover and continue dancing. If she had not resumed dancing, Coco would have been disqualified from the competition. Instead, she came in third. She learned a very important lesson that day- to always keep going.

Coco, whose full name is Coral Rose Chapman, is a seventh grader at Laurel Springs Gifted and Talented Academy, an accredited online private school where she is enrolled in ninth grade level courses. And, as much as her dedication to ice-skating and piano have served as a platform for academic success, her academics also allow her to be the dedicated pianist and skater that she is.



**Top left arabesque spiral photo courtesy Gabriele Photography. (Left) Montreal, Canada-September 2017. Coco enjoyed sharing her original music on a public piano with visitors to the Mount Royal Park lookout, the highest point in the city. (Right) MTAC convention-July 2018. She was 12 years old. Each ribbon represents an original piece that she performed (3 compositions and 2 improvisations).**

At Laurel Springs all students are required to take an Academy Symposium, a course that introduces them to powerful figures in society. Coco took Jane Goodall's lessons about work ethic and grit to heart.

"In school, I was taught to break up daunting tasks into more manageable parts that could be tackled individually as a means to completing a larger assignment," she explains. "Similarly, when I skate or practice piano, I avoid feeling overwhelmed by focusing on individual milestones, such as landing a particular jump or mastering a specific measure of a song."

Three years ago, Coco took up ice-skating, attending group lessons at the local rink, Valley Children's Ice Center of Bakersfield. Since then, she has moved to private lessons and began competing in both state and national competitions. In 2017, Coco earned two silver medals at her first international show.

Coco will compete at the State Games of America in August 2019.

While ice-skating is a favorite past time of Coco's, her first love is piano. Coco started playing piano nine years ago at Harmony Road Music School. She was

Coco's parents are not just pleased with her extra-curricular activities, but also with the young academic's performance at Laurel Springs. Her parents turned to the online private school looking for a customized curriculum for Coco, one that would challenge her and allow her to move at her own pace.

Because the school is both self-paced and mastery-based, Coco has been able to move through two math grades almost every year, and also take electives including French, art, coding, and American Music Appreciation.

Coco's mom, Lara Chapman, sees the connection between her daughter's academics and extra curricular activities, and agrees each informs the other when it comes to Coco's successes.

"I hope that these activities will reinforce the work ethic that she has already acquired through her rigorous academic schooling," Lara says. "I expect that her experience at piano festivals and figure skating competitions will develop her fighting spirit and instill good sportsmanship, which will serve her well in future academic and professional endeavors."





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# School Time!

## Choosing a Private School

By Andrea Rose

One of the biggest questions parents typically consider after what to name their child is how to educate them. Is the local public school a good option or is a better option a private education? It's a big decision.



Most parents start with a preschool education or at-home learning prior to beginning kindergarten, and then it's time to get serious. California's compulsory education law requires children ages 6-18 years attend public, full-time day school.

Some public school systems offer charter schools or independent study programs. Those options require enrollment in the public school system and follow compulsory attendance requirements. A charter school is a public school offering instruction to students in kindergarten through grade 12, and typically has the oversight of the public school board or county board of education.

### Alternatives to public school

Parents who choose not to send their children to public school have several options for alternative education. In lieu of a public education, children may legally attend a private, full-time day school, so long as they are enrolled in a full-time private school where they are taught in study and recitation for at least three hours a day for 175 days each calendar year in the several branches of study required to be taught in the public schools.

According to the California Department of Education, a private school is "a private business or nonprofit entity that offers or conducts full-time instruction with a full complement of subjects at the elementary, middle, or high school level." Private schools function outside the jurisdiction of the CDE and most state education regulations, meaning they do not participate in the state's educational accountability system, but instead are directly accountable to students and their parents or guardians, based on the terms of the private school enrollment contract.

Students with disabilities may attend a nonpublic nonsectarian school, which provides services to students with exceptional needs through an Individualized Education Program. Tuition to these schools is often publicly funded. Other private schools, such as boarding schools or faith-based schools are also an option, as well as home-based instruction. According to state law, a full-time private school may include a parent instructing his or her own child at home if the home school meets the criteria applied to other private schools.

In addition to brick-and-mortar and home schools, there are also online "virtual" education options. Some of the online schools offer interaction through online face-to-face classes and/or in-person meetings with teachers. The online "cyber" schools are not provided oversight by the CDE.

### The nuts and bolts

In the state of California, the Department of Education has no authority to regulate or monitor private schools or a private education beyond the non-public nonsectarian school certification and the CDE does not license private schools, however some of the state's education codes do apply to private schools.

In addition, according to the CDE, a private school is considered a business or nonprofit entity and, as such, is required to comply with requirements imposed by the jurisdiction, county, city, or other locality in which it is located, such as zoning, health and safety codes, fire codes, or other local ordinances. Further, the state does not require private school teachers to possess a valid state teaching credential, although many private school teachers do possess current California teaching credentials.

When it comes to performance, the state Department of Education doesn't evaluate private schools and offers no ranking system for them. Only public

schools are ranked by Academic Performance Index. Finally, there are no state offering public funding for private school tuition, except where a student with a disability is placed in a non-public school by a local school district.

### How to choose a private school

Deciding on a private education can be confusing. There are many options out there. The state Department of Education offers an online Private School Directory, which includes detailed information about registered private schools with six or more students. That list can be found at [www.cde.ca.gov](http://www.cde.ca.gov). Also on the website is a searchable directory offering contact information for private schools across the state. Once you settle on a school—or two or five—the best thing to do is to meet with school officials to determine if it is a good fit.

#### Here are some questions to ask:

- How is student achievement is measured and how do teachers use that information?
- How many of the students who start school finish there?
- What is the percentage of students who go on to higher education?
- What does your curriculum include?
- How is discipline handled?
- Are there opportunities to participate in extracurricular activities?
- How much are parents expected to volunteer inside/outside the classroom?
- Is the school accredited by the Western Association of Schools and Colleges?



### We asked local private schools about the benefits of choosing their schools. Here's what they said:

**KCFM:** What are the benefits of a private education?

**Kelli Michaud, Principal of Our Lady of Perpetual Help Parish School:** A Catholic Education is the best gift you could give your child. Catholic schools are focused on high student engagement and learning in a loving, Christ-centered environment. Students have the opportunity to develop as a whole person- spiritually, morally and academically. When Christ is at the center of learning, students thrive and flourish; everything has more meaning. Our beautiful Catholic traditions are celebrated and used to enhance student learning across the curriculum.

**Linda Reed, Director, Readyland Preschool at Heritage Christian:** We have smaller classrooms, a well-rounded education focused on the whole child, and we pay attention to details.

**KCFM:** What is one thing many parents don't know about sending their children to private school?

**Kelli Michaud:** Parents need to know that Catholic Schools stay current with best teaching methodologies, including state-of-the-art curriculum, technology, and professional development. Our teachers spend a tremendous amount of time developing personalized learning plans for each student. OLPH school has a brand new science lab, STEM lab with 3-D printers, iPad access for students; we even provide the Rosetta Stone Language Software for every student through 8th grade.

**Linda Reed:** Parents will be pleased to see that their child is getting the best education possible. Faculty and staff strive to make each and every individual student successful and prepared for life. Curriculum is carefully selected and taught with the goal that students grow personally and academically. Safety is also an important part of our private Christian school. Our desire is to see students grow closer in a personal relationship with God in a non-judgmental environment.

**KCFM:** What can a child expect to find your school that he may find exciting?

**Kelli Michaud:** Students will find the opportunity to develop their leadership skills and grow their talents. They will find the curriculum exciting and hands-on, with teachers who are loving and committed to their success in all areas.

**Linda Reed:** We have many fun co-curricular activities. We have a sports program, music program, Robotics Club, and so much more. We are a family here at Heritage and that makes our programs unique and exciting.





# Kern County Family's 2019 Private Education & Enrichment GUIDE Starts Here!

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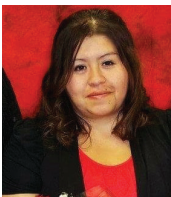


Mike Williams,  
Owner

American Kids Sports Center (AKSC) has been a staple of children's sports and fitness for 34 years in Bakersfield. Local owners Mike and Sheri Williams developed AKSC with Kern County families in mind. Growing up and raising their own families in Bakersfield, shaped their mission of Building Healthy Kids. Our programs are diverse and for all ages (we start them as young as 6 weeks old). AKSC offers all levels of sports from competitive to recreational and just plain old fun! Our facilities are state of the art, indoor pool, in-ground trampolines and tumbling pits, spring floors, air conditioned facilities and spacious parent viewing areas.

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Rosa Linares,  
Preschool Director

Bakersfield Adventist Academy Preschool is a caring, nurturing environment where children experience the joy of learning and confidence in their sense of belonging, secure in their love for Jesus and others. Stimulating activities promote development of foundational skills that serve them well as they grow in becoming competent learners and communicators.

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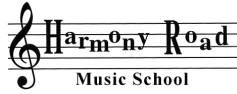
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Alexandra Hawley,  
Owner

Harmony Road Music School offers group piano classes for children from tots to teens. Early childhood music classes are for little ones ages 16m- 4 yrs and include movement, singing, playing with rhythm instruments, finger games, rocking/cuddling songs, activities with balls, scarves, and hoops, and keyboard introduction. A parent participates in each class. Group piano classes are for ages Pre-K and up that feature singing, solfege, ear training, note reading, rhythm and keyboard ensembles, and eventually, composing and improvisation. Recitals are twice yearly. A parent participates in all classes. Advanced students have the opportunity to participate in adjudicated events such as Certificate of Merit, Guild, Jazz/Pop Festival, and much more!

New classes begin the week of January 14. Check out our website for the complete schedule. We are also having a \*FREE\* Demo Class on Saturday, January 12. Space is limited, reservations are required. Call us today!

### Heritage Christian Schools

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(661) 871-4545 • www.heritageschools.us



Dan Hopper,  
Superintendent

Heritage Christian Schools has been committed to providing a quality education in a Christ-centered environment since 1967. Accredited through ACSI and WASC Heritage Christian Schools now includes components of Classical Education. Our curriculum will be enhanced with the teaching of basic Latin, logic, rhetoric, as well as additional classical education techniques.

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Dawn Holleman,  
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Kelli Michaud,  
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# When Your Child Fears Public Speaking How Parents Can Help

By Myrna Beth Haskell

Some kids think standing up in front of the class is a cinch. However, for many others, speaking in front of a room full of peers is worse than getting a tooth pulled without Novocaine.

According to an article written by Dr. Louise Katz, with the University of Tennessee at Martin's Counseling and Career Services, "The most common form of social phobia is public speaking anxiety. In addition to the emotional aspects of public speaking anxiety, there are often physical symptoms as well. These symptoms include trembling or shaking, cold clammy hands, shaky voice, rapid heartbeat, sweating, blushing, dizziness, shortness of breath, digestive discomfort, or forgetting something you know or were about to say. In some cases, a person may experience a panic attack."

Children who experience these types of symptoms may flat out refuse to get up in front of the class. However, as a student moves on to middle school and high school, oral presentations are often required. Worse yet, a fear of public speaking can be carried into adulthood if a child doesn't learn to face his fear.

There is hope for those who prefer to sit at the back of the room and let others do the talking. Public speaking is a skill that can be learned and perfected over time, and in a way that won't conjure unnecessary stress.

### The First Experience

Like any other fear, the longer one holds onto it, the more severe it gets. Both parents and teachers should encourage kids to get up in front of groups as early as possible. "Show and tell" or "sharing time" in preschool is usually a child's first public speaking experience. A first experience needs to be a positive one, so adults should make it as fun and light-hearted as possible in order to give the child a feel-good first try.

Preschool and primary teachers should make a sharing assignment fun and should encourage the audience to participate. This takes the pressure off of the child who is presenting. Students who are extremely fearful might be encouraged to get up with a best buddy the first time around. They can also be allowed to present from their desk, which is sometimes less stressful than standing up in front of the entire group.

### The Peer Factor

Standing up in front of a group of peers during one's adolescent years can be a daunting experience, even for those who successfully tackled a few oral report

presentations in elementary school, or for those who seem to exude confidence in other types of situations. A whole new set of worries can arise with this age group. The need to "fit in" is extremely strong at this age, and the teen crowd can be unforgiving. So any type of blunder in front of one's peers at this age can be devastating for a teen's confidence. This is where good preparation plays a vital role in a teen's successful public speaking experience.

### Practice Makes Perfect

Preparation can make or break a speech of any kind. The more your child can practice his speech, oral report, or presentation ahead of time, the better off he will be because he will be comfortable with the material.

It is a great idea to practice in front of a mirror. This way your child can see how many times he is looking down at his notes. Encourage your child to practice in front of family members at home. Make sure everyone is told to give both positive and constructive feedback. Your child should also practice what to do in case he makes a mistake. After all, everyone makes mistakes during a speech, even those who are seasoned at it. Role play solutions for gracefully continuing after a mistake, such as taking a deep breath and repeating the last idea, referring back to note cards, or making a joke about being afraid of public speaking. Your child will be less fearful of making a mistake if he has the skills to fix it.

### How Parents Can Help

From an early age, give your child chances to talk in front of groups without forcing him or putting him on the spot. Encourage your child to choose topics that really interest him when he is asked to do an oral presentation for class. Take a video of your child practicing his speech so he can see first hand the things he does well and the things he needs to work on. Teach your child how to relax. Breathing in deeply several times just before getting up to present, or visualizing doing a good job, will often help to calm nerves. Don't focus on what can go wrong. Instead, be positive and patient, and talk about solutions to those things your child finds difficult (such as speaking clearly or slowly). Tell your child it is perfectly normal to be nervous and that he is not alone, because most people are nervous when speaking in front of a group.

To help your teen, you might sit down together to watch various people speak on television (such as newscasters, politicians, or talk show hosts). Then discuss what you each thought were positive and negative aspects about their approaches. Older students can incorporate what they've learned into their own presentations.

According to The Edvocate, an organization with a focus on enhancing the quality of education and opportunities for learning, "If stage fright turns into mild anxiety that prevents your child from learning or socializing, consider working with a cognitive behaviorist who can assist you in teaching coping responses, such as isolating physical sensations and identifying positive responses."

Lastly, remind him that he doesn't need to be perfect. After all, how often have you seen a perfect speech? The good news in all of this is that it usually gets easier as one speaks more in public. Let your child know that it is a necessary and important skill and one that he will need in the future.

### Tips for a Nervous Nellie

- Be prepared and practice several times at home.
- Practice relaxation techniques (such as slow, deep breathing) for times when nerves get out of hand.
- Don't rush – find places in the speech to pause for emphasis.
- Find a spot or two on the wall to focus on instead of directly at an audience member if direct eye contact makes you flustered.
- Focus on sharing your message, rather than your nerves.
- Practice visualization techniques where you imagine yourself doing well.
- Practice positive self talk (i.e. I am a smart person. No one will laugh at me because my speech is good.)





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# Should Old Acquaintance Be Forgot

New Year's Eve. A night made to spend out on the town, enjoying couple-time with your couple-friends and adult beverages, and toasting to the New Year precisely at midnight while singing "Auld Lang Syne." That's a description of a New Year's Eve celebration for people who don't have children (and who actually have a life.)

Once you have kids, the picture of New Year's Eve changes a bit. Instead of enjoying couple-time with couple-friends, you're more likely to be spending it with an infant and/or toddler screaming like he/she is madder than a wet hen. And those adult beverages? Forget about 'em since one of the adults is probably nursing the small screaming human. Don't even try to play "Auld Lang Syne," unless it's in a video with a dancing prehistoric animal, and if you want to toast to the New Year, you'd better do it at 7 or 8 pm, because if your kids are up at midnight... Let's just say the first day of the New Year is NOT going to be pleasant.

After many years of the parental version of New Year's Eve, I decided to change things up. Instead of ringing in the New Year by crying silently into my pillow at midnight, I resolved to spend it with people. I'm talking actual people; people who spoke in complete sentences and didn't need me to wipe their faces. The next New Year's Eve would usher in a new age – the age of New Year's Eve celebrations filled with laughter, fun, and yes, even children. And thus began my annual "We Are Losers Who Don't Get Invited to New Year's Eve Parties Anymore Because We Have Children" celebration.

Boy, did we have fun! Kids in one room doing kid-like stuff (an adult would peek in about every 15 minutes or so, just to make sure nothing was on fire and nobody was bleeding,) and the adults in another room doing adult-like stuff – well that doesn't sound good now, does it? Let me rephrase that... The adults were in another room having intelligent conversations and eating

food with seasoning on it (two things you can't do when it's just you and the kids.) We let the kids join us for some rousing (and carefully edited) rounds of "Catchphrase," filled champagne glasses with sparkling wine (sparkling cider, of course, for the kiddies,) watched the ball drop in Times Square on TV, then

toasted in the New Year. My toast was always the loudest and the last, "Happy New Year, now get the h-e-double-toothpicks out of my house!"

Now, things have changed. All the kids are grown, and darn it if they haven't gone and made their own plans for New Year's Eve. Their resolutions have changed, as well. They've traded resolutions like, "I'm going to stop picking my nose at school," or "I resolve to make it through the year without seeing my mom dance," for the whole, "be kinder," "eat healthier," "recycle more" stuff.

While I write this, pondering my own resolution, I realize mine has changed, too. I've discovered, rather late in the game, that resolu-

tions can mark a time of renewal, recommitment, and reflection. I've also realized I have a lot of things closing around me right now, some voluntary, some not. After over 18 years of sharing my whacky wit with the Kern County residents I love so much, it's time for a new chapter. This is my final Humor@Home column; I'm pausing an opportunity I love and have grown for years, knowing I'll second guess this closure (especially at 3 am, when I remember something funny about parenting.) The tears are streaming now, but it's time to grant the people in front of me more time and energy. LJ, thank you for this life-changing opportunity to be a part of Kern County Family Magazine. Friends and family, thank you for your grace in forgiving me for sharing some of our most awkward moments with total strangers.

And Kern County Family Magazine readers, thank you for laughing at my life (I mean this in a good way.)



Thank you, Tracie, for the years of your good humor. You will be missed. From, LJ & Kern County Family Magazine

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327-7668





# Measuring Up

"You are not as good at math as your brother," mother reports, eyeing her younger son with a firm look. "You should work harder at it, you know?" The boy lowers his head and gets back to work, yet he wishes that he could crawl away to a deep, dark cave. Elsewhere, Father takes hold of his son's shoulder, wheels him around, and chastises him for teasing his sister. "Why can't you be as nice as her for once in your life? She is always polite and always completes her school work. You never try as hard as her." The boy, feeling rejected and less important to his family than his sister, struggles to be free of his father and heads off to the seclusion and loneliness of his bedroom. These children both stand charged with being less than their family expects of them. The allegations from the judge and jury, the parent, can be so very damaging.



Each of us is unique. However, if we are taught to always compare ourselves against others, it causes a trap to develop. If an individual tries to be more like someone else, as a parent may often suggest, "...can't you be more like your older brother", the individual's uniqueness becomes trapped. The child's true personality is hindered, and now the child attempts to "fake" his or her way through the quagmire of childhood, perhaps second-guessing everything he or she does.

Some children already are at a disadvantage if they enter the foster system or perhaps reside in two different homes. This often shakes the child's initial belief in oneself due to the fact that, as a foster child, he may think, "My parents didn't like me the way I am, so they left me" or "I need to make my dad happy because he is always so grumpy." Children learn to modify who they are as individuals, yet in doing so the child loses his or her individuality. The successful parent is one who can allow the child to be who she or he really is by encouraging that child's expressed interests. That is one surefire way to make sure that a child knows that you recognize him or her as an individual and that you approve of his or her activities or interests.

Remember, it is the child's interest we are encouraging. As an adult, you can have your own interests. But just imagine someone at your work saying to you, "Wow, we really wish you could behave more like Jennifer. She has all the good ideas. We think she is tops!" Now, consider how a young child feels when an adult caregiver suggests that the child would be appreciated more or liked better IF he or she would just behave like this other person. This type of communication assassinates the child's spirit. It is a wound that will not heal. We must recognize that what we say as caregivers has a tremendous and long-lasting impact upon the child. With that in mind, let us just be more positive.

When a child performs a task, mention ever so slightly one thing you might appreciate about what he or she did: "James, the table looks very nice like that. Good job." or "Your bed looks very nice this morning, Alicia." When the moment is right, all we need to offer is a clear picture of what we perceive so that the child understands that we accept his or her behavioral choice. If we ever expect a child to perform better, it will happen because we were willing to acknowledge the little things that a child does to contribute. After that, self-esteem takes off and the child is able to express him or herself with a positive self-image and the world is her or his oyster.

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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# How To Save Money When Your Teen is Eating Everything

By Cheryl Maguire

My teenage son stood in front of the opened refrigerator, gazing into the abyss. I envisioned dollar bills floating by as the cold air escaped, no doubt causing our electric bill to skyrocket.

***“Could you please close the refrigerator door?” I asked, trying to remain calm.***

***“There is nothing to eat and I’m starving!” he groaned, as he dramatically held his stomach.***

***“The refrigerator is empty because you ate everything from my grocery shopping trip three days ago.”***

My son began his growth spurt over the summer. He sprouted up a full three inches, rendering him unrecognizable to our friends and family. At the same time, something else was unrecognizable and growing exponentially—my grocery receipt.

As an avid coupon clipper and money-saving guru, I knew I needed to do a “deep dive” of this situation to figure out how to reduce the spending. Otherwise, his college education fund would dwindle down to nothing because all of the money would be spent on feeding his endless appetite.

I’m sure there are many other people like me out there. So, I’m sharing with you what I learned from my comprehensive money saving research, so your money will go towards that college fund instead of your grocery bill.

## **\$\$\$ Save Money On Protein**

A research study found that a group of infants who ate one egg per day had a 47 percent lower rate of stunting (being too short) than the control group. Protein is essential for teens to eat since it is responsible for tissue growth. Most teens need ½ gram of protein per pound of body weight. Eating protein will also help your teen to feel full.

Protein can be found in eggs, Greek yogurt, cheese, milk, fish, chicken, meat, turkey, tofu, broccoli, beans, and nuts. One way to save on these items is to check your weekly local grocery sales flyer and then purchase protein foods on-sale. You can cook meals for the week based on the weekly sales flyer. So if chicken is on sale, you can look up chicken recipes.

Another money saving tip is to ask the meat department what day they offer marked down meat. Sometimes the meat can be as much as 50% off the regular price because the expiration date is near.

## **\$\$ Stock Up On Sale Items and Freeze**

When items go on sale, stock up and freeze it. Instead of buying one pound of meat, purchase two; use one and freeze the other. This will hold you over until the next sale, since most grocery items have a sale cycle. For example, ground beef may go on sale every three weeks.

## **\$\$\$ Buy Frozen Fish and Fruit**

A Norwegian research firm found that frozen fish is the same quality as fresh and is often significantly less expensive. Sometimes frozen fish is marked down as much as 50% off the regular price.

Similar to fish, fruit is frozen when it is ripe and maintains all of its nutrients. When fresh fruit isn’t in season, it can be pricey, but the price of frozen fruit remains the same all year (with the exception of sale prices). The price also does not fluctuate between the types of frozen fruit. For example a 16 oz. bag of raspberries is the same prices as a 16 oz. bag of blueberries. But the price difference between fresh raspberries and blueberries is usually significant.



## **\$\$\$\$ Clip Paper and Electronic Coupons**

Coupons are no longer only found in the newspaper. You can print coupons online by going to the manufactures website or coupon sites like Coupons.com, RedPlum.com, SmartSource.com or Lozo.com. There are also electronic coupons which you clip online and it is added to your store card. Similar to a paper coupon, when you purchase the item the money is deducted on your receipt. These electronic coupons can be found at grocery store websites or SavingStar.com.

If you don't get the newspaper coupons, some libraries offer a coupon box containing the newspaper coupons which are available for anyone to take.

## **\$\$\$\$\$ Use Money Saving Apps**

There is a variety of cash back grocery store apps. After you purchase select items, you can earn money back by submitting your receipt. Some grocery store cash back apps are Ibotta and Checkout51.

## **Who's Ready To Save Money On Groceries?**

Saving money is definitely an investment of your time, but it can be worth it. Once you figure out how to cut spending, even in one area such as on buying protein, you will see your grocery bill start to shrink as mine did.

On my most recent excursion to the supermarket, the teen cashier proclaimed, “Wow, you saved over \$100. I’ve never seen anyone do that before.”

When you are able to impress a teenager, you know you’re doing something right. Now, if only I could figure out a way to make groceries from my shopping trips last longer than three days.



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**Happy New Year!**

From the staff at 

We are offering several items to help you celebrate upcoming events:

**January 6th is Epiphany** and starts "King Cake" season, "Let the good times roll"

**January 23rd is National Pie Day**  
 We will offer a special price on Apple Pie

**February 3rd is Superbowl Sunday**  
 We offer a selection of treats that will cheer any football fan.

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<b>GRAND ISLAND</b> 11400 Ming Ave. 661-663-8611	<b>BROOKSIDE MARKETS</b> 8803 Camino, Media Blvd. 661-654-0858	<b>Sully's Olive</b> Olive Dr & Calloway	

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January 2017

# 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](http://www.kerncountyfamily.com)

### Tuesday, January 1

**HOLIDAY LIGHTS AT CALM:** A holiday tradition. Open every night until January 5. 5:00PM - 8:30PM

**CHRISTMAS TREE RECYCLING AT BAKERSFIELD COLLEGE:** 6:00AM - 5:00PM through January 13, 2019



### Wednesday, January 2

**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. 6:00PM 833-4345

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

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

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

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800

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

**ROLLERAMA-WEST BARGAIN SKATE NIGHT:** \$6 with free skate 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

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

**ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** 5:00PM - 7:00PM 868-0701

**CHESS CLUB AT SOUTHWEST LIBRARY:** Come play a game of chess. 4:00PM 664-7716

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

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

**WORD SEARCH AT WASCO LIBRARY:** If you love word searches come and join us! 4:00PM - 6:00PM 758-2114

### Thursday, January 3

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

**FAMILY FITNESS: DOUBLE TIME AT SOUTHWEST LIBRARY:** Join us for family fun and fitness! 5:00PM 664-7716

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

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Arvin. 326-1907

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

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

**ROPING PRACTICE:** Spectators welcome. 325-4206

**SQUARE DANCING CLASSES:** 301-2808

**WORD POETRY/OPEN MIC NIGHT:** 703-6911

**FLIX BEFORE 6 AT SOUTHWEST LIBRARY:** Enjoy a G or PG film. 4:30PM 664-7716

**LEGO CLUB AT BEALE LIBRARY:** Come join us! 868-0701

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

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

### Friday, January 4

**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 great live music! Friday - Saturday 703-6911

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

## JANUARY '19

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	31		

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

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

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Join us to create the craft of the month. 868-0701

**STORYTIME & CRAFT AT WASCO LIBRARY:** Join us for stories, music, and a craft. 3:30PM - 5:00PM 758-2114

**TEEN NIGHTS IN TAFT:** The first Friday of every month is Teen Night! 765-6677

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

**VENGA CUENTOS Y CRAFTS AT BEALE LIBRARY:** Bilingual fun. 3:00PM 868-0701

### Saturday, January 5

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

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

# JANUARY 2019 *daily happenings*

**ONYX FAMILY FARMS:** 9:00AM - 4:00PM. (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' TOOL SAFETY WORKSHOP AT HOME DEPOT:** 835-1133, Gosford; 872-2041, Mount Vernon; 587-1545, Rosedale

**30TH ANNUAL FOG RUN 5K & 10K:** To support At-Risk Youth and Alliance Against Family Violence. Lake Ming 868-7428

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

**FAMILY DAY AT BUENA VISTA MUSEUM:** 2 Adults and up-to 6 kids only \$20. 10:00AM - 4:00PM 324-6350

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



## POLAR BEAR PLUNGE

**Tuesday, Jan 1st**

Come be a part of a Bakersfield tradition at the McMurtrey Aquatic Center by taking the Polar Bear plunge into the activity pool. Ride the slides into the icy water and swim 25 yards or just hop in and swim the 25 yards before climbing out to a steaming cup of hot chocolate. 7 years and up. Cost: \$5 Plunge or \$25 Plunge & Sweatshirt 1325 Q Street, 11:00 AM. (661) 852-7430.

**JUST FOR KIDS AT BUENA VISTA MUSEUM:** Science Enrichment Program. 10:30AM-12:00PM 324-6350

**LEGO CLUB MANIA! AT NORTHEAST LIBRARY:** Build anything you can imagine! 1:00PM - 3:00PM. 661-393-6431

**MATH CLINIC AT BEALE LIBRARY:** Learn math or get assistance with your math homework. 2:00PM - 4:00PM 868-0701

**PHILOSOPHY FOR KIDS AT BEALE LIBRARY:** 868-0701

**THE BAKERSFIELD MUSIC HALL OF FAME JR. THEATRE: HANSEL AND GRETEL:** 12:00PM - 3:00PM 864-1701

**THE BRS PRESENTS: AN EVENING OF NEW MUSIC:** Kris Tiner performs up close and personal with an intimate experience for everyone to enjoy. 2216 17th Street 7:00PM 489-1001

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

**Sunday, January 6**  
**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

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



**SENSORY SENSITIVE SUNDAYS:** Early entry with minimal crowds at Chuck E. Cheese. 3760 Ming Avenue 397-7855

**TINKERGARTEN:** Register at <https://tinkergarten.com/leaders/alicia.rice> for this Free trial class. 3:00PM - 4:30 809-1879

**Monday, January 7**  
**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

**SEWING CLASS:** 246-7144

**ADULTS GET CRAFTY AT WASCO LIBRARY:** Join us for cross stitch basics. 1:00PM - 3:00PM 758-2114

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

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 868-0701

**Tuesday, January 8**  
**FREE ACTING CLASS:** For children. 322-2800

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

**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

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

**QUILTING:** Learn a new hobby or just enjoy quilting with friends. 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

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

**DARK DIAL: HAUNTED RADIO HOUR AT BEALE LIBRARY:** Listen to old, eerie radio dramas. 6:00PM 868-0701

**GAME ON AT WASCO LIBRARY:** Enjoy fun board games for all ages. 4:00PM - 5:30PM 758-2114

**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

**2ND SATURDAY AT BIKE BAKERSFIELD:** Stop in for a tune up and ride around downtown. 10:00AM-2:00PM 321-9247

**Wednesday, January 9**  
**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Bible verses and games. 6:00PM 833-4345

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

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

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800

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

**ROLLERAMA-WEST BARGAIN SKATE NIGHT:** \$6 with free skate 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

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

**CHESS CLUB AT SOUTHWEST LIBRARY:** Come play a game of chess. 4:00PM 664-7716

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

**ERIC WARNOCK:** The 99cent Comedian Comedy Show. 4750 Coffee Rd, 6:30PM 204-5480

**LEGO CLUB AT MOJAVE LIBRARY:** Design your best LEGO creation. 824-2243

**VISION BOARD AT WASCO LIBRARY:** Create a vision board, and set your goals! 1:00PM - 3:00PM 758-2114



**Thursday, January 10**  
**BEGINNING ART CLASSES**  
**FOR GRADES K THRU 12 AND**  
**ADULTS:** 869-2320

**FAMILY FITNESS: DOUBLE TIME**  
**AT SOUTHWEST LIBRARY:** Join us for family fun and fitness! 5:00PM 664-7716

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

**IMAGE CLEAR ULTRASOUND**  
**MOBILE UNIT:** Arvin. 326-1907

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

**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

**ROPING PRACTICE:** Spectators welcome. 325-4206

**SQUARE DANCING CLASSES:** 301-2808

**WORD POETRY/OPEN MIC NIGHT:** 703-6911

**FLIX BEFORE 6 AT SOUTHWEST LIBRARY:** Enjoy a G or PG film. 4:30PM 664-7716

**LEGO CLUB AT BEALE LIBRARY:** Come join us! 868-0701

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

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

**LEGO CLUB AT WASCO LIBRARY:** Create great things out of legos! 4:00PM - 5:30PM 758-2114

**LITTLE FEET REPEATS:** Consignment event for baby, children, and maternity! Thursday - Sunday 833-4900

**Friday, January 11**

**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

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

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

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

**VENGA CUENTOS Y CRAFTS AT BEALE LIBRARY:** Bilingual fun. 3:00PM 868-0701

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

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

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

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

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

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

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

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

**MATH CLINIC AT BEALE LIBRARY:** Learn math or get assistance with your math homework. 2:00PM - 4:00PM 868-0701

**FREE DAY at the MARTURANGO MUSEUM:** FREE admission on the second Saturday of each month. 760-375-6900

**2nd 2ND SATURDAY FILM SERIES AT BEALE MEMORIAL LIBRARY:** 868-0701

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

**YOKUTS PARK 2, 3, AND 5 MILE FUN RUNS:** Come out for this FREE event, and stay for the snacks afterward. 7:00AM

**VOLUNTEER ORIENTATION AND TRAINING:** No experience is necessary to volunteer at M.A.R.E. 589-1877

**Sunday, January 13**  
**SAN EMIGDIO EXPRESS AT WIND WOLVES:** Catch a ride with us for hiking opportunities. 858-1115

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

**Monday, January 14**  
**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

**SEWING CLASS:** 246-7144

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

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** 868-0701

**SCIENCE FUN AT WASCO LIBRARY:** Join us for our S.T.E.A.M./S.T.E.M. project. 3:30PM - 5:00PM 758-2114

**SENSORY FAMILY FLIX BEFORE 6 AT BEALE LIBRARY:** Friendly screenings in an open environment allow families to enjoy their favorite films in a safe and accepting way where kids are free to get up, move, shout or sing. 4:00PM 868-0701

**Tuesday, January 15**

**FREE ACTING CLASS:** For children. 322-2800

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

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

**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](http://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.

## DECEMBER 2018 *daily happenings*

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

**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

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

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

**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

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

**PUZZLE MANIA AT WASCO LIBRARY:** Put a puzzle together. 4:00PM - 5:30PM 758-2114

**Wednesday, January 16**  
**CHILDREN'S ART CLASS (GRADES 1-6):** Bakersfield Art Center. 869-2320

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Bible verses and games. 6:00PM 833-4345

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

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

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

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800

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

**ROLLERAMA-WEST BARGAIN SKATE NIGHT:** \$6 with free skate 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

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

**CHESS CLUB AT SOUTHWEST LIBRARY:** Come play a game of chess. 4:00PM 664-7716

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

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

**GOOD FOR YOU AT WASCO LIBRARY:** Learn what foods are best for you. 1:00PM - 2:30PM 758-2114

**Thursday, January 17**  
**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 869-2320

**FAMILY FITNESS: DOUBLE TIME AT SOUTHWEST LIBRARY:** Join us for family fun and fitness! 5:00PM 664-7716

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

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Arvin. 326-1907

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

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

**ROPING PRACTICE:** Spectators welcome. 325-4206

**SQUARE DANCING CLASSES:** 301-2808

**WORD POETRY/OPEN MIC NIGHT:** 703-6911

**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

**FLIX BEFORE 6 AT SOUTHWEST LIBRARY:** Enjoy a G or PG film. 4:30PM 664-7716

**LEGO CLUB AT BEALE LIBRARY:** Come join us! 868-0701

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

**\$2 DOLLAR DAYS AT BUENA VISTA MUSEUM:** All Ages, All Day just \$2 per person. 10:00AM - 4:00PM 324-6350

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

**CRAFTY TEEN CLUB AT BEALE MEMORIAL LIBRARY:** 868-0701

**POV DOCUMENTARY SERIES AT BEALE LIBRARY:** A PBS documentary, "Don't Tell Anyone." Children under 12 must be accompanied by an adult. 4:30PM 868-0701

**Friday, January 18**

**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

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

**KIDS GET CRAFTY AT BEALE LIBRARY:** Join us to create the craft of the month. 868-0701

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

**VENGA CUENTOS Y CRAFTS AT BEALE LIBRARY:** Bilingual fun. 3:00PM 868-0701

**STORYTIME & CRAFT AT WASCO LIBRARY:** Join us for stories, rhymes, songs and more! 8:00AM 758-2114

**FOX THEATER PRESENTS THE WIFE:** A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature. \$6.00. 2001 H St., Bakersfield 93301. 6:30PM 324-1369

There's Just

# TOO MUCH LOCAL FUN

to list on these pages!  
View our full calendar of submitted events online at [kerncountyfamily.com](http://kerncountyfamily.com)



**WINNIE THE POOH PARTY AT MOJAVE LIBRARY:** Let's celebrate Winnie the Pooh! 11:30AM 824-2243

**Saturday, January 19**

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

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

**ONYX FAMILY FARMS:** 9:00AM - 4:00PM. (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 AND CRAFT AT NORTHEAST LIBRARY:** Celebrate reading and a unique craft. 1:00PM 871-9017

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

**BUENA VISTA MUSEUM PRESENTS: "ROADSIDE GEOLOGY OF KERN COUNTY":** Discover how Kern County is the crossroads of California geology. 3:00PM-4:30PM 324-6350

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

**STAR WAR'S THEMED LEGO WORKSHOP:** Come dressed in your favorite character. 10:00AM - 12:30PM 489-3335

**PHILOSOPHY FOR CHILDREN AT BEALE LIBRARY:** 868-0701

**Sunday, January 20**

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

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

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

**Monday, January 21**

**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



**Martin Luther King Jr. Day**



**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

**SEWING CLASS:** 246-7144

**FULL MOON BIKE RIDE:** The ride will begin at Beach Park and end at The Marketplace. Bicyclists will follow the Kern River Parkway Trail. Local nonprofit Bike Bakersfield is encouraging riders of all ages and skill levels to hop on their bikes for a full moon ride following the Kern River Parkway Trail. 21st Street 6:30PM - 9:00PM 321-9247

**TINKERGARTEN:** Register at <https://tinkergarten.com/leaders/alicia.rice> for this Free trial class. 3:00PM - 4:30 809-1879

**Tuesday, January 22**

**FREE ACTING CLASS:** For children. 322-2800

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

**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

**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

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

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

**PRESCHOOL STORYTIME AT BEALE LIBRARY:** Fun with your 3 to 5 year old. 868-0701

**COLOR ME HAPPY AT WASCO LIBRARY:** Join us for coloring. 4:00PM - 5:30PM 758-2114

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

**Wednesday, January 23**

**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. 6:00PM 833-4345

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

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

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** 322-2800

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

**ROLLERAMA-WEST BARGAIN SKATE NIGHT:** \$6 with free skate 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



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

**CHESS CLUB AT SOUTHWEST LIBRARY:** Come play a game of chess. 4:00PM 664-7716

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

**LEGO CLUB AT MOJAVE LIBRARY:** Design your best LEGO creation. 824-2243

**BARKS AND BOOKS AT BEALE LIBRARY:** Practice your reading skills by reading to therapy dogs. 868-0701

**GOT YARN? AT WASCO LIBRARY:** Learn how to do different crafts with yarn. 1:00PM - 3:00PM 758-2114

**Thursday, January 24**

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

**FAMILY FITNESS: DOUBLE TIME AT SOUTHWEST LIBRARY:** Join us for family fun and fitness! 5:00PM 664-7716

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

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Arvin. 326-1907

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

**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

**ROPING PRACTICE:** Spectators welcome. 325-4206

**SQUARE DANCING CLASSES:** 301-2808

**WORD POETRY/OPEN MIC NIGHT:** 703-6911

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

**FLIX BEFORE 6 AT SOUTHWEST LIBRARY:** Enjoy a G or PG film. 4:30PM 664-7716

**LEGO CLUB AT BEALE LIBRARY:** Come join us! 868-0701

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

**GAME ON CHALLENGE AT WASCO LIBRARY:** Play board games. 4:00PM - 5:30PM 758-2114

**OTAKU CLUB AT BEALE MEMORIAL LIBRARY:** Anime fans unite! 4:00PM 868-0701

**Friday, January 25**

**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 great live music! Friday - Saturday 703-6911

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

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

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY** Join us to create the craft of the month. 868-0701

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

**VENGA CUENTOS Y CRAFTS AT BEALE LIBRARY:** Bilingual fun. 3:00PM 868-0701

**GOLDEN DRAGON ACROBATS AT FOX THEATER:** Danny Chang and his Golden Dragon Acrobats continue their rigorous, 30+ year U.S. touring schedule of a centuries-old Chinese art form here in Bakersfield. 7:30PM 324-1369

**STORYTIME & CRAFT AT WASCO LIBRARY:** Join us for stories, songs, and more! 3:30PM - 5:00PM 758-2114

**TRAXXAS MONSTER TRUCK TOUR AT RABOBANK:** See these incredible 10,000-pound, car-crushing giants compete in Racing, Wheelie Contests, and then rock the house with amazing Freestyle Action during the Traxxas Monster Truck Tour! Price: \$11.00 to \$40.00. 7:30PM Friday - Saturday 852-7777

**Saturday, January 26**

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

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

**ONYX FAMILY FARMS:** 9:00AM - 4:00PM. (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, and a craft. 871-9017

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

**GUIDED NATURE HIKE AT WIND WOLVES:** Join a naturalist for a guided hike from the Crossing Parking Lot to Raven's Landing and back. Reservations must be made two weeks before the event via our website. 10:00AM - 12:00PM 858-1115

**Sunday, January 27**

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

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

**A BRIDAL EVENT:** With everything you need to plan the perfect event. 1142 South P St. 12:00PM - 2:30PM 633-9200

**Monday, January 28**  
**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

**SEWING CLASS:** 246-7144

**ART 101 AT WASCO LIBRARY:** Come join us for different art projects, all supplies provided. 3:30PM - 5:00PM 758-2114

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

Listings of FREE Immunizations

**totshots**

**Walgreens**  
**Wednesday, January 2nd**  
 40 Chester Avenue, Bakersfield from 9:00 a.m. to 2:00 p.m.

**Walgreens**  
**Thursday, January 3rd**  
 3301 Panama Lane, Bakersfield from 9:00 a.m. to 2:00 p.m.

**Walgreens**  
**Monday, January 7th**  
 4306 Ming Avenue, Bakersfield from 9:00 a.m. to 2:00 p.m.

**Kern County Dept. of Human Services**  
**Wednesday, January 9th**  
 100 E. California Avenue, Bakersfield from 9:00 a.m. to 2:00 p.m.

**Walmart**  
**Thursday, January 10th**  
 2601 Fashion Plaza, Bakersfield from 9:00 a.m. to 2:00 p.m.

**Greenfield Family Resource Center**  
**Monday, January 14th**  
 5400 Monitor Street, Bakersfield from 9:00 a.m. to 2:00 p.m.

**Mercado Latino**  
**Tuesday, January 15th**  
 2105 Edison Hwy., Bakersfield from 9:00 a.m. to 2:00 p.m.

**Adventist Health Bakersfield**  
**Wednesday, January 16th**  
 2800 Chester Avenue, Bakersfield from 1:00 p.m. to 6:00 p.m.

**Walmart Supercenter**  
**Monday, January 21st**  
 5075 Gosford Road, Bakersfield from 9:00 a.m. to 2:00 p.m.

**Walmart**  
**Tuesday, January 22nd**  
 401 Central Ave., WASCO from 9:30 a.m. to 2:00 p.m.

**Vallarta Market**  
**Thursday, January 24th**  
 600 Beat Mountain Blvd, ARVIN from 9:30 a.m. to 2:00 p.m.

**NOR Riverview Park**  
**Monday, January 28th**  
 437 Willow Drive, Bakersfield from 9:00 a.m. to 2:00 p.m.

**New Life Church**  
**Wednesday, January 30th**  
 4201 Stine Rd., 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.



**BAKERSFIELD PIZZA & BEER FESTIVAL**

**Saturday, Jan 26th**  
 (21 and over event) Try craft beer from local and regional breweries as well as unlimited tastings of pizza from local and regional pizzerias, food trucks, and restaurants. 3801 Chester Ave, Bakersfield, CA 93301. 2:00 PM. (661) 437-3330. Tickets available on Eventbrite.com



**CULTS & CLASSICS AT FOX THEATER:**  
CITIZEN KANE: Ticket price: \$5.00. 6:00PM  
324.1369

**PERSONAL COMPUTER COACH AT  
BEALE MEMORIAL LIBRARY:** 868-0701

## Tuesday, January 29

**FREE ACTING CLASS:** For children.  
322-2800

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

**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

**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

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

**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

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

**LEGO CLUB AT WASCO LIBRARY:** Any-  
thing goes with LEGOs; join us for LEGO fun.  
4:00PM - 5:30PM 758-2114

## Wednesday, January 30

**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. 6:00PM 833-4345

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

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

**OPEN CALL DAY FOR ACTORS AND AC-  
TRESSES:** 322-2800

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

**ROLLERAMA-WEST BARGAIN SKATE  
NIGHT:** \$6 with free skate 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

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

**CHESS CLUB AT SOUTHWEST LIBRARY:**  
Come play a game of chess. 4:00PM 664-  
7716

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

**PLASTIC CANVAS AT WASCO LIBRARY:**  
Create gifts with plastic canvas. 1:00PM -  
3:00PM 758-2114

## Thursday, January 31

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

**FAMILY FITNESS: DOUBLE TIME AT  
SOUTHWEST LIBRARY:** Join us for family  
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**FREE ACTING CLASS:** For children 5-17  
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**SQUARE DANCING CLASSES:** 301-2808

**WORD POETRY/OPEN MIC NIGHT:** 703-  
6911

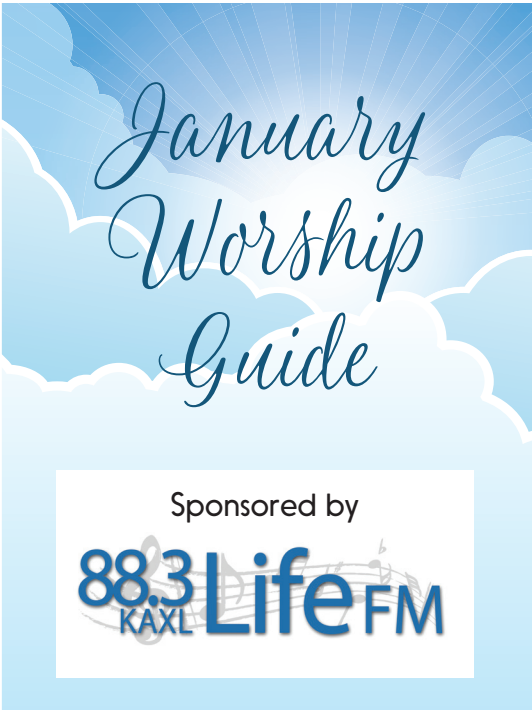
**FLIX BEFORE 6 AT SOUTHWEST LI-  
BRARY:** Enjoy a G or PG film. 4:30PM 664-  
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**LEGO CLUB AT BEALE LIBRARY:** Come  
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**TODDLER TIME AT NORTHEAST LI-  
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**INTERNATIONAL CINEMA AT BEALE ME-  
MORIAL LIBRARY:** 868-0701

**PUZZLE MANIA AT WASCO LIBRARY:** Ex-  
pand your mind, and piece together puzzles.  
4:00PM - 5:30PM 758-2114



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**Sesame Street Announces Homelessness Initiative with New Muppet, Lily**  
By Vaun Thygerson

Sesame Workshop, the non-profit educational organization behind Sesame Street, recently announced a major new initiative to offer help and hope to the growing number of young children across the United States who are experiencing homelessness. The initiative engages children and families with the resilient and relatable Lily, a seven-year-old Muppet whose family is staying with friends on Sesame Street after losing their home.

Lily is featured in new videos, storybooks, and interactive activities for families with children ages 2 to 6, in addition to materials for the professionals who serve them, such as teachers, social workers, and healthcare providers. Sesame launched the initiative, part of its Sesame Street in Communities program, to help mitigate the impact of the trauma and stigma that result from homelessness.

By featuring Lily and her friends on Sesame Street, the resources are designed to show the experience from a child's perspective, with Lily and her friends encouraging optimism, promoting understanding, and modeling simple coping strategies for children. Resource materials, which include videos, storybooks, digital interactives, games, and professional development resources, are available for free—in English and Spanish—at www.sesamestreetincommunities.org.



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**ACTIVITY CORNER**  
ANSWERS

*p. 34*

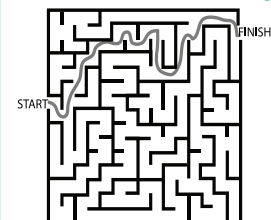
**Sudoku:**

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

**Crossword:**

Across	Down
1. Creative	1. Colors
4. Logistic	2. Egg
6. Row	3. Excited
7. Tilt	5. Satin
8. Painted	

**Maze:**





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Lost Hills campus - Amanda Rollin at (661) 797 - 2220  
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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**

- 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

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- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
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- Little interest in friendships

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# KID'S activity corner

Answers on page 30

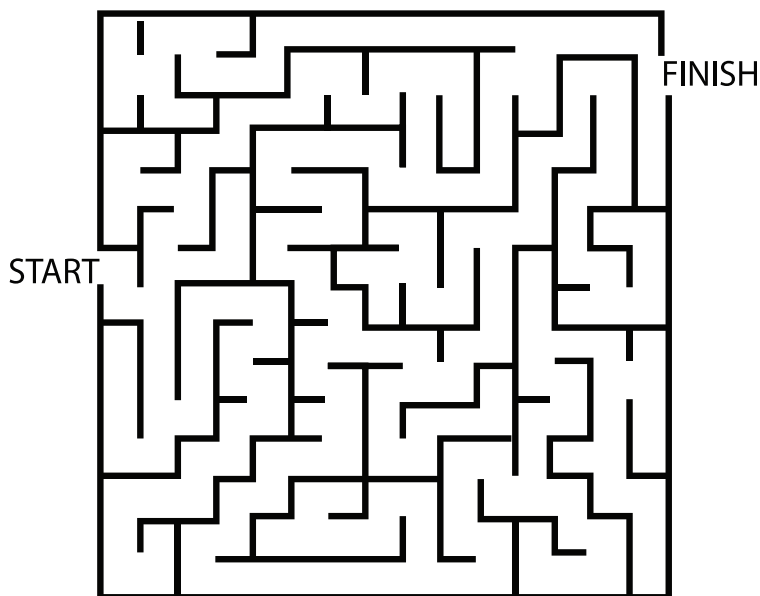
## Sudoku

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

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

- |          |          |       |
|----------|----------|-------|
| BEVERAGE | LEMON    | STEEP |
| CUP      | MILK     | SUGAR |
| HONEY    | SAUCER   | TEA   |
| INFUSER  | SOOTHING | WARM  |

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

## Crossword Puzzle

1		2					3
4				5			
6				7			
	8						

### ACROSS

- Artistic
- Related to solving problems
- Orderly line
- Turn slightly
- Covered in color

### DOWN

- Hues
- Breakfast food
- Eager
- Silky feel



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