

Free copies for schools & businesses (661) 861-4939 www.kerncountyfamily.com



kern county **Family** free

m a g a z i n e

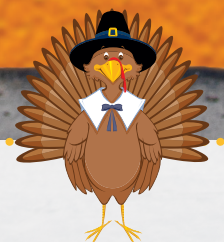
NOVEMBER 2019



It's the
MOST
thankful
TIME of
the year!

No-Shave **MOVEMBER!**

Talking About
UNCOMFORTABLE
Men's Health Topics



plus: diabetes awareness p.10 foster care in kern county p.12
gobble, gobble: find tommy turkey to WIN a KitchenAid® stand mixer p.4

LET OUR FAMILY CARE FOR YOURS

Bakersfield's newest Assisted Living and Memory Care Community.

Call for a Tour TODAY! 661-218-8330



5300 Hageman Road • Bakersfield, CA 93308

(661) 218-8330 PHONE

lynette@thepalmsatsanlauren.com EMAIL

www.PalmsSeniorLiving.com WEB

Assisted Living and Memory Care. License 157208915

OWNER/PUBLISHER
Lisajo Peterson Radon

EDITOR Lisajo Peterson Radon

ART DIRECTOR Pam Huber

COPY EDITOR Diane Sill

SOCIAL MEDIA COORDINATOR
Callie Collins

CONTRIBUTING WRITERS
Janelle Capra • Callie Collins
Andrea Rose
Vaun Thygerson • Julie Willis

ADVERTISING INQUIRIES
(661) 861-4939

DISTRIBUTION INQUIRIES
(661) 861-4939

MAIN OFFICE & MAILING ADDRESS
1400 Easton Dr., Suite 112
Bakersfield, CA 93309
(661) 861-4939
Fax (661) 861-4930

WEB
www.kerncountyfamily.com

E-MAIL
kcfm@kerncountyfamily.com



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

Kern County Family Magazine is available free at more than 700 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets. Subscriptions by mail are \$17 per year and must include a check:
KERN COUNTY FAMILY MAGAZINE
1400 EASTON DR., SUITE 112
BAKERSFIELD, CA 93309

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

Kern County Family Magazine welcomes story ideas and unsolicited materials. Send inquiries to the address listed above. Kern County Family Magazine reserves the right to refuse any advertising for any reason. The opinions expressed by contributors or writers do not necessarily reflect the opinions of this paper. Distribution of this paper does not constitute an endorsement of information, products, or services. Neither the advertisers nor the publishers will be responsible for misinformation, typographical errors, omissions, etc. herein contained. ©2019 by Kern County Family Magazine and Skyline Publishing. All rights reserved. No portion of Kern County Family Magazine may be reproduced without the written consent of the publishers.

MEMBERS OF



14

Move Over, Movember- Talking About Men's Hard-to-Discuss Health Issues

Cover/Left: US Air Force Staff Sergeant Veteran and Bakersfield North Rotarian Xavier Canez with his little man Xander, 9, of Bakersfield.

Photography by Carlie Shea, @carliesheaphotography

For info about hard-to-discuss health issues and local prostate cancer activist Leonard Zasoski, turn to page 14.



12

Local Feature: Foster Care in Kern County



21

You Can Do It: Leaves of Gratitude



10

Local Health: Diabetes Advocacy Starts at Home for One Local Family

PLUS

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



- 4 **Dear Reader:** Happy ThanksGIVING
- 6 **Refrigerator Door:** Local Voices, News & Trends
- 8 **Vital Signs:** Healthy News to Use
- 16 **Hello, Happy Mama:** Thanks & Forgiving
- 18 **Humor@Home:** Teaching Children to be Grateful
- 20 **Interview Q&A** with William Kamkwamba
- 22 **Local:** Honoring Fallen Local Heroes at Portrait of a Warrior Gallery-Kern County
- 23 **Happenings™:** Calendar of Local Events
- 27 **Worship Guide**
- 30 **Family Shopper**
- 34 **Activity Corner:** Sudoku, Word Find & More

dear reader



Vaun Thygerson,
Contributing Writer

Finally, the air is colder and the leaves are changing, and to me this means one thing: Sweater Weather! One of my favorite Saturday Night Live skits is when Amy Poehler and Maya Rudolph get so excited when discussing the changing season, they can't stop themselves from continually repeating, in their best Bronx-inspired accents, "Sweata Weatha!" I can barely say this phrase using the "er" at the end rather than the "a." I'm a huge fan of all fall clothing – sweaters, jackets, jeans, and boots. The second the weather dips to the high 70's, I change my entire wardrobe to feature this attire. My boys, on the other hand, haven't quite figured out the beauty of sweata weatha!

My teenage boys wear shorts year-round. When my oldest son was in seventh grade, he wore shorts every day to school and did not wear pants at all – not one day! That year, I remember taking a photo, in December, of my boys in t-shirts, shorts, and flip flops and sending it to my relatives in Idaho to show them the beauty of living in California. Now that they are older (and maybe a little wiser) they will wear sweatshirts, but still don shorts more often than not. I don't get it, but they swear they aren't cold. For me, I'll stick with the sweaters!

November is a great month to be grateful for many things, including the beginning of the Holiday Season, pumpkin-scented everything, family, friends, and the celebration of veterans. As a daughter of a veteran, I appreciate the observance of this holiday. This year marks Bakersfield's 100th Annual Bakersfield Veteran's Day Parade, which will be held on Monday, November 11, at 10 a.m. downtown.

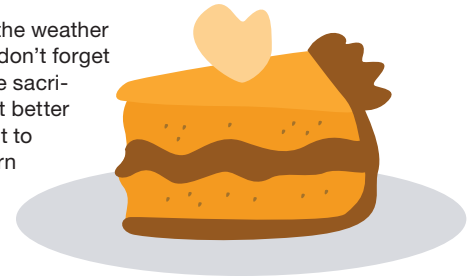
KCFM wants to give a special thank you to Lili Marsh, founder of Portrait of a Warrior Gallery – Kern County and Maria Garcia, mother of Alberto

Garcia, Jr., a fallen hero who was killed in action in 2007 during Operation Iraqi Freedom, for helping out with this issue. In the article, "Veteran's Day: Portrait of a Warrior Gallery – Kern County," on page 22, these two women talk about the impact this gallery has had on their families and the people of Kern County. If you haven't been to this gallery, make sure you take some time to go visit and honor these brave heroes who have made the ultimate sacrifice for their country. The gallery is located at 1925 Eye Street, perfectly located across the street from an inspiring patriotic mural.

In this month's *Humor@Home* article, Julie Willis writes about how best to help children morph into appreciative adults. Entitled, "My Spoiled Caterpillars Who Will One Day Become Grateful Butterflies: Teaching Children to Be Thankful," the article, on page 18, focuses on ways to help her children become more empathetic and work towards changing into grateful butterflies.

Another article this month, "Diabetes Advocacy in Kern County: One Family's New Normal, on page 10, Callie Collins writes about how life changed for the Paglinawan family when their daughter, Ysabela, was diagnosed with Type 1 Diabetes. November 14 is World Diabetes Day, a day to spread awareness and educate people on this disease. Ysabela encourages her classmates to wear blue on this day, as it is the official color of diabetes awareness.

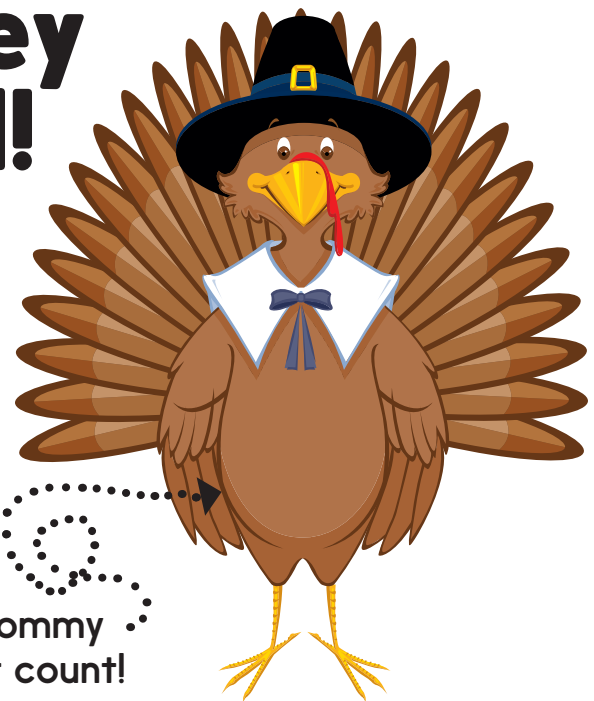
While you're enjoying the change in the weather and sporting your favorite fall attire, don't forget to say "thank you" to those who have sacrificed so much for their country. What better way to show your support than a visit to the Portrait of a Warrior Gallery – Kern County. This month is about being grateful and giving thanks! So don't just be "full" this Thanksgiving, be ThankFUL!



Find Tommy Turkey and You Can WIN!

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

KitchenAid® Stand Mixer



This Tommy doesn't count!



Actual color may vary.

Enter after October 24, 2019 at
bit.ly/Tommy_kern



The Best Care from Day *One.*

Valley Children's experienced pediatricians welcome expectant parents to meet with us **before** your baby arrives. These interviews allow you to get to know your baby's doctor, ask questions and learn about caring for your new arrival.

To schedule a **no-cost** expectant parent interview, call a Valley Children's pediatrics office near you.

San Dimas Pediatrics

500 40th Street
Bakersfield, CA 93301
661-327-3784

Monday-Friday 7:45 a.m. - 5 p.m.
Se habla español

Stockdale Pediatrics

9880 Brimhall Road
Bakersfield, CA 93312
661-663-3122

Monday-Friday 7:45 a.m. - 5 p.m.
Se habla español

WE'VE MOVED!

Accepting all PPO, Medi-Cal and Blue Shield HMO

valleychildrenspediatrics.org



Shop for a Good Cause

Get started on your holiday shopping for a good cause at the 4th Annual Ladies Night Out Pop-Up Shop on Friday, November 15 from 4 to 9 p.m. at Kern County Fire Fighters – The Station Event Center, 7900 Downing Avenue.

The vendor line-up includes many local favorites, boutiques, on-trend jewelers, custom woodwork, the Pita Paradise truck, raffles, and much more. All funds raised directly support Love Water, a local nonprofit that helps to provide fresh drinking water to people all over the world.

For more information, visit www.lovetwater.org.

Fourth Annual Bakersfield Marathon

The 4th Annual Bakersfield Marathon, half marathon, 10K, and 5K will take place on Sunday, November 17 at California State University, Bakersfield. This Boston-qualifying marathon welcomes runners from across the United States. Participants will run through neighborhoods including the Stockdale Financial District, Oleander, Downtown Bakersfield, Westchester, Kern County Museum, Bakersfield College, and along the Panorama Bluffs before crossing the finishing line along the Kern River Parkway. Runners can enjoy live music on the course, great amenities, and a celebration beer garden.

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

Free Lacrosse Clinic

Learn Lacrosse stick skills and teamwork with one of the fastest growing sports on the West Coast at a free clinic on Saturday, November 9 from 9 a.m. to 12 p.m. at North Meadows Park, 3300 McCray Street, Bakersfield. Hosted by the Bakersfield Youth Lacrosse League, this event is open to children ages 8 to 18.

To register, please visit www.bakersfieldyouthlacrosse.com/clinic.



Cornhole Tournament to Support Alzheimer's Association

Join the RivALZ Cornhole Tournament to throw your way to helping a good cause on Saturday, November 2, from 12 to 4 p.m. at Bootleggers, 955 Oak Street, Bakersfield. This fundraising event helps the Alzheimer's Association and includes an afternoon of healthy competition, with top three teams playing for prizes. Two-player teams enter for \$100 at www.eventbrite.com.

For more information, please email alzfighterz@gmail.com.

Aera Energy and Assembly Member Rudy Salas Distribute Warm Jackets

Assembly member Rudy Salas and Aera Energy team up during this cold-weather season to give the children who attend the Community Action Partnership of Kern's (CAPK) Head Start child education centers 400 warm jackets in Kern County communities from Delano to Arvin.

"Thank you very much Assembly member Salas and Aera Energy for considering these highly needed donations to our low-income children during the fall and winter months," says CAPK Board Member Ana Vigil, who represents northern Kern County. "Our rural areas are often overlooked so I really appreciate that you are making a difference in those smaller communities."

CAPK's 43 Head Start Centers provide education to children in the first five year of their lives at no cost to their parents and guardians, helping families build a healthy foundation for success in school and a strong financial future.

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





“WE ONLY
HAVE WHAT
WE GIVE.”

-Isabel Allende,
California Resident
and Nobel Prize for
Literature Laureate

11 Ways to Help Foster Children in Kern County Even if You Aren't Ready to be a Resource Family

By Callie Collins

Children come into foster care through no fault of their own. Moving from their home into a less familiar setting, often without notice and sometimes more than once, makes the transition difficult. That difficulty may also come with a loss of personal items like clothes, backpacks and the comforts of home that children cherish, including beloved blankets and toys.

If it takes a village to raise a child, then part of the landscape includes diverse roles within that community setting. Not every household can provide the daily care required for hosting foster children, but there are other ways to lend a hand.

Whether you choose to give a tangible item this holiday season or the gift of your time, there's something everyone can do to help the foster children of Kern County.

Here are 11 suggestions:

- Reach out to a local advocacy organization like Kern Bridges Youth Homes or Legacy Family Services, where you can volunteer or find out about specific material needs.
- Host a birthday party and designate a local advocacy organization to receive donations in lieu of gifts. If it's a child's party, request books for kids in foster care instead of presents.

- Donate basic personal care items like socks, soap, shampoo, or toothbrushes.
- Children shouldn't have to transfer to a new resource home with their belongings in garbage bags, a common issue social workers cite. Consider donating backpacks or light luggage pieces.
- Round up school supplies to donate throughout the year for foster children who transfer to a new school mid-year.
- No two foster children or resource families are exactly alike. Get to know a resource family in your area and be willing to listen to their story to better understand individual needs.
- Be willing to volunteer. Providing respite care through babysitting so resource families can get a break is important. Mentoring a foster child can be a mutually positive experience.
- Organize a meal train for resource families through local churches that work with resource families.
- Write to your government representative and ask what he or she is doing to improve life for foster children in Kern County.
- Set up Amazon Smile to benefit a designated foster care agency.
- Sponsor an after-school activity for a child in foster care whose resource family could not otherwise afford to continue activities like sports, cheer, music, and dance. Classes and personal interests instill confidence and build skills; they can also be a constant for a child whose life is going through a period of change.

Read more about Foster Care in Kern County on page 12.

Playing With Other Children Affects Toddlers' Language

Toddlers are surprisingly good at processing the speech of other young children, according to a new study. And toddlers who have more exposure to other children, such as those in daycare, may be particularly good at certain word learning skills.

Researchers at the University of Waterloo examined the word processing skills of toddlers who spend most of their time with adults compared with those who have more exposure to groups of children. They focused on how well the toddlers understood the speech of other children.

Although all of the toddlers were very good at processing child speech, the study found that toddlers who had more exposure to other children were better at associating a new word to a new object, an important part of word learning.



Child speech differs from adult speech in many ways. Even a child who is six or seven years old pronounces words a bit differently than adults. "We wanted to know if more exposure hearing other children speak would affect toddlers' ability to process child speech," said Katherine White, professor of psychology at Waterloo, who co-authored the study with PhD candidate, Dana Bernier.

In the study, the researchers conducted two experiments with a total of 88 toddlers (and their parents), some of whom spent eight hours or less per week with other children, and others who had more weekly experience in child groups.

Experiment 1 compared their processing of instructions from a seven-year-old child speaker and from an adult speaker pronouncing a familiar or novel object's name in the standard way. Experiment 2 tested the sensitivity of the toddlers' speech processing by having the child speaker mispronounce the object names.

"Our study demonstrates that toddlers are extremely good at processing the speech of young children, and that this is true even for toddlers who do not have a lot of experience with other children. This means that they could use this kind of speech, in addition to adult speech, to learn about their native language(s). However, we also found an intriguing difference in how toddlers processed new words that was related to how much exposure they had to other children. Most studies focus on how toddlers learn from adult speakers. But we think it's important to explore how toddlers process the speech of children of various ages and how much they use speech from other children to guide their language learning," said White.

Save Your Breath

Regular e-cigarette use is linked to an increased risk of emphysema, chronic bronchitis and chronic obstructive pulmonary disease (COPD), according to a study presented at the American Thoracic Society conference.

ACT Research Suggests Student Input is Key When Making Decisions About School Safety

The large majority of U.S. high school students feel safe in school, but many see a need for more mental health services for students, according to a new report from ACT, the nonprofit organization behind the ACT® test.

The report, *Creating Safe Schools: Examining High School Student Perceptions of Their Physical Safety at School*, is based on findings gathered in a survey of 10th-through 12th-grade students who took the ACT test in October 2018.

The report points to three main conclusions:

- 1. There's a need for additional mental health services in U.S. high schools.**
- 2. There's a need to study the effectiveness of measures schools are implementing to improve physical safety.**
- 3. Policymakers and school leaders should take students' perspectives into account when considering which school safety measures to implement.**

"While a majority of students reported feeling safe, nearly one in four said concerns about school safety negatively affect their ability to learn," said Jim Larimore, chief officer for ACT's Center for Equity in Learning. "Our report is intended to help communities understand student perceptions and address student concerns about school safety so that they don't interfere with students' ability to learn."

The overwhelming majority, 91 percent, of students agreed at least somewhat that they feel safe in school, with 71 percent saying they agree or strongly agree. And virtually all agreed, at least somewhat, that they feel safe traveling between home and school.

White and male students were slightly more likely to report feeling safe than were female, black and Hispanic students. In addition, safety varied depending on the size of the school attended, with students attending smaller schools being more likely than those from larger schools to report feeling safe.

The findings, however, point to a perceived need among students for more mental health services in schools. Fewer than half of students said their school offered mental health services for students who need them, and more than a third said providing or increasing mental health services in their school would increase their feelings of safety.

Students attending suburban, urban and larger schools were more likely than those in rural and smaller schools to report that mental health services were available for students who needed them.

"Given the connection between student learning and safety in school, we think it's vital to capture students' voices on this topic and use their perspective to inform improvements," said Gretchen Guffy, ACT senior director of state and federal policy.



14TH NOV
WORLD
DIABETES
DAY

What is Diabetes?

By Callie Collins

The International Diabetes Foundation defines diabetes as a chronic disease that occurs when the pancreas is no longer able to make insulin,

or when the body cannot make good use of the insulin it produces.

Insulin is a hormone made by the pancreas that acts like a key to let glucose from the food we eat pass from the bloodstream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

The Foundation further defines type one diabetes as the inability to produce insulin. It cannot be controlled with just food and exercise.

Type two diabetes is the inability to produce enough insulin or the body's cells do not respond adequately to what's produced. It can sometimes be controlled by food and exercise.

Kern County has the highest number of deaths from diabetes in the state of California, according to the Centers for Disease Control and Prevention. About 13.5% of our community is diabetic, according to healthykerncounty.org.

For more local Diabetes Awareness information, turn to page 10.

Doctors Fail to Stress HPV Vaccine

Each year, there are 33,700 new cancers in the U.S. related to human papillomavirus and 4,175 women die annually of cervical cancer—a cancer which is almost entirely attributable to HPV. Despite the statistics, immunization rates for the HPV vaccine remain relatively low, with only 53 percent of girls and 44 percent of boys completing the vaccine series.

A recent study found that many doctors are not giving the HPV vaccine their strongest, most persuasive recommendation. Researchers found that only 65 percent of pediatricians and 42 percent of family practitioners used the strongest and most persuasive method of introducing the HPV vaccine: a presumptive style of initiating, meaning that they say, "We have three vaccines for today."

Almost a quarter of family practitioners and about 16 percent of pediatricians used a less effective method, which is a more conversational style. Doctors surveyed said that some of the barriers to the HPV vaccination were misinformation parents receive from the Internet or social media, parental concerns about safety of the HPV vaccine, parents not thinking the HPV vaccine was necessary for their daughters or sons, and opposition to vaccination for moral or religious reasons.

One positive finding: doctors surveyed reported that the new two-dose HPV vaccines for kids over age 15 (instead of three-doses) is increasing acceptance and successful completion of the HPV vaccination in older teens. Researchers concluded improvements are needed in how the HPV vaccine is being recommended and that communication training materials and apps, as well as further development of evidence-based messages for parents, may be helpful in improving the way HPV vaccination is introduced to families of teens.



One Good **CHOICE** Today... Can **CHANGE** Your Tomorrow!



800-391-2000
kernfamilyhealthcare.com

Diabetes Advocacy in Kern County: One Family's New Normal

By Callie Collins

Yasmin Paglinawan wouldn't have guessed a decade ago that she would end up as an advocate for diabetes awareness in Kern County. Her daughter, Ysabela, now age 6, was unexpectedly diagnosed with type one diabetes two years ago.

"Never did I think my daughter would be diabetic. Although I took care of my Mom and saw all that she went through, I did not see any symptoms in Ysabela," said Paglinawan. "She was a normal, happy child with no major issues."

The family's life changed unexpectedly during a trip in July of 2017, when Ysabela was 4 ½.

"My Mom died after complications from type two diabetes in April of 2017," said the Bakersfield resident. "What she wanted was for us to take her ashes home to the Philippines, so we went. All of a sudden, on our seventh day there, Ysabela didn't want to eat. I was getting frustrated with her so I told her 'Okay then, let's go tell Daddy that you won't eat.' My boyfriend saw her on the video call and said 'Yasmin, I've seen that look before. Check her blood sugar,'" Paglinawan recalled.

She quickly found her mother's glucometer to test Ysabela. "The first time I tested her, the number 586 popped up," said Paglinawan. "I tried it again, because I thought maybe the machine malfunctioned. Instead, it showed an error code that meant it was over 600." Normal blood sugar ranges from 80 to 140, depending on when the person last ate.

Paglinawan called a friend who is a doctor and he told her what tests to ask for at the hospital. Ysabela was then hospitalized for three days while doctors assessed her situation, ran tests, and taught her mother how to care for a diabetic child.

Lives changed

"Ysabela had never been sick, but it was a series of tubes and needles and being poked over and over again. She kicked and cried and screamed. She was already in diabetic ketoacidosis, but it still took 12 hours for her diagnosis to be confirmed," said Paglinawan.

Diabetes is sometimes mistaken for the flu in young children. The Centers for Disease Control and Prevention (CDC) lists symptoms as fatigue, weakness, shortness of breath, confusion, dizziness, irritability, extreme thirst and frequent urination. The CDC also defines diabetic ketoacidosis (DKA), which can occur when blood sugar has been too high. An acid called ketones breaks down body fat for energy, and when there's too much acid in the blood, the condition can cause coma and death. DKA can happen in type two diabetics but is more common in type one patients.

"Our life changed forever. I had to learn how to manage my daughter's diabetes and be there to give her insulin at every meal for the first year. She could not skip even one dose, and I had to test her blood sugar constantly, every hour, then every two hours. I didn't send her to TK [transitional kindergarten] because I had no idea what was going to happen to her without me," said Paglinawan.

School and a new normal

Dr. John Ching, an endocrinologist at Valley Children's Hospital, assured Paglinawan that homeschooling wasn't her only option. A continuous glucose monitor makes it possible for her blood sugar numbers to be reported to Ysabela's phone and her mother's watch.



6 year old
Ysabela
Paglinawan

There's more online! Visit kerncountyfamily.com for more on diabetes, insulin, and awareness.

Ysabela had a successful kindergarten year, thanks in part to her Dexcom G6 monitor and the attentiveness of school staffers. Her teachers and three district nurses who rotate between Kern County schools are in a group chat with the family to stay apprised of her situation throughout the school day.

A nurse gives the student insulin at lunch and has the ability to go find her at recess or during other school times if she needs intervention. A routine has been established with standards; for example, Ysabela cannot go out to recess until she eats if her blood sugar is below 140. She has now started first grade and is excelling in school.

"I can't say enough how thankful I am for the staff at Norris Elementary School. Her teachers, nurses, and principal are so helpful and proactive. It's not easy to keep up with all the different needs at school. I know that firsthand. They're helping other kids with diabetes throughout the day, and also kids with asthma and severe allergies and other medical conditions," said Paglinawan. "As a parent, it just means everything to me"

All-day care

"We start Ysabela's day with her long acting insulin at 6:00 in the morning. She gets ready for school on her own, but I give her the insulin she needs before her first bite of sausage, chicken nuggets, or bacon, whatever is easy for her in the morning," said Paglinawan. She's just like other children in that the mornings are hard, especially when she hasn't had a good night."

As the mother of a child who needs constant monitoring, Paglinawan herself doesn't sleep well. The mom of three compared having a diabetic child to the same sleeplessness parents of newborns experience.

"What people don't know is that those of us who are parents of diabetics are up at those witching hours. I check my watch to see the monitor's number and if it's good, I go back to sleep, but I set my alarm and I'm waking up to check at

least every three hours. If it's not good, I have to get up and give her chocolate milk. That's our go-to. She drinks it, asleep, and I tell her three sips, five sips, and then watch that her blood sugar does go up," she said. "So, many nights, I have woken up and gone to check and she's at 35, 40. One night, she was at 15. I really felt like it was my Mom telling me I should go and check her. Some kids die at 60; others die at 40. Even kids on insulin pumps have woken up in DKA, or they simply don't wake up. Many diabetic children die in their sleep and that blood sugar number is different for everyone," said Paglinawan.

Ysabela has learned to report to her mother each day what she ate at school and politely decline others' offers of food throughout the day. "She's really good about it. Ysabela has learned to say 'Thank you, but I have to ask my mom' before eating snacks others bring. She never cheats because she knows what can happen," said Paglinawan.

Awareness in Kern County

There is a total of seven families with diabetic children in the district. Paglinawan credits the school staff's willingness to follow her daughter's 504 Order (a section of the federal Rehabilitation Act that protects the civil rights of students with medical conditions and disabilities) with Ysabela's ability to thrive in school without missing instruction time in the classroom or experiencing the kind of discrimination some diabetics face. For example, she cannot take tests or go to gym class when her blood sugar is low and her teachers allow her to eat emergency snacks at her desk instead of making her walk down the hall to get the help she needs.

Nov. 14 is World Diabetes Day, in honor of Dr. Frederick Banting's birthday, the doctor who discovered insulin in 1921. Last year, Ysabela's kindergarten classmates made a poster that read "We love someone with type one diabetes" and wore blue, the disease's official awareness color. Paglinawan is hopeful that all seven schools in the district will participate this year and ask their students to wear blue, too.



Last year's Norris Elementary's Type 1 Diabetics, celebrating World Diabetes Day.

"We need awareness," confirmed Paglinawan, who recounted how frustrating it is that often the public perception of diabetes is that children brought the illness upon themselves by eating too many sweets. "It's an autoimmune disorder. The patient's pancreas doesn't work. There's no cure for type one diabetes; it's not reversible and can't be managed with just diet and exercise like some cases of type two. Other parents should know that it's hurtful to say our children are suffering because we fed them too much sugar. That just isn't the case."

Paglinawan suggests connecting to other parents who have children with diabetes for support as soon as a child receives his or her diagnosis. "The first year, I suffered so much. Your world gets bigger, easier. It's too depressing, especially when you are not sleeping and your child's well-being is totally uncertain. You're not alone."

If your child is diabetic, find out more and get parent-based resources at www.t1dmodsquad.org. Support diabetes awareness by looking for additional ways to help families like Ysabela's at www.jdrf.org.

COCONUTJOES.COM 661-327-1378

BE KIND. ALWAYS.
BAKERSFIELD BEACH

EAT AT JAKE'S

661.322.6380 | WWW.JAKESTEMEX.COM | INSTA/FB@JAKESTEMEX

IS YOUR CHILD STRUGGLING IN SCHOOL?

Vision problems with tracking words, focusing, eye teaming, or visual memory, **can cause problems with visual attention and learning in smart children.**

Learning related vision SYMPTOMS include:

- Difficulty learning letters, numbers, spelling and sight words
- Doesn't recognize the same word on the next page
- Reads well, but does poorly in school
- Frustrates, tires or stresses easily
- Short attention span or avoidance of near tasks
- Difficulty with writing, scissor use, and other fine motor tasks
- Blinking, eye rubbing, closing or covering one eye

Our team can help you help your child understand and retain what they see.

Dr. Penelope S. Suter,
Board Certified in Vision Development and Vision Therapy
5300 California Ave. Suite 210, Bakersfield, CA
661-869-2010
Learn more at www.drsutervision.com



Foster Care in Kern County: The Need, the Numbers, & No Gift Too Small

By Callie Collins

There is no substitute for a loving, caring adult who can guide and orient a young person through early childhood and into early adulthood. Could you be that person for a child in Kern County?

November is National Adoption Awareness Month. At Kern County Family Magazine, we're shifting that focus to a lesser-known process that sometimes leads to adoption but more often doesn't: foster care. Adoption is amazing, but temporary care also has its place in Kern County. And every family can do something to help.

More than 2,000 children are involved in the foster care system each year within our community, according to the Kern County Department of Human Services (DHS). Agency statistics list the median age of a foster child as 8 years. Twenty-eight months is the average length for continuation of services, a period that often encompasses more than two critical years in the life of a child. An estimated 10 percent of foster children spend more than five years in the system, according to national statistics.

Uncertainty: Different Homes, Rules, and Routines

Time away from home can feel particularly long and significant when children change caretakers, schools, and routines. Fewer than half of foster children are placed with relatives and must rely on foster families known as resource families to oversee their care. Like most states, the shortage of foster care homes in California is significant; there were fewer than 300 DHS-approved foster homes in Kern County in 2017, despite a statewide push to eliminate group homes and shelters.

Foster children experience an average of five residential placements while in state-arranged care, although some move much more frequently due to circumstances beyond their control.

House rules, familial expectations, and parenting approaches are different in every home, and it's often uncertain how long a child will stay in any given home. Belongings may or may not accompany each transfer.

The Basics: What Every Child Needs

Providing for any child's needs each day involves factors familiar to all parents: providing for the basics like food and clothing, arranging child care, and making sure progress in school continues despite any other life issues are constants. Attending scheduled court appearances, checking in with case workers and keeping up with therapeutic services the child may need are additional activities resource families take on for the good of the community, and

often, to help out one child at a time. State subsidies offset the addition of a foster child to a family but do not fully cover his or her expenses.

The Process: Reunification Goals and Adoption

Family reunification is always the primary goal in foster care, which means returning to a biological family happens more frequently than adoptions. Families with foster children in the home provide an essential service as temporary guardians while their biological parents or other adults in their lives work to resolve other life issues.

DHS clarifies that only upon extenuating circumstances like termination of parental rights do children become legally free for adoption and the hosting family may apply to be considered. The average time a child spends in the foster system before being adopted is four to five years, according to the American Society for the Positive Care of Children, a non-profit that offers free online parenting resources based on statistical research and developmental best practices.

If you are interested in more information about the approval process for resource families, visit <https://www.kerncounty.com/dhs/RFA/>.

How to Help

Material resources like new clothing, disposable diapers, car seats, and infant formula are welcome donations throughout the year to foster care agencies throughout Kern County. Mattresses, bedsheets and bath towels are other items that resource families request frequently to better provide for the needs of older children.

School supplies are also a common need beyond the usual fall back-to-school period, as foster children may change schools multiple times throughout the year. With each transition, it's common to leave behind backpacks and other key items that help ensure academic success.

Even if your household isn't ready to become a resource family at this time, there are so many ways that your presence in the life of a foster child can make a difference. Mentoring, volunteering for respite care that allows other caretakers to take a break, and providing meals for the family are other gifts that can make a difference this holiday season or any time of year, no wrapping paper required.

There's more to the story online! Visit kerncountyfamily.com for statistics and resources.

Becoming a Resource Family

The California Department of Social Services sets foster care requirements and oversees the Department of Human Services' county-based efforts.

Becoming a resource family is a five-step process in the state of California that includes completing an official application, taking required courses, passing a physical and background checks, drug testing, financial assessment, and a homestudy; approval takes from three to six months.

These are some of the basic requirements for potential foster parents in California:

- According to the Department of Human Services' website, "You may rent or own as long as your home is safe and has enough room for family members. What is most important is the love, understanding and guidance you can offer a child."
- Foster parents must be at least 25 years old.
- Each child requires their own amount of space based on square feet.
- Children ages 6 or older cannot share a room with a child of the opposite gender.
- There are no set income requirements but foster parents' financial stability is evaluated on a case-by-case basis. Individuals can be married or single.

Bad Hair Day?

Call **Lemonade Locks Wig & Gift Boutique!**

We carry a fabulous selection of wigs and hairpieces. We take pride in our personalized one-on-one service and we are experienced in fitting, altering, and trimming your wig to meet your needs. We also have a great selection of hats, scarves, clothing, accessories and gift items.

We've Moved!

Our **new** address is
1712 "K" Street, Bakersfield, CA 93301
(across the street from Urrichio's Trattoria)
(661) 549-WIGS (9447)
www.lemonadelocks.com

Public Welcome
Please Call for Appointment

Hours: Mon-Fri 10a-6p, Sat: 10a-3p



The Melissa Wig



Families Grow Healthy with WIC



WIC Offers

- Classes on healthy & easy breakfast ideas, tips for picky eaters, first foods for infants and breastfeeding education
- Lactation Consultants, Registered Dietitians and Nutritionists available
- Vouchers for Healthy Foods

You may qualify for WIC if you

- Are pregnant or have a child under 5 years of age
- Have Calfresh, Medi-Cal or Calworks (Cash Aid)
- A family of 4 earning up to \$45,510 a year

WEEKEND AND EVENING HOURS AVAILABLE

WALK-IN'S & FOSTER FAMILIES WELCOME!



This institution is an equal opportunity provider

Locations in:

Bakersfield • Delano • McFarland • Lake Isabella
Taft • Lamont • Arvin • Frazier Park

CONNECT WITH US <https://clinicasierravista.org/Departments/introduction/WIC.html> 661-862-5422

THE **BLVD!**
EATS × DRINKS × GAMES

KIDS
---EAT---
FREE
SUNDAYS 5PM TO CLOSE

*Limit one free kids meal per each adult entree

BLVDBakersfield.com

661.873.4477

3200 Buck Owens BLVD





**Cancer Survivor
Leonard
Zasoski, Jr. with
his wife, Betty**

Mental Health

Suicide ranks overall as the 10th leading cause of death in the United States for both genders, but the Mayo Clinic reports that men are four times more likely than women to commit suicide. The use of more lethal weapons like guns and the under-diagnosis of depression in men are contributing factors. The rate of suicide is highest in middle-aged white men, reports American Foundation for Suicide Prevention.

Juanita Buck, a clinician in Tehachapi, agrees. Both women serve the Kern County community, and the majority of their separate practices focus on first responders, many of whom happen to be men suffering from post traumatic stress disorder (PTSD). As therapists, however, they see family dynamics of all kinds, including men who experience uncertainty about what comes next when their social connections fade at any age. "Middle-aged men aren't students anymore. They no longer have that tribe of friends to be around. Husbands and fathers lose track of those college buddies so when things go wrong and they're sick, unless family is right there, they're alone," explained Buck.

Isolation and not having clear connections to outside interests or issues bigger than themselves are key risk factors. "People who don't have hobbies and enmesh themselves in their careers without a good work/life balance realize that at some point, the job is going to be over. If work is the number one thing and they focus all their effort and time on that, well, to what end? Men who are retiring or losing jobs late in careers face the same issues. They start to ask themselves, 'What is my purpose now? Where do I fit into society? Where is my place as the provider for my family if I don't have a job?'" she continued.

Both clinicians cited the importance of having a good work/life balance and a lifestyle that includes friends, family, spirituality, and a sense of community. Taking care of one's self is also key. "Make time for yourself. Self-care isn't selfish. Having hobbies isn't selfish. We're taught at a young age in our society not to dedicate time or money to outside interests. The perception is that if you do these things, you're not working at your job, you're not with your family: it's just you and that's self-centered. But, without that type of dedication to yourself, you're going to become imbalanced," said Mueller. "It's okay, in fact, it's essential, to have quiet time. Hobbies and time for what you enjoy will pay off in dividends."

Talking through problems and treating mental health as a regular part of physical health is also something women can help encourage. "It's often a wife or a mother that has prompted men to seek help from a therapist. There always has to be a crisis for anyone to come to therapy. People don't say 'I'm feeling really good. I'm going to go look for

Move Over, Movember. Women Have a Role in Men's Health, Too

By Callie Collins

November isn't National Men's Health Month (that's June.) However, focus on men's health topics like testicular and prostate cancer and higher statistical likelihood of accidents and suicide among males are receiving more attention this month due to an unlikely connection: no-shave November, known as Movember. Sporting a beard for the month of November is one way some men have chosen to raise awareness about health topics specific to men.

This Movember, we're looking at related awareness efforts and how to start those conversations with the men we know and love. "The issues we see with men's health in our practices often have to do with identity," said Bakersfield-based clinician Sunny Mueller. "Men's lives as providers, husbands, fathers, and workers are role-based, so loss of identity is a big factor with men as they go through transitions in life, especially as they age."

a therapist.' What we hear is 'My wife told me to come here,'" said Buck. "Men are taught that they can handle all of their problems. They're so hesitant at the beginning, but at the end of the session, they will ask, 'When should I see you again?'"

Mueller and Buck see more men in their practices now than ever and they note that generational changes do allow more men to seek help than their fathers or grandfathers did. "The stigma of men not seeking help is breaking. Just because you're a man, sometimes the societal view is you have to hide your emotions. Men apologize during sessions when they cry, but I tell them, 'There's nothing to be ashamed of; you have tear ducts for a reason. The body is telling you to release that emotion,'" said Mueller. Knowing that there is a process and there are people who want to help you and can offer help can also make the decision to seek mental health services more positive.

One in nine fathers, sons, husbands, brothers, partners, and friends will be diagnosed with prostate cancer, including 24,550 men in California, this year alone.

Prostate Health

Leonard Zasoski, Jr. spends his weekends doing some out-of-the-ordinary activities. Attending health fairs, speaking to men's groups and organizing this year's ZERO Prostate Cancer Run/Walk at California State University Bakersfield are recent examples. More unusual, though, was the weekend he purchased approximately 300 walnuts at a local grocery store.

"'Spare the walnut,' is my informal slogan that comes up when we talk about early detection and prostate cancer," said Zasoski, a cancer survivor of eight years himself. He was diagnosed at just 50. His father passed away of the disease in 1983 at the young age of 57. The prostate, it turns out, is about the size and shape of a walnut. Zasoski, a vice president for Colombo Construction, now serves as race director for a local awareness walk and fundraiser. He'll use the walnuts, which he and other volunteers have painted light blue, a color that correlates with prostate cancer awareness that may be more familiar in ribbon form, as participant medals. A hook and lanyard lets those that cross the finish line hang the walnut up throughout the year as a reminder to make a screening appointment. Gold, silver and bronze walnuts dipped in lacquer serve as winning medals.

At a Relay for Life race a few years ago, Zasoski carried a rally stick meant to inspire racers and remind them of why they were running. His featured 30 light blue walnuts. Each represented 1,000 men to form the 30,000 that die of prostate cancer each year. He said the walnut is sometimes a more approachable angle to talking about the issue.

"Women will chat about breast cancer. I see this time of year come around and each fall, it's pink, pink, pink. Football players wear pink. Women at health fairs will be at their booths talking about mammograms and their health. And that's great for women. Men, though, see the prostate health booth and they won't visit. I always say 'Come on over and talk; we won't bite,'" said Zasoski. The personal nature of prostate cancer and the fact that men are socialized to view their healthcare needs as less urgent, often putting off care, are some reasons there's hesitation.

One in nine fathers, sons, husbands, brothers, partners, and friends will be diagnosed with prostate cancer, including 24,550 men in California this year alone, according to the ZERO website. "You've got to do something. It's just like not changing the oil on your car. Eventually, something will happen...I mean, you could wait and give your car zero maintenance, just let it break down and have it towed to get it fixed, but doing that means having a bigger problem that could've been prevented," said Zasoski. "Early detection gives you the best chance of survival. The sooner you catch it, the more likely you are to be able to spare the walnut and not have to have your prostate removed or have the cancer in other areas."

Zasoski's father was told he had prostatitis; he was never referred to a urologist. A lump on his neck at age 55 was the first indicator, and it was clear that the cancer had metastasized, or spread, throughout his body. Leonard Jr., then 20, watched Leonard Sr. go through more than two difficult years of treatment and pain. He lost his father at age 22 and felt the regret of all they could have done together under other circumstances. "I'm tired of hearing that someone else has cancer or died of cancer. Men are embarrassed to talk about it, but this is medical; it's part of health and the later you catch it, the more invasive the treatment has to be," said Zasoski.

The Centers for Disease Control and Prevention (CDC) recommend annual screenings to start at age 50, along with a physical each year. African American men, in whom the tendency for prostate cancer is statistically higher, or those with a family history should consider screenings beginning at age 40. Men should talk with their doctor about a blood test to screen for prostate cancer, but know that it can be missed in the lab; a digital rectal exam is sometimes a more accurate means of detection.



Leonard Zasoski with his Relay for Life walnut rally stick

Women are often the ones who encourage or remind their husbands to get screened. "Men need the push. Wives, daughters, sons, people who are close to a man, whatever the relationship is, can say 'Hey, have you thought about getting screened for prostate cancer? I've heard about it, and I want you to be in my life for a long time,'" said Zasoski. "Get a yearly check. I have two adult sons and I tell them, 'If there's nothing there, go on with your life. But, if you do have something, do something about it. Knowing is the first step."

Through his journey with cancer, Zasoski also learned the importance of keeping other people engaged in the patient's care so they're informed and their minds are at ease with the treatment plan and the assurance that more can now be done for prostate cancer than ever. Public awareness is his focus, now that he's cancer-free and more informed about all aspects of the disease and its treatment. Encouraging others to get screened keeps him looking for the latest statistics, treatment trends, and support groups.

Zasoski described himself as someone who never thought a tattoo would be for him. He did actually get a tattoo, though, of a walnut. "My son heard about me getting this tattoo and he said 'Dad, you hypocrite! You always told me that if I got a tattoo, you'd belt sand it off of me,'" he said with a laugh. "Well, it turns out, sometimes people have reasons for the things they do. I'm not a fan of jailhouse tattoos or anything like that but if someone notices the tattoo and asks me about it, I'll tell them what it's for. If I can save a life by sharing information, then that's what I'll spend my life doing.



There's more to the story! See kerncountyfamily.com for more!

Thanks & Forgiving

Hello Mama!

“One day you will tell your story about how you overcame that battle you went through, and God will send you the exact people who need to hear that story.”

Wow, does that resonate with you like it did with me? I saw that quote on social media and just had to share it. Our battles that we go through in life are often the most challenging, soul-searching, life-changing moments of our lives. Many of us are either in a battle, just coming out of a battle or about to go into a battle. Why? Oh mama, I wish I knew the answer to that question. I do not know “why” but I do know that if you allow yourself to “grow through what you go through” you will not only come out of the battle stronger, you will come out it a better version of YOU.

So how exactly do you do that you ask? One word: Gratitude.

I know it sounds crazy that in the midst of your darkest time, the last thing you are probably thinking about is being grateful. I promise you it is the key to bringing you back to life. Think of one thing that you are grateful for and write it down. Read it out loud and repeat it to yourself every morning when you wake up and every night when you go to bed. This will become your gratitude practice.



And, trust me, it does take practice. It's very easy for us to spiral down a deep hole when life seems hopeless. I had this exact conversation with a friend of mine recently. She had written a book, *The Power of Gratitude* and I wanted to know what was the story behind this book. Arleana shared with me that it was out of a very dark time in her life, a time when she could barely get out of bed from the weight of the loss of several loved ones. She knew that she had to change her thoughts, her mindset, so that she could get back to living the life that God had blessed her with. Arleana chose to write down a different reason that she was grateful each day and that became the book that now shares with all of her students and friends at ShePower Academy.



photos courtesy Janelle Capra

The loss of a loved one can feel hopeless. I know that I felt like that when my mom passed away last year. I had been her caregiver for eight years while she was living with Alzheimer's. On the day that God called her home, I remember holding her hand with paramedics, residents and caregivers all around us. It was in that moment that I whispered to myself, “thank you Lord that I am here right now, please give me strength and give my mama a big hug when you see her.” This may sound crazy to you but it was because of my gratitude practice that I was able to be in a moment that was traumatic, chaotic and devastating and turn it into a moment of peace. Truly, it was peaceful and almost an out-of-body experience. I felt peace because I chose to offer up thanks and forgiveness to all who I felt had wronged us on this long journey. And, as a result, I was grateful. Grateful for the moments that I was able to be with her, sit with her, talk with her, laugh with her, cry with her. The feeling of gratefulness pushed out any other feeling of anger, sadness or hurt because a grateful heart heals all wounds.

In the moments that followed, God continued to lead my steps to turn my pain into His purpose. I truly believe that He led my steps to volunteer with organizations closest to my heart. And those steps led me to the role of Board President and eventually the role of Executive Director at ADAKC (Alzheimer's Disease Association of Kern County) where every single day I am able to share my battle with the exact person who needs to hear it.

So Mama, in this season of holidays and celebrations, if you're like me and so many others who may struggle to find the joy in the midst of your loss, I encourage you to choose “thanks and forgiving” this month. Practice gratitude and it will not only help you win your battle, you will win back your life.

Let's do this together! What are you going to make as a part of your gratitude practice? Share your comments with me on social using **#hellohappymama**

Happy Thanksgiving, Happy Mamas!
Win a \$75 gift card to:



(Brimhall & Jewetta location)
Enter before Nov. 20 at 11:59pm
for your chance to win!
bit.ly/kern_nov

Join the FUN at Trinity Preschool!



Monday-Friday 6:30am-6:00pm
 Half days & Full days available
 Ages 2yrs-6yrs (non-potty trained welcome)
 Snacks and Lunch Provided

(661) 282-5252
 11300 Campus Park Dr
 Bakersfield, CA 93311
www.trinitybakersfield.com
 LIC # 153810005



BAKERSFIELD SWIM ACADEMY



NEW TO BSA

***4 Day*
 BEGINNER
 *BLITZ***

**Monday -
 Thursday**
 WITH MISS AMANDA




**Need Money? Credit Problems?
 Call Dan Today!!**

Get a Cash Loan to
 Pay Bills or Buy a House!

EQUITY 1 LOANS **661-398-9382**
www.equity1loans.com
 email: equity1loans@gmail.com

CA Bureau Real Estate Broker #00707520



\$\$\$ Loans \$\$\$
 Daniel Cook



Lessons for All Ages

- Toddler Classes
- 6 Months and Up - Parent & Me (AM/PM)
- 2 Yrs and Up - Learn to Swim Groups
- Adult - Learn to Swim & Technique
- Pool Heated Year-Round!

**BEGINNER BLITZ
 4 Day Course**

NEW TO BSA
 'Beginner Blitz' Course;
 What's included;

- 4 day course (Mon to Thurs)
- Morning class 9am or 11:30am
- 30 minute daily lessons
- For level 1 Beginner swimmers
- Max 4 students / 1 instructor

Price: \$75

*Taught by Head instructor Miss Amanda

661-615-6530 • From Infants to Olympians!
 3311 Allen Road • Bakersfield, CA 93314 • www.bakersfieldswimacademy.com

		
<p>Music Lessons</p>	<p>Repairs</p>	<p>Instrument Sales/Rentals</p>
		 <p>California Keyboards Music Center</p> <p><i>For all your musical needs</i></p> <p>2408 Brundage Lane, Bakersfield, CA 661-327-5397 californiakeyboards.com</p>
<p>Piano Moving</p>	<p>Piano Tuning</p>	

My Spoiled Caterpillars Who Will One Day Become Grateful Butterflies— Teaching Children to Be Thankful

By Julie Willis, Bakersfield Mom of Two

Oh, a child's journey toward thankfulness. I, of course, am grateful for everything I have. That is because I am an adult. At some point in my life, I metamorphosed from a bratty toddler who thought the world revolved around her into an appreciative adult. I just do not remember how it happened. I wish I remembered. That way, I could sort of nudge my children in the right direction.



Instead, when they receive a gift, I am mortified to hear, not, "Thank you," but things like, "I already have that," or "Why did SHE get a shirt with a HORSE on it, and my shirt just has polka dots and words?" When my children say things like this, I want to crawl under a rock and wait for them to turn into real people. Ahem. "Say 'thank you,'" I mutter quietly to the offending child while smiling shamefacedly at the giver, who is either offended or laughing. (It is the ones without children who are offended, of course. Or perhaps the ones with fully-developed human beings for children, who do not need to be trained in lessons of tact and grace. I haven't personally met any of those children, but I imagine there might be some, somewhere. If you have one, be grateful.)

Presumably, it is not human nature to appreciate what we have. We tell our children to "say thank you," but what does it mean? How can they learn to appreciate anything when they actually have everything they need? When someone breaks something in our house, one of my children will invariably comment, "That's ok; we can just get another one." As if it were that easy. Recently, one of our dogs was poisoned, and the first thing my kids asked, in unison, was, "When can we get another dog?" (The dog recovered. We are not getting another dog.)

One thing my daughter, Samantha, does appreciate is milk. When she was a newborn, she was failing to thrive. When we finally got things settled and she was getting enough milk, she became insatiable in her craving for milk. She became round and fat, and I did not care when people called her "gordita" because I remembered how it felt when that doctor looked me in the eye and said, "If you don't do something now, this baby is going to die."

Milk became Samantha's whole world because she did not always have enough. Is that what it takes? Do we have to suffer in order to appreciate what we have? I don't think so. It may just be a matter of finding another way. Suffering is one way to elicit gratefulness in people. But empathy may be another. I recently read the book *I Am Malala* (by Nobel laureate Malala Yousafzai, the young advocate for girls' education who stood up to the Taliban) with Samantha, and she responded by confessing that maybe she (a self-proclaimed hater of school) was glad she had to go to school after all.

I will be looking for more ways to help my children become empathetic. It is not so much that I want them to hurry up and act like adults with perfect graciousness; it is just so dang embarrassing when they say things like, "That's not what I wanted."

IT'S NOT TOO LATE TO JOIN!

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

(661) 665-8228 • 5381 Truxtun Ave.
(1 block East of Mohawk St.)
www.HARMONYROADBAKERSFIELD.com

Baby Me Simply Me
Boutique

♥

Baby, Children's and Women Clothing, Accessories and Gifts

4021 Calloway Dr.
661-588-2775

Mention this ad and receive 10% off your purchase.

New Patients Welcome! Kindergarten Exam!!!

New Patient Exam \$49.00
NOT VALID FOR PERIODONTAL TREATMENT
Includes X-rays, Office Visit & Cleaning

OPEN SATURDAYS
2 Bakersfield Locations to Serve You
El Dentista Habla Español
Most Insurance Accepted
Medi-Cal for Families or Medi-Cal Program
Midtown Family Dentistry
2427 "H" Street
Enrollment available on site
861-0577
OPEN 6 DAYS A WEEK

JustForKidsDentistry
4000 Stockdale Hwy., Suite H
327-7668

**ALL AGES BREWPUB
STAND UP COMEDY
LIVE MUSIC
PRIVATE EVENTS**

AWARD WINNING BEERS

SHAKE UP YOUR WEEK AT TEMBLOR
WWW.TEMBLORBREWING.COM

Now Offering In-Office
General Anesthesia Appointments



**Precious Smiles
Deserve Special Care**

Purdy Pediatric Dentistry has been providing dental services for the children of Kern County, since 2001. We have a very caring and compassionate staff that is dedicated to providing the best dental care for each child.

By making dental appointments fun, we encourage kids to develop good dental hygiene habits for a lifetime of healthy teeth!

**Purdy
Pediatric Dentistry**
5397 Truxtun Avenue
Bakersfield, CA 93309

661-832-5530
www.purdypediatricdentistry.com



Curves®

The Gym Where Everyone
Knows your Name

**50%
OFF**
Coupon for
November

- Fun, Fast and Safe
- 30 Minute Workout
- Cardio and Strength
- Free Coaching Sessions

Two locations

East Side
3709 Columbus St
661-873-1776

West Side
9500 Flushing Quail Rd
661-589-2380

www.curves.com/locations



LAW OFFICES OF SYLVIA LOPEZ
A PROFESSIONAL LAW CORPORATION

Sylvia Lopez & Marcos Rodríguez
ATTORNEYS AT LAW



**Your Local
Home Town
Attorneys**

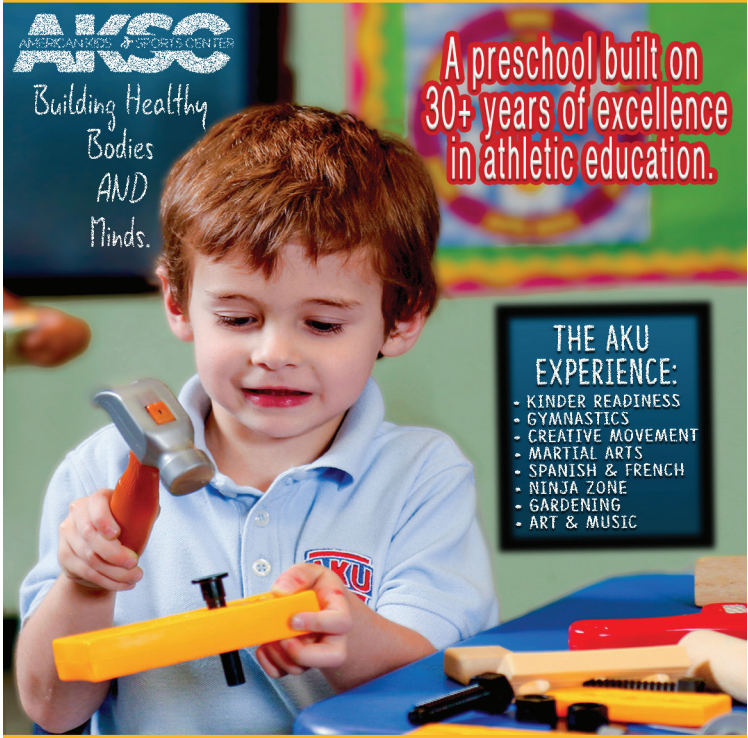


Marcos Rodríguez

661-324-5911

**Hablamos
Español**

315 Truxtun Ave
Bakersfield, CA 93301
mrodriguez@lopezlaw.net
www.lopezlaw.net



**START HERE
SUCCEED ANYWHERE**

ENROLL NOW BEFORE CLASSES ARE FULL!

www.AKSC.com | 3622 Allen Rd | 661.589.2100

KCFM DINING GUIDE

25% OFF ANY SINGLE ENTREE

*Valid for 25% off a breakfast or lunch entree. Limit 1 entree per coupon. Not valid on weekends, holidays, or with any other coupons, specials or alcoholic beverages. Not valid for private groups, catering, deliveries, or merchandise items. Valid only at our Bakersfield locations. Present this coupon to your server during your next visit.

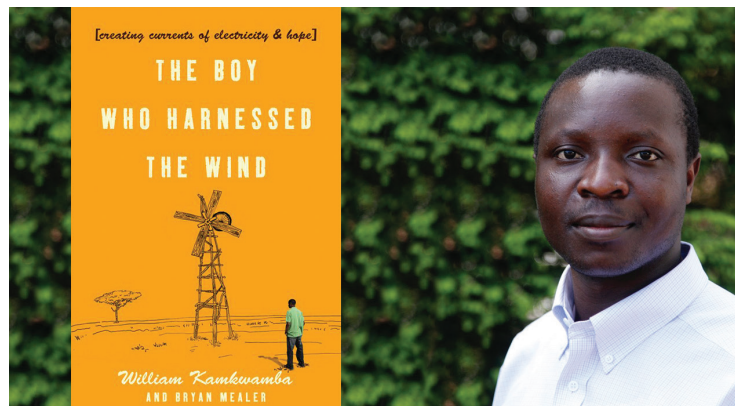
Weekly LUNCH Specials
SERVED MONDAY - FRIDAY **\$9.95** PER ENTREE
11AM - 3PM

Wake up with us! 6AM - 3PM • DAILY

7919 E. Brundage Lane 3300 Buena Vista Road
661.432.7089 661.695.9655

THEBROKENYOLKCAFE.COM

interview



A Kern County Family Magazine Interview: Q&A with William Kamkwamba

By Callie Collins

Engineer and bestselling author William Kamkwamba's October visit to California State University, Bakersfield (CSUB) was featured in last month's Kern County Family Magazine (October, 2019 issue). He is best known for his life story that became a movie (now streaming on Netflix), "The Boy Who Harnessed the Wind," which recounts how, at age 14, the student brought irrigation and later electricity to his community in Malawi during a period of political upheaval and famine in 2002.

The autobiography has inspired children around the world to take an interest in STEM (science, technology, engineering and math). Its message of perseverance against all odds resonates with families everywhere.

As a follow-up for parents who want to cheer on their own children's success, we asked Kamkwamba to answer three questions. He kindly obliged.

William Kamkwamba's three answers for our readers

- Q. What do you wish families better understood about teaching science to kids?**
- A.** I wish parents to know and understand that everyone learns differently. Some kids might learn by doing or some kids might immediately learn by reading in the textbook. Our role as adults, teachers, parents is to be supportive.
- Q. What inspires you to stay active in your field?**
- A.** Knowing that there are so many talented young people who did not have the same opportunities I did. That is why I am working now to build an innovation center in Malawi. I want young people to be able to come to a space where they can find tools and mentorship that can help them succeed.
- Q. If you could share just one message with parents or with kids, what would that message be?**
- A.** The advice I can give is that we will all face challenges but you cannot let any challenge stop you from achieving your purpose.

Special thanks to Danielle Kolodkin at HarperCollins Publishers and William Kamkwamba.

Hodel's COUNTRY DINING
A Local "Flavorite" since 1967

Breakfast • Lunch • Dinner
Sunday Brunch
Meetings • Banquets • Catering

5917 Knudsen Dr.
Fwy 99 & Olive Drive
661-399-3341

www.Hodels.com
6AM – 9PM Mon – Sat, 7:30AM – 9PM Sun

9425 Rosedale Hwy. Bakersfield, CA 93312 (661) 587-8437

Salty's
BBQ & Catering

6801 White Ln. Bakersfield, CA 93309 (661) 847-9955

For Catering Call: 661 • 549 • 3473

Salty's
BANQUET & EVENT CENTER
661-563-2739
6720 Schirra Ct. Bakersfield, CA 93313

Open Every Day in December!
(Except Christmas Day)

Murray Christmas on the Farm
MurrayFamilyFarms.com

..... you can do it

Leaves of Gratitude: Teaching Thankfulness Starts With Us

By Collie Collins

Papercraft kits with cutouts for gratitude trees abound in supermarkets, dollar stores and local shops. A simple trunk made of thick cardstock and colorful leaves cut from construction paper feature handwritten slogans even the youngest family members can fill in.

If you happen to find one of these kits in Kern County, start a new tradition or create your own with simple craft supplies.

Fostering gratitude in children can be challenging, especially as we, the adults, battle the daily challenges parenting presents in any household. Cleaning a house, keeping up after constant laundry, and cooking every meal is a challenge day in and day out.

Before the Christmas rush begins with toy lists and visits to Santa, the Thanksgiving season is the perfect time to pause together, break bread, and reflect on what we are thankful for as a family.

Children may throw out some unusual answers, but starting with a back-to-basics approach can guide the conversation. And if it doesn't, that's okay too; the answers only children could come up with can be honest and telling and let you know just how they're doing and what they value. That, too, has to matter in the hustle and bustle of the season.

Gratitude begins with us, the parents. If you're struggling to "do it all" this holiday season, here are some leaves with renewed meaning to put on a thankful tree:

Laundry: We have clothes to wash, plus clean water, a washing machine, and detergent to wash them.

Our home: Although we have to clean it, the space families share matters. Memories are made in this space.

Our school: Not every child in the world attends school. It's not always easy to wake up in time for class each day, but we're grateful to be part of a community that teaches us to read, write, and get along with one another.

Food: Cooking isn't always what we want to do, but we're thankful to be nourished.

Family: Family is everything. We are glad to have one another and that love conquers all.

The truth, the version of it we don't always tell children and talk about over the kitchen table in hushed tones long after the sun has set, is not always easy, especially at this time of year. We are all dealing with something no one wants to talk about, topics politely sidestepped for this meal with its starched napkins, parsley, and good china.

Thanksgiving is the perfect pause. Enjoy it with family and all that you're thankful for, year in and year out.

*Happy Thanksgiving from
Kern County Family!*



Veteran's Day: Portrait of a Warrior Gallery

Remembering those who gave the ultimate sacrifice

Story & Photos by Vaun Thygerson

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." -President Harry S. Truman.



Portrait of a Warrior Gallery - Kern County

Maria Garcia's eyes light up when she tells stories about her handsome son, Alberto Garcia, Jr., who loved Johnny Cash, played the bass guitar, and had wanted to serve his country since he was a child. Alberto was killed in action in 2007 during Operation Iraqi Freedom; and to honor his memory and sacrifice, his portrait now hangs on the wall at the Portrait of a Warrior Gallery – Kern County, located at 1925 Eye Street in Bakersfield.

After Alberto enlisted in the Army, he went to boot camp at Fort Benning, Georgia. He was then sent to Schweinfurt, Germany, where he was a Specialist in the 1st Battalion, 26th Infantry, 2nd Brigade Combat Team, and 1st Infantry Division, and was killed in Baghdad, Iraq, just a few days after his 23rd birthday.

Maria says she has "no words to describe" how much her son's portrait and this gallery mean to her family and other Gold Star families. When she first saw the artist's painting, she said it was very heartfelt and she experienced all kinds of emotions.

"I was just so happy they were here to honor his memory with such dignity and respect. Back to the first moment I saw the portrait, I had mixed feelings, and such a sense of worth and dignity," she says. "My mission as his mother is to honor his memory as best I can."

This unique gallery, which honors Kern County's 27 fallen warriors who were killed in action or died as a result of wounds suffered on the battlefield since September 11, 2001, was founded by Lili Marsh. Inspired by a similar gallery in Baytown, Texas, by artist Ken Pridgeon, Lili worked hard to make this concept a reality in Bakersfield. As the daughter of a World War II veteran, she also serves as the Executive Director of Kern County Honor Flight.

"I am passionate about this because I can't believe that people sacrifice so much for our country, sacrifice so much for us," Lili says.

While planning for the gallery, Lili coincidentally found an artist, Thomas Zachary, to help with the portraits when she saw him painting a patriotic mural downtown. As luck would have it, the space across from his impressive mural came up for rent and after a total renovation, the gallery held its grand opening one year ago in September. Thomas Zachary painted the first four portraits for the gallery, one of which was Alberto's. The family members are given a smaller copy of the painting for themselves.

One portrait was painted by the artist Ken Pridgeon, who came from Texas for the gallery's grand opening. The rest of the paintings are the creation

of local artist Nellie Scarborough, with a lot of input and pictures from the families.

"I want people to not just see a man in uniform, but to instantly look at the portrait and know something about him," Lili says.

The gallery also features a Battlefield Cross sculpture that holds the dog tags from some of the fallen heroes, a Vietnam veteran room with photographs of local fallen warriors, a team room that mimics how soldiers lived in Iraq and Afghanistan, and a resource center where veterans can find information on medical and behavioral health assistance, veteran services, housing, and much more. One wall in the gallery is covered with 22 crosses to symbolize the 22 active-duty and veterans who die by suicide every day. There is also an education room that can accommodate groups for an informative session with a veteran as part of an individualized tour of the gallery. Currently, another room is in the process of being transformed into an MIA Remembered room that will eventually showcase more than 82,000 dog tags of the missing soldiers from WWII to present. This exhibit will open in January, 2020, and will be the only one like it in the country.

For more information, to make a donation to sponsor a portrait, or to book a group tour, visit www.kernwarriors.com, call 661-303-3837, or follow them on Facebook.



Maria Garcia, alongside the Gallery's portrait of her late son, Alberto Garcia, Jr.

Celebrate this year's 100th Annual Bakersfield Veteran's Day Parade on Monday, November 11th, at 10 a.m. downtown. During the parade, make sure to wave at Maria Garcia as she drives by in her special car honoring her son, Alberto Garcia, Jr. Before the parade, a flag raising ceremony will be held at 8 a.m. at the Veteran's Memorial on Truxtun Avenue and S Street.



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

Friday Nov. 1

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

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

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

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

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, Pugsy, 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 Friday - Saturday

THEMES OF CHILDHOOD CONCERT: The Bakersfield Master Chorus opens its award-winning 87th

season with "Themes of Childhood," a cheery and delightful concert. 1705 17th Street 7:00 PM - 8:30 PM 428-4996

FINGERPAINT FRIDAYS AT SOUTHWEST LIBRARY: Make fingerprint creations! 11:00 AM - 12:30 PM 664-7716

Saturday Nov. 2

CENTRAL CALIFORNIA ANTIQUE FLEA MARKET: A unique place to shop for vintage and antique home decorations, clothing, furniture, toys, jewelry, art, metal garden art, pottery, books, collectibles, auto parts, vehicles, vessels, 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

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

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

MAYA CARES AT MAYA CINEMAS: The Maya Cares program will present sensory friendly with lower volume and brighter lighting select family friendly films for our friends with special needs. FREE admission to all guests with special needs, Parents or guardians \$3.00. 636-0484

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

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

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

2019 WINGS-N-WHEELS AT MINTER FIELD: Come join us for one of the largest plane fly-in & car shows in Kern County and on the West Coast! We will have plenty of vendors, food, beer & wine, museum tours, a kids zone, pinup contest, live music from Three Bad Jack's and much more! Open to all make and model vehicles & motorcycles. Proceeds raised will be used towards preserving Minter Field Air Museum. 8:30 AM - 4:00 PM 393-0402

FALL PANCAKE BREAKFAST: Come join our "Meals on Wheels" Fall pancake breakfast. The menu includes: pancakes, scrambled eggs, hash browns, sausage, coffee and juice. There will be vendors as well as a silent auction and Knick Knack Sale with all proceeds benefiting the Bakersfield Senior Center.

530 Fourth St. 8:00 AM - 12:00 PM 325-1113

HEALTH & RESOURCE FAIR: Free Screening Mammograms, Clinical Breast Exams, Blood Pressure and Glucose Exams, Food, Raffles, and Face Painting. 341 Haven Dr., Arvin 8:00 AM - 1:00 PM 326-5692

KERN CITY ANNUAL CHRISTMAS BAZAAR: 45+ Vendors selling crafts and merchandise. 9:00 AM - 2:00 PM 837-4377

STORYTIME & ACTIVITIES AT BARNES & NOBLE: "The Crayons' Christmas" 11:00AM 631-2575

Sunday Nov. 3

KAISER PERMANENTE PLANT-BASED NUTRITION WORKSHOP: Physician and dietician-led workshop. Eat Healthier, live longer, Improve your health and well-being. 10:00 AM - 12:00 PM (833) 574-2273

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



THERE IS JUST TOO MUCH LOCAL FUN

TO LIST ON THESE PAGES!

View our full calendar of submitted events online at

kerncountyfamily.com

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

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

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

CHRISTMAS CRAFT FAIR AT SKATELAND: 65+ vendors for shoppers to visit. 9:00 AM - 4:00 PM 831-5567

OVERCOMHER: A conference created by women, for women. For the dreamers, the doers, the believers, the achievers, and anyone who wants to pursue their purpose and find their girl gang. 7001 Stockdale Hwy. 8:00 AM - 5:00 PM 832-0310

BABY & ME STORYTIME FEATURING ELMO AT BARNES & NOBLE: For caregivers and children 0-24 months old. Join us as we read a book and participate in activities featuring sensory growth for your little ones. 11:00AM 631-2575

Monday Nov. 4

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

CULTS & CLASSICS: NAPOLEON DYNAMITE AT FOX THEATER: \$5.00. 6:00 PM 326-3539

Tuesday Nov. 5

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

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

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

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

CSUB SINGERS CONCERT: The University, Chamber, and Treble Singers will be performing. 7:30 PM 654-3093

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

LEGO CLUB MANIA AT SOUTHWEST LIBRARY: It is a LEGO free-for-all! Join us in building LEGO creations. We will have LEGO ideas to help spark your creativity, or go wild. Build anything you can imagine! 5:30 PM 664-7716

Wednesday Nov. 6

COLOR ME HAPPY AT BEALE 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

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

MEDITATION AT BMOA: By practicing meditation, we are practicing self-awareness and self-understanding. 10:00 AM - 10:30 AM 323-7219

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

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

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

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

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

PATHFINDERS AND ADVENTURERS: A program for children. 871-5000

WATERCOLOR WEDNESDAYS AT SOUTHWEST LIBRARY: Create watercolor paintings! 3:30 PM - 4:30 PM 664-7716

Thursday Nov. 7

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

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

SQUARE DANCING CLASSES: 301-2808

VETERANS DAY CELEBRATION AT CSUB: Veterans Day Celebration is to celebrate the service of the men and women who have served in the Armed Forces. This event will include a resource fair with vendors from the community, food, music, and activities (Black hawk landing). 11:00 AM - 3:00 PM 654-CSUB

Friday Nov. 8

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

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

FINGERPAINT FRIDAYS AT SOUTHWEST LIBRARY: Make fingerprint creations! 11:00 AM - 12:30 PM 664-7716

SHOP FOR SUCCESS: Enjoy bubbles and hors d'oeuvres while you shop ball gowns, formals, vintage designer items at amazing prices. Many items are brand new with tags still on them. Valet parking included. All proceeds benefit Dress for Success. Tickets: \$25.00 6:00 PM - 8:00 PM 1416 17th St. 748-1809

Saturday Nov. 9

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

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

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

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

SAN JOAQUINE 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

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



HAPPY VETERAN'S DAY! NOVEMBER 11, 2019

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, Pugsy, 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

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the San Jose Barracuda. 7:00 PM 324-PUCK

23 ANNUAL ARTS AND CRAFTS FAIRE: Come shop for unique, handcrafted items from over 30 vendors. Breakfast, deep pit lunch and snack foods available by the church kitchen. 3700 Union Ave. 9:00 AM - 3:00 PM 325-0929

5K COLOR FUN RUN: Join us for fun, games, music, vendors, and color! 4000 Empire Dr. 9:00 AM - 12:00 PM 431-1466

CASA SUPERHERO 2K/5K/10K WALK/RUN AT RIVERWALK PARK: Bring the family and come dressed as your favorite Superhero. There will kid activities, superheroes, vendor booths, food, music, media run, mascots, raffles, and more! All funds raised from this event stay in Kern County, to help advocate for foster children. 6:30 AM - 11:00 AM 631 - 3372

SPIRIT OF AMERICA: A PATRIOTIC SALUTE AT RABOBANK: Celebrate our country's servicemen and servicewomen through music. Ticket Price: \$20/\$30/\$35/\$45 7:30 PM 323-7928

THE HEART NEVER FORGETS SENIOR PROM: Put on your dancing shoes on and purchase your ticket for an unforgettable night. 4203 Buena Vista Rd 4:00 PM - 8:00 PM 665-8871

Sunday Nov. 10
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 Nov. 11
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

100TH ANNUAL BAKERSFIELD POST 26 VETERANS DAY PARADE: Celebrate Veterans! 21st and L Street 10:00 AM

Tuesday Nov. 12
AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

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

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

FULL MOON BIKE 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

LEGO CLUB MANIA AT SOUTHWEST LIBRARY: It is a LEGO free-for-all! Join us in building LEGO creations. We will have LEGO ideas to help spark your creativity, or go wild. Build anything you can imagine! 5:30 PM 664-7716

Wednesday Nov. 13
COLOR ME HAPPY AT BEALE LIBRARY: Stressed out! Join the coloring craze. 868-0701

2019 ZERO PROSTATE CANCER RUN/WALK AT CSUB

Saturday, November 9th

The 2019 ZERO Prostate Cancer Run/Walk - Bakersfield features a 5K run/walk, 2K walk (1.2 miles), Kids' Superhero Dash for Dad, and virtual Snooze for Dudes program. Stick around for the family-friendly post-race celebration. Run/walk participants will receive tech shirts, free food, prizes, and the opportunity to connect with others who are impacted by prostate cancer.



Leonard Zasoski, Jr.

7:00 AM, CSUB Amphitheater, 9001 Stockdale Hwy.
For info, email races@zerocancer.org or call 654-2782

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

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

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

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

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

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

PATHFINDERS AND ADVENTURERS: A program for children. 871-5000

WATERCOLOR WEDNESDAYS AT SOUTHWEST LIBRARY: Create watercolor paintings! 3:30 PM - 4:30 PM 664-7716

KARAOKE NIGHT AT ETHEL'S OLD CORRAL: Come enjoy an evening of fun Karaoke! 6:00 PM - 9:00 PM 873-7613

Thursday Nov. 14
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

JAZZ COLLECTIVE AT CSUB: Music for jazz ensembles big and small with local guests and soloists from our community. \$12 General Admission, \$7 Seniors (60+) & Students, CSUB Students with ID: Free. 7:30 PM 654-3093

TEEN S.T.E.A.M. AT SOUTHWEST LIBRARY: Teens are invited to explore and learn about a topic within Science, Technology, Engineering, Art and Mathematics. 4:30 PM - 5:30 PM 664-7716

Friday Nov. 15
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

FINGERPAINT FRIDAYS AT SOUTHWEST LIBRARY: Make fingerpaint creations! 11:00 AM - 12:30 PM 664-7716

Saturday Nov. 16
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, 8AM - 12PM

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

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

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

12th ANNUAL BAKERSFIELD COMIC-CON & FANTASY CONVENTION: Come join the fun and excitement of Kern County's Biggest and Best 2 Day Comic Book and Fantasy Convention. Admission: Adults 12 and UP - \$8.00 Sat. or Sun. \$15.00 for 2 Days, Kid's Under 12 Are FREE! Parking \$5. 1142 S P St. 10:00 AM - 5:00 PM 829-2962

25TH ANNUAL J C CHITWOOD MEMORIAL JUNIOR PHEASANT HUNT: This hunt is free of charge and open to all hunters with a junior hunting license (18 and under).

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!

8:00 AM - 5:00 PM 765-2704 Saturday - Sunday

BC RENEGADES VS CANYONS: Tailgate Theme: Patriotic American Salute. 6:00 PM 395-4011

2ND ANNUAL SISTER CITY GARDENS FESTIVAL: Celebrate our cultural diversity and community spirit. Explore the Sister City Gardens, performances representing the cultures of the sister cities, fun children activities, ethnic foods and drinks. Fun for the Whole Family! 605 18th St. 10:00 AM - 3:00 PM 393-2972

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

Sunday Nov. 17
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

4TH ANNUAL BAKERSFIELD MARATHON AT CSUB: A US-ATF-certified full marathon, half marathon, 10K, and 5K. Participants will run through dozens of iconic neighborhoods. 6:00 AM 249-6450

Monday Nov. 18
4 and 5 READY TO STRIVE / LITTLE LEARNERS: Get your child ready for kindergarten. Monday - Thursday 392-2054

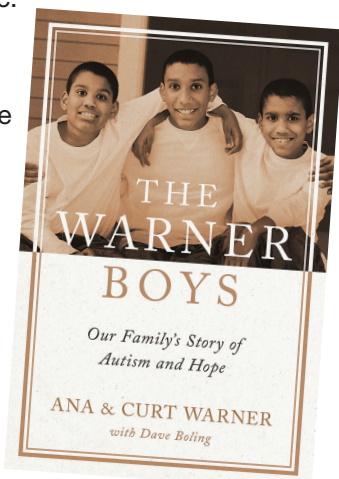
1st INAUGURAL AUTISM GALA Saturday, November 16th

Celebrate in Old Hollywood fashion. Walk down the red carpet and enjoy an evening of inspiration, dinner, drinks, and a silent auction to benefit the Autism Society-Kern Autism Network, Inc.

Special guest speaker, Curt Warner of the NFL Seattle Seahawks and author of "The Warner Boys: Our Family's Story of Autism and Hope".

Petroleum Club of Bakersfield: 5060 California Ave., 12th floor
5:30 PM - 9:00 PM
489-3335

Please go to **www.kernautism.com** for ticket info.



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

COUNTRY LINE DANCING: 392-2010

CULTS & CLASSICS: MODERN TIMES AT FOX THEATER: \$5.00 6:00 PM 326-3539

Tuesday Nov. 19

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

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

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

LEGO CLUB MANIA AT SOUTHWEST LIBRARY: It is a LEGO free-for-all! Join us in building LEGO creations. We will have LEGO ideas to help spark your creativity, or go wild. Build anything you can imagine! 5:30 PM 664-7716

Wednesday Nov. 20

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

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

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

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

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

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

WOMEN'S SELF DEFENSE WORKSHOPS: 322-0931

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

"MARS ONE THOUSAND ONE" PLANETARIUM SHOW: The William M Thomas Planetarium at Bakersfield College will present "Mars One Thousand One" Tickets available for \$8/adults and \$6/seniors and children 5-12 years old from the Bakersfield College Ticket Office or online only (tickets will NOT be sold at the door). Presentation begins with a tour of the night sky. 7:00 PM - 8:30 PM 395-4526

CULT CLASSICS AT READING CINEMAS VALLEY PLAZA: "The Big Lebowski". 7:00 PM 833-2230

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

PATHFINDERS AND ADVENTURERS: A program for children. 871-5000

WATERCOLOR WEDNESDAYS AT SOUTHWEST LIBRARY: Create watercolor paintings! 3:30 PM - 4:30 PM 664-7716

Thursday Nov. 21

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

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

SQUARE DANCING CLASSES: 301-2808

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

ANNUAL FALL FAIRE LUNCHEON: Swedish meatballs over rice, salad, roll and desert. \$8 adults \$4 children under 12. Take orders available. Homemade items and baked goods for sale. 2530 Drake St. 11AM - 1PM 324-4315

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Stockton Heat. 10:30 AM 324-PUCK

A CHARLIE BROWN THANKSGIVING "DINNER" PARTY AT SOUTHWEST LIBRARY: Join us for a special Thanksgiving "dinner" as we watch "A Charlie Brown Thanksgiving". 4:30 PM - 6:30 PM 664-7716

Friday Nov. 22

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

TEEN LEGO BUILDER CLUB AT BEALE LIBRARY: Lego Club is a monthly club just for Teens, ages 12-18. They get an hour to build anything they want. Their creations will then go on display in the library. 3:30 PM - 4:30 PM 868-0701

FINGERPAINT FRIDAYS AT SOUTHWEST LIBRARY: Make fingerprint creations! 11:00 AM - 12:30 PM 664-7716

Saturday Nov. 23

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



November
Worship Guide

Sponsored by

TRINITY
ANGLICAN CHURCH

Father Karl Dietze

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

11300 Campus Park Drive
Bakersfield CA 93311
NW Corner of Buena Vista & Campus Park
661-665-7713
www.trinitybakersfield.com



Drowning in Thanksgiving Leftovers?

Holiday hosts toil for hours to create lavish meals everyone will enjoy. It's not uncommon for Thanksgiving tables to be covered with more food than guests can conceivably (and comfortably) consume. Leftovers are the norm, but without a plan for what to do with leftovers, food can spoil or end up in the trash. **Here are some delicious and waste-conscious ways to put Thanksgiving or other holiday meal leftovers to use.**

Wrap it up promptly

Even though you may want to sit around and chat with guests when the meal is finished, leaving food out at room temperature for too long can create a breeding ground for microbes that may lead to food spoilage and sickness. With a few helping hands, all foods can be packaged away in no time, ensuring that drumsticks or stuffing can safely be served another day.

Collect containers

Be sure to have reusable food storage containers, zip-top bags, foil, and plastic wrap at the ready. Before all of the food is put away, encourage guests to make their own doggie bags.

Plan with other meals in mind

Shop for and prepare holiday fare with a nod toward what can be used in subsequent meals. Turkey is a versatile ingredient that can be made into everything from breakfast burritos to casseroles. Turn potatoes and sausage stuffing into latke patties that can be whipped up for breakfast or lunch. Sweet potatoes, squash and pumpkin can be mashed and reworked into batters for quick breads, pancakes and even doughnuts. Spoon leftover cranberry sauce over hot oatmeal in the morning or use it as a substitute for grape jelly in PB&J sandwiches. Try grinding up stale biscuits to make a breading for turkey slices and turn them into fried cutlets.

Take care of the needy

Find out which organizations accept food donations. Even if you cannot donate previously prepared foods, if you have surplus packaged, boxed or canned items, you can bring them to food pantries and soup kitchens to help others.

Organize a post-holiday pot luck

Turn leftovers into an opportunity to fraternize with friends or relatives who couldn't make it to Thanksgiving dinner. Pool your leftover resources and enjoy the fruits of everyone's labor. A pot luck can be a great place to gather after shopping sales in the community.

Thanksgiving leftovers can provide a few extra delicious meals when hosts plan ahead.

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

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

27th ANNUAL OLIVE KNOLLS CRAFT FAIR: 75+ Crafters all types of HANDMADE goods, booths inside and outside. Pancake breakfast for \$5 from 7a-11a and soup and salad lunch also \$5 from 11:30a-1:30p. 8:00 AM - 2:00 PM 399-3303

CSUB CONCERT BAND FALL CONCERT: The CSUB Concert Band features guest composer Adam Schoenberg as they present his newest work, Rise, as part of the California Wind Band Consortium. \$12 General Admission, \$7 Seniors (60+) & Students, CSUB Students with ID: Free. 5:00 PM 654-3093

ECOKIDZ AT WIND WOLVES: Parents come out and enjoy a FREE outdoor activity with your kids. Activities vary from bird watching and bird nest building, painting or using oil pastels to create masterpieces in nature, and reading children-friendly books outdoors. Ages 4 to 12. 10:00 AM - 12:00 PM 858-1115

TROUT FISHING DERBY: Prizes given: Adults 1st - 6th, Children 1-3. Adults: \$20. Children: \$10. 13601 Ironbark Rd. 6 AM - 2PM 765-2165

Sunday Nov. 24
SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for hiking opportunities. 858-1115

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

Monday Nov. 25
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

TURKEY TOSS AT BAKER LIBRARY: Join us for a fun game of turkey toss! 4:00 PM - 5:30 PM 861-2390

Tuesday Nov. 26 AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

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

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

LEGO CLUB MANIA AT SOUTHWEST LIBRARY: It is a LEGO free-for-all! Join us in building LEGO creations. We will have LEGO ideas to help spark your creativity, or go wild. Build anything you can imagine! 5:30 PM 664-7716

Wednesday Nov. 27 COLOR ME HAPPY AT BEALE 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

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

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

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

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

BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Tucson Roadrunners. 5:00 PM 324-PUCK

KIDS GET CRAFTY: THANKSGIVING AT BAKER LIBRARY:

Join in our Thanksgiving-themed craft project and get thankful. 3:00 PM 861-2390

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

PATHFINDERS AND ADVENTURERS: A program for children. 871-5000

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

KIDS GET CRAFTY: THANKSGIVING AT WILSON LIBRARY: Join in our Thanksgiving-themed craft project and get thankful. 3:00 PM 834-4044

KARAOKE NIGHT AT ETHEL'S OLD CORRAL: Come enjoy an evening of fun Karaoke! 6:00 PM - 9:00 PM 873-7613

2019 NIGHT B4 THANKSGIVING AT TEMBLOR: Mento Buru & DJ

Mikey \$5 admission 6:00 PM - 12:00 AM 489-4855

Thursday Nov. 28



Friday Nov. 29

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

MILLION DOLLAR CHRISTMAS: An original holiday review featur-

ing members of the cast of Million Dollar Quartet. This will be a holiday party for the whole family! 1622 19th St. 7:30 PM Friday - Saturday 866-568-2846

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

Saturday Nov. 30

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

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

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

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

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

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

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

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

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

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

CARS & COFFEE AT TEMBLOR & THE BLVD: Rain or Shine! The BLVD patio will be serving Mimosas + Bloody Marys + Breakfast burritos for \$5 each! 7:00 AM - 9:00 AM. (661) 489-4855



Listings of FREE Immunizations

totshots

Walgreens Pharmacy
Wednesday, November 6th
40 Chester Ave., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Adventist Health Bakersfield
Wednesday, November 20th
2800 Chester Avenue, Bakersfield
from 1:00 p.m. to 6:00 p.m.

Greenfield Family Resource Center
Monday, November 11th
5400 Monitor St., Bakersfield
from 9:00 a.m. to 2:00 p.m.

NOR Riverview Park
Monday, November 25th
437 Willow Drive, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Kern County Dept. of Human Services
Wednesday, November 13th
100 E. California Ave., Bakersfield
from 9:00 a.m. to 2:00 p.m.

New Life Church
Wednesday, November 27th
4201 Stine Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walmart
Thursday, November 14th
2601 Fashion Plaza, Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walmart Supercenter
Monday, November 18th
5075 Gosford Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walmart
Tuesday, November 19th
401 Central Ave., Wasco
from 9:30 a.m. to 2:00 p.m.

*Please note that according to Vaccines for Children (VFC) guidelines, vaccines are FREE of charge to children under the age of 18 who meet one of the following criteria: • No health insurance • Eligible for Medi-Cal (must present Medi-cal card at each visit) • American Indian or Native Alaskan. The mobile unit continues to take its services right to the families who need them the most. No appointment necessary, but immunization cards are required. We may stop registration 30 minutes before closing time. We also offer the Hemoglobin test FREE of charge to children, expecting and post-partum mothers, but require a WIC, school or doctor referral; regardless of health insurance criteria. Please be aware, children under 5 years of age and their siblings will be given priority due to First 5 Kern funding. Mobile Immunization clinics will close for lunch between 11:30 am - 12 pm, except the third Wednesday of the month which will close from 3 pm - 3:30 pm. For more information, call (661) 869-6740.

HEALTH & BEAUTY



DIXIE
ORTHOPEDIC
MASSAGE

Your gain is no pain

MASSAGE
Dixie Smith, LVN, CMT, BS

\$10 OFF
1st Visit!!!
(new clients only)

Quick & Efficient Relief for:

- Orthopedic Issues
- Hips, Knees
- Sports Injuries

Cell: **661.205.2247**
or **Monica 661.549.1014**

2626 F Street
Bakersfield, CA 93301
DixieMassage@gmail.com



innovative
eye care OPTOMETRIC CORPORATION

Vision & Eye Health Evaluation for the Family

Cheree Wilhelmsen, O.D.
4903 Calloway Drive, Ste. #101

Phone:
661-213-3310

innovativeec.com



SURESH M. ADVANI, M.D., M.P.H.
General Practice
Free Diabetes & Blood Pressure Screening
Labs & X-rays at lowest price, guaranteed

Call in Refills: \$10⁰⁰ only
Phone consults: \$30⁰⁰ only
All office visits: \$60⁰⁰ only
Sports physicals: \$70⁰⁰ only
All other physicals: \$120⁰⁰ only

We work on a cash basis only. Labs, X-rays, procedure, immunizations, medicines, medical records & paperwork extra.

300 17th St., Bakersfield, CA 93301
661-869-1982
BY APPOINTMENT ONLY
Monday-Friday 8am-6pm



Bellissima
Medical Aesthetics

Acne Treatments • Fillers • Botox

Laser Hair Removal **\$45/Session**
for first time customers

Evening & Weekend
Appointments Available

661-634-9200
www.bellissimamed.com

CHIROPRACTIC CARE
Pediatrics • Asthma • Earaches • Massage • Elderly

Alpha Omega Wellness Center
Dr. David T. Mongold

7950 White Lane #2E, Bakersfield
661.397.6555
www.alphaomega4wellness.com
Corner of White Lane & Gosford, next to Albertsons

THANKSGIVING SPECIAL
\$97 New Patient
(Covers Exam, X-Rays, 1st adjustment, & ROF)
Must present coupon. Expires 12/15/19

NATIONAL CLASSIFIED ADS

CARS/TRUCKS WANTED
ED!!! All Makes/Models 2002-2018! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

Health & Fitness
GENERIC VIAGRA and CIALIS! 100 Pills \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-889-5515

Suffering from an ADDICTION to Alcohol, Opiates, Prescription PainKillers or other DRUGS? There is hope! Call Today to speak with someone who cares. Call NOW 1-855-866-0913

Miscellaneous
Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-520-7938

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-855-498-6323! FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions

PREMIER FAMILY DENTISTRY

Dr. Chinh T. Nguyen, DDS

Your Smile Says it All!!

- Root Canal • Teeth Whitening
- Dental Implants • Veneers
- Family General & Cosmetic Dentistry

Adult, Children, & New Patients Welcome!
Accepts Most PPO Insurance, Medi-Cal

Fall Special \$39
for Exam/X-rays
(new cash patients only)

2520 H Street Suite B, Bakersfield, CA 93301
(661) 324-1200
www.bakersfielddentistry.net



LESSONS & CLASSES

KARATE LESSONS

- Tiger Tots 2-3 yrs old • Tiger Cubs 3-5 yrs old
- Karate Kids 5-8 yrs old • All Ages Welcome!
- Daytime classes for homeschool children.
- No belt test fees.
- Serving students with special needs including moderate/severe.
- Active shooter training available at your facility.
- Women's Self Defense classes, Feb. 8th, 1:15pm
- Open 7 days per week

Students Learn:

- Respect
- Self Control
- Discipline
- Self-Determination

Most students just \$65 per month!

Golden Tiger Karate
Call **661-345-4371** to enroll today!

B-Day Parties \$99

\$34.99
Includes Uniform, 2 Weeks Lessons

NATIONAL CLASSIFIED ADS

currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-877-626-2213

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-609-2189

Denied Social Security Disability? Appeal! If you're 50+, filed for SSD and denied, our attorneys can help get you approved! No money out of pockets! Call 1-866-376-3163

Lung Cancer? Asbestos exposure in industrial, construction, manufacturing jobs, or military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. \$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

DENTAL INSURANCE from Physicians Mutual Insurance Company. NOT just a discount plan, REAL coverage for [350] procedures. Call 1-877-308-2834 for details. www.dental50plus.com/cadnet 6118-0219

Attention all Homeowners in jeopardy of Foreclosure? We can help stop your home from foreclosure. The Foreclosure Defense helpline can help save your home. The Call is absolutely free. 1-855-516-6641.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-855-402-0373

Two great new offers from AT&T Wireless! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy one, Give One. While supplies last! CALL 1-866-565-8452 or www.freephonesnow.com//cadnet

HARRIS 5 MINUTE BED BUG KILLER! Fast, Effective Treatment. Available: Hardware Stores, Home Depot, homedepot.com

LESSONS & CLASSES

GUITAR, ELECTRIC BASS, & UKULELE LESSONS
Beginning & Intermediate
LOU MARINO
661-587-9312
Also electric guitar and bass set ups
http://marinolounbevwixsite.com/louslessons
Free Consultation



ORDER OF THE DRAGON
HELP BULLY PROOF YOUR CHILD!
SELF DEFENSE FOR KIDS
Ages 4 & up, Parents may also enroll.
3 MONTHS FOR JUST \$90!!!
Taught under the direction of a retired Police Officer
Locations in Rosedale, Southwest and Central.
Attend up to 5 Times a Week.
Valid for new students.
Uniform Included.
Bring this ad in for a free American Flag patch for uniform.
Order of the Dragon 661-588-3217 • www.orderofthedragon.com



JUNIOR GOLF ACADEMY
The Junior Golf Academy
★ Register: jgabakersfield.com
REGISTER NOW FOR AFTER SCHOOL SESSIONS.
Space is limited
Call Now! 548-6590
Unique JGA Curriculum
Six Levels of Achievement
Character Development
Par 3 and Course Play
Tournament Prep, Classes
Clubs provided for beginners if needed
Join Now
Low Monthly Rates!
Ages 6-17
All abilities welcome
FUN!
RiverLakes Ranch
jgabakersfield.com
496-3985



valley achievement center
SERVING CHILDREN AND ADULTS WITH AUTISM AND OTHER INTELLECTUAL DISABILITIES SINCE 1998
www.autism-vac.org




CHILDCARE & EDUCATION

Lil' Explorers Preschool
Where Everyday is an Adventure
We Have Expanded!
No More Pre-K Waiting List!!!
• Creative Theme-Based Curriculum
• All Meals & Snacks Included
• Potty Training Available
• Monday -Friday 6am - 6pm
661-665-1200
8800 Harris Road Bakersfield, CA 93311
Call or check website for weekly rates • Lic #153808662; 153808664
661-665-1200 • www.Lil-Explorers.com





AUTISM SOCIETY
Improving the Lives of All Affected by Autism
Kern Autism Network
"Autism Society Chapter-Kern Autism Network provides support, awareness, information and education to families and the public throughout Kern County"
Upcoming November Events
• Inaugural Autism Gala- November 16th @ Petroleum Club of Bakersfield.
For more info & tickets Register at: www.kernautism.org
• Autism Spectrum Seminar on December 4th, "Understanding & Treating Executive Functioning Problems in ASD" Register at www.kernautism.org
Monthly Autism Support Groups
Parent & Sibling Support Groups:
Returns: Thursday, December 19th, 6-7:30pm. November meeting dark for Thanksgiving, Canyon Hills Assem. of God Church, Rm 204
EARLY SIGNS OF AUTISM: SERVICES OFFERED:
• Delayed language development
• Repetitive language
• Little or no eye contact
• Repetitive mannerisms
• Inflexible routines or rituals
• Preoccupation with object parts
• Little interest in friendships
• Monthly Parent Support Groups
• Adults on the Spectrum Support Group
• Law Enforcement Trainings
• Autism/Asperger Workshops-Seminars
• Local Resources, Community Projects
• Camps & Activity Scholarships
• Evening & Weekend Phone support
661-489-3335 • kernautism.org • kernautism@gmail.com
2920 H Street, Suite 107, Kern Island Building



CHILDCARE & EDUCATION

MOMMY MELTDOWNS HAPPEN

For FREE parent-to-parent counseling, contact us:

323-3531
(888) 955-9099

www.e-warmline.org



PARTY RESOURCES

Rediscover the FUN of Roller Skating at Skateland!

We Provide....

- A SAFE Environment
- Good, Clean Fun
- Social/Athletic Skill Building

Register your kids 10 & younger for our Kids Skate Free Program!

\$20 OFF
Any Booked Party Package
Can't be combined with other offers, expires 11-30-2019

SAVINGS

(661) 831-5567

Skateland
415 Ming Ave., Bakersfield, CA 93307
skatelandbakersfield.com

NATIONAL CLASSIFIED ADS

HEAR AGAIN! Try our hearing aid for just \$75 down and \$50 per month! Call 800-426-4212 and mention 88272 for a risk free trial! FREE SHIPPING!

Cross country Moving, Long distance Moving Company, out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move. 1-844-452-1706

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-855-404-2366 Spectrum Triple Play! TV, Internet & Voice for \$99.97/mo. Fastest Internet. 100 MB per second speed. Free Primetime on Demand. Unlimited Voice. NO CONTRACTS. Call 1-855-652-9304 or visit http://triple-playtoday.com/national

Get NFL Sunday Ticket FREE w/ DIRECTV Choice All-Included Package. \$59.99/month for 12 months. 185 Channels PLUS Thousands of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Call 1-855-781-1565 or satellite-dealnow.com/cadnet

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$14.95/month. Best Technology. Best Value. Smart HD DVR Included. FREE Installation. Some restrictions apply. Call 1-855-837-9146

Wanted To Buy
Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

Hope Christian Preschool

CALL **661-832-2267**
TO ENROLL YOUR CHILD!

We Accept Community Connection for Child Care

NEW HOURS!
6:30am to 6:30pm!!

Serving Children 2-12 Years
2801 Hughes Lane • www.bfcnaz.com
Serving Bakersfield Families Since 1982!

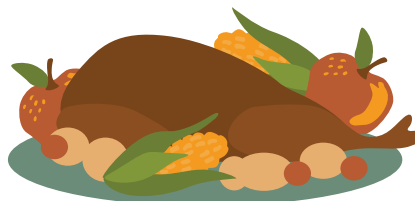
License #150405435 #150403579

BATTLEFIELD LIVE
COMBAT LIVEPLAY ADVENTURE
LASER TAG

- Safe, Interactive Fun for All Ages
- Perfect for Birthday Parties
- Corporate Teambuilding
- Church and School Events
- Indoor/Outdoor Compatible
- Day or Night

661-979-1650
www.bliveb.com

WE BRING THE GAME TO YOU



NATIONAL CLASSIFIED ADS

Lung Cancer?
Asbestos exposure in industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed.
Call 1-866-795-3684 or email cancer@breakinginjurynews.com.
\$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

CALL NOW & SAVE ON YOUR NEXT PRESCRIPTION

Drug Name	Qty (pills)	Price*
Viagra 100mg	16	\$120.00
Viagra 50mg	16	\$100.00
Cialis 5mg	84	\$150.00
Cialis 20mg	16	\$119.00
Levitra 20mg	30	\$130.00
Stendra 200mg	16	\$260.00
Spiriva 18mcg	90	\$130.00
Advair 250mcg/50mcg	180 ds	\$190.00

All pricing in US dollars and subject to change without notice. *We accept Amex, Electronic Checking, Personal Check or International Money Order.*
Prices shown are for the equivalent generic drug if available.



1-855-530-8993

Mailing Address: World Health Link, PO Box 42 Station Main
Winnipeg, MB R3C 2G1 Canada

CODE MG09

Quality Early Education For Everyone

MAOF offers Infant & Toddler Care, Preschool, and Child Care & Development Services for children ages 2 to 5 years

Program Highlights

Free or low cost • Bilingual staff
Year-Round Program • Nutritious meals • Toilet training

Kern County

MAOF Arvin Early Learning Center Arvin, California LIC# 153808909 • (661) 854-3640	Bakersfield Preschool Bakersfield, Ca. Lic# 153801769 • (661) 328-6921
Cesar Chavez Preschool LIC# 153808652 Delano, CA • (661) 721-2032	La Escuelita ELC (**Serves children ages 1 to 5) LIC# 153808807/08 Delano, CA • (661) 720-9463



Web: www.maof.org Email: earlyed@maof.org

ACTIVITY CORNER ANSWERS

p.34

Sudoku:

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

Crossword:

- | | |
|-------------|-------------|
| Across | Down |
| 1. Together | 1. Thankful |
| 5. Area | 2. Graham |
| 6. Family | 3. Travel |
| 7. Loving | 4. Realizes |



ADVERTISE WITH US!

Over 60,000* people read Kern County Family Magazine each month. Call **661.861.4939** to get YOUR message in front of them, too!

*CVC Audit 2016



kern county **Family** magazine

PRODUCTS, SERVICES & EVENTS



1808 Roberts Lane
Bakersfield CA 93308
399-2944

- Motor Homes
- Trucks
- Cars
- Industrial
- Oilfield
- Sandblasting

!! RECALL ALERTS !!

RH Recalls Chairs Due to Lead Hazards

Distressed red vintage steel play chairs and stools sold at RH Baby & Child, RH Teen stores, RH warehouses, and RH outlets nationwide and online at www.rhbabyandchild.com and www.rhteen.com from October 2012 through May 2019, for between \$40 and \$130, have been recalled. Paint on the chairs and stools contain levels of lead that exceed the federal lead paint ban. Lead is toxic if ingested by young children and can cause adverse health effects.

The chairs, under the following model names: "Play Chair," "Tall Play Chair," "Play Stool," "Tall Play Stool," and "Step Stool," have a curved, tubular back frame and a single vertical slat with an embossed seat. The stools have a curved frame and an embossed seat with a hand grip. "Made in India" and one of the following SKU numbers are printed on a green label located under the chair seat or stool step: 103480DRED (play chair); 103481DRED (tall play chair); 103521DRED (tall play stool); 103522DRED (play stool); and 111081DRED (step stool).

Consumers should stop using the recalled chairs and stools, place them away from children, and contact RH for a full refund for the purchase price.

IKEA Bibs recalled

MATVRA infant bibs sold in a two-pack with one red, one blue, and a snap at the back of the neck have been recalled due to a choking hazard. The bibs were sold for about \$2 at IKEA stores nationwide and online between August and September 2019. The firm received two reports of the snaps on the bibs detaching. No injuries have been reported, but consumers should immediately stop using the recalled bibs and return them to any IKEA store for a full refund.



THANK YOU

From all of us at ADAKC we want to say thank you for helping us serve more Kern County families on the Alzheimer's journey. We are families helping families. We are ADAKC.



If you're looking to buy or sell...



Complete the Picture of your Perfect Home

Whatever your dream home looks like, I'm here to help

AGENTCOR REALTY



Chely Boozer
661-205-6824
chely.sellkern.com
CalDRE#02085225



MOLLY MAID.

a neighborly company



STILL KEEPING IT FRESH AND CLEAN FOR OVER 30 YEARS.

- Fully Insured, No Contracts
- Call For A Free Estimate
- Professional Quality
- 24-Hour Clean Guarantee
- Affordable Price

Save \$100 \$20 off your first 5 regularly scheduled cleans

Cannot be combined with other offers.

For New Recurring Customers Only

Locally Owned and Operated Franchise

Call Us Today For Details. 661-369-7119

<https://www.mollymaid.com/local-house-cleaning/ca/bakersfield.aspx>



KID'S activity corner

Answers on page 33

Sudoku

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

Level: Beginner

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

Word Find

Find the hidden words in the puzzle

- | | | |
|----------|------------|-------------|
| BALL | INCOMPLETE | QUARTERBACK |
| CATCH | INTERCEPT | RECEIVER |
| FOOTBALL | PASS | TOUCHDOWN |
| FUMBLE | PLAY | YARDS |

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

Coloring Fun



Crossword Puzzle

1		2		3			4
	█		█		█		
				5			
					█		
6							
	█						
7							

ACROSS

- Close to another person
- Parents and children
- Region
- Caring

DOWN

- Showing gratitude
- Type of cracker
- Go places
- Becomes aware of

2019 LEXUS

GX

460

- 301 Horsepower
- 6,500 LB Towing Capacity
- 3 Rows of Easy-Access Seating
- Bluetooth Technology
- Roof Rails
- 4WD with Active Traction Control
- Blind Spot Monitor
- Trailer Sway Control

DECEMBER TO REMEMBER

GOING ON NOW



The 2019 Lexus GX 460 is a force to be reckoned with. World Rally Championship-worthy Kinetic Dynamic System, low maintenance costs, and spacious third-row seating are just a few favorites about this date night to off-road adventure vehicle. For those who refuse to sacrifice, the 2019 GX balances innovative off-roading technology with an elegantly versatile cabin and handcrafted details. With 301 hp and up to 6,500 lb of towing capacity, you can leave it all behind while taking it all with you.

Come in today and experience the 2019 Lexus GX 460 for yourself with a test drive at Motor City Lexus in the Bakersfield Auto Mall. Call (661) 412-0913 to schedule your test drive!

\$439

LEASE PER MONTH + TAX 36 MONTHS, on approved credit.
5 AVAILABLE AT THIS LEASE OFFER

Offer based on MSRP of \$57,902. Payment does not include monthly sales tax. Available on approved credit to very well qualified customers through Lexus Financial Services. Security deposit waived for A+/A Tier customers. Not all customers will qualify. \$2,000 Lease Cash + \$5,286 cash/trade equity = \$7,286 total due at signing. You pay \$0.25 per mile over 10,000 miles per year. Vehicle subject to prior sale. Must take delivery by 11/13/2019. See Motor City Lexus of Bakersfield for details.

FIND US ONLINE



LIKE
Motor City Lexus of Bakersfield
Motor City Buick GMC



FOLLOW
Motor City BlG @motorcitybakersfield
Lexus @motorcitylexus

5101 GASOLINE ALLEY • (661) 412-0913 • WWW.MOTORCITYLEXUS.COM



Lexus GX 460 features referenced from www.Lexus.com

GYMNASTICS

**BUILDING HEALTHY KIDS
AT EVERY STAGE!**

FOR FUN, FOR FITNESS, FOR COMPETITION



CLASSES OFFERED FOR AGES
6 MONTHS AND UP!

ENROLL TODAY!

*Gymnastics • Swim • Tumbling
Preschool • Cheer • Dance • Ninja Zone*

www.AKSC.com • 661.589.2100 • NW Gym: 3622 Allen Rd • SW Gym: 4401 Ride St

AMERICAN KIDS  SPORTS CENTER
AKSC

Building Healthy Kids Since 1984