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SEPTEMBER 2019

KERN MEDICAL: GIVING NEW *Hope* to VALLEY FEVER PATIENTS

Read About Ashley Villegas and
Daughter Kayleen's Journey on pg 14

JAVEN
FREEBORN:
Kern County's
Youngest

ESCAPE
ROOM
OWNER

plus: happy mamas, it's time to try something new-just for you p.20
YCDI: chicken finger pockets p.22 bike arvin looking for a new home p.12

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Kern County Family Magazine is published twelve times a year by Skyline Publishing & Event Promotions of Kern County

Kern County Family Magazine is available free at more than 700 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets.

Subscriptions by mail are \$17 per year and must include a check:

KERN COUNTY FAMILY MAGAZINE
1400 EASTON DR., SUITE 112
BAKERSFIELD, CA 93309

Deadline for advertising and calendar information is the 10th of the month preceding.

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MEMBERS OF



14

Cover Feature

Tehachapi native
Ashley Villegas (with daughter Kayleen)

recounts her journey with Valley Fever. Learn how Kern Medical is trying to help those affected with the disease.

Photos by Carlie Shea
Photography:

@carliesheaphotography



20

Hello, Happy Mama:
...and so She Danced



22

You Can Do It:
Simple, Family-Friendly
Dinner Tips



21

Education Feature:
Middle School's Many
Life Lessons

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



- 4 **Dear Reader:** Happy September!
- 6 **Refrigerator Door:** Local Voices, News & Trends
- 8 **Vital Signs:** Healthy News to Use
- 10 **Local Feature:** Ingenious Escape Rooms: Local Teen Takes Charge
- 12 **Local Feature:** Bike Arvin: Looking for a New Place to Park
- 18 **Humor@Home:** How Do I Eat This?
- 23 **Happenings™:** Calendar of Local Events
- 29 **Worship Guide**
- 30 **Family Shopper**
- 34 **Activity Corner:** Sudoku, Word Find & More



Vaun Thygerson,
Contributing Writer

I learned something new about myself this week – the only kind of puzzles I can put together easily are the ones that come on wooden blocks. My whole “mom” life I thought I was a puzzle whiz, because, well, I am really good at kid puzzles; but it turns out, 500-piece puzzles are a whole different ballgame. And, I have to admit, I’m not good at them. They are so much harder than I remember, because I haven’t done one in a long time.

My dad and I decided to put together a 1,000-piece puzzle of Germany’s picturesque Neuschwanstein Castle. After a few days and countless hours, we called defeat and abandoned the project. We both made excuses, saying it was too many pieces, and the metallic finish to the puzzle made it harder to match colors. Yada yada yada...

So, not to be daunted, we got another puzzle, but this time downsized to 500 pieces and made sure it had a lot of bright colors with a matte finish. After much concentration and dedication, this puzzle of Renoir’s impressionist masterpiece, Oarsmen at Chatou, finally has a complete border and that’s about it. I don’t want to give up this time, but it really is proving to be a challenge. You’ll have to check on me next year to see if it’s done, because I am determined to complete it no matter how long it takes. After all, what’s that old saying? “It’s not about the destination, but the journey.”

Now, with the kids back in school, I will have more time to conquer the puzzle that awaits me lying on my dining room table. In Janelle Capra’s Hello Happy Mama article, “...And So She Danced!” on page 20, she writes about how she has more time to herself and was able to take dance lessons at Kern Dance Academy for adults. Growing up, she danced ballet for years and really missed it, so she’s recommitted to taking an adult ballet class at Civic and challenges you to reignite a passion in your life. In fact, she wants you

to share your new adventures with her on social media using the hashtag **#hellohappymama**.

In this month’s Humor at Home by Julie Willis “How Do I Eat This? Why I Was Always Starving When My Kids Were Small,” she reminisces about days when her kids were babies, and she had to find food on the go. To read about her acrobatic routines balancing a baby while trying to find non-moldy cheese in the refrigerator, turn to page 18.

A special thanks to Ashley Villegas, who shares her life-changing story, written by Callie Collins, “Hope at Kern Medical: One Patient Shares her Valley Fever Survival Story,” on page 14. Ashley was diagnosed with Valley Fever during her third trimester of pregnancy, which caused many health concerns for both her and her baby. Kern Medical’s Valley Fever Institute is dedicated to helping patients like Ashley and her baby, Kayleen. The Institute was recently awarded \$2 million of state funds for its research purposes.



Ashley (left) with Kayleen and
KCFM Publisher LJ Radon.
Photography by Callie Shea

As Back-to-School routines have become a way of life and the kids are settling in, find a few hours for me time, even if it’s just staring at a puzzling puzzle. Summer seemed short and before you can blink, it will be the New Year. Slow down, unwind, and find ways to enjoy the moment. And, when you’ve done something really cool, let us know about it! Don’t forget the hashtag (otherwise known in my day as the pound sign) **#hellohappymama**

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- Get more information at CommuteKern.org

CommuteKern is a service provided by Kern Council of Governments



WAYS TO FOSTER YOUR CHILD'S TALENTS THIS SCHOOL YEAR...OUTSIDE OF SCHOOL

by Callie Collins



"REACH HIGH,
FOR STARS LIE
HIDDEN IN
YOUR SOUL.
DREAM DEEP,
FOR EVERY DREAM
PRECEDES THE GOAL."

- Pamela Vaull Starr

- Bring books home from the library.
- Let your child choose a place in Kern County to volunteer.
- Take a walk and listen to nature and your child.
- Find math in daily living: counting ants, buying groceries, making pie.
- Put all electronics on pause.
- Allow for quiet time.
- Let your child suggest an outing for an afternoon for just the two of you.
- Keep one day of the week unscheduled.
- Cook together.
- Laugh often, even if it's kid humor.
- Create a weekly tradition to look forward to together.

Houchin Community Blood Bank Offers Pint for a Pass to the Kern County Fair

Houchin Community Blood Bank and the Kern County Fair partnered up for their 7th Annual Pint for a Pass Blood Drive from now through September 22nd. Donors at both donor centers and mobile drives will be able to enjoy FREE adult admission passes to this year's Kern County



Fair, running September 18th through 29th, by simply rolling up a sleeve and donating a pint of blood or other needed blood products.

The donor centers are located at 5901 Truxtun Avenue and 11515 Bolthouse Drive in

Bakersfield. Hours are 9 am to 6 pm Monday, Tuesday, Wednesday and Friday, 11 am to 7 pm Thursday, and 8 am to 2 pm on Saturday. **A current list of mobile drives is available at www.hcbb.com or by calling 661-323-4222.**

"Everyone loves the great Kern County Fair, so we are thrilled to be able to offer our donors a free 'Ticket to Fun' again this year. The passes really help to motivate new and repeat donors at a time when back to school activities are pulling them in other directions. Although mobile drives have been very successful all summer, donor center visits remain low. The biggest needs are O+ and O- blood, AB plasma and platelets of any kind," says Brad A. Bryan, CEO of Houchin Community Blood Bank, "Our annual Pint for a Pass Blood Drive is a fun way for Houchin to build the blood supply at the end of summer."

Step out to Paris in Kern County for an Important Community Cause

By Callie Collins

The Mission at Kern County's Ladies Guild is preparing its fifth annual "Meet Me in Paris" Fashion Show. The event, which benefits men and women in recovery from addiction, is a community fundraiser that helps make the organization's Christian Life Training Discipleship Program possible. It will take place on Saturday, Sept. 14 from 10 a.m. to noon at 821 E. 21st Street in Bakersfield.

Graduates from the Discipleship Program, which focuses on recovery and a productive future for its participants, are the day's models. Encore Boutique will provide the featured attire. A silent auction and raffle, passed appetizers, and live music will also be part of the event. Tickets are \$35 per adult and sponsorship opportunities are also available.

The Mission at Kern County is a non-profit that provides a variety of community aid, including helping to serve those most in need due to homelessness and addiction. Its Discipleship Program consists of an intensive 18-month guided rehabilitation process that includes one year of structured residential supervision, job training, counseling and other services. The goal is to help sober graduates thrive in society through independent living.

Find more information and purchase tickets online at http://bit.ly/mission_paris.



Kern Family Health Care Gives \$83,000 in Community Grants

Kern Family Health Care, through the Kern Health Systems Community Grant Program,



Kern Family Health CareTM

gives grants to assist local non-profit organizations similarly devoted to improving the life and wellbeing of Kern County's most vulnerable citizens. In 2019, Kern Family Health Care awarded \$83,000 to 43 different Community Based Organizations. Many Kern Family Health Care members receive assistance through programs, services, and events by this funding.

Grant funds are used in a variety of ways from purchasing refrigerators for the Homeless Center, to funding art classes for children in Shafter and Bakersfield provided by the Community Action Partnership of Kern at their Friendship House and Shafter Youth Center locations, to name just a few.

For more information, please visit kernhealthsystems.com.



Boys and Girls Clubs of Kern County Gets New Roof and Solar Installation

Thanks to a generous donation from Aera Energy LLC, the Boys and Girls Clubs of Kern County recently unveiled its new roof and solar

installation at its Armstrong Youth Center at 801 Niles Street, Bakersfield. This new system replaces a roof that leaked in the rain and will also save the club approximately \$60,000 annually in utility costs. **For more information, please visit bgclub-sofokerncounty.org.**



Photo courtesy Boys and Girls Clubs of Kern County

5th Annual Tejon Tribe Pow Wow

The 5th Annual Tejon Tribe Pow Wow will be held on September 28th-29th, 2019 at California State University, Bakersfield, to celebrate Native American culture. This family-friendly free event is held on the California Indian Day weekend, which falls on the fourth weekend in September. Members from various tribes throughout the country will come to sing and dance in full regalia at the Tejon Tribe Pow Wow. The event includes American Indian traditional foods like Indian fry bread, arts and crafts, and public information booths about the Tejon tribe. **For vendor information, please call 661-834-8566.**



Photo courtesy Tejon Tribe Pow Wow

DID YOU KNOW?

Children should get at least one hour of physical activity per day and they easily achieve that marker simply by being children and engaging in activities such as running, climbing, and playing games like tag with other youngsters.

—The American Academy of Family Physicians.

Adequate Sleep, Limited Screen Time Can Decrease Impulsivity

Kids who sleep more and stare at a screen less may be less impulsive, according to a recent study. The study, supported by the American Academy of Pediatrics, sought to examine whether adherence to the "Canadian 24-Hour Movement Guidelines for Children and Youth" was associated with levels of impulsivity in children. The guidelines recommend nine to 11 hours sleep each night, no more than two hours of daily recreational screen time, and at least 60 minutes of moderate-to-vigorous physical activity each day.

The study, "24-Hour Movement Behaviors and Impulsivity," looked at hours of sleep each night, the amount of screen time, and daily physical activity for 4,524 U.S. children. The researchers found that children who met the sleep, screen time, and physical activity recommendations reported lower levels of impulsivity.



The study suggests that adequate sleep and limited screen time had the largest association with reduced impulsivity. The authors state that these findings could be important for pediatricians, educators, parents, and policy makers as they consider opportunities to limit screen time, while also promoting early routine bedtimes, especially as it relates to prevention and treatment of impulsivity-related psychiatric disorders such as Attention Deficit-Hyperactivity Disorder.

When to Question Tests, Procedures or Treatment for Rheumatologic Diseases

Parents who are seeking answers for their child's rheumatic diseases should make sure suggested procedures are necessary. The American Academy of Pediatrics, as part of the national Choosing Wisely® campaign, recently released a list of tests and procedures commonly used to treat rheumatic diseases that should be questioned by patients and physicians to ensure they are evidence-based and necessary. Prescribing opioids and testing for Lyme disease are among the top five items of concern listed by the AAP Section on Rheumatology. These specialists diagnose and treat autoimmune disease and conditions that affect the joints tendons, ligaments, bones and muscles, including arthritis.

"There are many misconceptions about autoimmune conditions and musculoskeletal diseases that we work to dispel," said Grant Syverson, MD, FAAP, member of the AAP Section on Rheumatology. "Patients and physicians are encouraged to discuss any questions or concerns about tests or treatment and how they might impact health."

The five list items are:

1. Do not prescribe opioids for chronic pain management in patients with autoimmune disease.
2. Antinuclear antibody and other autoantibody testing should not be ordered on a child unless there is strong suspicion or specific signs of autoimmune disease.
3. Do not test for Lyme disease as a cause of musculoskeletal symptoms without an exposure history or appropriate exam findings.
4. Do not send periodic fever syndrome genetic panels prior to infectious and oncologic workup or in a patient without clear evidence of recurrent fever.
5. Do not order rheumatoid factor alone, or as part of a "panel" or "cascade" in children to evaluate for rheumatic disease such as juvenile idiopathic arthritis due to musculoskeletal complaints. Do not let laboratory results guide referral.

"These statements will help guide work-up and, when questions arise, open a dialogue between treating physicians and pediatric rheumatologists," said Miriah Gillispie-Taylor, MD, FAAP, member of the AAP Section on Rheumatology.

Local, Organic, Sustainable: Bakersfield Family Farm Brings AYO Almond Milk Yogurt to Consumers

by Callie Collins

Local quality stands out and a Bakersfield almond farm is in the spotlight for its new organic yogurt.

AYO Almond Yogurt is new to consumers in Bakersfield, but the Delano-based almond farm has been a family-operated almond producer for more than 100 years. Dot+Ott's restaurant and store features the product; limited retail at Bakersfield grocery stores has also started with hopes to expand nationwide, according to the company's FAQ section of its website. Statements about its water usage and sustainability are also available.

Billings Ranches, with its four-generation legacy, has launched the product line to meet local demand for yogurt produced from almond milk. The product has only a handful of peers throughout international markets; the product is rare and it's produced right here in our community. Its success has surpassed sales expectations, according to local newspaper coverage.

The product's website sums up the brand's perspective with a first-person quote: "We're forward-thinking farmers who've learned from the past. And as stewards of the land, we're passionate about introducing better-for-you foods the right way: with clear traceability, vertical integration, and sustainable practices. Our commitment to innovation and farm-to-spoon philosophy has resulted in the creation of AYO yogurt."

The yogurt is vegan and its container is recyclable. **Find more information about this Bakersfield-made product at ayoyogurt.com.**





Got Asthma?

Kids and adults can suffer bouts of trouble breathing, chest tightness, wheezing, and nighttime or early morning coughing. Kids who have asthma may not always exhibit symptoms but may only have attacks when something bothers their lungs.

Certain things can trigger an asthma attack like smoke from cigarettes, smog and air pollution, mold, dust mites, and even cockroaches! Anyone with asthma has it their entire life. Outgrowing asthma is a myth.

Key Facts

- In most cases, the cause of asthma is unknown and there is no cure.
- If someone in your family has asthma, you are also more likely to get it.
- In the U.S., an estimated 24.6 million people have asthma.
- In the U.S., children are more likely to have asthma than adults.
- Pollution, dust mites, environmental triggers such as auto exhaust, and even exertion from sports or play can trigger an asthma attack.

Prevention Tips

- Learn what triggers your asthma attacks and avoid them.
- Know the warning signs of an asthma attack.
- All people with asthma should have a written asthma action plan.
- Take your medicine exactly as your medical professional tells you to do.

Did You Know?

When feeling stressed, people may want to reach for a cup of tea.

Research conducted by psychologists at the City University London found that a cup of tea reduces stress, not just by drinking it, but also because of the calming effect of putting the tea kettle on. Furthermore, decaffeinated green tea also can calm a person and encourage sleep. In a 2017 study published in the journal *Nutrients*, participants were able to fall asleep much more easily when drinking decaffeinated green tea. Also, they reported feeling much less stressed out over the course of the one-week experiment. Even black tea has been found to relieve stress by lowering cortisol levels when a person is faced with stressful situations. According to the herbal remedy site *Herbwisdom.com*, chamomile tea is an age-old medicinal herb that has been used as a remedy for numerous conditions, including asthma, nervousness, sleep, and stomach ailments and as a treatment for colds. It, too, many help reduce stress. Tea has many benefits for the body, and helping to tame stress may be one of them.



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INGENIOUS ESCAPE ROOMS: Local Teen Takes Charge

By Callie Collins

Entrepreneurs typically create a business later in life, or at least during adulthood. One local teen, though, has already made his own success. Javen Freeborn breaks the stereotype that business concepts are better left to people much older than he is. At just 11 yrs. old, he started Ingenious Escape Rooms. Now 13 yrs. old, the Bakersfield student has developed the concept into a successful family fun venue.

"I knew that if I was going to be in business, it would be for myself. I don't like having to take direction from other people or being bossed around. I definitely wanted to be in charge of my own business and what would happen with it," said Javen.

Although Javen doesn't have any employees to boss around, he's doing just fine on his own, with occasional help from a cousin. Javen's parents allowed him to convert part of their home into the space he would need for the business, specifically three decorated breakout rooms, each with a different theme. He said it didn't take much convincing, and they encouraged him to go into business for himself.

Javen's own interest in escape room as part of the experiential entertainment industry sparked his interest in owning and managing one. The concept has flourished in recent years as a problem-solving activity that doesn't take all day. Breakout rooms are also a popular alternative to screens and get players up and playing an interactive game together in a different way than video games. Participants must solve riddles, decode cyphers, answer questions, and figure out the bigger picture of a themed room within the 1-hour allotted playing time. The business is hosted at 8908 Forest Oaks Ct., where the family also lives.

Javen attends eighth grade when he's not working. He runs the business on weekends and within a self-defined period of time before and after school on Mondays and Tuesdays. He handles the hosting and customer service duties

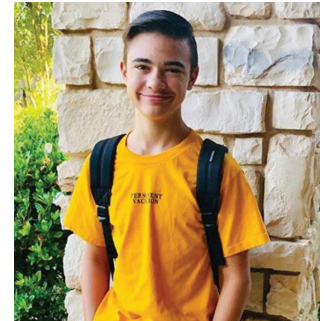
as well as administrative tasks for the business, with as little parental involvement as possible.

School still tops Javen's list of priorities, but he sees the potential for entrepreneurial success now as well as in his future. He hopes to grow the business throughout high school and he sees business development as an area he'd like to focus on after college.

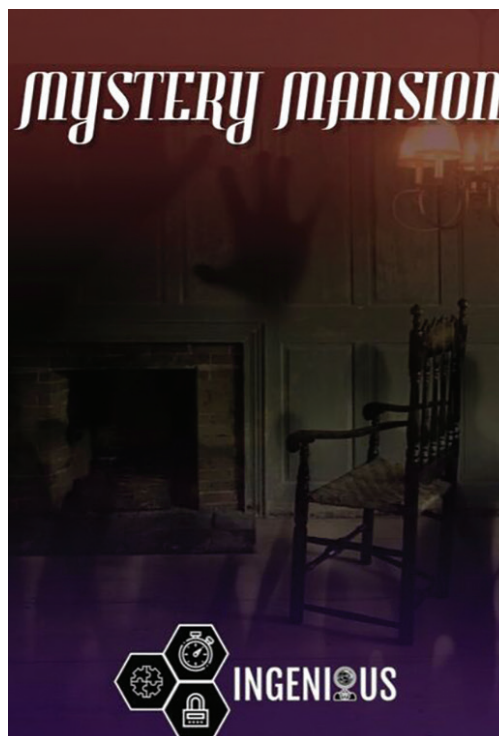
Escape room games and experiences can be booked directly through the business's website at www.ingeniousscapeentertainment.com or on AirBNB.com. Players can choose between different rooms and whether to play with their family, friends, or co-workers as a teambuilding exercise. Prices start at \$15 per person. Use code **BAKOFAM** for 30% off when booking directly through the business's website.

"If I could give one piece of entrepreneurial advice to kids or other teens, it's to never give up. If you just keep working through the business's problems, it'll get better," said Javen.

Javen's success is sure to inspire other students. Know of a young Kern County entrepreneur we should feature? Email callie@kerncountyfamily.com to submit a story idea for consideration.



Top, Javen Freeborn; Above, one of the themed room setups; Below, promotional images for Ingenious Room options



Images via ingeniousescapeentertainment.com

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Bike Arvin

Looking for a new place to park

By Callie Collins

Bike Arvin's Safety and Cycling Education Work to Continue Despite Uncertainty About its New Location

Changes are coming to Bike Arvin, a local non-profit dedicated to cycling culture and its role within our community. South Kern's only bike shop is looking for a new home after Sept. 29. The group's current set-up includes a bike shop, its well-known Bike Kitchen repair space, and meeting areas for staff and volunteers.

Bike Arvin's facility location this fall is to-be-determined. The group is looking for a space that can house its equipment and displays and be open to the public at least once a week. If you know of a suitable space for consideration, email Asha Chandy, programs manager, at asha@bikebakersfield.org. Tax-deductible donations, used bicycles, and repair materials are also accepted.

Despite facilities changes, its mission will remain the same. Promoting healthy lifestyle habits, educating the public about bike safety practices, and furthering biking as a free and efficient form of transportation are part of Bike Arvin's services to the community. The group's Earn-A-Bike program also teaches bicycle maintenance. Participants put their bike together piece by piece under a mechanic's supervision, so they gain skills as they construct what can then be a great hobby or way to get to work.

The group also fulfills an advocacy role by participating in local committees like the City of Arvin Advisory Committee for Complete Streets and Safe Routes to School Plan with the goal of helping secure alternatives for pedestrians, students walking to school, residents with disabilities, and mass transit, as well as Kern County cyclists. Promoting community investment in features like sidewalks, bike lanes, and a bike park are part of Bike Arvin's continued involvement in public policy.

The group's members have expressed their commitment to continuing a dedicated approach to cycling as a viable commute choice and recreational pastime in Kern County.

Find out more about Bike Arvin and how to get involved with local cycling at <http://bikebakersfield.org/bike-arvin/>.



Photo courtesy Bike Bakersfield

Bakersfield Bike Kitchen- NEW HOURS

By Vaun Thygerson

Bike Bakersfield has updated its Bike Kitchen hours for the fall to Monday through Wednesday from noon to 6 p.m. The Bike Kitchen, located at 1708 Chester Avenue, Bakersfield, is a community resource and hub for bicycle repair with a staff of talented mechanics who are experienced in refurbishing a wide array of bicycles. It also offers bike stands, bike pumps, tools, used parts, refurbished bicycles, and new accessories.

Members of Bike Bakersfield can use the tools on-site, free of charge. If you are not a member and would like to use the tools, the nonprofit asks for a \$2/hour donation. The Bike Kitchen also offers the Earn-A-Bike program where volunteers can earn a bike in exchange for 12 hours of service. **If you would like to join Bike Bakersfield for \$25 per year, please visit www.bikebakersfield.org.**



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cover feature

HOPE

at Kern Medical:

Kern County Patient Shares Her
Valley Fever **Survival** Story

By Callie Collins

Photography by Carlie Shea,
@carliesheaphotography

Ashley Villegas, age 22, speaks with the authority of someone much older. The past four years of her life have been atypical. They've been mixed with traditional milestones, like finishing high school and entering college, along with the unusual circumstance of working through treatment for a chronic life-threatening illness as a new parent.

Ashley has Valley Fever, a mysterious but lesser known disease on the rise in California. Her condition was not diagnosed until her third trimester of pregnancy.

"What I wish people better understood is that Valley Fever is a serious illness; it's no joke. You can get Valley Fever just by breathing, so there's not really any way to prevent it," said Ashley. "Valley Fever can happen to anyone."

The illness in the dust

The infection, which has been labeled "the illness in the dust," is caused by a fungus called *Coccidioides*, according to the Centers for Disease Control and Prevention (CDC). When soil is disturbed, spores are breathed in and a person can become ill. Contagion does not take place from person to person contact.

The illness starts with direct exposure to air-borne spores that live in dirt, which makes it more common in agricultural and construction workers as well as after earthquakes.

The CDC lists individuals with lower immunity, such as children, the elderly, and pregnant women, as those most likely to contract Valley Fever. More than 14,000 cases across California, Arizona, Nevada, New Mexico, and Utah were reported in 2017, the most recent year for which the CDC has available data. Cases peaked in 2011, according to government statistics, with 22,641 infections reported in those regions. There were more than 5,000 new Valley Fever patients in 2016, the year Ashley contracted the illness.

Ashley's epidemiology team suspected that playing varsity soccer outdoors led to her exposure. Symptoms can be mild, especially in otherwise healthy adults, and passed off as routine, often first mistaken for a cold, the flu or another, less threatening infection. Headache, sore throat, muscular pain and malaise are what patients first notice, and they may actually have the disease without knowing because severity of symptoms does not progress. Most people who are exposed to the spores do not get sick.

"I noticed I had a sore throat, but I didn't really think anything of it at first. I went to the doctor when my fever peaked and got antibiotics, but they didn't seem to do anything," said Ashley, who was then 18. "I began to have hoarseness and couldn't talk, but I had no idea what was wrong."

Unexplained illness, motherhood, and intensive treatment

Ashley again sought care and was told she had a urinary tract infection, a common occurrence in late pregnancy. She took antibiotics as prescribed and tried over-the-counter remedies like acetaminophen to ease her symptoms.

"I wasn't getting better for any real length of time. It was just went on and on," Ashley recalled.

After two months of unexplained fevers and antibiotics that had seemingly no effect, Ashley's mother, Martha, knew something was seriously wrong and that the symptoms she was seeing were not simply the end stage discomfort of pregnancy or a simple illness. Her daughter was hallucinating and her fevers had peaked at 104 without breaking for days. She drove Ashley from their home in Tehachapi to Kern Medical in Bakersfield, where doctors confirmed Ashley had secondary meningitis, along with Valley Fever, which had spread from her vocal cords to her eyes, brain and bones.

Seizures and swelling in Ashley's brain required swift intervention, but existing treatments for Valley Fever could cause birth defects in a developing fetus. Two

days after being admitted to Kern Medical, Ashley was induced at 32 weeks pregnant and her daughter, Kayleen, was born.

"My daughter was tiny, just 4 pounds, 13 ounces, and she spent a month in the neonatal intensive care unit even though my placenta protected her from getting Valley Fever. She didn't have the same illness I had, but she still had to be in the hospital for a long time," Ashley explained.

The family's life changed instantly

"I was not in the right state of mind. It sounds crazy, but I can't even really remember that time or what I was thinking. When I would see Kayleen at the hospital, I was not really conscious of who she was or even who I was. All of a sudden, my mom had me to care for me, a grown woman who had lost all ability to care for herself in even the most basic ways, and a newborn baby," said Ashley.



Ashley Villegas & Daughter Kayleen

Intensive treatment for Ashley began immediately after Kayleen's birth. Kern Medical is the only hospital in the region that can offer the kind of intervention severely ill patients like Ashley need, which included a shunt in her head to reduce brain swelling and a port so medication could reach her brain and spinal cord. She was in and out of the hospital for months and received treatment five days a week for more than a year.

"I couldn't walk for 10 months. My mom had to shower me in a chair. I had three or four months of physical therapy to learn **continues on page 16**



to walk again,” said Ashley. “I had no idea what my quality of life would be like again during that time and if I would ever really go back to how I was in high school- healthy and happy. I lost a lot of myself to the illness.”

Life with Valley Fever

Ashley’s health has improved overall but there is no cure for Valley Fever. She continues to receive treatment and takes medication daily. She only had one ultrasound during her pregnancy but the experience inspired her to study ultrasound sonography at High Desert Medical College.

As part of her course of study to become an ultrasound tech, Ashley is currently participating in an externship at Kern Medical. She had multiple ultrasounds for gallstones after her baby’s birth in the same department where she now works alongside the medical professionals her helped her.

Ashley and Kayleen were both born at Kern Medical, and their connection with the facility will continue throughout the Valley Fever treatment process. The medical facility is home to the Valley Fever Institute, which specializes in related research as well as patient care. It’s the only facility of its kind in our state’s Central Valley area.

Quality of life looks different for Ashley now. She credits her mom for helping save her life and Kern Medical for delivering her treatment as well as the joy of her life, her daughter, who is now healthy at age 3.

“My daughter is my motivation right now. I’m trying to do everything I would do in my normal life, but I am exhausted and I struggle to do what I did before getting sick. Everything I do to move forward now is because of Kayleen,” she said.

Advocating for awareness

Ashley helps educate the public about Valley Fever and raise awareness when possible. She attended a fundraising announcement and check presentation at Kern Medical on July 23 as a member of the audience who knows all too well how the disease affects patients, and put a face to the earmarked appropriations dedicated to making advancement possible. State funds in the amount of \$2 million were awarded to further the Valley Fever Institute’s work within Kern County and for its research purposes, with the potential to impact scientific understanding of the disease overall and how to better treat it.

“We were unaware of what Valley Fever even was until the doctor explained it to my mom and me, because I was dying of it. The disease is more deadly than people know. That needs to change,” said Ashley.

Funding, increased medical research and survivors like Ashley are sure to help make change possible.

WHAT YOU SHOULD KNOW ABOUT VALLEY FEVER

The Centers for Disease Control and Prevention list Valley Fever as an infection caused by fungus in contaminated soil that is spread through spores once it’s air-borne. People with Valley Fever cannot spread it to others. Although many people are exposed to the *Coccidioides* fungus, most will not develop symptoms or serious illness.

However, the CDC cautions that vague signs of illness like rash, fever, cough, shortness of breath, headache, sore throat and fatigue that intensify over time could be a sign of Valley Fever and can become more debilitating over time for individuals with compromised immune systems. An average of 200 patients die from the disease each year. It is unknown why the majority of cases occur in the southwest region of the United States and northern Mexico.

According to Kern Medical, about 30 percent of known cases nationwide occur in California’s Central Valley. A statement on the hospital’s website explains the risk of exposure: “Anyone who travels to an environment where the fungus lives is at risk for developing Valley Fever. It’s always important to take basic safety measures around soil and dirt when you work, play, or travel. Getting infected with Valley Fever can be as simple as driving through Bakersfield with the windows down.”

The CDC recommends these prevention measures:

- Using air filters indoors
- Staying out of dust storms
- Avoiding activities like gardening, digging or other yard work
- Washing out cuts with soap and water

Valley Fever Institute at Kern Medical

Kern Medical has treated Valley Fever and been involved with research for more than 40 years. Local experts are currently participating in a clinical trial sponsored by the National Institutes of Health. Their goal is to more swiftly identify the illness and provide proper treatment to local patients but also to apply research that can have a global impact.

The work of these local experts would not be possible without state appropriations. This past July, the Valley Fever Institute received \$2 million in earmarked funds to further related work that benefits Kern County but also the greater medical community. A new therapy center will open on-site later this year. For more information, visit valleyfeverinstitute.com.

"We are grateful to Assembly Member Rudy Salas for authoring this legislation and bringing critical funding to Kern County - where it is needed the most. As Medical Director for the Valley Fever Institute at Kern Medical, I am honored to lead our clinical team as we continue our mission to increase education and awareness for the public, patients, and health care providers, provide the best patient care available, and promote research that includes epidemiology, clinical drug development, prevention, immunology, and immunizations. The \$2 million in funding will directly help the patients we care for every day at the Valley Fever Institute."

Royce Johnson, M.D., Medical Director of the Kern Medical Valley Fever Institute and Chief of Infectious Diseases at Kern Medical



"Every day at the Valley Fever Institute we care for patients fighting Valley Fever. The \$2 million will benefit countless people in Kern County and beyond. We are grateful to our dedicated legislators for supporting this critical funding and working with us to ensure the health of our community."

Russell V. Judd, CEO, Kern Medical

Photo by LJ Radon, KCFM



A typical picnic with kids...where there is plenty of food for everyone but mom.

How Do I Eat This?

Why I Was Always Starving When My Kids Were Small

By Julie Willis, Bakersfield Mom of Two

Nothing is the same after you have kids. Take eating, for instance. And I don't mean feeding your child. I mean feeding yourself. Actual eating. Before having children, you may have eaten two, possibly three, meals a day. These meals may have taken place in your home, in a restaurant, at your job, or in your car as you gulped down your Egg McMuffin on the way to work. Whatever. You ate. Meals. Food that you either prepared yourself or purchased yourself. For yourself.

After you have a baby, of course, there is no thought to preparing—never mind eating—meals for yourself.

In the two years after my first baby was born, I could not figure out how to feed myself. I couldn't put the baby down, because she would cry. (And I don't just mean fuss. I mean she would panic and scream and hyperventilate—and, if that didn't get my attention, she would eventually vomit.) So I would stand in front of the refrigerator and try to open it with one hand. Then, I would hold the door open with a foot, while I looked in to discover that I could find no food because I had not gone shopping for food. On a good day, I might spot a piece of non-moldy cheese. If that cheese was in the drawer, I would squat down level with the drawer, holding the refrigerator door open with my back, hoping the dog would not see this as an opportunity to come up and lick my face—or the

baby—and then try, with one hand, to open the drawer and grab the cheese. Then, like a mouse with my prize in one hand, and my baby in the other, I would try to close the drawer with a knee while still holding the refrigerator open with my back. There would be no way to slice this cheese or put it on a piece of bread, of course. So it would just be... bite into the cheese. There's lunch. Only six hours to go till someone comes home to rescue me from baby duty and make some dinner.

It wasn't just infancy that baffled me, either. I couldn't eat in restaurants with my toddler because—duh, I had to feed the toddler or gather her up from climbing under the table. Even now, when I see a child sitting politely (or even just sitting at all) in a high chair at a restaurant, I want to march up to the parents and inform them that they don't have any idea what a good baby they have. (In all fairness, my baby was good; she was just "good" at different things. Her talents had nothing to do with sitting in a chair. Mainly, my child was apt to fall out of chairs—up to the age of... well, I'd rather not say, as a matter of fact. And, if there was a table around, another talent was to climb—either on top of it or underneath it.)

I don't remember leaving the house in those early years without either spit-up on my shoulder or baby food on my pants. Or both. But never had I personally eaten a meal.

My husband eats. That's one great thing about being the dad. You get to eat. You don't even have to just sneak M&Ms when you're driving and your kids are in their rear-facing car seats and can't see you hoarding the treats. You can actually eat meals. While sitting at a table. With plates and silverware.

As for me, it was cheese straight from the refrigerator and M&M's in the car until my kids were old enough to tie their own shoes and tell time.

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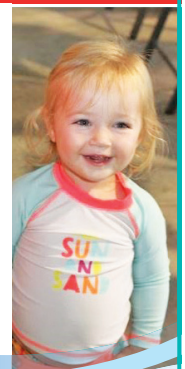
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Photo Courtesy Janelle Capra

As for me, I have wanted to take a ballet class for years. I grew up taking dance classes from the age of 4 until 18. It was a part of me. I would challenge myself

What have you been putting off?

What have you wanted to try but haven't done yet?

What could you do now RIGHT NOW that your future self will thank you for?

for hours several days of the week. I loved to lose myself in dance. It was very cathartic and just so much fun! But, for some reason after having children, I just couldn't find my way back to a dance studio. I would take yoga, or Pilates (which I also love) but there was still a stirring in my heart to get back to basics with a ballet class. And you know what? I finally put my fears aside, took a leap of faith and did it!



Was it scary to walk into a room of experienced dancers, most of them half my age? Heck, yeah. But it was also so much fun! Honestly, I had about 10% muscle memory for the ballet positions and only 1% for the terminology. I mean, it's been 30 years since I had learned the difference between a Tendu, Passé or Eleve (yes, I had to Google those terms to spell them!). But, in spite of all of that, I watched and listened and did it anyway. And, I'm here to tell you that 1) I survived, and 2) I STILL LOVE IT!

Dance is a part of me. It's who I am at my core. There are times when I'm most stressed in life and I will break out in dance or Pirouette across the floor (which is always a crowd pleaser with my kids!). Whatever the move, it makes me feel better, even if I can't leap or kick as high as I could 30 years ago. Dance is life to me, and I am so thankful that I didn't wait one more day to try ballet again. Thanks to Kern Dance Alliance, I was able to face my fears and participate in several dance classes over the summer that were selected for adults. And, because of KDA, I am keeping my promise to myself and signing up for Adult Ballet at Civic. You should, too!

Listen, there will be plenty of critics in your life (or in your head) that will tell you that you're too old, too young, too inexperienced, too this, or too that, and I'm here to tell you...do it anyway.

Does it set your soul on fire?

Does it make you feel like

YOU, again? Does it

make your heart smile

or challenge you in

a way that is both

scary and exciting?

Then Mama, what

are YOU waiting

for? Do it! Just

dance. Just sing.

Just paint. Or

just start that new

business that has

been in your heart

for years. Come on

Mama, you got this!

Thank you, Kern Dance Alliance for the Just Dance Adult Pop Up Series.

Do you want to dance, too?

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Hello Mama!

It's hard to believe that summer break is officially over, and our kids are back in school. If you're like me, it is bittersweet when our children start a new school year. Part of me is a little sad knowing that they are getting older and soon will be off on their own (did I mention I have a senior in high school this year?) and the other part of me is so thankful to have a routine back for our family. The Capra Crew responds much better to school days with set schedules for drop-off, pick-up, homework in the afternoons, and some version of a healthy dinner in the evenings. It also allows us to set some new goals and intentions for the school year. It's like a refresh for re-visiting the resolutions that I made at the beginning of the year. Do you remember yours? If not, that's okay...you can create new ones.

What have you been putting off?

What have you wanted to try but haven't done yet?

What could you do now RIGHT NOW that your future self will thank you for?

Middle School Teaches Valuable Life Lessons

By Katy M. Clark

She's nervous," I told my coworker about my daughter, 11, as we sat outside on a warm day eating lunch. "Who can blame her? She's going to middle school."

"Middle school was awesome," my coworker said, her voice laden with sarcasm. "I had braces and wore glasses and a back brace."



"I wore braces, too," I commented. "And I was the tallest kid in 7th grade. Boys called me the Jolly Green Giant."

She nodded, chewing thoughtfully on her sandwich. I think I saw her shudder. But that's when it hit me. I looked at the two of us, all these years later, both successful

at work and fulfilled with families and activities that we loved. What if middle school didn't crush us after all? What if the physical awkwardness and social mishaps of middle school taught us invaluable life lessons that prepared us for our lives today?

I think the answer is that it did. And I can't wait to tell my daughter why.

Middle school teaches resilience. You will fail in middle school. Maybe it's a bad grade in algebra or being cut from the volleyball team. But you go back to middle school every day. You study harder and get help. You shake off the tryout and try something else. You fall down and get back up. You become resilient.

Middle school helps you embrace change. Middle school is all about change. You will not be the same height or weight from one year to the next in middle school. You may or may not have the same friends. You will change classes like you change the toilet paper roll--constantly. Middle school is daily affirmation that change is part of life, that it can be good or bad, but that you will survive it.

Middle school teaches conflict resolution. Conflicts, like someone using your pen without permission or cutting in front of you in the cafeteria line, happen daily in middle school. Do you avoid or accommodate the situation? Mediate or challenge it? Each day provides an opportunity to work on communicating your side of the story and empathizing with the other side. The conflict may not resolve itself every time, but the chances to learn and grow are there.

Middle school teaches self-acceptance. I still remember when a boy made fun of me in 8th grade, taunting me that it was flat compared to the other girls. But the truth? My less than curvaceous derriere didn't bother me. It still doesn't, even in a Kim Kardashian world. Middle school is when you get to decide what you like or accept about yourself, regardless of what others think.

Middle school shows you what a true friend looks like. Middle school friendships can be sources of comfort and support, but they also can be sources of pain and confusion. Did your supposed best friend reject you this week? Learn from it and choose someone kinder to be in your life. Middle school teaches you that you deserve friends that treat you well, friends that encourage you rather than tear you down.



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During the hustle and bustle of a busy school week, juggling after-school activities, homework, dinners and next day lunch prep can be exhausting. Finding ways to simplify evenings while running a more efficient kitchen routine can make life more delicious for parents and children alike.

Plan for leftovers. One easy way to make the most of your time in the evening is to make dinners that serve dual purpose - choosing recipes that shine when leftovers are reinvented for lunch the next day, like an all-time classic: chicken fingers. Making them at home is not only healthier than typical restaurant offerings, but leftovers can be used in a recipe like this Chicken Tender Smart Pocket, perfect for packing in your child's lunchbox.

Use kid-friendly, better-for-you ingredients. It's no secret it can be tough to serve smart choices your kids will actually reach for again and again. Set up a simple toppings bar with a favorite protein, chopped crunchy veggies and simple sauces.

Focus on family favorites. When you're busy making a meal the whole family loves, your time spent in the kitchen may not feel so much like a drain on the evening.



Chicken Tender Pocket

Servings: 1 | Recipe source: Toufayan.com

Ingredients

- 3 breaded chicken tenders
- 2 tablespoons mayonnaise
- 1 Toufayan Smart Pocket, any variety (or any pita pocket)
- 2 pieces curly lettuce, washed and dried
- 2 thinly sliced tomatoes
- salt, to taste
- pepper, to taste

Directions

1. Bake chicken tenders according to package instructions.
2. Spread mayonnaise evenly on insides of pita bread pocket.
3. Layer lettuce then tomatoes and place chicken tenders evenly across pita bread pocket. Season with salt and pepper, to taste.

Serve immediately.



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



Sunday Sept. 1

KAISER PERMANENTE PLANT-BASED NUTRITION WORKSHOP:

Join us for this physician and dietician-led workshop that will give you information and tools to: Lose Weight, Decrease the need for medications, Improve, stabilize, or even reverse a chronic condition such as diabetes. 8800 Ming Ave 10:00 AM - 12:00 PM (833) 574-2273

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

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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music. 1:00 PM - 5:00 PM 873-7613

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

AFTERNOON SKATING AT SKATELAND: Come have some fun. 1:30 PM - 4:00 PM 831-5567

Monday Sept. 2

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

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

COUNTRY LINE DANCING: 392-2010

Tuesday Sept. 3

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

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

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

\$2 BUCK TUESDAY SKATING AT SKATELAND: \$2 admission per skater, 6:30-8:30PM 831-5567

COLOR ME HAPPY AT DELANO LIBRARY: Join us to color. 11:00 AM-7:00 PM Tuesday - Thursday 725-1078

COLOR ME HAPPY: FAMILY EDITION AT ARVIN LIBRARY: 11:00 AM - 7:00 PM Tuesday - Thursday 854-5934

FUNDATION STORIES AND MORE: For children 3-7 years old. We read a story then follow up with art, science, physical activity, or all of the above. \$2.00/child. 11298 Stockdale Hwy 10:00 AM - 11:00 AM 623-0555

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

PLAYTIME AT DELANO LIBRARY: Join us and play with our toys. 11:00 AM - 7:00 PM Tuesday - Thursday 725-1078

Wednesday Sept. 4

COLOR ME MINE-TODDLER WEDNESDAYS: Free story time with Miss Lynn and free studio fee for your child. (bisque purchase required). 10:00 AM - 1:00 PM 664-7366

IRISH NIGHT AT DAGNEY'S: Musicians of all ages play authentic Irish music. 6:00 PM 634-0806

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

SPINNING TALES: Have fun listening to a story. 392-2029/392-2054

TODDLER TIME STORYTIME AT BARNES & NOBLE: Read stories, have a snack, and color. 631-2575

YOGA CLASSES: For adults. Chinmaya Gokul Hall 1723 Country Breeze Pl. 6:30 PM - 7:30 PM 588-0000

MEDITATION AT BMOA: Practicing self-awareness and self-understanding. 10:00 AM - 10:30 AM 323-7219

UKULELE JAM AT FRAZIER PARK LIBRARY: Join the strumming fun! 5:00 PM - 7:00 PM 245-1267

FOOD LAB AT WASCO LIBRARY: Join us for a delicious recipe. 11:00 AM - 1:00 PM 758-2114

GAME ON AT MOJAVE LIBRARY: Enjoy family fun board games at the library for all ages. 2:00 PM 824-2243

KIDS GET CRAFTY AT DELANO LIBRARY: Join us for a craft project. 5:00 PM - 6:30 PM 725-1078

LEGO CLUB MANIA AT ARVIN LIBRARY: It is a LEGO free-for-all! Join us in building LEGO creations. 3:00 PM 854-5934

MOVIE AT ARVIN LIBRARY: Families are invited to spend time watching a family-friendly movie. 4:00 PM 854-5934

S.T.E.M. AT WASCO LIBRARY: Science fun and demonstration of a wind turbine. 3:30 PM - 5:00 PM 758-2114

TINKER TOTS AT MOJAVE LIBRARY: Toddlers strengthen their motor skills. 10:00 AM 824-2243

TODDLER TIME AT BEALE LIBRARY: Let's play and learn together. 11:00 AM 868-0701

Thursday Sept. 5

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

SQUARE DANCING CLASSES: 301-2808

THURSDAY NIGHT CRUISIN': Custom classic vehicles and raffles. 8660 Rosedale Hwy. 6:00 PM - 8:00 PM 431-7688

THURSDAY NIGHT CRUIZIN': Car Show, raffles & give away. 6801 White Lane 4:00 PM - 9:00 PM 847-9955

LEGO MANIACS CLUB AT DELANO LIBRARY: It is a LEGO free-for-all. 5:30 PM - 6:30 PM 725-1078

Friday Sept. 6

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

NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM Friday - Saturday 831-5567

FIRST FRIDAY ART WALK: The ArtWalk is a family friendly arts event. 5:00 PM - 9:00 PM 324-9000

FIRST FRIDAY AT BMOA: BMOA offers FREE admission with extended hours until 8PM. 10:00 AM - 8:00 PM 323-7219

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

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

1-2-3 PLAY WITH ME AT BEALE LIBRARY: For children 1-3 years old and their parents to participate in a free 5-part series focusing on connecting with the library and community paraprofessionals with resources, programs, and services. Registration required. 10:00 AM 868-0701

BEGINNERS DRAWING CLASS AT MOJAVE LIBRARY: Open to all ages. 4:00 PM 824-2243

CSUB FACULTY RECITAL: CSUB Music faculty members and guest artists perform. 7:30 PM 654-3102

GOT YARN AT WASCO LIBRARY:
Come create with yarn. 1:00 PM - 2:30 PM 758-2114

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

OPEN MIC NIGHT AT DAGNEY'S:
Poetry, spoken word and music. Free. 6:00 PM 717-1346

SORTING HAT BOOK CLUB AT BEALE LIBRARY: Read books, and do things related to Harry Potter. 3:00 PM 868-0701

STORYTIME & CRAFT AT WASCO LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

Saturday Sept. 7

AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET:
9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

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

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

MARKET ON THE HILL: Where East Meets Fresh - Fresh, seasonal produce, hot food made to order, fresh baked goods, vegan + vegetarian items, farm fresh eggs, and more! 3700 Mall View Road, 9:00 AM - 2:00 PM 342-7373

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

VALLEY FARMER'S MARKET:
1725 Golden State Ave. 8:00AM - 12:00PM

PLAYTIME AT DELANO LIBRARY:
Join us and play with our toys. 11:00 AM - 7:00 PM 725-1078

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

FIRST SATURDAY CLEANUP AT FOX THEATER: Volunteer to clean up downtown litter. 7:00 AM - 11:00 AM 326-3539

KIDS' TOOL SAFETY WORKSHOP: Teaches children do-it-yourself skills and tool safety. The Home Depot; Gosford Rd 835-1133, Mount Vernon Ave 872-2041, Rosedale Hwy 587-1545

25TH ANNUAL BAKERSFIELD VILLAGE FEST AT KERN COUNTY MUSEUM: 5 stages of simultaneous live music with 15 bands!, 30

of Bakersfield's restaurants serving unlimited food samples!, 60+ breweries with over 100 different brews!, 25+ Central Coast wineries with 70 plus wines. MUST BE 21 YRS. OLD W/ PICTURE ID. 6:00 PM - 10:00 PM 437-3330

BAKERSFIELD WATER LANTERN FESTIVAL: A event that includes food, games, activities, vendors, music and the beauty of thousands of lanterns. 11298 Stockdale Hwy, 4:00 PM - 9:00 PM 555-555-5555

BMOA AT WASCO LIBRARY:
"Chalk Pastels Creations" 4:00 PM - 6:00 PM 758-2114

FAMILY STORTY TIME AT DELANO LIBRARY: Come join us for Bilingual Family story time. 2:00 PM - 2:30 PM 725-1078

JUST FOR KIDS AT BUENA VISTA MUSEUM: Science Enrichment program. 10:30 AM - 11:00 AM 324-6350

MOVIE TIME AT WASCO LIBRARY: Join us for a movie with friends! 12:00 PM - 2:30 PM 758-2114

PROJECT LINUS COMMUNITY MAKE-A-BLANKET DAY: 5600 Panorama Dr. 9:00 AM - 1:00 PM 549-4967

PSYCHO SATURDAY ASPHALT NASCAR RACING: Late Model Twins, Super Stocks, Mods, Dirt B-mods, Legends Triple Crown- Race #3, Hot stocks, Mini dwarfs, Bandoleros. 13500 Raceway Blvd, 5:30 PM 835-1264

VOLUNTEER DAYS AT WIND WOLVES: Our volunteer events are fun and rewarding. 8:00 AM - 11:00 AM 858-1115

WEIRD SCIENCE NIGHTS FOR ADULTS AT BUENA VISTA MUSEUM: 7:00 PM - 9:00 PM 324-6350

Sunday Sept. 8

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

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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music. 1:00 PM - 5:00 PM 873-7613

Monday Sept. 9

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

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

COUNTRY LINE DANCING:
392-2010

BOARD GAME FUN AT WASCO LIBRARY: Join us and play board games. 1:00 PM - 2:30 PM 758-2114

BUSY BUILDERS AT MOJAVE LIBRARY: Preschoolers join for some fun play and building activities! 10:00 AM 824-2243

CHILD ID CARDS AT BPD: Child Identification Card with picture, thumb prints, and other identifying information for children (not a Government Issued ID). FREE! 2:00 PM - 4:30 PM 326-3053

MOVIES AFTER SCHOOL AT WASCO LIBRARY: Join us after school and unwind. 3:30 PM - 5:00 PM 758-2114

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

COLOR ME HAPPY: FAMILY EDITION AT ARVIN LIBRARY: 11:00 AM - 7:00 PM Monday - Thursday 854-5934

Tuesday Sept. 10

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

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

COLOR ME HAPPY AT DELANO LIBRARY: Join us to color. 11:00 AM - 7:00 PM Tuesday - Thursday 725-1078

FAMILY STORY TIME & CRAFT AT ARVIN LIBRARY: Enjoy stories, songs, rhymes, and a craft. 3:00 PM 854-5934

FUNDATION STORIES AND MORE: For children 3-7 years old. We start by reading a story or an article followed by art, science, physical activity, or all of the above. \$2.00/child weekly. 11298 Stockdale Hwy 10:00 AM - 11:00 AM 623-0555

PLAYTIME AT DELANO LIBRARY: Join us and play with our toys. 11:00 AM - 7:00 PM Tues - Thurs. 725-1078

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

THERE IS JUST TOO MUCH LOCAL FUN TO LIST ON THESE PAGES!

View our full calendar of submitted events online at

kerncountyfamily.com

All events are printed in advance of distribution each month and are subject to change. Please contact the event coordinator ahead of attendance for dates and times.

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

FREE YOGA IN WASCO: 1280 Poplar Ave, Wasco, 7:00 PM - 8:00 PM 374-8693

ROCK PAINTING AT DELANO LIBRARY: Paint your own rock. 4:00 PM - 5:30 PM 725-1078

Wednesday Sept. 11

IRISH NIGHT AT DAGNEY'S: Musicians of all ages play authentic Irish. 6:00 PM 634-0806

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

SPINNING TALES: Have fun listening to a story. 392-2029/392-2054

TODDLER TIME STORYTIME AT BARNES & NOBLE: Read stories, have a snack, and color. 631-2575

YOGA CLASSES: For adults. Chinmaya Gokul Hall 1723 Country Breeze Pl. 6:30 PM - 7:30 PM 588-0000

LEGO CLUB MANIA AT ARVIN LIBRARY: It is a LEGO free-for-all! Join us in building LEGO creations. 3:00 PM 854-5934

MATH MADNESS AT MOJAVE LIBRARY: It's time for MATH MADNESS! For grades K-8. 3:00 PM 824-2243

TINKER TOTS AT MOJAVE LIBRARY: Toddlers strengthen their motor skills. 10:00 AM 824-2243

TODDLER TIME AT BEALE LIBRARY: Let's play and learn together. 11:00 AM 868-0701

PLASTIC CANVAS FUN AT WASCO LIBRARY: Join us to make plastic canvas key rings. 1:00 PM - 2:30 PM 758-2114

TEEN ADVISORY BOARD AT WASCO LIBRARY: Come join us for a fun sewing lesson. 4:00 PM - 6:00 PM 758-2114

Thursday Sept. 12

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

SQUARE DANCING CLASSES: 301-2808

THURSDAY NIGHT CRUIZIN': Custom classic vehicles and raffles. 8660 Rosedale Hwy. 6:00 PM - 8:00 PM 431-7688

THURSDAY NIGHT CRUIZIN': Car Show, raffles & give away. 6801 White Lane 4:00 PM - 9:00 PM 847-9955

LEGO MANIACS CLUB AT DELANO LIBRARY: It is a LEGO free-for-all. 5:30 PM - 6:30 PM 725-1078

ADVENTIST HEALTH FARMERS MARKET: 2615 Chester Ave 5:00 PM - 7:00 PM 869-6562

FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: To celebrate Batman Day on Sept. 15, we will be showing "The LEGO Batman Movie". Children under 12 must be accompanied by an adult. 4:00 PM 868-0701

FULL MOON RIDE: Join us for a family-friendly, all-ages cruise starting at Beach Park and following the bike path to the Marketplace. Lights and helmets are strongly encouraged. 7:00 PM - 9:00 PM 321-9248

Friday Sept. 13

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

NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM Friday - Saturday 831-5567

1-2-3 PLAY WITH ME AT BEALE LIBRARY: For children 1-3 years old and their parents to participate in a free 5-part series focusing on connecting with the library and community paraprofessionals with resources, programs, and services. Registration required. 10:00 AM 868-0701

KIDS GET CRAFTY AT BEALE LIBRARY: Join us to create the craft of the month. 4:00 PM 868-0701

LEGO CLUB MANIA AT BEALE LIBRARY: Join us in building LEGO creations. 5:30 PM 868-0701

STORYTIME & CRAFT AT WASCO LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

CRAFTERNOON AT MOJAVE LIBRARY: Enjoy an afternoon of creativity with the whole family! 4:00 PM 824-2243

SPANISH FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: Film will be shown in Spanish with English subtitles. To celebrate Batman Day on Sept. 15, we will be showing "The LEGO Batman Movie". Children under 12 must be accompanied by an adult. 4:00 PM 868-0701

TEEN BOOK TALK AT MOJAVE LIBRARY: Discuss your favorite

book, manga, or graphic novels. 3:00 PM 824-2243

TEEN GAMING DAY AT BEALE LIBRARY: Calling all teen gamers. 4:30 PM 868-0701

Saturday Sept. 14

AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET: 9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

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

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

MARKET ON THE HILL: Where East Meets Fresh - Fresh, seasonal produce, hot food made to order, fresh baked goods, vegan + vegetarian items, farm fresh eggs, and more! 3700 Mall View Road, 9:00 AM - 2:00 PM 342-7373

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 more hiking opportunities. 858-1115

VALLEY FARMER'S MARKET: 1725 Golden State Ave. 8:00AM - 12:00PM

COLOR ME HAPPY AT DELANO LIBRARY: Join us to color. 11:00 AM - 7:00 PM 725-1078

BMOA AT DELANO LIBRARY: Discover the art world. 2:30 PM - 4:30 AM 725-1078

FAMILY STORTY TIME AT DELANO LIBRARY: Come join us for Bilingual Family story time. 2:00 PM - 2:30 PM 725-1078

SECOND SATURDAY AT BIKE BAKERSFIELD: Open for bike tuneups, purchases, and volunteering. Prep your bike with us, then ride downtown to view all the Second Saturday festivities. 1708 Chester Ave 10:00 AM - 2:00 PM. 321-9247

SECOND SATURDAY AT BMOA: BMOA is proud to offer unique insight into artistic culture with special guest lecturers, artists, and behind the scenes looks into the art programs and exhibitions. 323-7219



Casablanca Casino Night

Sat. September 7

Taft College Foundation hosts its annual casino night, which benefits the college's nationally-recognized Transition to Independent Living program. Activities will include a catered buffet by the Cougar Café; libations, black jack, poker, silent and live auctions, and music. Senator Shannon Grove will serve as Celebrity Auctioneer for the live auction.

500 Cascade Place, Taft
5:30PM - Midnight 763-7769



Tehachapi Gran Fondo Festival

September 13-14

Live music and entertainment will take place throughout the day. Food vendors will offer delicious meals while the beer garden will feature local beers and wine. Meet pro riders and friends, who will be signing autographs and meeting fans. Visit the Festival expo where a variety of cycling industry and unique local vendors will have exhibits. Admission is free and open to the public. Downtown, 10:00 AM - 5:00 PM Friday - Saturday 333-5932

VOLUNTEER ORIENTATION AND TRAINING: No experience is necessary to volunteer at M.A.R.E. (Mastering Abilities Riding Equines): barn care, facility maintenance, side walker, safety aide, and horse leader. 589-1877

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

20TH ANNIVERSARY CELEBRATION: The community is invited to celebrate the 20th Anniversary of The Links at Riverlakes Ranch Golf Course. Family-fun activities, live music, local vendors, food, and drinks. Bounce house and face painting for the kids. No cost to attend, all are welcome. 5201 Riverlakes Drive, 11:00 AM 587-5465

BAKERSFIELD COLLECTOR-CON AT RABOBANK: Various vendors selling toys, comics, collectibles, and much more. Don't forget to take pictures with our special guests and get their autographs. Games, face painting, and entertainment throughout the day. The first 200 paid guests will receive a door prize. Come dressed up as your favorite character, super hero, or villain. Enter our cosplay/costume contest for a chance to win cash prizes. 10:00 AM - 5:00 PM 932-1000

2019 BUTTONWILLOW FALL FARM FESTIVAL: "Keepin' It Rural!" A morning pancake breakfast, a fun run, a parade, and a festival at the park with bouncy attractions, vendors, and more! Free. 556 Milo Ave, 10:00 AM - 3:00 PM 865-4219

CHAMPIONSHIP FINALE AT KCRP: Super Stocks, Mods, Suppermoto, Legends, Hot Stocks & Bandos. 5:30 PM 835-1264

KERN COUNTY WALK FOR RECOVERY 5K AT RIVERWALK PARK: Join thousands of dedicated men and women as they fight addiction one step at a time. 8:00 AM 399-2273

Sunday Sept. 15
SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music. 1:00 PM - 5:00 PM 873-7613

BAKERSFIELD COLLECTOR-CON AT RABOBANK: Various vendors selling toys, comics, collectibles, and much more. Games, face painting, and entertainment throughout the day. The first 200 paid guests will receive a door prize. Come dressed up

BUSY BUILDERS AT MOJAVE LIBRARY: Preschoolers join for some fun play and building activities! 10:00 AM 824-2243

COLOR ME HAPPY AT MOJAVE LIBRARY: Coloring isn't just for kids anymore... Adults only. 11:00 AM 824-2243

MOVIES AFTER SCHOOL AT WASCO LIBRARY: Popcorn and drinks until supplies last. 3:30 PM - 5:00 PM 758-2114

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

COLOR ME HAPPY AT DELANO LIBRARY: Join us to color. 11:00 AM-7:00 PM Tuesday - Thursday 725-1078

FAMILY STORY TIME & CRAFT AT ARVIN LIBRARY: Enjoy stories, songs, rhymes, and a craft. 3:00 PM 854-5934

FUNDATION STORIES AND

MORE: For children 3-7 years old. We read story then follow up with art, science, physical activity, or all of the above. \$2.00/child. 11298 Stockdale Hwy 10:00 AM - 11:00 AM 623-0555

PLAYTIME AT DELANO LIBRARY: Join us and play with our toys. 11:00 AM - 7:00 PM Tuesday - Thursday 725-1078

PRESCHOOL STORYTIME AT BEALE LIBRARY:

Fun with your 3 to 5 year old. 868-0701

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

THIRD ANNUAL PANORAMA CREATIVE MUSIC SUMMIT AT BAKERSFIELD COLLEGE: Featuring acclaimed visiting artists and local performers as well as Bakersfield College faculty, students and alumni performing original music and exploring a broad range of styles and creative approaches across the jazz-pop continuum. 9:30AM - 12:30PM 395-4011

Wednesday Sept. 18
IRISH NIGHT AT DAGNEY'S: Musicians of all ages play authentic Irish music. 6:00 PM 634-0806

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

SPINNING TALES: Have fun listening to a story. 392-2029/392-2054

TODDLER TIME STORYTIME AT BARNES & NOBLE: Read stories, have a snack, and color. 631-2575

It's Kern County Fair Time! September 18-29 at the Kern County Fairgrounds

PINT FOR A PASS

Donate blood NOW through September 22 at Houchin Community Blood Banks and get a FREE Adult Admission Pass to the 2019 Kern County Fair!



as your favorite character, super hero, or villain. Enter our cosplay/costume contest for a chance to win cash prizes. 11:00 AM - 4:00 PM 932-1000

BAKERSFIELD COUNTRY MUSIC MUSEUM PRESENTS MARC MADEWELL: Marc Madewell can entertain an audience with his unique sound. 2:00 PM - 5:00 PM 864-1701

VINTAGE LTD STREET RODS 40TH FUN IN THE SUN CAR SHOW AT KERN COUNTY MUSEUM: Prize to a lucky winner given out 40 minutes after each hour to celebrate our club's 40th year! 8:00 AM - 2:00 PM 587-6379

Monday Sept. 16
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

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

COUNTRY LINE DANCING: 392-2010

COLOR ME HAPPY: FAMILY EDITION AT ARVIN LIBRARY: 11:00 AM - 7:00 PM Monday - Thursday 854-5934

ART 101 AT WASCO LIBRARY: Join the staff and show your art stuff. 1:00 PM - 2:30 PM 758-2114

THIRD ANNUAL PANORAMA CREATIVE MUSIC SUMMIT AT BAKERSFIELD COLLEGE: Featuring acclaimed visiting artists and local performers as well as Bakersfield College faculty, students and alumni performing original music and exploring a broad range of styles and creative approaches across the jazz-pop continuum. 7:00 PM - 10:00 PM 395-4011

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 environment where kids are free to get up, move around, shout or sing. This month's movie is "Duck Tales: The Movie". 4:00 PM 868-0701

Tuesday Sept. 17

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

YOGA CLASSES: For adults. Chinmaya Gokul Hall 1723 Country Breeze Pl. 6:30 PM - 7:30 PM 588-0000

MOBILE HEALTH CLINIC: Kern County Public Health Services Department is offering a mobile health clinic, next to the Lamont Library! No appointment is necessary, and many services are free. 10:00 AM - 3:00 PM 321-3000

LEGO CLUB MANIA AT ARVIN LIBRARY: It is a LEGO free-for-all! Join us in building LEGO creations. 3:00 PM 854-5934

MATH MADNESS AT MOJAVE LIBRARY: It's time for MATH MADNESS! For grades K-8. 3:00 PM 824-2243

TODDLER TIME AT BEALE LIBRARY: Let's play and learn together. 11:00 AM 868-0701

ART AT DELANO LIBRARY: Join us to paint an African Skyline using different materials. 11:00 AM - 7:00 PM 725-1078

CROSS STITCH FUN AT WASCO LIBRARY: Learn to cross stitch. 1:00 PM - 2:30 PM 758-2114

CULT CLASSICS AT READING CINEMAS VALLEY PLAZA: R"Dazed and Confused". 7:00 PM 833-2230

MOVIE AT ARVIN LIBRARY: Families spend quality time watching a family-friendly movie. 4:00 PM 854-5934

THIRD ANNUAL PANORAMA CREATIVE MUSIC SUMMIT AT BAKERSFIELD COLLEGE: Featuring acclaimed visiting artists and local performers as well as Bakersfield College faculty, students and alumni performing original music and exploring a broad range of styles and creative approaches across the jazz-pop continuum. 4:00 PM - 5:30 PM and 7:00 PM - 10:00 PM 395-4011

S.T.E.M. AT WASCO LIBRARY: Join us for a S.T.E.M. science project. 3:30 PM - 5:00 PM 758-2114

Thursday Sept. 19

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

\$2 DAY AT BUENA VISTA MUSEUM: All day, all ages only \$2. 10:00 AM - 4:00 PM 324-6350

SQUARE DANCING CLASSES: 301-2808

THURSDAY NIGHT CRUISIN': Custom classic vehicles and raffles. 8660 Rosedale Hwy. 6:00 PM - 8:00 PM 431-7688

THURSDAY NIGHT CRUIZIN': Car Show, raffles & give away. 6801 White Lane 4:00 PM - 9:00 PM 847-9955

LEGO MANIACS CLUB AT DELANO LIBRARY: It is a LEGO free-for-all. 5:30 PM - 6:30 PM 725-1078

CRAFTY TEEN CLUB AT BEALE MEMORIAL LIBRARY: 868-0701

THIRD ANNUAL PANORAMA CREATIVE MUSIC SUMMIT AT BAKERSFIELD COLLEGE: Featuring acclaimed visiting artists and local performers as well as Bakersfield College faculty, students and alumni performing original music and exploring a broad range of styles and creative approaches across the jazz-pop continuum. 8:00AM - 11:00AM 395-4011

Friday Sept. 20

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

NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM Friday - Saturday 831-5567

1-2-3 PLAY WITH ME AT BEALE LIBRARY: For children 1-3 years old and their parents to participate in a free 5-part series focusing on connecting with the library and community paraprofessionals with resources, programs, and services. Registration required. 10:00 AM 868-0701

KIDS GET CRAFTY AT BEALE LIBRARY: Join us to create the craft of the month. 4:00 PM 868-0701

STORYTIME & CRAFT AT WASCO LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

COUPONING WITH MARIA AT MOJAVE LIBRARY: Save money and lots more! 1:00 PM - 3:00 PM 824-2243.

INTERMEDIATE DRAWING CLASS AT MOJAVE LIBRARY: Open to all ages. 4:00 PM 824-2243

SORTING HAT BOOK CLUB AT BEALE LIBRARY: Read books, and do things related to Harry Potter. 3:00 PM 868-0701

Saturday Sept. 21

AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET: 9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

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

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

MARKET ON THE HILL: Where East Meets Fresh - Fresh, seasonal produce, hot food made to order, fresh baked goods, vegan + vegetarian items, farm fresh eggs, and more! 3700 Mall View Road, 9:00 AM - 2:00 PM 342-7373

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

COLOR ME HAPPY AT DELANO LIBRARY: Join us to color. 11:00 AM - 7:00 PM 725-1078

PLAYTIME AT DELANO LIBRARY: Join us and play with our toys. 11:00 AM - 7:00 PM 725-1078

BMOA AT DELANO LIBRARY: Discover the art world. 2:30 PM - 4:30 AM 725-1078

FAMILY STORYTIME AT DELANO LIBRARY: Come join us for Bilingual Family story time. 2:00 PM - 2:30 PM 725-1078

2ND ANNUAL BOWS & BOW TIES A MOTHER/SON DANCE AT THE MARK: Mothers bring your son(s) for a date night to remember! Enjoy a fine meal followed by dancing with a live DJ. Reservations required. 4:00 PM - 9:00 PM 322-7665

NATIONAL DANCE DAY AT CSUB: Join the CSUB Dance Team as they partner with the Kern Dance Alliance to host the 2019 National Dance Day Event at the Student Recreation Center. 9:00 AM - 6:00 PM 654-CSUB

Listings of FREE Immunizations



Walgreens Pharmacy
Wednesday, September 24th
40 Chester Ave., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Kern County Department of Human Services
Wednesday, September 11th
100 E. California Ave., Bakersfield
from 4:00 p.m. to 6:30 p.m.

Greenfield Family Resource Center
Monday, September 16th
5400 Monitor St., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Adventist Health Bakersfield
Wednesday, September 18th
2800 Chester Avenue, Bakersfield
from 1:00 p.m. to 6:00 p.m.

Friendship House
Thursday, September 19th
2424 Cottonwood Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walmart Supercenter
Monday, September 23rd
5075 Gosford Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

La Hacienda Market
Tuesday, September 24th
315 James St., Shafter
from 9:30 a.m. to 2:00 p.m.

New Life Church
Wednesday, September 25th
4201 Stine Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

NOR Riverview Park
Monday, September 30th
437 Willow Drive, 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.

VALLEY FARMER'S MARKET:
1725 Golden State Ave. 8:00AM – 12:00PM

Sunday Sept. 22
SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music. 1:00 PM - 5:00 PM 873-7613

M5 MEXICAN BRASS AT HARVEY AUDITORIUM: Latin America's most successful brass quintet with international recognition. Join the Bakersfield Community Concert Association as we celebrate our 57th Anniversary Season. Single concert tickets are \$35. Adult BCCA season memberships (5 concerts) are \$75. 2:30 PM - 5:00 PM 588-3920

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

Monday Sept. 23
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday – Thursday 392-2054

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

COUNTRY LINE DANCING: 392-2010

COLOR ME HAPPY: FAMILY EDITION AT ARVIN LIBRARY: 11:00 AM - 7:00 PM Monday – Thursday 854-5934

BUSY BUILDERS AT MOJAVE LIBRARY: Preschoolers join for some fun play and building activities! 10:00 AM 824-2243

COLOR ME HAPPY AT MOJAVE LIBRARY: Coloring isn't for just for kids anymore... Adults only. 11:00 AM 824-2243

MOVIES AFTER SCHOOL AT WASCO LIBRARY: Popcorn and drinks until supplies last. 3:30 PM - 5:00 PM 758-2114

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

Tuesday Sept. 24
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

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

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

COLOR ME HAPPY AT DELANO LIBRARY: Join us to color. 11:00 AM-7:00 PM Tuesday – Thursday 725-1078

FAMILY STORY TIME & CRAFT AT ARVIN LIBRARY: Enjoy stories, songs, rhymes, and a craft. 3:00 PM 854-5934

FUNDATION STORIES AND MORE: For children 3-7 years old. We start by reading a story or an article followed by art, science, physical activity, or all of the above. \$2.00/child weekly. 11298 Stockdale Hwy 10:00 AM - 11:00 AM 623-0555

PLAYTIME AT DELANO LIBRARY: Join us and play with our toys. 11:00 AM - 7:00 PM Tuesday – Thursday 725-1078

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

FREE YOGA IN WASCO: 1280 Poplar Ave, Wasco 7:00 PM - 8:00 PM 374-8693

Wednesday Sept. 25
IRISH NIGHT AT DAGNEY'S: Musicians of all ages play authentic Irish music. 6:00 PM 634-0806

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

SPINNING TALES: Have fun listening to a story. 392-2029/392-2054

TODDLER TIME STORYTIME AT BARNES & NOBLE: Read stories, have a snack, and color. 631-2575

YOGA CLASSES: For adults. Chinmaya Gokul Hall 1723 Country Breeze Pl. 6:30 PM - 7:30 PM 588-0000

MARKET AT SEVEN OAKS BUSINESS PARK: The family friendly Farmer's Market will feature music, food and activities for everyone. 4521 Buena Vista Rd, 5:00 PM - 8:00 PM 323-4005

LEGO CLUB MANIA AT ARVIN LIBRARY: It is a LEGO free-for-all!

Join us in building LEGO creations. 3:00 PM 854-5934

MATH MADNESS AT MOJAVE LIBRARY: It's time for MATH MADNESS! For grades K-8. 3:00 PM 824-2243

TODDLER TIME AT BEALE LIBRARY: Let's play and learn together. 11:00 AM 868-0701

LEGO CLUB AT MOJAVE LIBRARY: It is a LEGO free-for-all! Join us in building LEGO creations. We will have LEGO ideas to help spark your creativity, or go wild! Build anything you can imagine! 2:00 PM 824-2243

BARKS & BOOKS AT BEALE LIBRARY: Read aloud to a furry friend. Ages K-8. 4:00 PM 868-0701

IMAGINE THAT AT WASCO LIBRARY: Imagine what you can build with wooden planks. 1:00 PM - 2:30 PM 758-2114

TEEN ADVISORY BOARD AT WASCO LIBRARY: Join us in and artsy jar designing craft. 4:00 PM - 6:00 PM 758-2114

ZULU NATION PAINTING AT DELANO LIBRARY: Recreate ancient rock drawings. 4:00 PM - 5:30 PM 725-1078

Thursday Sept. 26
MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

SQUARE DANCING CLASSES: 301-2808

THURSDAY NIGHT CRUISIN': Custom classic vehicles and raffles. 8660 Rosedale Hwy. 6:00 PM - 8:00 PM 431-7688

THURSDAY NIGHT CRUIZIN': Car Show, raffles & give away. 6801 White Lane 4:00 PM - 9:00 PM 847-9955

LEGO MANIACS CLUB AT DELANO LIBRARY: It is a LEGO free-for-all. 5:30 PM - 6:30 PM 725-1078

ANIME AND MANGA CLUB AT BEALE LIBRARY: Anime fans unite! Join us and discuss your favorite anime, manga, music, and more. This

SUBMIT YOUR EVENTS!
Our happenings section is dedicated to bringing the most current events to you, but we need your help! You can submit your calendar events at **kerncountyfamily.com** by putting your mouse over Calendar on our website's menu bar and clicking the pull down tab, "Submit Calendar Event." Please submit calendar events by the 10th of each month prior to ensure we have enough time to consider your event. Best of all, it's FREE!

month we will be making star origami. 4:30 PM 868-0701

ART AFTER DARK AT BMOA: Fine art, entertainment, and refreshments. 7:00 PM - 9:00 PM 323-7219

Friday Sept. 27
FIT N FUN FRIDAYS: Free for parents of children ages 3-5 years. 392-2029/392-2054

NIGHT SKATING AT SKATELAND: Come have some fun. 7:30 PM - 10:00 PM Friday - Saturday 831-5567

COMMUNITY BIKE RIDE: Bike Arvin is proud to host a bike ride the last Friday of the month at Bike Arvin. We will ride around town. 1241 Bear Mountain Blvd, Arvin 8:00 PM - 9:30 PM 854-3577

1-2-3 PLAY WITH ME AT BEALE LIBRARY: For children 1-3 years old and their parents to participate in a free 5-part series focusing on connecting with the library and community paraprofessionals with resources, programs, and services. Registration required. 10:00 AM 868-0701

KIDS GET CRAFTY AT BEALE LIBRARY: Join us to create the craft of the month. 4:00 PM 868-0701

STORYTIME & CRAFT AT WASCO LIBRARY: Stories, songs, rhymes, and fun. 3:30 PM - 4:00 PM 758-2114

TEEN BOOK TALK AT MOJAVE LIBRARY: Discuss books, manga, or graphic novels. 3:00 PM 824-2243

MOVIES IN THE CANYON AT WIND WOLVES: 858-1115

SEW IT IS AT WASCO LIBRARY:
Come for a sewing lesson. 1:00 PM - 2:30 PM 758-2114

TEEN LEGOS BUILDING CLUB AT BEALE LIBRARY: Lego Club is a monthly club just for Teens, ages 12-18, who love playing with Legos. Creations will go on display in the library. 3:30 PM - 4:30 PM 868-0701

Saturday Sept. 28

AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

BRIMHALL FARMERS MARKET:
9500 Brimhall Rd. 9:00 AM - 1:00 PM 332-4411

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

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

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

MARKET ON THE HILL: Where East Meets Fresh - Fresh, seasonal produce, hot food made to order, fresh baked goods, vegan + vegetarian items, farm fresh eggs, and more! 3700 Mall View Road, 9:00 AM - 2:00 PM 342-7373

QUILTERS AND CROCHETERS:
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VALLEY FARMER'S MARKET: 1725 Golden State Ave. 8:00AM - 12:00PM

COLOR ME HAPPY AT DELANO LIBRARY: Join us to color. 11:00 AM - 7:00 PM 725-1078

PLAYTIME AT DELANO LIBRARY:
Join us at the library and play with our fun toys. 11:00 AM - 7:00 PM 725-1078

BMOA AT DELANO LIBRARY:
Discover the art world. 2:30 PM - 4:30 AM 725-1078

FAMILY STORY TIME AT DELANO LIBRARY: Come join us for Bilingual Family story time. 2:00 PM - 2:30 PM 725-1078

15TH ANNUAL KEGLEY INSTITUTE OF ETHICS FALL LECTURE GANDHI CELEBRATION AT CSUB:
Join the Kegley Institute of Ethics and the Ravi and Naina Patel Foundation for the visit of Arun Gandhi (grandson of Mahatma Gandhi and founder of the M. Gandhi Institute for Non-Violence) and Nipun Mehta (founder of ServiceSpace), speaking on non-violence and the legacy of M. Gandhi in

our modern era. 10:00 AM - 1:00 PM 654-CSUB

2019 BAKERSFIELD 5K/10K WALK/RUN LIKE MADD AND MADD DASH: We walk and run to end drunk and drugged driving. "No More Victims." 11298 Stockdale Hwy. 7:30 AM - 10:30 AM 334-4948

80'S VS 90'S TEEN MOVIES AT BEALE LIBRARY: Just for teens! Ferris Bueller's Day Off vs Clueless 1:00 PM 868-0701

NIGHT HIKE AT WIND WOLVES:
Naturalists will discuss nighttime wonders. Recommended for ages 6 and up. Trail is not stroller friendly. Bring flashlights. Hiking distance is about 2 miles, with some uphill sections. 7:00 PM - 9:30 PM 858-1115

Sunday Sept. 29

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

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

SUNDAY FUNDAY AT ETHEL'S OLD CORRAL: Live music. 1:00 PM - 5:00 PM 873-7613

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

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ACTIVITY CORNER ANSWERS

p.34

Sudoku:

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

Crossword:

- | | |
|-------------|-------------|
| Across | Down |
| 1. Bread | 1. Baking |
| 4. Rest | 2. Energy |
| 6. Guy | 3. Salivate |
| 7. Gaga | 5. Sugar |
| 8. Decorate | |

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LESSONS & CLASSES



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Kern Autism Network

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Upcoming September Events

- Save the Date ~ Autism Spectrum Seminar #1 on Oct 17th, See Website for Details and to Register

Monthly Autism Support Groups

Parent & Sibling Support Groups:
Thur, Sept 26th, 6-7:30 pm, Canyon Hills Assem. of God Church, Rm 204

EARLY SIGNS OF AUTISM:	SERVICES OFFERED:
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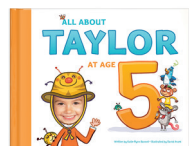
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KID'S activity corner

Answers on page 32

Sudoku

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

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!

Word Find

Find the hidden words in the puzzle

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DOG
FEEDING
KITTEN
LEASH

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

Creative Coloring



Crossword Puzzle

1		2					3
		4		5			
6				7			
8							

ACROSS

1. Leavened dough
4. Let dough sit
6. Man
7. Overexcited
8. Make look attractive

DOWN

1. Cooking with dry heat
2. Vitality for activity
3. Relish at the sight of
5. Sweetener

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