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Halloween
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11
WAYS
to Enjoy
FALL *in*
Kern
County

plus: autism in kern county p.12 breast cancer awareness p.8

find jack o'lantern to win a family fourpack to october fun fest p.4



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MEMBERS OF



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Local Feature

Unique Abilities:

Autism in Kern County. Read about KC Fair Blue Ribbon winner Elijah Stevenson, 10, (left), his mom's tips to include individuals on the autism spectrum, LOCAL resources, and more!



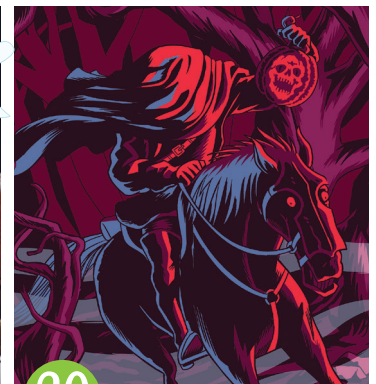
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Vaun Thygerson,
Contributing Writer

October is my favorite month of the year for many reasons: mainly, my birthday, Halloween, cooler weather, football games, and of course, pumpkin-spice-scented anything. When I was growing up in Idaho, I also liked October because we had a week-long fall break during school so that the students could help the local farmers with their potato harvest. In my hometown of Shelley, they always have a festival around this break called "Spud Days." It's exactly like it sounds: a few days to pay homage to Idaho's famous potatoes. I loved Spud Days – we played tug-a-war over a giant pool of mashed potatoes, entered a potato-peeling contest, and I was always in the community parade in some capacity. Another upside to this fall break was that I never had to go to school on my birthday.

Now, as an adult who lives in California, my favorite part of Spud Days is that anyone who doesn't live in Idaho gets a "free tater for an out-of-stater." Idaho potatoes are the best in the world, hands down. It's funny how these traditions make such a mark on our lives. I still love eating potatoes and finding the best ones in town.

If you want to find your own Fall traditions to make with your children, check out the article, "11 Simple Ways to Enjoy Kern County Family Fun this Fall," on page 6. Callie Collins gives you all kinds of ideas of how to make the most of this time of year. Also, make sure you have some fun while looking throughout this issue to find our hidden Jack-O-Lanterns.

One classic tale that has stood the test of time and is a perfect scare for this time of year is The Headless Horseman, from the "The Legend of Sleepy Hollow." This piece by Washington Irving was originally printed in 1820 and KCFM is excited to re-print it for our readers this month on page 20.

Your monthly Hello Happy Mama article is proudly sponsored by Curves. Janelle Capra's article, "Fall in Love with Your Self Care," focuses on developing a stress-coping strategy to help you guide your way through the crazy holiday season. You can find her Self-Care Checklist on page 16. She wants to hear what you do to take care of yourselves with the hashtag, #hellohappy mama on social media.

For your monthly dose of humor, you can read Julie Willis' Humor at Home article, "Spider Sniper Mom: A Love/Hate Relationship with the Spiders Among Us," on page 18. She writes about how her girls don't want to kill the spiders that intrude in their spaces but rather rescue and release them back into the wild. Her husband obliges and releases them, while Julie becomes the exterminator when no one is watching.

No matter what traditions you make during October, they are an important part of your child's development. If you're trick-or-treating or wearing your favorite NFL-game-day jersey, you are doing it together and making memories your children will remember for the rest of their lives. So, light that pumpkin-spiced scented candle and settle in to watch Monster House for the umpteenth time with your favorite movie time snacks or maybe even have a baked potato, from Idaho of course!

Happy Fall, Y'all!



Puzzle Update: Just in case anyone who read last month's Dear Reader about our Renoir puzzle-gate wanted to know if we finished it. I have good news and bad news to report. The good news: we finished the puzzle (with the help of the whole neighborhood). The bad news: we were missing one piece – ONE PIECE! I blame our dog, Lincoln. It's the tried and true excuse that the dog really did eat the homework. Or, in this case, the puzzle piece.

Find Jack O'Lantern and WIN!

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

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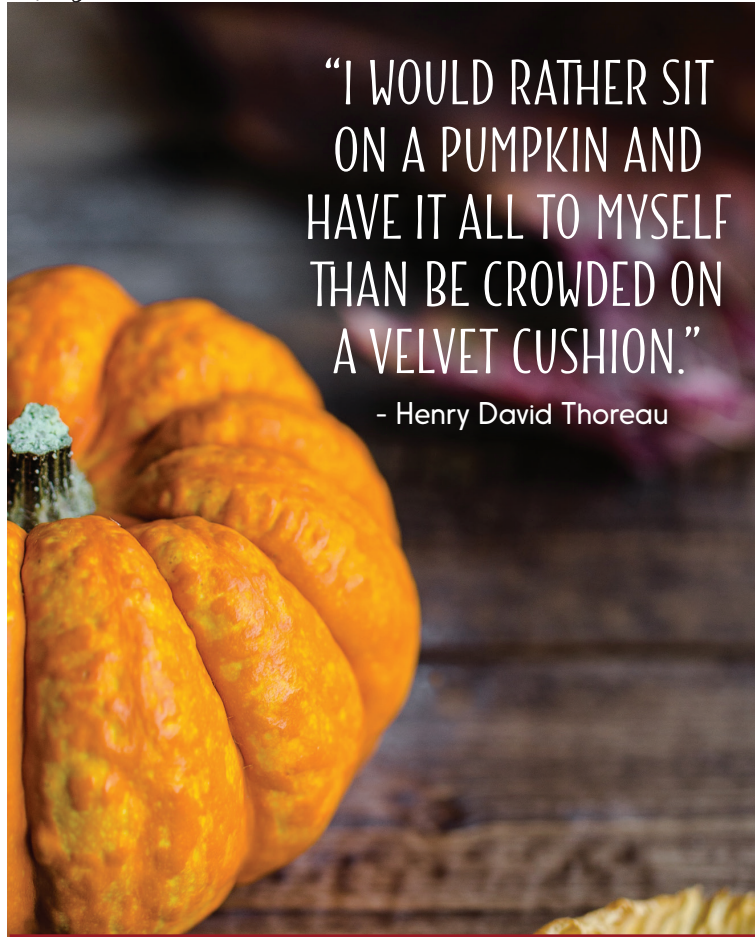
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The farm opens to the public at 2 pm on Friday to accommodate scheduled morning school tours.

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- Henry David Thoreau

11 Simple Ways to Enjoy Kern County Family Fun this Fall

By Callie Collins

- Rake fall leaves and jump in a pile together.
- Choose a recipe to make at home that celebrates the tastes of fall, such as apple crisp or pumpkin pie.
- Find a copy of "Room on the Broom" by Julia Donaldson or "Los Gatos Black on Halloween" by Yuyi Morales at the Kern County Library or a favorite local bookstore.
- Select a fall-scented candle to burn together during a special story time with your child.
- Find unique leaves on a family walk and start an autumn collection. Press your favorites in a book to find again next year.
- Enjoy apple cider together.
- Pick a pumpkin at a local farm.
- Go for a hayride.
- Choose a Halloween costume and plan your trick-or-treat route.
- Visit a spooky haunted house near you.
- Check out everything happening at the Murray Family Farms October Fun Fest! Flashlight nights in the farm's corn maze, face painting, and Plants vs. Zombies paintball are just some of the family fun activities you can find there this fall.

Bakersfield Celebrates "The Right Talent Right Now" at the Mayor's HIRE Luncheon

In observance of National Disability Employment Awareness Month (NDEAM), Helping Incorporate Reliable Employees (HIRE) will host Mayor Karen Goh's HIRE Luncheon with the theme, "The Right Talent Right Now" on Tuesday, October 15th, at Hodel's Country Dining. The program will include inspirational speakers and information about hiring qualified people with disabilities. Awards will be given to employers, employees, and to the recipients of the Mayor Harvey L. Hall Humanitarian of the Year Award.

"Every day, individuals with disabilities add significant value and talent to our workforce and economy," says U.S. Secretary of Labor Alexander Acosta. "Individuals with disabilities offer employers diverse perspectives on how to tackle challenges and achieve success. Individuals with disabilities have the right talent, right now."

Observed annually in October, NDEAM celebrates America's workers with disabilities, both past and present, and emphasizes the importance of inclusive policies and practices to ensure that all Americans who want to work can work and have access to services and supports to enable them to do so. With continued advances in such supports, including accessible technology, it is easier than ever before for America's employers to hire people with disabilities in high-demand jobs.

Tickets are \$35 per person. **Purchase tickets through Eventbrite or contact Katrina Starman at Katrina.Starman@dor.ca.gov.**

Plants Versus Zombies at Murray Farms

The zombies are coming! Working with EA and Popcap games, October Fun Fest at Murray Farms gets a little spooky this year with a new corn maze, Plants Versus Zombies. From September 27th through November 3rd, visitors to Murray Farms, located at 6700 General Beale Road, can enjoy all the family activities and games as part of October Fun Fest.

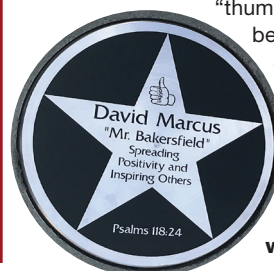
Open until 10 p.m. every Friday and Saturday in October, you can spend your time in the Flash Light Nights in the Corn Maze, meet Spookley, enjoy a hayride, pick your own pumpkin right from the field, and so much more. Every weekend, Friday through Sunday during October, you can find even more activities like potato blasters, paintball, corn cannons, face painting, a gourd craft, and much more.

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



David Marcus "Walk of Stars" Ceremony

Mr. Bakersfield, David Marcus, was recently honored with a star on the "Walk of Stars" at the Historic Bakersfield Fox Theater. Known for his "thumbs up" and infectious personality, David's star will be joining other Bakersfield legends and supporters such as Buck Owens and Merle Haggard. David passed away earlier this year and leaves a legacy with the non-profit Thumbs Up Cancer Down and The David Marcus Thumbs Up Scholarship Foundation.



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

Miss California JoVi Mongold's National Send Off Event

Miss California Junior Teen, JoVi Mongold, is preparing to spend eight days competing for National Miss Junior Teen. To show her support, JoVi's Send-Off Event will be held Thursday, October 10th, from 6 to 8:30 p.m. at BMW of Bakersfield, 5400 Gasoline Alley. This event will include silent auctions, 50/50 drawing, a photo booth, guest speakers, and so much more.



Proceeds will help with her national competition expenses and her upcoming non-profit B4others.

For more information, follow JoVi Mongold on Facebook, Instagram, or Twitter.

Bakersfield Brunch Fest

A celebration of everything brunch, Bakersfield Brunch Fest will be held on Saturday, October 12th, from 11 a.m. to 3 p.m. at the Kern County Museum. This 21+ event will feature bottomless brunch bites from over 20 local chefs and restaurants, a variety of beverage bars, a VIP lounge, and a souvenir glass. A portion of all proceeds will benefit the Children's Miracle Network at Dignity Health's Memorial Hospital.

For more information, please visit bakersfieldbrunchfest.com.

Local Groups Receive 11,000 New Books

The Molina Foundation of Southern California, a national nonprofit organization focused on reducing disparities in access to education and health, has granted Community Action Partnership of Kern (CAPK) more than 11,000 new books, which will go to its programs and child-centered non-profits including United Way, the Kern Literacy Council, and the Assistance League Bakersfield. The books were packaged for delivery last month with volunteer support and boxes and packing supplies donated by the Rosedale Highway Lowe's Home Improvement store in Bakersfield.

For more information, please visit www.molinafoundation.org or www.capk.org.



Should Halloween Change to the Last Saturday of October?

By Callie Collins

A national petition via Change.org focuses on a national movement to change Halloween from Oct. 31 to the last Saturday of the month, regardless of what specific calendar date it would fall. The public query has gained more than 140,000 signatures.

Proposed by the Halloween & Costume Association, the petition will be pitched to White House staff for a final decision. Any official date changes would likely take place in future years rather than the current 2019 season. Instead of Halloween as it's currently known, the celebratory date would be rebranded as National Trick or Treat Day. The organization wrote on its online petition that "it's time for a safer, longer, stress-free celebration!"

Supporters cite the ability to celebrate for a full day, instead of a few hours at night, with less of a rush to get home in order to prepare for school and office hours the next day. More children are fatally struck by cars on Oct. 31 than any other day of the year, according to the National Safety Council. More parents could, in theory, accompany their children to trick-or-treat during a weekend night than on a school night. Candy sales, which have dropped in recent years, could also benefit from a full-day celebration that revolves mostly around collecting packaged sweets.

Those against the petition are quick to point out the movement's commercial interests and the eschewing of tradition in favor of convenience.

At Kern County Family Magazine, we reposted a TODAY Parents article about the Change.org petition and asked our readers to tell us what they think: **Should Kern County consider the idea to move Halloween trick-or-treating?**

The vocal majority was not in favor of moving the celebration. Here's what some of our readers had to say, both for and against the proposal:

Kara Olson: **Yes!** It would be so much easier!!!

Pamela Rodgers: **Yes** yes yes!!!

Christina Martinez-Vas: **Why not** move it to Saturday? That would make things so much easier for teachers and parents!

Karrie McNeal: As a teacher and parent, **keep it the way it is.** Just because someone doesn't like something doesn't mean we go and change it. You can control YOUR world, not everyone else's world.

Veronica Gomez: **No.** It will be hard for the parents who work on Saturday nights. They will not be able to celebrate it with their kids. Why change something that does not need to be changed?

Tori Ramay: **I won't teach my kids to live for the weekend.** Every day is a great time to celebrate.

Breast Tests That Could Save Your Life

By Sandra Gordon

A yearly mammogram is the gold standard for breast-cancer screening and detection. Mammography is the only test that has been scientifically proven to save lives. Still, it's not infallible.

"In women with very dense breasts, mammography will miss cancer 58 percent of the time," says Thomas Kolb, M.D., a breast-cancer radiologist.

Dense breasts contain more glands, ducts and connective tissue than fat. Breasts tend to be denser during a woman's reproductive years; density makes it harder to detect suspicious lumps on a mammogram. That's because glandular tissue appears white on a mammogram, just like a mass can.

Fortunately, these tools are available that can give you a clearer picture of your breast health—and could possibly save your life—especially if you have dense breasts or you're at higher risk for breast cancer because of your personal or family health history.

How Do You Know if You Have Dense Breasts?

Breast density depends in part on hormonal status, which is why premenopausal women are more likely to have dense breasts. Genetics also plays a part. If your mom had dense breasts, you're more likely to have them. But only a mammogram can make that determination.

Tomosynthesis

The latest in breast cancer detection technology, tomosynthesis, also known as 3D mammogram, is a digital mammogram that takes images of the breast from multiple angles.

Tomosynthesis takes an arc of pictures through each breast, in 5 millimeter slices, which are then reconstructed into a three-dimensional image. It allows radiologists to see through the breast tissue. With tomosynthesis, they can more easily distinguish a true mass from overlapping structures that can hide or mimic cancer, such as ligaments or glandular tissue. Tomosynthesis can be used for screening and diagnostic mammograms.

Pros/Cons: Compared to a digital (2D) mammogram, tomosynthesis is more precise. Studies show that three more women per thousand will receive a cancer diagnosis with tomosynthesis, compared to a digital mammogram. Also, women with dense breasts who undergo tomosynthesis are 40 percent less likely to be called back for additional imaging.

Should you ask for it? Screening tomosynthesis is in order if you have dense breasts or you're at average or intermediate risk for breast cancer.

To determine your lifetime breast cancer risk, visit BrightPink.org and take the risk assessment quiz. Depending on your answers, you'll end up in one of three categories: high risk, intermediate risk or average risk.

High risk is defined as a lifetime risk of breast cancer of 20 percent or more; intermediate risk is a lifetime risk of breast cancer of 15 to 20 percent, and average risk is anything under 15 percent.

Automated Breast Ultrasound

During this test, an automated ultrasound machine, which uses a computer program, takes ultrasound images of breast tissue. The images are recorded and given to a radiologist who can interpret them. Doctors currently use handheld ultrasound devices to hunt for breast tumors in some patients. The



labor-intensive process can skip some tumors. Automated breast ultrasound eliminates the need for an ultrasound technologist so there's less risk of missing a lesion.

Pros/Cons: Automated breast ultrasound can help detect breast cancer. Breast cancer detection doubled from 23 to 46 in 6,425 screening studies using automated breast ultrasound with mammography, resulting in a significant cancer detection improvement. Some insurance providers don't cover the test yet, so check your policy.

Should You Ask for It? Ask for automated breast ultrasound in addition to a screening mammogram if you have extremely dense breast tissue (in the 75 percent or greater range).

Magnetic Resonance Imaging (MRI)

This tool employs magnetic and radio waves instead of X-rays to create high-definition cross-sectional images of breast tissue. For the test itself, the patient is injected with safe, nonradioactive contrasting salt solution in the arm, then lies face down on a table with both breasts positioned into cushioned coils that contain signal receivers. The entire bed is then sent through a tube-like magnet. In areas where there might be cancer, the contrasting agent pools and is illuminated on computer-generated images.

Pros/Cons: MRI has been shown to find 2 to 6 percent more cancers than mammogram alone. In 1,000 women, studies show MRI will find twice as many cancers, compared to 3D mammogram alone.

Should You Ask for It? If you're at high risk for breast cancer (in the 20% category or more), you automatically qualify for supplemental screening with MRI. Insurance carriers will cover the cost of this sensitive but expensive time. If you're not a high risk but you have extremely dense breast, consider paying out of pocket for this test. Screening breast MRI costs \$600 to \$700.

"Even if you have as little as a 2 percent risk of breast cancer over the next five years, talk to your doctor about adding MRI," says Wendie Berg, M.D., Ph.D., a breast imaging consultant in Baltimore. MRI breast-imaging centers are springing up across the country, but it's important to seek out a facility that has MRI-guided biopsy capability, so a tissue sample can be retrieved for diagnosis at the time of your scan if a questionable mass is spotted.

When to Get a Mammogram

The American Cancer Society recommends that women at average risk between age 40 and 44 have the option to start with a screening mammogram every year. Women 45 to 54 should get a mammogram yearly. Women 55 and older can switch to a mammogram every other year or choose to continue yearly mammography. If you're at high or intermediate risk, your doctor may advise starting mammography before age 40.

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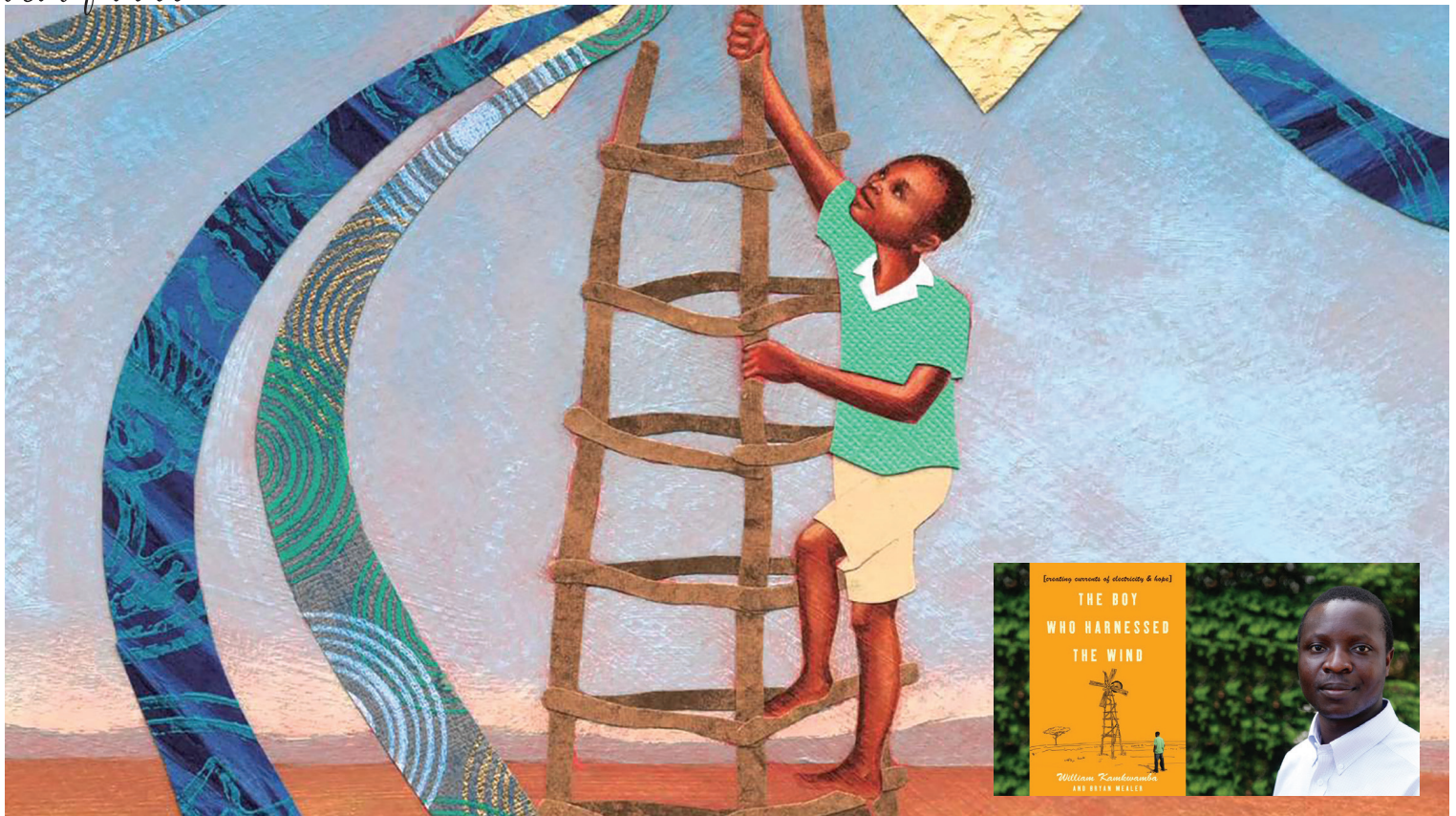
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Get Inspired!

Young Engineers, Parents & Community Leaders to Welcome Bestselling "The Boy Who Harnessed the Wind" Author William Kamkwamba at CSUB

By Callie Collins

Don't miss his Oct. 30th book signing and speech

Celebrated author William Kamkwamba, known for the book that inspired the Netflix film, "The Boy Who Harnessed the Wind," is coming to Kern County! His Oct. 30th visit to California State University, Bakersfield (CSUB) will take place in the Icardo Center at 7 p.m. Admission is free.

The bestseller recaps Kamkwamba's biographical journey to bring power to his family's home, at age 14, by building an electricity-generating windmill out of scrap metal and miscellaneous parts based only on rough plans from library books in Wembe, Malawi. After being invited to attend a TEDGlobal Conference on a fellowship, Kamkwamba has since led multiple projects for local improvements in his home country, including expanding access to electricity and drinking water and preventing malaria. His story has become known throughout the world as he works to promote science, technology, engineering and math (STEM) education.

Kamkwamba's community conversation will center on his experience in building the famed windmill and the current state of affairs in Malawi, as well as the importance of inspiring young people to pursue STEM careers.

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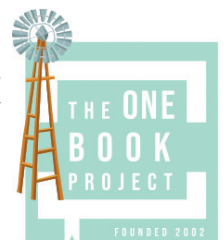
The book signing and inspirational speech is the culminating event in the One Book, One Bakersfield, One Kern #OneBookProject event series organized by the Kern County Library. "The Boy Who Harnessed the Wind" is its most recent focus title. The project encourages community-wide literacy, especially among students of all ages who may read the same book or an abridged, age-appropriate adaptation.

In addition to the full-length novel intended for grown-up readers, a Young Readers Edition by Penguin Puffin for ages 10+ and a picture book version by Penguin Young Readers Group are available at Kern County Library branches and for sale at local book retailers.

Kern County Library cardholders can download the eBook or audiobook version free through its electronic resources system, Hoopla.com.

It's not too late to join in on local book club discussions, with tracking through the library's Beanstack system. Related promotions run through November. Rewards, including Chipotle Incentives and the possibility of winning a pinwheel, are available while supplies last. Community partners include Barnes & Noble, Russo's Books, Kern Literacy Council, the Kegley Institute of Ethics and many others with local ties.

The One Book Project started in 2001 as a grassroots effort and launched in 2002. Bakersfield elementary school teacher Jillian Fritch read about its success in other cities and decided to start regional efforts in Kern County. The Kern County Library has been involved in its success since 2003.



Find out more about William Kamkwamba and his upcoming visit at <https://www.kerncountylibrary.org/one-book-project/>.

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Unique Abilities

Autism in Kern County: Elijah's Story

By Callie Collins



Elijah Stevenson, left, with his Dinosaur Island creation (also above)

Elijah Stevenson, age 10, is already making headlines for his unique abilities. Elijah has autism spectrum disorder, a diagnosis that keeps his mother, Nerissa, busy with his therapies and managing what works for him.

"He's considered high functioning," Nerissa explained in a recent interview. "His ability to hyper-focus is his gift, besides having an incredible ability to connect with others and accept them for who they are."

Elijah has participated at the Kern County Fair for the past two years with its hobby exhibition. His collection of more than 100 dinosaurs, complete with prehistoric-style plants and other figures, won First Place and Best of Show last year. These two blue ribbons underscore Elijah's unique way of connecting with the world.

Results from the 2019 Kern County Fair, in which Elijah also participated, were still pending at press time.

The fifth grader at American Elementary School participates in a special needs program, but he is

also active in Sunday school and related activities at Westside Church of Christ.

"If it wasn't for the Lord, I don't know where we'd be," said Nerissa, who cites her faith as a source of strength. Elijah's autism diagnosis came at age 3 and Nerissa, a widow, found herself in charge of a child whose behavior was difficult to work through. Her husband died of stage four lung cancer when Elijah was 9 months old. She sought professional evaluation and therapies on her own when Elijah was a toddler, in part due to his underdeveloped speech and unusual behavior.

"I can't tell you how many times I walked out of a supermarket leaving a full cart, because we were just done. Elijah's behavior made it impossible to shop and just complete a transaction. It can be like a temper tantrum but 100 times worse," she said. "I didn't understand why. Now, I understand that the sensory experience can be too much for the child, because he is hearing the wheels of the shopping cart screech and people's conversations, and seeing all the bright colors of a grocery store. Kids like Elijah start to experience sensory overload, and the natural 'no' that comes as part of the shopping experience with a child is just too much."

Nerissa describes those senses as "high-tuned", but she says no two children with autism are exactly alike. Their skills and abilities differ greatly according to where they are on the spectrum and their individual progress, interventions, and personalities.

Elijah and the Dinosaurs

A fascination with dinosaurs became noticeable as an affinity Elijah held at about age 2. He wanted to learn relevant facts and seemed obsessed. Nerissa recalled purchasing a DVD of "The Land Before Time" but noticed that he was disappointed.

"What he wanted was a show about the real thing. We would watch these documentaries that I thought were pretty boring with paleontologists

What is Autism?

The Centers for Disease Control and Prevention define autism as "a developmental disability that can cause significant social, communication and behavioral challenges. There is often nothing about how people with autism spectrum disorder look that sets them apart from other people, but people with autism spectrum disorder may communicate, interact, behave, and learn in ways that are different from most other people. The learning, thinking, and problem-solving abilities of people with autism spectrum disorder can range from gifted to severely challenged. Some people with autism spectrum disorder need a lot of help in their daily lives; others need less."

The Autism Society - Kern Autism Society reports that more 2,000 cases of autism have been recorded in Kern County.

According to the Child Mind Institute, one in 59 children has an autism spectrum disorder. That gap may be narrowing as more cases appear. Boys are also three to four times more likely to be diagnosed than girls. Both genders benefit from peer inclusion.

and scientists who were there trying to chip away rocks," she said.

The fascination grew from there and Elijah continued collecting dinosaur toys.

Last year, Nerissa's mother suggested he enter his collection in the hobby section of the Kern County Fair.

"Elijah wasn't proficient with glue and scissors, but I showed him some things and got him going and now, he's a champ," said Nerissa. "It's a six-foot island, most of which is based on movies and documentaries he has seen, that all makes sense to him. There are soldier figures, too. If someone gets eaten, well, he tells me that's just nature. He likes gathering things throughout the year."

What each dinosaur ate, the scientific names of each species, and its habits are all familiar facts to Elijah. In an age of distraction, his ability to focus is extraordinary and that attention to detail has made his exhibit a standout feature at Kern County Fair two years in a row.

Nerissa says no matter what prizes Elijah wins at the Fair, he is already first in her life. He has lived social situations in which he was picked last or simply not invited by his peers to participate in daily social interaction. The attitude that 'if you're not first, you're last' is really problematic," she concluded. "That's the most beautiful thing about these types of kids: their heart. They include everybody, even

though they may live in a world that shuns them or disrespects them or puts them last. They're all about love. They just want a friend and to be a friend. They just want to love. They just want to play. I'm so excited to see who he's going to be, who he's becoming. Just like his dinosaurs, Elijah is the leader of his own pack."

The Stevenson family embraces the challenges that come with Elijah's diagnosis. Nerissa describes herself as a patient person who has developed even more patience and empathy than she knew was possible.

"I tell my son not to worry, because the Bible clearly tells us 'Those who are first shall be last and the last shall be first. Many are called but few are chosen,'" said Nerissa. "You are clearly somebody in God's eyes. You are different and that's okay."

If you would like to donate toy dinosaurs or diorama craft supplies to Elijah, they may be left at Westside Church of Christ, marked "Special delivery for Elijah Stevenson."



Elijah with mom Nerissa, left, and maternal grandparents Kathy & Lloyd Bell Photo by LJ Radon, KCFM

How to Include Children With Autism

Children not wanting to include Elijah and others like him is a major problem kids with autism face in both school and social settings.

"What I wish is that people would stop looking at a book and judging it by its cover. People always are surprised by what our kids can do. I know kids who are going to be broadcasters. We may have an autistic president one day," said Nerissa. Although she tries to avoid showing that she is sometimes offended by others' exclusion and lack of empathy, she does feel that pain at times. "I stopped doing birthday parties when Elijah turned 5. No one would come. I felt alone. We felt the stigma of it," she admitted.

Nerissa's tips for inclusion:

Teach your children how to be a friend: Encourage them to invite children who have different abilities to play and join in by inviting them to playdates and parties.

Know that others may need more time to respond appropriately: A lack of action isn't always a lack of understanding. Some children just take longer to respond. Be patient and remind children that not all kids react on the same timeline.

Take the first step: Simply invite children to play.

Reach out to the parents: "Choose a mother that you know has a special needs child and include her," said Nerissa. "Offer respite care. She may not be able to let you babysit because of the child's needs, but she will appreciate the offer. Inviting her for a cup of coffee or tea is a welcoming thing to do, because it acknowledges that you see her as a person."

Autism in Kern County: FIVE LOCAL RESOURCES

League of Dreams

www.ourleagueofdreams.com

Founded by Kern County resident Tim Terrio of Terrio Physical Therapy and Fitness, this junior sports league helps children on the autism spectrum ages 5 to 22 to find and support each other through organized athletics. Baseball is its main team sport.

M.A.R.E. Therapeutic Riding Center

www.mareridingcenter.com

M.A.R.E. stands for "Mastering Abilities Riding Equines." Arabian horses are part of these equine-assisted therapies for children and adults living with special needs and disabilities, including autism. The riding center describes its work as "hope on horseback," with services in Kern County since 1990. Three decades of working with individuals who need specialized instruction makes an enormous difference in knowing how to help.

The Autism Society-Kern Autism Network, Inc.

www.kernautism.org

The Autism Society-Kern Autism Network, Inc. is dedicated to providing trustworthy, respectful and caring services that truly impact the lives of individuals on the autism spectrum in Kern County. The group works to help families and the community at large through the autism journey. Specific services include:

- Website and Social Media Support
- Resources for Kern County-doctors, programs, service providers, links for insurance coverage
- Monthly Support groups: parent, siblings, females and adults on the spectrum
- Obtaining diagnosis assistance with referrals
- Educational workshops for parents, educators, & community at large.
- IEP and school support mentoring with parents
- Advocacy at a state/local level
- Holiday giving projects at Thanksgiving, Christmas, and Easter.
- Children's workshops: bowling, art sessions and our most popular, LEGO Workshops, with 4 of them offered throughout the school year.
- Scholarships for parents to attend workshops for FREE
- Scholarships for children and young adults to attend camps during the summer (private swimming lessons etc.)
- Community autism trainings: Law enforcement, foster care, DHS, CPS, SSI, Rotary Clubs, CASA and other agencies
- Community Outreach of awareness campaigns

Valley Achievement Center

<https://autism-vac.org>

The amazing therapeutic offerings at Valley Achievement Center span from pre-school to age 22, with behavior modification programs, after-school care, a full-day Basic Education school, and social and independent living skills programs. Students with autism spectrum disorder and other developmental disabilities can receive a range of therapies into adulthood. Help with job placement is also an option. Its tagline, "Independence, Dignity and Self-Worth" play out across the ages it serves. Valley Achievement Center now has four facilities in Bakersfield.

Transition to Independent Living (TIL) at Taft College

www.taftcollege.edu/til/til-home/general-information

Instruction, training, and support are part of the dorm-style living experience for adults with developmental disabilities on-campus at Taft College. Life skills and social functions are also part of the effort to foster individuals' efforts to live independently as young adults. The program started in 1995 with funding from Kern Regional Center. A staff ratio of 3:1 helps assure adequate supervision. The program runs from Aug. 1 to June 30 each year.

ENTER TO WIN A FIRE SAFETY KIT!

American Fire Safety is giving one Kern County Magazine reader a First Aid Kit, 2nd Story Escape Ladder, and a chrome ABC Extinguisher (value \$350) in celebration of Fire Safety Month. Enter online at bitly.com/fire_safetycontest by noon on Oct 31 for your chance to win!



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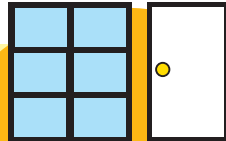
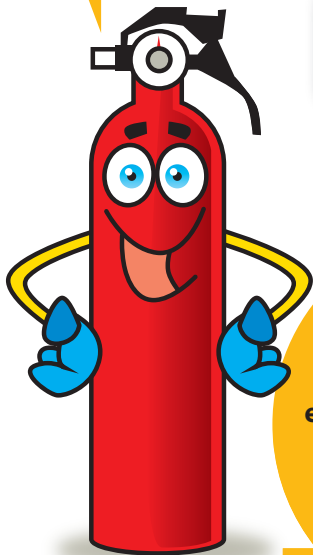
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How safe is YOUR home?

FIRE PREVENTION WEEK: OCTOBER 6-12, 2019

Fire Safety Checklist

SCORE YOUR HOME: Team up with your family to help prevent fires and protect yourselves in the event of a fire. Complete the scorecard below with your family. Can you turn any of the NO answers into YES answers?



Windows and doors open easily. If smoke or fire blocks your exit through a door, a window may be the second way out. Test them to make sure they open easily.

YES NO



Doors and hallways are free of clutter and obstacles. Nothing should be in the way of a quick, safe exit.

YES NO



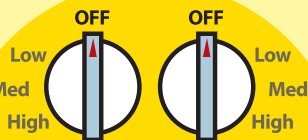
Smoke alarm works. Test your smoke alarms once a month. Smoke alarms should be on every floor, in or near all bedrooms.

YES NO

REPLACE YOUR SMOKE ALARM EVERY 10 YEARS!

Ask your parents, "How old is our smoke alarm?" Let them know it should be replaced every 10 years.

Replace the batteries every time you set your clocks backward or forward at Daylight Savings Time.



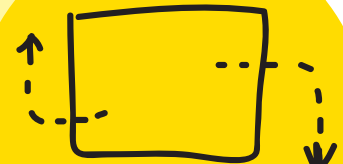
Make sure there isn't anything near the stove that could catch fire. A grown-up should be in the kitchen when the stove is on.

YES NO



You have a home fire escape plan. Practice your escape plan at least once a month.

YES NO



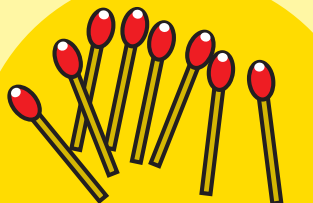
You have at least two ways to exit each room.

YES NO



You have a meeting place outside that is a safe distance from the home.

YES NO



Matches and lighters are stored out of the reach of children.

YES NO



Electrical outlets are not overloaded with too many plugs and extension cords.

YES NO

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Fall in Love with Your Self Care

Hello Mama!

It's finally fall. Oh, how I love this time of year! The weather, the fashion, and the holidays; it is a magical combination. Honestly, what's not to love? Well, there's also the extra stress, expectations, and events that can create chaos with our calendars! You feel me? Sometimes even the fun stuff can begin to feel overwhelming. And sometimes it's not the FOMO but the JOMO (joy of missing out) that is better for our mental health. Whatever your stress trigger may be, choosing to develop a self-care practice is the answer to thriving through the holiday season and in life.

First, it's important to remember that self care is NOT selfish.

Let's repeat that together: **Self-care is not selfish.**

Loving you is choosing to take care of YOU! And, if you aren't pouring from a full cup, you'll have nothing to give to your family, friends, or loved ones. As moms, we are often pulled in many directions. We get asked to sign up for classroom parties, run fundraisers, and plan community events, all while raising our children, working from home or outside of home, and trying to live our best life. Trust me, I feel you. It's not in our nature or society's narrative to put OUR needs on the "to do" list. But, I'm here to tell you that if I can do it, you can, too. Practice doesn't always make perfect, but it can make better habits. Changing your habits, can change your life. So Mama, let's conquer the holiday calendar chaos, one healthy self-care choice at a time.

Fall in love with your self-care routine with this simple Self-Care Checklist:

Physical: What are you doing to move your body? For me, Pilates has been my #1 choice for my self-care routine. I really enjoy the reformer classes because they are always a full body workout and a great mind-body workout. I have watched my body get stronger, leaner, and more flexible, and it has helped "shape shift" my overall physique.

It also challenges my body in a way that is safe. I am healing from a car accident over a year and a half ago. For me, reformer workouts help me to control my movements while helping me reap the benefits. Yoga is also a must-do workout for me. You can often get "lost in space" on a treadmill, stationary bike, or even an aerobics class. With yoga or Pilates, you HAVE to be present, in that moment, or you won't be able to do the movement. Or, if you're short on time, maybe



photo courtesy Janelle Capra

you want to try a circuit training class like those offered at Curves in Bakersfield. Whatever works for you, get your body moving and you will feel better.

Personal: What are you doing that brings you joy? Is it painting, writing, crafting, gardening or reading? Whatever hobby you enjoy, make sure it's scheduled on your calendar each week. Even 20 minutes a week can make all of the difference between having a bad day or an awesome day.

Emotional: How are you feeling (really feeling) today? Do you need to call or text a friend? Do you need some quiet time alone? Do you need to binge-watch your favorite show? Be honest with yourself and give yourself some grace with YOUR answer.

Spiritual: What can you do that is good for your soul? Do you spend time in meditation? Attend church? Read a daily devotional? And, more importantly, are you still active in your spiritual practice? Whatever the answer, just keep doing it.

Lovable: And, by loveable, I mean what can you do to love yourself? A massage, facial, mani-pedi? What "treat" will make you feel good? Maybe it's a little retail therapy. Maybe it's just a long, hot bath without those little humans calling "mama" every five seconds. Don't overthink this one. Choose a "treat" once a week and reward yourself for being an awesome mama!

Again, the holidays can be the most wonderful time of the year. And they will be even more enjoyable if you "check in" on your self-care daily. "Namaste" or "Mamastay in bed," you get to choose. Trust me, you deserve it!

Let's keep the conversation going. I'd love to hear what's on your Self Care Checklist. **Comment on this article or share on social with the tag #hellohappymama.**

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Spider Sniper Mom

A Love/Hate Relationship with the Spiders Among Us

By Julie Willis, Bakersfield Mom of Two

As a mom, I expect to have to deal with all sorts of unpleasant things. You know, messy diapers, sleepless nights, being puked on, temper tantrums. But then there are spiders. I never gave spiders much thought. Until I had daughters.

When my daughters see a spider, they run through the house screaming in terror.

OK, so they are afraid of spiders. I get it. I was afraid of spiders when I was a child, too. But what's unusual about my girls is that they don't want you to KILL the spider. They are some sort of animal advocates or something. You have to "rescue" the unwanted intruder by capturing it in a glass jar; then you have to take it outside and "release" it.

I'm like, "It's not a dolphin. It's not even a baby bird. It's a SPI-DER. Let's squish it and move on with our day." But oh, no. If I thought they were hysterical about there BEING a spider in the house, I was mistaken. That was nothing compared to the tears and carrying on that can occur if you step on the spider. I have learned that if I don't want to spend an hour consoling my babies, it is just easier to rescue and release the spiders.

I have learned that if I don't want to spend an hour consoling my babies, it is just easier to rescue and release the spiders.

Now, we live on the edge of town—some might say out in the country—and we have some pretty big spiders. A few have made the mice seem miniscule in comparison. (I exaggerate, but only just a bit. Some of these guys are big and hairy, and they are FAST. In case a regular garden spider didn't terrify me—which it does—these hairy guys have me running for the hills where I will take my chances with the hawks and coyotes.)

So, my girls insist that we find a jar and a piece of paper. We have to (or rather, I have to) put the jar over the spider and then slide a piece of paper under it. Then they watch as I take it outside (far, far away—much farther than I bother to take the mice, I assure you—and oh, yes, we live trap the mice, too). The children watch because they want to make sure that poor Mr. Eight Legs does not come to any unfortunate early demise during my rescue mission. You never can trust a spider hating mom, you know.

So, yes, we Rescue and Release the spiders.

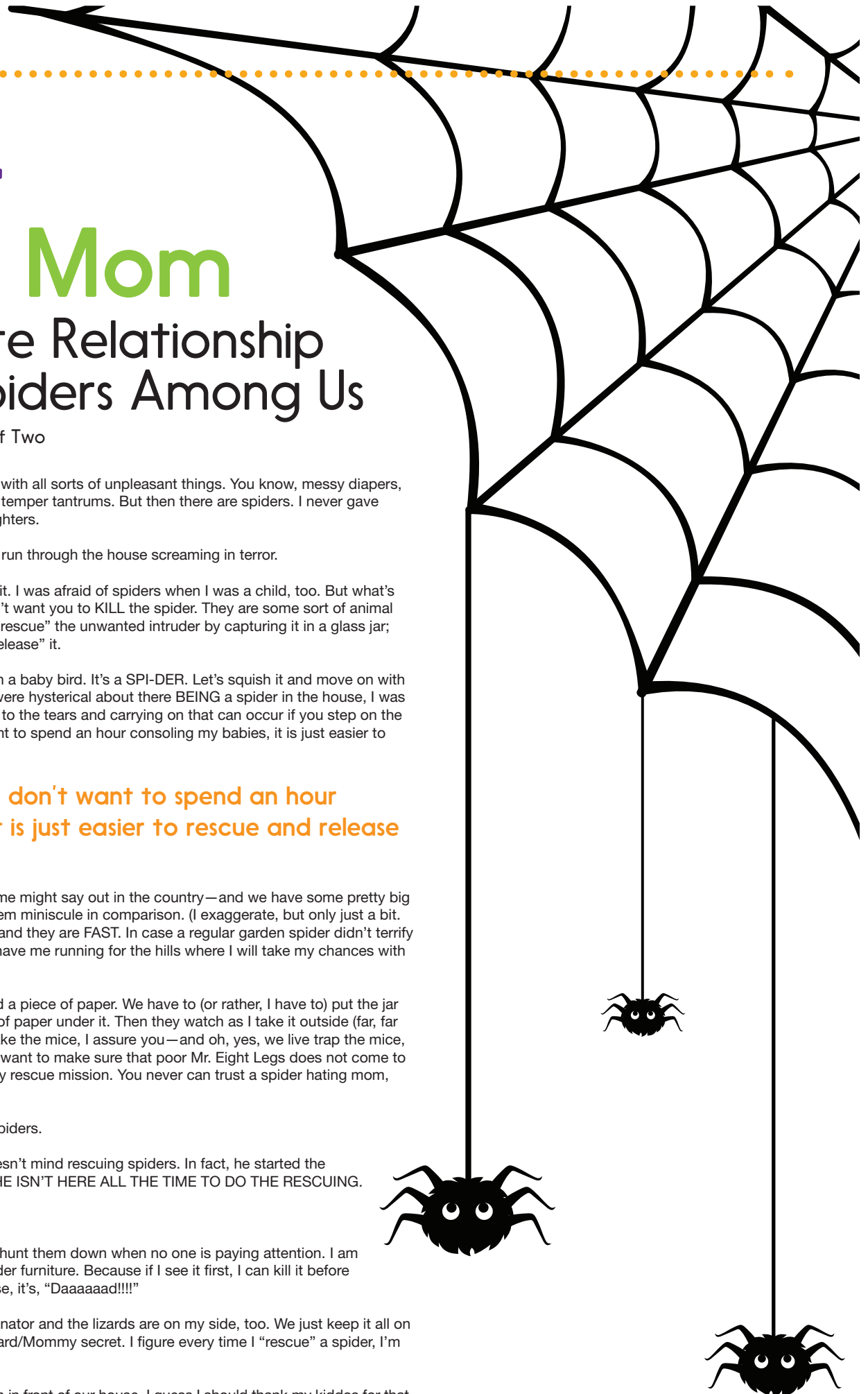
I blame this all on my husband. He doesn't mind rescuing spiders. In fact, he started the whole thing. The only problem is that HE ISN'T HERE ALL THE TIME TO DO THE RESCUING.

Which leaves me.

I have become Covert Spider Sniper. I hunt them down when no one is paying attention. I am always looking in dark corners and under furniture. Because if I see it first, I can kill it before anyone knows the difference. Otherwise, it's, "Daaaaaad!!!!"

And, don't tell my kids, but the exterminator and the lizards are on my side, too. We just keep it all on the down-low. You know: a special Lizard/Mommy secret. I figure every time I "rescue" a spider, I'm feeding a lizard.

We have a very healthy lizard population in front of our house. I guess I should thank my kiddos for that.



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Marcos Rodríguez

THE HEADLESS HORSEMAN

From "The Legend of Sleepy Hollow"

By Washington Irving (1820)

The superstitious people of New York's Hudson Valley spoke of many ghosts, but the "commander-in-chief of all the powers of the air" around there was the most feared spirit in all of New York state: the ghost of a Hessian from the American Revolution.

The Hessians were German soldiers hired by the British, and you may recognize them from the Declaration of Independence, which complains of "Armies of foreign Mercenaries" sent "to compleat the works of death, desolation and tyranny." This particular Hessian, though, did not "compleat" anything. A stray Patriot cannonball removed his head in battle, and his ghost began riding through the forests near Tarrytown "in nightly quest of his head." They called him the Headless Horseman of Sleepy Hollow.

And who should blunder upon that headless fiend one fateful night but Ichabod Crane?

Crane was a superstitious, gossipy schoolteacher who had been living a peaceful life in Sleepy Hollow, New York, which was, after all, "one of the quietest places in the whole world."

Now, Ichabod already had a problem: He had fallen in love with a local heiress named Katrina Van Tassel, and Katrina was also being wooed by a man named Abraham "Brom Bones" Van Brunt.

Brom Bones was everything Ichabod was not. While Ichabod Crane looked like a "scarecrow eloped from a cornfield," Brom Bones was a titan of strength, "broad-shouldered and double-jointed." Ichabod was scared of spooks and goblins and "terrors of the night," while spirits were just a joke to Brom Bones. Most everything was a joke to Brom Bones, and the only thing he loved more than a "rustic brawl" was a "madcap prank." So when Katrina started to favor meek Ichabod Crane, Brom Bones vowed to do something about it.

Not get her flowers. Not start acting like a decent upstanding citizen. That was not Brom Bones's way.

On the night of a party at the Van Tassels' home, the guests stayed up late swapping ghost stories—stories "about funeral trains, and mourning cries and wailings heard" near the "enormous tulip-tree" where the British spy Major John André was captured, stories about a mysterious "woman in white" of Raven Rock who was "often heard to shriek on winter nights before a storm, having perished there in the snow," and especially stories about a galloping figure with no head. It was midnight—"the very witching time of night"—before Ichabod Crane mounted his horse and left for home.

Never before had the woods seemed so filled with terrors and hauntings for poor Ichabod. He was a superstitious man, and to a good imagination the dark woods on a dark night were filled with creaks and moans and half-glimpsed "ghosts and goblins." And then one figure, which Ichabod saw plainly. The figure of a man, "muffled in a cloak," riding a black horse.

It would not be accurate to say that the figure had no head. But, the head was not on his shoulders, where it should have been. Better to say that the figure had a head, and he carried it in his hand.

Well, that was about enough for Ichabod Crane! He rode away in terror, but the Headless Horseman followed him. The chase proceeded through the woods, and Ichabod strove to reach a bridge near a church where (legend says) the Hessian ghost would always disappear. Far from disappearing, though, when the Horseman reached the bridge, he threw his head at Ichabod, knocking him from his horse.

Ichabod took to his feet and didn't stop running until he reached Connecticut. He forgot all about Katrina Van Tassel, and he was never seen near Tarrytown again. The townsfolk decided "that Ichabod had been carried off by the Galloping Hessian."

It was not the Hessian that chased Ichabod to a neighboring state, however. The rider that pursued him was none other than Brom Bones, his face concealed inside his cloak, a pumpkin done up to look like a severed head. It was only a pumpkin he threw at poor Ichabod Crane.

Brom Bones married Katrina Van Tassel and presumably spent the rest of his life acting like a giant jerk. But he kept his secret and never confessed to his one-night role as the Headless Horseman.

Who was never seen riding again.

Re-printed from *The Big Book of Monsters* by Hal Johnson, Illustrated by Tim Sievert



you can do it

Spooktacular Spiced Halloween Cake



Halloween party hosts may want to have a variety of treats on hand to satisfy the assortment of sweet teeth in attendance. Candy might be the first thing people think of on Halloween, but cakes and cookies can make for delicious treats as well.

Borrowing from the flavors of the season, including pumpkin, cinnamon and nutmeg, "Spiced Pumpkin Cake" from "Real Simple: Easy, Delicious Home Cooking (Time Home Entertainment)" from the editors of Real Simple can be a welcome addition to any Halloween spread.

Spiced Pumpkin Cake

Serves 12

Ingredients

- 1 cup (2 sticks) unsalted butter, at room temperature, plus more for the pan
- 3 cups all-purpose flour, spooned and leveled, plus more for the pan
- 5 teaspoons pumpkin pie spice
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 1/2 cups granulated sugar
- 3 large eggs
- 1 15-ounce can pumpkin puree
- 1/2 cup whole milk
- 1/4 cup molasses
- 1 1/4 cups confectioners' sugar
- 2 tablespoons fresh lemon juice



Directions

1. Heat oven to 350 F. Butter and flour a 12-cup bundt pan.
2. In a large bowl, whisk together the flour, pumpkin pie spice, baking powder, baking soda, and salt.
3. Using an electric mixer, beat the butter and granulated sugar on medium-high heat until fluffy, 2 to 3 minutes. One at a time, beat in the eggs. Beat in the pumpkin puree, milk, and molasses (the mixture may appear curdled). Reduce the mixer speed to low; gradually add the flour mixture and mix until just combined (do not overmix).
4. Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, 55 to 65 minutes. Let cool in the pan for 30 minutes, then invert onto a wire rack to cool completely.
5. In a small bowl, whisk together the confectioners' sugar and lemon juice until smooth. Drizzle over the cake. Let set before serving.

• *Tip: This cake can be baked and glazed up to one day in advance. Store, covered at room temperature.*

Harmony Road
Music School
IT'S NOT TOO LATE TO JOIN!

- Music & Movement Classes (Ages 16m - 4yrs.)
- Group Piano Classes (Ages 4 1/2 - Adult)

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3rd Annual Event

TRUNK OR TREAT!

Valley Achievement Center • 1300 Stine Road
SATURDAY OCT, 26TH

10-11 a.m. Special Friends
11-1 p.m. Open to Public
Admission: Adult \$2 Child \$1

FOOD, FUN & PRIZES

SAVE THE DATE

valley achievement center
<http://autism-vac.org/>



KCFM DINING GUIDE

Smith's Bakeries
The Bakers of Bakersfield
"THE ORIGINAL SINCE 1945"

SMITH'S BAKERIES
2808 Union Ave.
661-325-3411

WHITE OAK PLAZA
6401 White Lane
661-834-1916

Sully's Stockdale
Gosford & Stockdale Hwy

THE ORIGINAL Smith's Bakeries SINCE 1945

BROOKSIDE MARKETS
4700 Coffee Rd.
661-588-2070

GRAND ISLAND
11400 Ming Ave.
661-663-8611

BROOKSIDE MARKETS
8803 Camino, Media Blvd.
661-654-0858

Sully's Olive
Olive Dr & Calloway

Sully's Buena Vista
4833 Buena Vista

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OCTOBER '19

S	M	T	W	T	F	S
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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		

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



Look for the candy for Halloween and Fall Festival Fun!

Tuesday Oct. 1

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

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

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

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

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 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

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

FUN FEST AT MURRAY FAMILY FARMS: Hayride, pumpkin patch, animal garden, jumping pillow, Boo Boo's slides, and Spookley maze. Admission: \$11.99, 1-3 years old \$5.99. 2:00 PM - 8:00 PM (855) 868-7729 Oct. 1 - 31.

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

Wednesday Oct. 2

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

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

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

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

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

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

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

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

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

Thursday Oct. 3

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

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

DISABILITY MOVEMENT: SHOW-CASE AND RESOURCE FAIR: Receive information about community resources that offer training, employment support, educational services, and recreational activities for individuals with disabilities. This event is open to the community and all ages are encouraged to attend. 3921 N. Sillect Ave, 2:00 PM - 6:00 PM 395-2525

ICE WORLDS PLANETARIUM SHOW: Tickets available for \$8/ adults and \$6/seniors and children 5-12 years old from the Bakersfield College Ticket Office or online only. 7:00 PM - 8:30 PM 395-4526

Friday Oct. 4

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

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

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

35TH ANNUAL KERN SHAKE-SPEARE FESTIVAL AT BAKERSFIELD COLLEGE: Featuring the plays Henry V and Twelfth Night. Tickets are \$12 for general admission and \$8 for Students, Staff, Seniors, and Veterans. Friday - Saturday 7:30 PM 395-4011

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the San Diego Gulls. 7:00 PM - 9:00 PM 324-PUCK

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

FREE FAMILY FLIX AT HOLLO-WAY-GONZALES LIBRARY: William and the Windmill (2013) 2:30 PM 868-0701

GREEK FOOD FESTIVAL: Bakersfield's premiere ethnic celebration! 401 Truxtun Ave, 5:00 PM - 11:00 PM 325-8694

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

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

Saturday Oct. 5

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

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

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

THERE IS JUST BOOO 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.

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

YOUTH CRAFTS & ACTIVITIES AT NORTHEAST LIBRARY: MAGIC SCIENCE EXPERIMENTS 1:00 PM. 871-9017

2019 LACE'N IT UP 5K FUN RUN & CELEBRATION WALK: Walk to celebrate our survivors, support those going through treatment and remember those that we have lost to breast cancer. 11200 Stockdale Hwy. 7:30 AM 322-5601

2ND ANNUAL TIES & TIARAS FATHER/DAUGHTER DANCE AT THE MARK: Fathers, or Father figures, get dressed up and sweep your daughter(s) off her feet! Enjoy a fine meal followed by an evening of dancing under the twinkle trees. Reservations required. \$50per Father/Daughter Couple, \$20 each additional child. 4:00 PM - 9:00 PM 322-7665.

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Ontario Reign. 7:00 PM - 9:00 PM. (661) 324-PUCK

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

CELEBRATING BEETHOVEN! AT RABOBANK: We begin our season by celebrating the 250th anniversary of Beethoven's birth. An evening of inspiration and true joy! Ticket Price: \$20/\$30/\$35/\$45 6:00 PM 323-7928

CENTRAL CALIFORNIA ANTIQUE FLEA MARKET: A unique place to shop for vintage and antique home decorations, jewelry, art, metal garden art, pottery, books, collectibles, auto parts, vehicles, trailers, and more. Admission is \$5.00 Children 15 and under are free. 4500 S. Laspina, Tulare 7:00 AM - 2:00 PM 559-759-9133

FIRST SATURDAY CLEANUP AT FOX THEATER: Clean up litter in downtown. 7:00 AM - 11:00 AM 326-3539

GREEK FOOD FESTIVAL: Bakersfield's premiere ethnic celebration! 401 Truxtun Ave, 11:00AM - 11:00 PM 325-8694

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

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

WALKING TOUR: Walking Tour of Downtown Bakersfield's Mid-Century Architecture 10:00 AM - 12:00 PM 800-123-1234

Sunday Oct. 6

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

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

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

35TH ANNUAL KERN SHAKESPEARE FESTIVAL AT BAKERSFIELD COLLEGE: Featuring the plays Henry V and Twelfth Night. Tickets are \$12 for general admission and \$8 for Students, Staff, Seniors, and Veterans. 2:00 PM 395-4011

FALL CRAFT FAIR AT SKATELAND: Visit 65 vendors. 9:00 AM - 4:00 PM 831-5567

GREEK FOOD FESTIVAL: Bakersfield's premiere ethnic celebration! 401 Truxtun Ave, 11:00AM - 4:00 PM 325-8694

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


Monday Oct. 7

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

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

 **CULTS & CLASSICS: THE NIGHTMARE BEFORE CHRISTMAS AT FOX THEATER:** \$5.00. 6:00 PM 326-3539

KIDS GET CRAFTY AT WILSON LIBRARY: Featuring the craft: Pasta necklaces. 4:00 PM. 834-4044

 **MOVIE TIME AT WASCO LIBRARY:** "Mostly Ghostly" 3:30 PM - 5:00 PM 758-2114

Tuesday Oct. 8

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

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

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

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

PROJECT LINUS BLANKET MAKING: Provide 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

FREE FAMILY FLIX AT SOUTHWEST LIBRARY: "William and the Windmill" (2013), 5:00 PM 664-7716

Wednesday Oct. 9

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

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

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

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

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

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

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

35TH ANNUAL KERN SHAKE-SPEARE FESTIVAL AT BAKERSFIELD COLLEGE: Featuring the plays Henry V and Twelfth Night. Tickets are \$12 for general admission and \$8 for Students, Staff, Seniors, and Veterans. Wednesday – Saturday 7:30 PM 395-4011

DIAMONDS & DENIM: Event to benefit MARE's Programs. 2800 Buck Owens Blvd, 6:00 PM 589-1877

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

Thursday Oct. 10

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

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

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

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

KERN COUNTY VETERANS STAND DOWN: FREE and available to veterans and their dependents only--homeless veterans, too! Dozens of exhibitors and service agencies will deliver such services as: Health screenings, Assistance with Veterans and Social Security benefits applications, Career services, Free pet food, Free haircuts, Free clothing, Housing information and assistance, Free transportation to and from the event from select locations. 4003 Chester Ave. 8:00 AM - 3:00 PM 873-4768

Friday Oct. 11

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

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

Saturday Oct. 12

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

FAMILY FRESH MARKET: Everything from Local Coffee, Kids, Tween & Adult Boutiques, Locally Raised Beef, Vegan Treats, Food Trucks, Wood Work, Home Decor, Accessories, Kids Toys & more! AND a FREE AKSC Sporting Experience for the kids! 4401 Ride St. 8:00 AM - 12:00 PM 833-3986

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

COPTIC CHURCH ANNUAL FESTIVAL: Saint Demiana Coptic Church, 9200 White Ln, FREE Admission. Oct 12-13. Authentic Mediterranean food, games, crafts, gifts, Coptic Icons.

Take photos with the King & Queen of Egypt. Cultural & spiritual books. Church open for tours. www.stdemianacoc.org. 11 am-6pm

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

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

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

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

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 present a Lecture offering unique insight into artistic culture with special guest lecturers, artists, and behind the scenes looks into the art programs and exhibitions. 323-7219

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

October Worship Guide



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COPTIC CHURCH SAINT DEMIANA ANNUAL FESTIVAL

9200 White Lane
Bakersfield, CA 93311

OCTOBER, 12-13
SAT & SUN 11AM - 6PM

For more Info, please visit:
www.StDemianaCOC.org

Free Admission



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Father Karl Dietze

Service Times: 8:00 AM & 10:00 AM
Sunday School and Child Care available during 10:00 service

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Bakersfield CA 93311**
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Out of EGYPT
I called my Son.
(Hosea 11:1)

- Church Tour
- Take your picture with the King & Queen of Egypt
- Coptic Icons, Crafts & Gifts
- Authentic Mediterranean Food
- Children's Activities & Games
- Cultural & Spiritual Books *and much more!*

OCTOBER 2019 *daily happenings*

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

OKTOBERFEST 2019: Enjoy this German inspired festival with some delicious cuisine from Prime Time BBQ, Temblor Brewing Company, GhilaDolci Bakery and Alpine Pastries. You could be crowned Mister or Miss Oktoberfest for being the best dressed! \$55.-\$85. 1928 19th Street, 5:00 PM - 9:00 PM 322-1671

RUNNING WITH THE ANGELS 5K RUN/WALK AT CSUB: Raise awareness for pregnancy and infant loss. FREE carnival, resource and vendor fair. You must register to run. \$25 Registration for the 5K, Children under 5 are free. Registration includes event t-shirt, post run refreshments and awards given to the top three in each category. 8:00 AM - 1:00 PM 379-7162

TAFT OILDORADO COUNTDOWN TO 2020 CONCERT: Daniel Bonte and Truxton Mile. \$75 VIP / \$15 GA / \$20 Door. 5th & North Street, Taft, 6:00 PM - 11:30 PM 623-5918

WALK TO DEFEAT ALS: Walking to honor those who have fought and support those who are fighting this devastating disease. 11298 Stockdale Hwy. 9:00 AM - 2:00 PM 559-285-0074

Sunday Oct. 13

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

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

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

35TH ANNUAL KERN SHAKE-SPEARE FESTIVAL AT BAKERSFIELD COLLEGE: Featuring the plays Henry V and Twelfth Night. Tickets are \$12 for general admission and \$8 for Students, Staff, Seniors, and Veterans. 2:00 PM 395-4011

DONUT FEST AT TEMBLOR: Sample donuts, enjoy beer, coffee and more with a fun-filled tasty event! We need your help to name Bakersfield's Favorite Donut. Tickets \$8 - \$25. 1:00 PM - 5:00 PM 489-4855

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

2ND ANNUAL STRIDES 4 CJD BAKERSFIELD HARVEY HALL FUNDRAISER AT LAKE MING: In memory of Bakersfield's 25th Mayor and EMS

pioneer Harvey L. Hall. Participants have their choice of a 2-Mile Walk or 5K Run. Dogs on leashes are welcome! Strides 4 CJD enables families to pay tribute to loved ones and raise awareness of this rare neurodegenerative disease that currently has no treatment or cure. 9:00 AM 322-8741

Monday Oct. 14

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

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

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

COUNTRY LINE DANCING: 392-2010

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

MOVIE TIME AT WASCO LIBRARY: "Casper's Scare School" 3:30 PM - 5:00 PM 758-2114

Tuesday Oct. 15

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

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

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

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

Wednesday Oct. 16

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

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

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

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

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

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

"DESTINATION MARS: THE NEW FRONTIER" PLANETARIUM SHOW: Tickets available for \$8/adults and \$6/seniors and children 5-12 years old from the Bakersfield College Ticket Office or online only. 7:00 PM - 8:30 PM 395-4526

BUILD A WINDMILL AT WASCO LIBRARY: Come and have fun building a windmill. 3:30 PM - 5:00 PM 758-2114

CULT CLASSICS AT READING CINEMAS VALLEY PLAZA: "The Texas Chainsaw Massacre". 7:00 PM 833-2230

Thursday Oct. 17

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

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

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

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

KIDS GET CRAFTY AT TAFT LIBRARY: Featuring the craft: Pasta necklaces. 3:00 PM 763-3294

Listings of FREE Immunizations

tots + shots

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

Iglesia de Bakersfield
Saturday, October 5th
5614 Woodmere Dr., Bakersfield
from 10:00 a.m. to 2:00 p.m.

Kern County Department of Human Services
Wednesday, October 9th
100 E. California Ave., Bakersfield
from 9:00 p.m. to 2:00 p.m.

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

Good Neighbor Festival
Saturday, October 12th
1000 South Owens, Bakersfield
from 11:00 a.m. to 2:00 p.m.

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

BiNational Health & Resource Fair
Friday, October 18th
1142 P Street (K.C. Fairgrounds), Bakersfield from 5:30 pm. to 8:30 p.m.

La Hacienda Market
Tuesday, October 22nd
315 James Street, Shafter
from 9:30 a.m. to 2:00 p.m.

Evergreen Arvin Healthcare
Thursday, October 24th
323 Campus Dr., Arvin
from 11:00 a.m. to 2:00 p.m.

New Life Church
Wednesday, October 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.

PUPPET SHOW TIME! Hansel and Gretel 930 18th Street, 9:00 AM - 10:30 AM 324-7112


Friday Oct. 18

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

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

 **BMOA AT WASCO LIBRARY:** Crafting a Halloween theme activity. 4:00 PM - 6:00 PM 758-2114

CSUB ALUMNI PARTY IN THE PARK 2019: Annual Alumni fundraiser open to community members, CSUB faculty, staff, and students. For guests over 21 years of age. All proceeds will benefit the CSUB Alumni scholarship fund, mentor, and other programs. Food and beverage included in ticket price. 6:00 PM - 9:30 PM 654-CSUB

 **THE ADDAMS FAMILY:** Based upon the original comic strip and TV Show, this original story revolving around everyone's favorite, creepy family, including, Gomez, Morticia, Uncle Fester, Wednesday, Pugsly, and Lurch. Halloween should always be spent with the family, the Addams Family! 1622 19th St. Friday-Saturday 7:30 PM - 9:30 PM, Sunday 2:00-4:00 PM 866-568-2846

Saturday Oct. 19

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

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

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

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

2019 KERN COUNTY HEART & STROKE 5K WALK AT CSUB: Join a million Heart Walk Heroes from across the nation raising funds. 6:00 AM 303-6592

AFRICAN FOOD & CULTURE FESTIVAL: Sample flavors from African countries. Music, food, poetry, culture booths, beer samples, and market vendors!!!! Proceeds will benefit African Association of Kern County. \$20, Kids under 10: \$10, Kids under 5: FREE \$25 AT THE DOOR. 1142 S P St. 2:00 PM - 8:00 PM 809-5109


BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Stockton Heat. 7:00 PM - 9:00 PM 324-PUCK

BAKERSFIELD TACO & BEER FESTIVAL: Unlimited Craft Beer and cider tastings, over a dozen tacos and food vendors + live Lucha libre wrestling + live music and more. 4003 Chester Ave. 2:00 PM - 6:00 PM 626 474 8405.

BAKERSFIELD WALK TO END ALZHEIMER'S: Fight Alzheimer's. 11200 Stockdale Hwy. 8:00 AM - 12:00 PM 437-8148

BAKERSFIELD MUSEUM OF ART'S ANNUAL VIA ARTE ITALIAN STREET PAINTING FESTIVAL: Using the asphalt as canvas, professional and student artists turn the parking lot of the Marketplace into a gallery of amazing chalk masterpieces. FREE. 9000 Ming Ave., Saturday - Sunday 9:00 AM - 8:00 PM 714-545-1400

BC RENEGADES VS VENTURA: Homecoming; Tailgate Theme: Deep Fried Heaven 1801 Panorama Dr. 6:00 PM 395-4011

 **BOO AT THE CALM ZOO:** Children 12 years and under are FREE and must be accompanied by an adult. There are spooktacular games, festive decorations, food and beverage booths, treats for all, as well as a wildlife presentation and animal encounters. Saturday - Sunday 9:00 AM - 4:00 PM 872-2256

FALL VARIETY SHOW: Come join us for a fun afternoon of music. You can sing along with all of your favorite patriotic songs and participate in a MURDER MYSTERY. 1920 18th St. 3:00 PM - 5:30 PM 619-3255

 **PUMPKIN DINOSAURS AT BUENA VISTA MUSEUM:** Join us and Carol Bowman for a Special Halloween Craft Class and turn a Pumpkin into a Dinosaur! 10:30 AM - 11:30 AM 324-6350

THIRD ANNUAL HART PARK AFTER DARK: This is a FREE family-fun event. Spider Hat Crafts and Boo Bracelets, Family Storytime, Halloween Music, Fun and games! Wear costumes! Bring flashlights! 5:00 PM - 8:00 PM 872-3179

Sunday Oct. 20

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

THE BAKERSFIELD SALSA & MUSIC FESTIVAL + PONCHO SANCHEZ: Get your team together and enter to win: 1st and 2nd cash prize award and trophy. Featuring Pancho Sanchez and also The Boogaloo Assassins. DJ's, music, dancing, full bar, vendors, food, beer, photo booth, and more! 21+ ONLY. 4003 Chester Ave. 11:00 AM - 6:00 PM 808-4279

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

Monday Oct. 21

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

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

 **MOVIE TIME AT WASCO LIBRARY:** "The Dog Who Saved Halloween" 3:30 PM - 5:00 PM 758-2114

TEEN GOURMET CHEF AT BEALE LIBRARY: Teen chefs test their skills with our secret ingredient. 4:30 PM 868-0701

Tuesday Oct. 22

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

5 Trick or Treat TIPS



1. Never Trick-or-Treat Alone.

A parent or responsible adult should always accompany young children, and older kids should walk as a group on a route preapproved by parents.

2. Don't be invisible.

Carry a flashlight at night. Opt for a bright or reflective costume, or use reflective tape on costumes and treat bags.

3. Stroll safely.

Stay alert and stay on the sidewalk. Use crosswalks to cross streets after looking both ways, and never enter the street from between parked cars.

4. Be afraid of the dark.

Only approach homes that are lit up, and never go inside a home (or a car) for a treat. Stay in well-lit areas with other trick-or-treaters, and avoid shortcuts through alleys or yards.

5. Check candy.

Discard any unwrapped, spoiled or suspicious treats, and don't eat all of your candy at once!

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

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

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

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

FREE FAMILY FLIX AT DELANO LIBRARY: William and the Windmill (2013), 4:00 PM. 725-1078

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

Wednesday Oct. 23

ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

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

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

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

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

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

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

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Ontario Reign. 6:30 PM 324-PUCK

 **HORROR FEST AT READING CINEMAS VALLEY PLAZA:** "The Thing" 7:00 PM 833-2230

S.T.E.M. AT WASCO LIBRARY: If you enjoy science, join us for an exciting science project. 3:30 PM - 4:30 PM 758-2114

Thursday Oct. 24

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

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

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

10TH ANNUAL ALUMNI & FRIENDS COUGAR COOKOUT: A celebration for Veterans & Community Spirit. BBQ, Music, and Alumni Beer Garden. \$30 General Admission, \$20 Taft College Alumni, Faculty, Staff, FREE for Veterans. Veteran tickets pickup at the Cooper's True Value or the Taft College Bookstore. 29 Cougar Ct. 5:00 PM - 8:30 PM 763-7961


Friday Oct. 25

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

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

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


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

 **THE ADDAMS FAMILY:** Based upon the original comic strip and TV Show, this original story revolving around everyone's favorite, creepy family, including, Gomes, Morticia, Uncle Fester, Wednesday, Pugsly, and Lurch. Halloween should always be spent with the family, the Addams Family! 1622 19th St. 7:30 PM - 9:30 PM 866-568-2846


 **2019 ANNUAL SAFE TRUNK OR TREAT:** Come dressed in costume. It is first come, first 1,000

people served. Trick-or-Treaters ages toddler to 13-year-old recommended. 1700 Flower Street, 5:00 PM - 7:00 PM 391-7559

28TH ANNUAL CALIFORNIA HOT ROD RE-UNION: Bringing the past and present of nostalgia drag racing. 33559 Famoso Rd, McFarland Friday-Saturday 8:00 AM 1-800-884-6472

 **NIGHT AT THE MUSEUM AT BUENA VISTA MUSEUM:** If you Dare, come creep through the many exhibit halls with only a flashlight. Enjoy a SPOOKY night of fun. Friday - Saturday 6:30 PM - 9:30 PM 324-6350

TOAST + TASTE THE SEASON: Join us for a night of music, drinks, local bites and cooking demonstrations in the garden. Enjoy a curated evening with a menu handcrafted by our Edible Schoolyard teachers. Proceeds benefit the Edible Schoolyard Kern County programs. \$75. 6520 Buena Vista Road 6:00 PM - 8:30 PM 241-7047

 **TRUNK OR TREAT:** Free to the public! Free Candy!! Bounce house, music, food, vendor booths, costume contest, raffles and more. First 100 kids get a free Trick or Treat Bag. All kids 12 and younger must be accompanied by an adult. 4605 Planz Road 4:30 PM - 7:30 PM 330-4305

Saturday Oct. 26

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

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!

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


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


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

 **VALLEY ACHIEVEMENT CENTER TRUNK OR TREAT,** 1300 Stine Rd. Special Friends 10-11am; Public 11-1pm. Adult \$2 Child \$1. Food, games, costumes encouraged. www.autism-vac.org

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Stockton Heat. 7:00 PM 324-PUCK

BC RENEGADES VS LONG BEACH: Tailgate Theme: Wing Knight. 1801 Panorama Drive 6:00 PM 395-4011

 **FRIGHT 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

 **HARVEST FESTIVAL: FREE!** Enjoy live DJs from KAXL, 88.3 radio, carnival games, bounce house, photo booth, cake walk, and oh so much candy!! Kids and adults are invited to dress in your best, NON-SCARY Halloween costume. 1705 17th Street. 5:00 PM - 7:00 PM 325-9419

OLIVIA'S HEART PROJECT - TEEN HEART SCREENING: Screenings are fast, free, confidential and non-invasive. 3001 Sillect Ave. 9:00 AM - 3:00 PM 852-6189

OPTIMAL CARES HALLOWEEN CAR SHOW: This event is open to the public and FREE to attend. Food, vendor booths, prize drawings, music, trunk or treating, and a costume contest for kids. The event is open to all vehicles and motorcycles - registration fee to show is \$35. 5025 Wible Road 10:00 AM - 2:00 PM 716-8000

TRINKETS & TREASURES: Shop inside our beautiful historic building. Over 35 Vendors; Jewelry, Yard Art, Aprons, Tote Bags, Arts & Crafts, Bird Feeders, Purses, and Clothing. \$1.00 Admission. 2030 18th St. 8:00 AM - 2:00 PM 444-5212

Sunday Oct. 27
SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

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

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

Monday Oct. 28
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

COUNTRY LINE DANCING: 392-2010

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

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

MOVIE TIME AT WASCO LIBRARY: "The Little Vampire" 3:30 PM - 5:00 PM 758-2114

TRUNK OR TREAT: Set up, decorate and hand out candy to the children for Trunk or Treat. You can enjoy the happiness with the kids! Prizes for Best Decorated Trunk! FREE! 500 Cascade Place, Taft 6:00 PM - 8:00 PM 765-6677

Tuesday Oct. 29
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

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

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

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

Wednesday Oct. 30
ADULTS GET CRAFTY AT BEALE LIBRARY: Enjoy an evening devoted to the joy of crafts. 5:00 PM 868-0701

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

ONE BOOK ONE BAKERSFIELD AT CSUB: Author William Kamkwamba "THE BOY WHO HARNESSSED THE WIND", visit and book signing. 7:00 PM - 9:00 PM 654-CSUB

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

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

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

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

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

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

HALLOWEEN STORYTIME AND CRAFT AT WASCO LIBRARY: Stories, and rock painting. 3:30 PM - 5:00 PM 758-2114

JAZZ CONCERT AT BAKERSFIELD COLLEGE: Jazz Combo students present a concert featuring original compositions along with a feature set by Ralph Alessi and his quintet. 7:00 PM - 9:30 PM 395-4313

Thursday Oct. 31
MOVE TO IMPROVE: Low impact, training program for people with physical limitations. 325-0208

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

SQUARE DANCING CLASSES: 301-2808

SAFE HALLOWEEN AT KERN COUNTY MUSEUM: More than 50 candy stations, music and family entertainment. Tickets are \$10 each, Children age 5-10 are \$5, Children 4 and under are free. 5:00 PM - 9:00 PM 437-3330

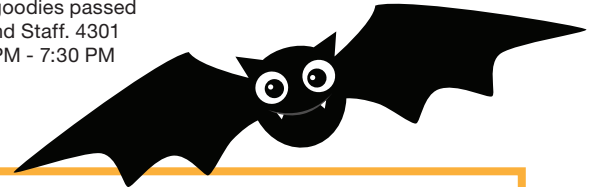
ALICE & WONDERLAND'S HALLOWEEN TREATS: z Treat yourself at Alice's adventures, check out the tricks at the Mad Hatter land and fill your bags with goodies passed out by our Residents and Staff. 4301 Buena Vista Rd. 4:00 PM - 7:30 PM 489-0141

TRUNK OR TREAT at Bakersfield First Church of the Nazarene, 2801 Hughes Lane. Games, prizes, food, costumes encouraged too. www.bfcnaz.org. 832-2145

ART AFTER DARK AT BMOA: Join us for an after-hours art experience featuring fine art, entertainment, and refreshments from popular Bakersfield bars and restaurants. 7:00 PM - 9:00 PM 323-7219

HORROR FEST AT READING CINEMAS VALLEY PLAZA: "Psycho" 7:00 PM 833-2230

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



Halloween PUMPKIN CARVING POINTERS



Begin with a fresh pumpkin. Look for a pumpkin with a green stem. If the pumpkin has been sitting around for too long or has been handled too much, the stem can get brittle and/or fall off. A thick, fresh pumpkin is best for carving.

Plan your ideas. Draw a plan for your pumpkin before you make your first cut. Then transfer that design to the pumpkin with pen or a thin marker. Pumpkin-carving kits come with designs that can be "traced" by poking small holes to create the outline of the design.

Don't cut all the way through. Many professional pumpkin artists do not actually cut clear through the flesh of the pumpkin. They carve and shave off layers of the outer rind until it becomes more translucent. The level of transparency can be adjusted based on how much skin is removed and as a way to add texture and shadowing. The more air that is allowed to penetrate the pumpkin, the faster it will start to degrade.

Delay carving until the last minute. Wait until the day before Halloween to begin carving. Pumpkins are a perishable item, and they'll begin to rot as soon as you begin carving. Spritzing them with water can help them stay fresh, but there's no turning back the clock once the first cut is made.

Cut a hole in the back. Cutting off the top of the pumpkin can affect its structural integrity and cause it to rot faster. Instead, cut a hole in the back of the pumpkin and use an electric light to illuminate it. LEDs are advisable because they don't generate much heat, which can cook and rot the pumpkin from the inside out.



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



Upcoming October Events

- Autism Spectrum Seminar #1 on Oct 17th: "Social Intimacy and Social Skills-Puberty" Register at: www.kernautism.org
- Inaugural Autism Gala-November 16th @ Petroleum Club of Bakersfield For info and tickets Register at: www.kernautism.org

Monthly Autism Support Groups

Parent & Sibling Support Groups:
Thur, Oct. 24th, 6-7:30 pm, Canyon Hills Assem. of God Church, Rm 204

EARLY SIGNS OF AUTISM:

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

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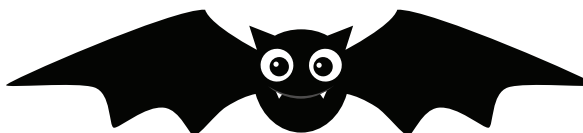
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ACTIVITY CORNER ANSWERS

p.34

Sudoku:

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

Crossword:

- | | |
|-------------|---------|
| Across | Down |
| 1. Germany | 1. Glad |
| 4. Prost | 2. News |
| 7. Bavarian | 3. No |
| | 4. Pot |
| | 5. Horn |
| | 6. Rib |



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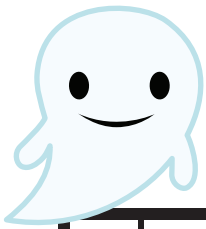
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KID'S activity corner

Answers on page 33

Sudoku

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

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

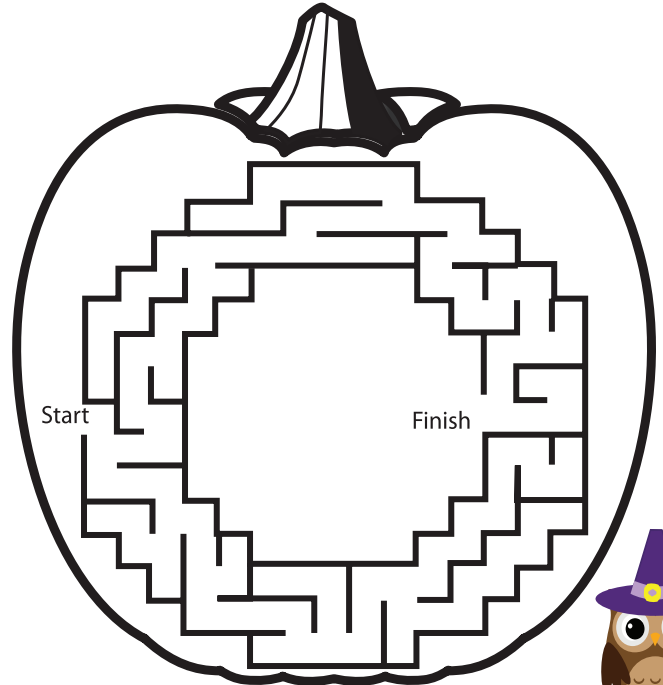
Find the hidden words in the puzzle

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



Maze Craze



Crossword Puzzle

1					2		
							3
		4					
							5
6							
7							

ACROSS

- European country
- Cheers! (German)
- One from Bavaria

DOWN

- Happy

2. Information

- Opposite of "yes"
- Cooking container
- Instrument
- Curved bone

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