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MEMBERS OF



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Chaudry's Champions

3rd Grade Teacher and YouTube channel host **Wajeha Chaudry** (left) wants to bring the wonders of reading to the world. **Kathy Robinson** (middle) of Robby's Nursery created the magical Christmas backdrop you see on the cover and here, photographed with KCFM Publisher **LJ Radon** (right).

Photography by **Carlie Shea**.
@carliesheaphotography



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I was the night before christmas



Vaun Thygerson,
Contributing Writer

Billy Joel once said, "I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music."

I think music is all of this and so much more. Music is magical! I live in a musical household, not always the music of my choosing thanks to my 13-year-old DJ, but the upside is that we have a constant soundtrack playing to accentuate our lives. I played the trumpet in my youth, and I can't carry a tune, but it doesn't stop me from belting out the lyrics to my favorite tunes!

My husband plays piano and guitar, my daughter sings, and both boys play piano; and the younger one also plays ukulele and guitar. But, what mostly dominates Alexa at my house is my son's rap and pop hits, many of which he's made his own versions using FL Studio.

In fact, music is so inspirational that it motivates my younger son to perform. My husband and boys recently ran the 5K "Running Universal" at Universal Studios, and it turned out to have a lot of hills. When my younger son beat his brother and dad in the race, he said it was because of his musical playlist, including Lil Nas X. He said, "I was thinking about walking up the hill, and I thought, 'Nah! This music is too nice. I gotta run!'"

Most of the time I concede to his musical whims, but during this time of year I control the proverbial dial. I get to listen to more of the music I like in the guise of Christmas Carols – Elvis Presley, Harry Connick Jr, Vince Gill, and Nat King Cole, among others. I honestly think my favorite part of the Holiday Season is the music. KCFM agrees that music is an important part of family time this Christmas, and continues to produce its annual Christmas Songbook. This is a great chance for you to sing along to all your favorite Carols.

This entire issue is dedicated to the Christmas theme, "The Night Before Christmas." You'll find all your favorite articles throughout the following pages, they'll just have a new festive name to reflect the season's spirit. For example, Refrigerator Door on page 6 becomes "Vision of Sugar Plums," and Vital Signs on page 8 becomes "By the Chimney with Care."

For this month's Happy Mama, or aka "Mama in Her Kerchief," Janelle Capra writes an article entitled, "Make Your Word Count in 2019," on page 17. She writes about how this year, as we end a decade, she has chosen a word for her 2020 mantra, "Abundance." She gives five tips on how you can make your word count. What's your word for 2020? Share your comments on social media using the #hellohappymama.

Special thanks to Mrs. Melissa Richert and Principal Tom Board for allowing me to visit my younger son's Farm to Table class at Rosedale Middle School. In the article, "Farm to (Classroom) Table," on page 10, I write about how this new class teaches students aspects of the farming process to encourage their desire for healthy lifestyles and healthy food choices. Each student is given tasks and complete stewardship over their very own tree. They take care of these plants and trees and use the produce to make delicious food in their kitchen. Thanks to my visit, I was able to see pomegranates go from the farm to the table, and they were delicious!

This Holiday Season, as you're bustling from event to event, shopping, and wrapping presents, don't forget to turn on those classic Carols. Singing along not only will lower your stress but will help improve your mood. And, with the enclosed KCFM songbook, you can know all the right lyrics. Music is magical and Christmas music is the best of all the genres!

Happy Happy Happy Holidays!
-Vaun Thygerson

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ADAKC's Senior Prom

Dan Schaffer, along with his mother, Marian Schaffer, and Stan and Debra Brown were recently crowned Prom King and Queen at the Alzheimer's Disease Association of Kern County's (ADAKC) Senior Prom with the theme, The Heart Never Forgets. The night included a lot of dancing, Coca-Cola floats, a yummy dinner, corsages, and boutonnieres, while making many special memories. In fact, this dance was such a success that ADAKC's executive director, Janelle Capra, says they'll be planning another one just like it next year.



Senior Prom King Dan Schaffer, with his mother Marian Schaffer, and Kern County royalty Paikea Coda, Young Miss Kern County 2020, JamieLynn Coda, Mrs. Kern County 2020, and Tiara King, Ms. Kern County 2020 at ADAKC's Heart Never Forgets Senior Prom. Photo Courtesy Janelle Capra

"Our first-ever senior Prom presented by Lazzerini Family Foundation was a great success," says Capra. "Watching families of all ages come together on the dance floor was so magical. I can't wait to do it again in 2020!"

With the DJ playing hits from the 40s, 50s, and 60s, families were transported back in time and many older dancers were teaching the younger ones the dances popular from their generation.

"The energy in the room was unlike anything I have ever seen before. With every song played you could see seniors shake, rattle, and roll in wheelchairs, canes, or on two feet. Everyone who participated in

Senior Prom 2019 entered the room with curiosity but left smiling," says Becca Montoya, marketing manager at ADAKC.

For a glimpse into the night's festivities, check out the photos on ADAKC's Facebook Page. **To learn more about its services, please visit www.adakc.org.**

MARE Holiday Open House

Find unique Christmas gifts while mingling with horses and taking pictures with Santa at MARE Therapeutic Riding Center's Holiday Open House on Saturday, December 7th, from 10 a.m. to 2 p.m. at the barn located at 18200 Johnson Road in Bakersfield. The day will include a holiday wreath raffle, horse kisses, family crafts, Ben & Jerry's ice cream, and shopping with vendors such as Babycake Donuts, A Pony and Pearl, Vibestitch, Bubba Bo's, and many more while helping to support a good cause. MARE provides equine-assisted therapies for people with special needs and disabilities through therapeutic horseback riding.

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

Wreaths Across America Ceremony and Wreath Laying

Honor the men and women who gave the ultimate sacrifice for our country this holiday season at Wreaths Across America (WAA) Ceremony and Wreath Laying at Bakersfield National Cemetery on Saturday, December 14th, from 9 a.m. to 12 p.m. Each December on National Wreaths Across America Day, WAA's mission, "Remember our fallen U.S. Veterans, Honor



those who serve, and Teach your children the value of freedom," is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 1,600 additional locations in all 50 states, at sea, and abroad.

To sponsor a wreath and learn more about this sacred day, please visit www.wreathscrossamerica.org.

Christmas Can Help Us Prepare for the 2020 U.S. Census By Louis Medina

The Christmas story from the Gospel of Luke shows us how a census can alter the course of world events.

"In those days, Caesar Augustus issued a decree that a census should be taken...And everyone went to their own town to register...Joseph also went up from the town of Nazareth...to Bethlehem...because he belonged to the house and line of David. He went...with Mary, who was pledged to be married to him and was expecting a child...and she gave birth to her firstborn, a son." And the rest is history.

In the U.S., we also have a mandate from our Constitution to count every person once every 10 years.

Fortunately, census taking has improved dramatically since Mary and Joseph's day. We should be glad about this because we have a census coming up next April.

First, you don't have to go anywhere for the census: You just need to fill out a form counting everyone in your household. The U.S. Census Bureau boasts how easy this is: 10 questions in 10 minutes. And, beginning in 2020, the questionnaire can be completed on paper, online, or by phone.

No having to travel by donkey while pregnant to be counted! Reminders that the census is coming up will be sent out by mail next March.

Second, for those who need assistance filling out the census in a language other than English, the Census Bureau provides either the forms or assistance in dozens of languages.

Third, whereas the census of the Bible was all about Joseph and Mary's lineage and personal informa-

tion, the U.S. Census is completely confidential. It is against the law for the Census Bureau to publicly release your responses in any way that could identify you. The information can only be used to produce statistics and will not be shared with other government agencies.

Fourth, in Kern County we have a great local resource called the Kern Complete Count Committee, or KCCC. This collaborative of community leaders representing nonprofits, faith-based organizations, local government, media and other stakeholders is working to ensure everyone in Kern gets counted accurately. Why? Because we lose about \$2,000 in federal funding per person, per year, for 10 years, for everyone who is missed. And we lose important representation in government as well.

Our community will be hearing a lot more from the KCCC in the coming months, especially regarding hard-to-count (HTC) populations. Readers of this publication should note that a significant HTC group are children under 5. Little ones often get missed in the census because they are newly born, living in large or split households, staying with relatives, or for other complex reasons.

Please do like Mary did in the Bible and ponder these weighty things in your heart. Make sure everyone in your household gets counted in next year's census—including all children. That little one living with you could grow up to be a world changer someday.

For information about census jobs, census kiosk locations near you, flyers and more, please visit kerncounts.org.

Louis Medina is the Director of Community Impact for Kern Community Foundation, a member agency of the Kern Complete Count Committee.



Groundbreaking Ceremony for Covey Cottages

A groundbreaking ceremony was recently held for Covey Cottages in Oildale, a 12-unit “Tiny Homes” permanent housing project aimed at reducing veteran homelessness. Each cottage will consist of 400 sq. feet of dignified housing space for residents: living area, bedroom, bathroom and kitchenette. The complex will create a soothing sense of community through landscaping, a common gathering room, and laundry area. CVAF Staff will provide the supportive services that are key to keeping housed the project’s vulnerable residents who might otherwise slip back into homelessness.

CVAF President & CEO Deborah Johnson called Covey Cottages for Veterans a low-density housing model designed for populations that are extremely low-income, have co-occurring disorders, and have had issues staying permanently housed for long periods of time. “We hope this will pave the way for other homeless populations in our community by providing a new, innovative way to work with our most challenging homeless persons,” she says.

Johnson is grateful to local businesses and individuals who are truly committed to giving back to local veterans by providing the money and muscle—through the donation of in-kind materials and labor—that have made it possible to break ground on Covey Cottages in just a little over a year since CVAF put the word out to the community for support.

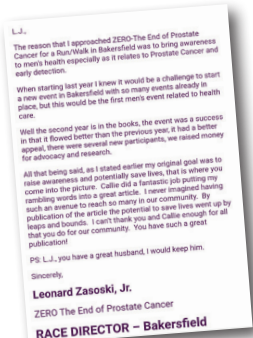
For more information, please visit www.kernha.org.

Volunteer Center of Kern County's Holiday Cinnamon Roll Sale

The Volunteer Center of Kern County will host its annual Holiday Cinnamon Roll Sale with drive-thru service in its parking lot, 1311 Eye Street (between 13th and 14th Streets) on Thursday, December 19th, at 7 a.m. until sold out. These delicious cinnamon rolls are just in time for the holidays and will be \$10 per dozen. Pre-orders accepted with orders of five dozen or more, delivered to business addresses only. Proceeds support the Volunteer Center’s Senior Disabled Veteran’s Quilt/Beanie Project.



For more information, please call Brenda Ratliff at 661-395-9787 or visit www.volunteercenter.info.



Thank you to Leonard Zasoski, Jr. for sharing his personal story of surviving prostate cancer in our November edition. Leonard's father did not survive the same diagnosis and Leonard Jr. has recently increased his efforts to make others aware of the importance of early detection through regular screenings. Leonard was pleased with our coverage and took the time to tell us so.

Last month's article is available online here: http://bit.ly/save_men

If a topic is important to your family, we want to hear about it. Email publisher LJ Radon at lj@kern-countyfamily.com for editorial consideration.

“THE GREATEST GIFTS ARE NOT WRAPPED IN PAPER BUT IN LOVE.” -Apratim Arya



11 Memorable Gifts to Give—No Wrapping Paper Required

By Callie Collins

Choosing to give a gift doesn’t have to require tape, scissors or wrapping paper. Giving in your community can fulfill a greater good without struggling through holiday hassles.

Although some of the ideas below require making a purchase, the way they’re used still reaches beyond the joy of the moment to provide lasting happiness, meet a need, or help a child.

Here are 11 suggestions:

1. Make a donation to a charity that advocates for a cause that resonates with you. There are so many amazing local causes. For example, the Mission at Kern County helps individuals recovering from drug addiction to find a second chance, through sobriety and stable life choices. Kern Community Foundation partners with many regional charities, from the Alzheimer’s Association to entrepreneurial programs that support women and girls.
2. Host a holiday party and request that each guest bring an unwrapped book to donate instead of hosting a gift exchange. Foster care organizations and public libraries are always looking for new titles.
3. Pick up a package of diapers to donate. Local charities are always seeking diapers because they’re not covered by public food assistance or Medicaid.
4. Choose an extra package of socks or underwear the next time you’re at the store to donate to a shelter drive.
5. Fill an old purse you’re no longer using with hygiene products and store it in your car. The next time you see a woman in need, hand it to her. Those small but important items are often forgotten in charitable giving.
6. Pay off school lunch balances at your neighborhood school’s cafeteria.
7. Give your time to an organization you care about. Volunteer to better understand its work first-hand.
8. Illness knows no season and never takes a holiday. Provide respite care to families in local intensive care unit (ICU) settings by working directly with hospital-based volunteer groups.
9. Plan an outing with one member of your family at a time. Turn off your phone and just enjoy your conversation together.
10. Set up Amazon Smile to benefit a group of your choice through a percentage of all your holiday purchases this year.
11. Participate in an organized fun run to support an organization that makes a difference right here in Kern County.

Holiday Air Travel Tips for Families

Traveling with children can be a delight and a challenge, so preparation is key. The American Academy of Pediatrics has the following tips for safe and stress-free family air travel:

Time it right. Allow your family extra time to get through security, especially when traveling with younger children. Have children wear shoes and outer layers of clothing that are easy to take off for security screening. Children younger than 12 years are not required to remove their shoes for routine screening. Strollers can be brought through airport security and gate-checked to make travel with small children easier.

Smart talk. Talk with your children about the security screening process before coming to the airport. Let them know that bags, dolls and “lovies” must be put in the X-ray machine and will come out the other end and be returned to them. Discuss the fact that it’s against the law to make threats such as, “I have a bomb in my bag.” Threats made in jest, even by a child, can delay the entire family and could result in fines.

Don’t forget the seat. When traveling on an airplane, a child is best protected when properly restrained in a car safety seat appropriate for the age, weight and height of the child. The car safety seat should have a label noting that it is FAA-approved. Belt-positioning booster seats cannot be used on airplanes, but they can be stowed in overhead bins or checked as luggage (usually without baggage fees) for use in rental cars, taxis or ride shares.

Arrange to have a car safety seat at your destination or bring your own. Airlines will typically allow families to bring a child's car safety seat as an extra luggage item with no additional luggage expense.

Check the airline's website ahead of time so you know their policy before you arrive at the airport. Children who weigh more than 40 lbs can use the aircraft seat belt.



Although the FAA allows children under age 2 to be held on an adult's lap, they recommend that families explore options to ensure that each child has her own seat. If it is not feasible to purchase a ticket for a small child, try to select a flight that is likely to have empty seats where your child could ride buckled in her car safety seat. Alternatively, there are also some FAA-approved harnesses for older infants and toddlers that fold down in a small, compact bag for convenience.

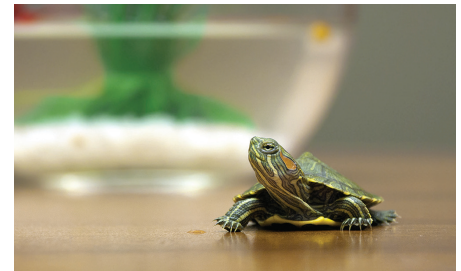
Don't forget the extras. Pack a bag of toys and snacks to keep your child occupied during the flight. In order to decrease ear pain during descent, encourage your infant to nurse or suck on a bottle. Older children can try chewing gum or drinking liquids with a straw.

Wash up - a lot! Wash hands frequently and consider bringing hand-washing gel and disinfectant wipes to prevent illnesses during travel.

Turtles Linked to Salmonella Outbreak

The Centers for Disease Control and public health officials in several states are investigating a multi-state outbreak of human Salmonella Oranienburg infections linked to contact with pet turtles. Due to the number of illnesses related to these small turtles, the U.S. Food and Drug Administration has banned the sale and distribution of turtles with shells less than four inches long as pets.

As of October, a total of 21 people infected with the outbreak strain of Salmonella Oranienburg have been reported from 13 states. California reported the highest number of illnesses associated with six residents infected with the outbreak strain. Most people infected with Salmonella develop diarrhea, fever, and stomach cramps 12 to 72 hours after being exposed to the bacteria. The illness usually lasts 4 to 7 days, and most people recover without treatment.



In some people, the illness may be so severe that the patient needs to be hospitalized. Salmonella infection may spread from the intestines to the bloodstream and then to other places in the body.

Regardless of where turtles are purchased or their size, turtles can carry Salmonella germs that can make people sick. Turtles can carry Salmonella germs in their droppings while appearing healthy and clean. These germs can easily spread to their bodies, tank water and habitats. People can get sick after they touch a turtle or anything in their habitats. Pet owners should always follow steps to stay healthy around their pet. The CDC suggests the following precautions:

Wash your hands. Always wash hands thoroughly with soap and water right after touching, feeding, or caring for a turtle or cleaning its habitat. Adults should supervise hand washing for young children.

Play safely. Don't kiss or snuggle turtles, because this can spread Salmonella germs to your face and mouth and make you sick.

Clean properly. Don't let turtles roam freely in areas where food is prepared or stored, such as kitchens. Clean habitats, toys, and pet supplies outside the house when possible. Avoid cleaning these items in the kitchen or any other location where food is prepared, served, or stored.

Know your risk. Children under 5 years of age, adults aged 65 and older, and people with weakened immune systems are at a greater risk for serious illness. Households with these people should consider a different pet.

Know the Ten Warning Signs of Alzheimer's

Be Mindful of Dementia-Related Behavior this Holiday Season- It is Not a Normal Part of Aging

Every 65 seconds someone in the United States develops Alzheimer's disease. It is the third leading cause of death in California. To help the public recognize dementia-related problems early, this holiday season the Alzheimer's Association has launched an awareness campaign identifying the ten warning signs of Alzheimer's:

- 1.) Memory loss that disrupts daily life;
- 2.) Challenges in planning or solving problems;
- 3.) Difficulty completing familiar tasks at home, at work or at leisure;
- 4.) Confusion with time or place;
- 5.) Trouble understanding visual images and spatial relationships;
- 6.) New problems with words in speaking or writing;
- 7.) Misplacing things and losing the ability to retrace steps;
- 8.) Decreased or poor judgment;
- 9.) Withdrawal from work or social activities;
- 10.) Change in mood or personality.

Individuals may experience one or more of the signs in different degrees. Close family members and friends, who know their loved ones best, are typically the first to notice memory concerns or cognitive problems. If they notice any of the signs in themselves or a loved one, they are advised to call their healthcare professionals to discuss their dementia-related concerns and diagnosis.

For additional support, please contact your local Alzheimer's Association office at (661) 912-3053, call the nationwide 24-hour helpline at (800) 272-3900 or visit www.alz.org.

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Farm to (Classroom) Table

Story and Photos By Vaun Thygerson



(Above and right) Eighth graders Kate Brown and Hallie Keese pick ripe pomegranates and lemons from their school garden and use them to make lemon pomegranate cookies as part of their Farm to Table class curriculum at Rosedale Middle School (RMS) taught by Melissa Richert.

Every day the Farm to Table class offers different tasks for students to learn about farming and cooking processes, from planting to watering to pruning to making healthy food to eat.

"I have learned how to work with others and how to do things for others," says Kate. "I like this class because Mrs. Richert makes it a safe place to come every day and makes it fun."

"Farm to Table is a wonderful addition to our campus. It's one of only 22 programs statewide recognized as a CDE Exemplary Program for 2019. Farm to Table allows students to engage in real world higher order thinking skills in a broad array of areas: agricultural business, finance, environmental scienc-

es, and health," says Tom Board, Principal of Rosedale Middle School. "The program is also fun, and it gives students another way to feel connected and successful at school."

When Mrs. Richert came to RMS in 2017 as the Life Skills teacher, the school garden, which had been tended to by volunteers and teachers, was not being fully utilized in the school curriculum. With her background in math, music, and science, and her love for curriculum development, she designed this new Farm to Table class to not only have students experience a real, hands-on education using core subjects, but it also cut down her Life Skills budget for fresh produce.

"I want to give students a chance to start a healthy lifestyle with a healthy image of nutrition," Mrs. Richert says. "I want them, by being part of the growing process, to have a willingness to try new foods."

The garden is sectioned off into different areas, with every student having his or her own role in its success. In the space, there are more than 40 trees, a grape vineyard, an herb garden, a greenhouse, and rows and raised boxes with all kinds of vegetables and produce. The students take care of everything within the garden, including its future plans. And, they even help decide what kinds of food to make from their garden's produce.

With the recent removal of a 60-foot fruitless mulberry tree whose roots were depleting the soil, a whole new section opened up. Eighth graders Paris Teagarden, Hallie Dilley, and Camila Flores were tasked to prepare the soil to make rows for new seeds to be planted. During the semester, Paris has also pruned grapes and herbs, made anaerobic compost, and used coffee grounds to combat an ant infestation.

"In this class, I have learned the basics of farming, planting crops, different ways of composting, and new ways to cook. I've also learned that it takes a lot of teamwork," says Paris. "It's fun, but you're still learning new things."

Mrs. Richert calls the class an inquiry-based program where she takes some direction from the students' interests and questions. They are even assigned their own tree in the orchard to nurture and name. "I want this to be their little baby," she says. "I want them to be a part of the decisions so that they have ownership."

In fact, two students, Zane Thygerson and Michael Stout, were interested in cross-pollinating two peppers after Zane watched a YouTube video on how the Carolina Reaper was made from a Habanero and a Ghost Pepper. He brought his idea to Mrs. Richert and she came up with a plan to make their very own Bulldog Pepper, named after RMS's mascot, by cross-pollinating a bell pepper with a Jalapeño pepper. Now they're just waiting for the right time to cross-pollinate. "The timing has to be perfect," Mrs. Richert says.



(Above) Mrs. Melissa Richert teaches her students, Jack Bordenave and Zane Thygerson, how to recognize the perfect time to cross pollinate peppers.

BULLDOG BAZAAR

Help support Rosedale Middle School's Farm to Table, Life Skills, and Art Programs

The students have been working hard to make a lot of items to sell at the Bulldog Bazaar including infused oil, seed paper, candles, coasters, ornaments, lip balms, and so much more.

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Chaudhry's Champions:

Local YouTube Channel Gives Children a Nightly Bedtime Story

By Callie Collins

Wajeha Chaudhry of Bakersfield's Loudon Elementary teaches third grade by day, but by night she's a kind of superhero to her students and the community. The YouTube channel Chaudhry's Champions stands out by merging education and technology for the best result: nightly storytelling. The channel has 119 subscribers and counting but popularity has never been her goal as a content creator.

"The goal is to reach every single kid so they can have a story every single night, and it's not a chore for parents," said Chaudhry. "Helping a child love reading is the reason I keep making videos."

Math was actually the reason Chaudhry joined YouTube in October 2015.

"I noticed that parents weren't always able to help with math homework, even though they really wanted to, because math is taught so differently now compared to when we were kids. I started to wonder how I could get parents involved without bringing them into the classroom," said Chaudhry. "I remember telling my students, 'I can't go home with you. I wish I could, but I can be in your tablets and iPads every night to help with your homework.'"

Early videos feature long division and fractions, but the concept extended to reading homework because of some key conversations in the classroom.

"I asked my students how many heard a bedtime story every night and one or two raised a hand. Then I asked how many had an iPad, a tablet or a phone. There were definitely way more hands. Every single child had access to the internet," said Chaudhry. "So I said 'Okay, you will now have a bedtime story every night, whether your parent didn't get a chance to or it just didn't happen for whatever reason.'"

The channel grew from one subscriber to five to 15 within a few weeks. There are no sponsors, although support from the school's administration has been important. Filming involves a cellphone and a \$12 microphone. The effort's sincerity shines through to connect with fans of all ages who often continue watching long past the third grade.

Hesitation about the role of screens in parenting can lead some families to forego seeking out the channel, a fact that Chaudhry understands first-hand as the current generation of parents seek to define what rules work for their household in the golden age of the silver screen. Never before has so much information and content been so accessible.

"Personally, I limited my own children's screen time. There's a lot on the internet, and on YouTube specifically, that isn't appropriate for children, but I always tell parents my channel is perfectly safe for kids. I completely understand. If children are going to be on a tablet anyway, though, this content makes sense for them and brings learning and technology together in a beautiful way," said Chaudhry.

"All children should have an opportunity to hear stories, regardless of their background or the language they speak...It's a team effort, all of us working together to get that love of learning and reading to happen for children." -Wajeha Chaudhry



Wajeha Chaudhry, photographed by Carlie Shea Photography. Christmas decorations courtesy of Kathy Robinson at Robby's Nursery.

Chaudhry is quick to point out that she knows first-hand how difficult it can be to squeeze in a storybook night after night for parents.

"Sometimes you're tired, you've had a rough day, and your child brings you the longest book or something you don't feel like slogging through, like a tongue twister book by Dr. Seuss. All you want to do is skip a few pages," said Chaudhry. "All children should have an opportunity to hear stories, regardless of their background or the language they speak. Parents are working or they're just busy, or they didn't have a chance today, other kids in the household get sick; life happens. As a single mother for quite some time myself, I understand. It's a team effort, all of us working together to get that love of learning and reading to happen for children."

The channel features three videos in Spanish, too. "Just because a child does not speak English, or their parents don't, that doesn't mean they should miss out on the wonders of reading," said Chaudhry, who immigrated from Pakistan at age 6 and also attended schools in Bakersfield. She is the daughter and granddaughter of professors and remembers the positive influence local teachers had on her childhood.

"My parents and grandparents always read me stories," said Chaudhry. "Kids love to hear people reading to them, especially when they're being silly and animated. Most kids love watching TV and movies and YouTube, but if we extend that love of narrative and discovery to reading, they may love that, too."

Guest readers are featured on the channel each Friday. Different community leaders, from local police officers to her children's dentist, older students, the

story continues on page 14

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cover story cont.

school's vice principal, and other celebrity-style narrators are invited to share a story and what they do. That behind-the-scenes look at different professions serves to inspire students as well.

"When kids hear about careers, that opens up another world to them. I want them to know there are so many different careers out there and that the world is so much bigger than our own homes and schools. When they see a profession, I want them to say, 'I didn't know about that, but now that I see it, I want to do it!' Then, they have the opportunity to find out more through their love of reading," said Chaudhry, who often films at offsite locations, like a virtual field trip she created from a family visit to the Long Beach Aquarium.

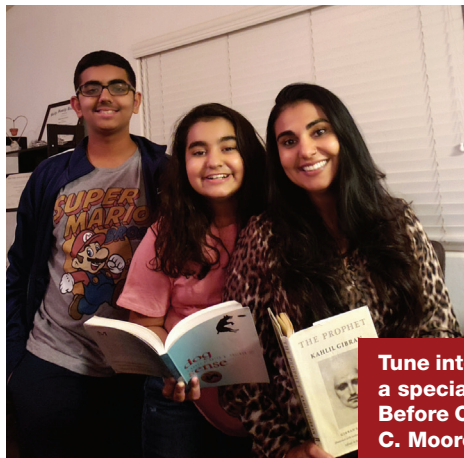
"The Magic Treehouse" is a popular chapter book Chaudhry has read on the channel. She also takes requests and is always looking for other voices who want to read aloud as featured professionals. The channel has inspired one of her former third grade students to start her own YouTube series in which she also reads books aloud.

"I need more people to volunteer to read and show us what they do for a living. I also really appreciate when people like, share, comment, and subscribe on YouTube. It's all for the kids," said Chaudhry.

If you would like to donate a book to Chaudhry's Champions or volunteer to read aloud on her channel, email mschaudhry23@gmail.com. Find the channel here: http://bit.ly/chaudhry_readers.

Ms. Chaudhry's three tips to encourage reluctant readers

1. Find books kids are able to read: A teacher or librarian can point to age-appropriate books at the right reading level.
2. Find a book that they enjoy reading: Not everyone will like the same things. Later, you can challenge them with things they need to know.
3. Read to them: Being silly and animated is one way to make reading more engaging.



Chaudhry's Favorites

(Left, Wajeha with daughter Sabeeha and son Sohail)

One of Chaudhry's favorite books is "The Prophet" by Kahili Gibran, a gift for her eighth grade graduation from her seventh grade teacher, Ms. Deborah Bowman at Fairfax Junior High School in Bakersfield. She has the original copy to this day and especially loves the sections "On Children" and "On Teaching," which are what she describes as loving most in life.

Tune into Chaudhry's Champions on YouTube for a special Christmas reading of "T'was the Night Before Christmas," the classic poem by Clement C. Moore.



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Arose such a clatter

A Lesson in Giving and Giving Away The Story of the Long-Desired Skateboard

By Julie Willis, Bakersfield Mom of Two

Ashley, age six-and-a-half, had been asking for a skateboard. The first time she asked, I said, "You have too much stuff. Tell me something you're willing to get rid of, something big, and then we'll talk about a skateboard." Her eyes filled with tears. She opened her mouth to say something, then closed it again. I didn't hear anything about a skateboard for weeks.

And then I did. She was riding her scooter, and she stopped in front of me and said she'd really like to just "try" a skateboard.

"Give away your kitchen set," I challenged. I felt like a jerk, but honestly, I was working against some big things here:

1. My kids are hoarders, and I saw this as my only hope of ever getting rid of the kitchen set that took up three feet by four-and-a-half feet by 18 inches. Plus, I imagined filling up the kitchen set, when I got rid of it, with all of the dishes, pots, pans, and play food that came with it that was strewn about the house. More inches of space.

2. Seriously, a kitchen set? This thing was built for toddlers. Sure, Ashley had played with it when she was one-and-a-half and two, maybe even three, years old. But, by now it had become more of a shelf to store her horses and various other junk collections, namely things she quietly—some might say covertly—brought home from walks and emptied directly out of her pockets onto the fake stove and countertop. Things like sticks and leaves and feathers and all sorts of other things that were decidedly "NOT trash, Mom!"

3. What about being generous? It seemed like I was always reading stories about kids who grew their hair for cancer patients or collected towels for animal shelters. My kids never wanted to part with one forgotten, broken, nameless toy. (Or stick or leaf or feather.) Not even if it meant they could help someone who needed it more than they did. And not even to pay it forward for all the hand-me-downs they had received. Couldn't we just once get rid of one piece of junk in the name of helping someone else?

Ashley looked horrified at the mention of the kitchen set. "But Mom..." I raised my eyebrows, letting her know that I didn't care if we kept it or bought the skateboard, but that I wouldn't have both.

Her shoulders slumped. I knew I was winning, but why did I feel like such a low-down scoundrel about it?

Several more weeks passed without word of a skateboard. Also, without a passing glance at the kitchen set. I decided to stop dusting it to see if it would get to the point that you could write your name in the layer of dust that would accumulate on the top of it from lack of use. (It did.)

Finally, the day came when, with a lump in her throat, she announced that she had decided to turn in her baby kitchen set for a big kid skateboard. She had



6 year old Ashley and her beloved skateboard (Photo courtesy Julie Willis)

already chosen the special friend she wanted to give it to, and within five minutes I had the exchange coordinated with the friend's mom.

The day it disappeared I expected tears, but she just said, "The room looks different." (Oh, just wait until I reorganize it, I thought.) I can't wait to see what I can do with those extra twenty or so cubic feet.

At last, it was time to shop for a skateboard. Also knee pads.

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Make Your Word Count in 2020



photo courtesy Janelle Capra

Hello Mama!

'Tis the season for family gatherings, holiday parties, and countless celebrations as we count down to the end of 2019. It's not only the end of the year, but the end of a decade. Wow, did that just hit you like it did me? We're about to welcome a brand new decade and I am so excited for what's to come!

I'm not a fan of making resolutions, but I am all about setting intentions. Every year, I choose a word that helps me to set my one BIG goal. I have been doing this for about seven years now. As I've shared this goal-setting practice with my friends, they often ask me, "How do you choose your word?" Honestly, I feel like my word chooses me. Several years ago, I chose the word Joy because it was in the middle of my mom's Alzheimer's journey, and I needed reasons to seek joy in the midst of my overwhelming sadness. The following year I chose Fearless and that word led my steps quite literally back onto a theatre stage (something I hadn't done in decades) and the opportunity to join amazing activists and actors for the infamous Vagina Monologues. It was an amazing experience that taught me so much about sisterhood and speaking up for others. Last year, I chose Abundance and it was all about choosing to claim abundance in all aspects of my life. I also found a lovely necklace with my word for 2019 and it had this message: "I am enough. I have enough. I live with abundance and share it with the world." I loved that message so much

that I put it in my phone to show up every day at 7am to remind me of my goal, my word for the year.

Are you ready to say, "Hello 2020" with your word for the year? Here's my top 5 list to help you make it a habit for success:

1. Choose your word. Write it down. Save it on your phone to appear at the same time every day. I suggest that you set it as an alarm. My word is saved on my phone for 7am. I usually wake up at 5:30am and it gives me time to read, meditate and then get going for the day.

2. Make your word your mantra for the year. Like I shared, I saved the message about Abundance. I read it out loud every day until I memorized it.

3. Practice Mirror Talk. Not sure what that is? Well, it may seem silly at first, but every morning when you wake up look in the mirror and speak your word to YOU. Speak it as if it has already happened. For example I would say, "I have abundance in health, wealth, and giving back to my community." What you speak, it becomes reality.

4. Seek opportunities to share your word with others. I really love the jewelry company that promotes this practice, The Giving Keys (thegivingkeys.com). The business is based on the principle that you choose a key with your word and then when you feel the time is right, you give your key to someone else. I found my key the year that my word was Fearless, and, a couple years ago, I met a person that I just knew in my heart I was meant to give the key to.

5. Use your word as your metric for staying on track with your goals and intentions.

Whatever doesn't align with your word for the year, doesn't belong on your calendar. I'm not saying that you stop going to work or give up on feeding your kids or doing laundry (although, I totally feel you if you want to outsource that last one!). What I'm saying is, it's your word, it's your year, and it's your life.

You get to choose what "makes the list" and what to say, "no, thank you" to in your life. So what will it be? Joy, Fearless, Abundance, or something else? Choose your word and choose to speak it into life in the New Year. Let's make 2020 the decade that counts!

What's your word for 2020? Share your comments with me on social media using #hellohappymama

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2019 HOLIDAY GIFT GUIDE

Compiled By Elena Epstein, NAPPA Awards Director

It may already be December, but if you're like the KCFM staff, you aren't anywhere close to finishing your holiday shopping. Luckily, we have ideas for everyone—to spark imagination and creativity, learn, laugh and create forever memories.

Check out these NAPPA Awards 2019 Best Gifts winners for the loved ones on your lists!



1



2

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3



4

6



5



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More ideas on page 20



16



17

Toys & Dolls



18



19



21



22



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23



24

16
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Family Games



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Start a new tradition this year to enjoy on Christmas Eve! Bake "snowball" cookies, brew plum tea and plan for a magical evening together with your little ones before they nestle into their beds to dream of sugar plums and the joy of Christmas morning.

By Family Features



Snowball Cookies

Ingredients:

- 1/2 cup shortening
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 1/2 cups flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup Greek yogurt
- 3 3/4 cups powdered sugar
- 1/2 cup butter
- 3 tablespoons milk
- 2 teaspoons coconut extract
- 1 cup shredded coconut

Directions

1. Heat oven to 400 F.
2. Cream together shortening, sugar, egg and vanilla extract.
3. Sift together flour, salt and baking soda. Add mixture to wet ingredients, alternatively adding in Greek yogurt.
4. Flour surface and roll out cookie dough. Use top of jar or biscuit cutter to make round cookie shapes.
5. Bake 8 minutes. Transfer to cooling rack immediately.
6. In medium bowl, using mixer on low, mix powdered sugar, butter, milk and coconut extract until thoroughly combined. Beat on high until frosting is smooth and fluffy.
7. Spread frosting on cookies. Pour shredded coconut into small bowl. Press cookies, frosting side down, into shredded coconut.

Store in airtight container.

Sparkling Sugar Plum Tea

Yield: Serves six | Prep time: 90 minutes

Ingredients:

- Six black tea bags
- 1 cup sugar
- Four plums, sliced into wedges
- Six cups of lemon flavored sparkling water
- One cup of cold water

Directions

Tea instructions

1. Boil the sparkling water, add tea bags and set aside to cool for 30 minutes.

Syrup instructions

2. Boil the remaining cup of cold water in a saucepan.
3. Stir in sugar until it dissolves.
4. Add plum wedges and remove from heat.
5. Let settle for 30 minutes then strain out plum pieces.
6. Combine syrup with tea and serve in festive mugs, just in time for Santa's annual visit.



Recipe for a LOVING PARENT

By Callie Collins

At Kern County Family Magazine, we know it's not always easy to do all that's needed during the holidays. The days are long but the years are short. Whether you're wrapping gifts, stuffing stockings, purchasing holiday food, cooking, cleaning or overseeing it all, know that what you're doing is enough. And your child sees it all as just right, the childhood Christmases only you could make in the way that best fits your family.

If your child could share the perfect recipe for a loving parent, she or he would describe you in this way.

Recipe for a loving parent

Ingredients

- 1 tsp. of understanding
- 2 tsp. of responsibility
- 1 tbsp. of happiness
- 2 tsp. of specialness
- 1 cup of kindness
- A pinch of caring
- And a sprinkle of love

Directions

Combine all of the ingredients together and mix. What comes out may already be visible in your kitchen window or other reflective surfaces. This recipe serves an entire family. Enjoy!

P.S. There are no perfect parents but every parent can make a perfect moment with their child. Our Christmas wish for you is that you create the happiest memories ever this holiday season.



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

7919 E. Brundage Lane
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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.

THEBROKENYOLKCAFE.COM

ANY ICED/HOT SPECIALTY COFFEE
\$3.00

*\$3.00 for any iced/hot specialty coffee. Limit 1 coffee per coupon. Valid only at our Bakersfield locations. Present this coupon to your server during your next visit.

THEBROKENYOLKCAFE.COM



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Bakersfield, CA 93312
(661) 587-8437



Salty's
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Bakersfield, CA 93309
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For Catering Call: 661 • 549 • 3473



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DECEMBER 7TH 2019

Holiday Open House

10am-2pm

- Holiday Wreath Raffle
- Pictures with Santa
- Horse Kisses
- Family Crafts
- Shopping
- Babycakes Donuts
- Bubba Bo's
- Ben & Jerry's
- A Pony and Pearl
- Nicholas and Riley
- Vibestitch
- Scentsy
- and many more



M.A.R.E. RIDING CENTER

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Curves®

The Gym Where Everyone
 Knows your Name

50% OFF
 Enrollment for
 December

- 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

Seventeenth Year!

Holiday Lights

at  CALIFORNIA LIVING MUSEUM

with designs by **Josh Barnett's Lightasmic!**

Nov. 30 – Jan. 4 • 5:30 p.m. – 9:00 p.m.
 Gates close at 8:30 pm nightly. Closed Christmas.

FREE carousel and train rides and unique one-of-a-kind gifts in our giftshop! Over three million lights and exciting new displays including our salute to active military and veterans!

Book your company party with us by calling 661/477-2901. Group discounts (20 or more) call 661/872-2256. ALL FUNDS RAISED AT HOLIDAYLIGHTS AT CALM STAY AT CALM.

Tickets available at Kern Schools Federal Credit Union branches, CALM, and at the door. Adults \$12; Seniors 60+ & Youth 13-17 \$10; Kids 3-12 \$6; Kids under 3 FREE.

CALIFORNIA LIVING MUSEUM
 10500 Alfred Harrell Hwy. • Bakersfield • (661) 872-2256

www.calmzoo.org Find us on 

\$2 discount December 2-5 & 9-12!

 KERN SCHOOLS FEDERAL CREDIT UNION
 Together, we have something special.





KERN COUNTY FAMILY MAGAZINE

daily happenings

THE BEST LOCAL CALENDAR OF EVENTS!

Our printed version of the calendar has been edited for space.
For more details about these events or activities not listed please visit
www.kerncountyfamily.com



Look for the Ornament for Local Holiday Events!

Sunday Dec. 1

MURRAY CHRISTMAS ON THE FARM: Meet Santa, take a sleigh ride, enjoy Christmas on the farm, and much more! Open every day in Dec. (except Christmas). 8:00 AM - 5:00 PM 330-0100

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

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

HOLIDAY LIGHTS AT CALM: Holiday Lights features a dazzling musical tree show and creative, animated displays with more than 3 million colorful, energy-efficient LED lights. Holiday Lights is an alcohol and smoke-free event. No pets allowed please. Closed Christmas day, open every night until January 4. 5:30 PM - 9:00 PM 872-2256

MILLION DOLLAR CHRISTMAS: An original holiday review featuring Elvis, Johnny Cash, Jerry

Lee, Carl Perkins, and all the rest. This will be a holiday party for the whole family! 1622 19th Street 2:00 PM 866-568-2846

Monday Dec. 2

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

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

COUNTRY LINE DANCING: 392-2010

CULTS & CLASSICS: HARRY POTTER & THE SORCERER'S STONE AT FOX THEATER: \$5.00. 6:00 PM 326-3539

SYMPHONIC BAND CONCERT AT CSUB: The CSUB Symphonic Band presents a variety of works from the wind band repertoire. \$12 General Admission, \$7 Seniors (60+) & Students, CSUB Students with ID: Free. 7:00 PM 654-3093

Tuesday Dec. 3

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

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

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

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

BILINGUAL FAMILY STORYTIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 3:30 PM - 4:30 PM 868-0701

COFFEE WITH A COP: Come by and enjoy a cup of coffee. 4900 California Ave. 8:00 AM - 10:00 AM 559-312-1161

Wednesday Dec. 4

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

AUTISM SPECTRUM SEMINAR: "Understanding & Treating Executive Function Problems in Students with ASD." Adventist Health Hospital Medical Office Buildings, 1524 27th Street-2nd Floor Rio Bravo Rooms, 9a.m.-12 p.m. Register at www.kernautism.org

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

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

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

"SEASON OF LIGHT" PLANETARIUM SHOW: The William M Thomas Planetarium at Bakersfield College will present "Season of Light". 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). 7:00 PM - 8:30 PM 395-4526

MEDITATION SERIES AT BMOA: Join us for Meditation while enhancing your relationship to the inspiring fine art environment of BMOA. 10:00

AM - 10:30 AM 323-7219 Donations are welcome.

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

Thursday Dec. 5

BEGINNING ART CLASS: Bakersfield Art Center. 869-2320

LEGO CLUB MANIA AT BEALE LIBRARY: Come join us in building LEGO creations! 868-0701

SQUARE DANCING CLASSES: 301-2808

37TH ANNUAL BAKERSFIELD CHRISTMAS PARADE: Gather along the streets of downtown Bakersfield for the arrival of brightly decorated floats with their colorful characters and Jolly Old St. Nick in his bright shining sleigh. 6:00 PM 301-2081

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

Friday Dec. 6

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

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

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

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

DECEMBER 2019 *daily happenings*

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



MILLION DOLLAR CHRISTMAS: An original holiday review featuring Elvis, Johnny Cash, Jerry Lee, Carl Perkins, and all the rest. This will be a holiday party for the whole family! 1622 19th Street 7:30 PM Friday - Saturday 866-568-2846



30TH ANNUAL CHEZ NOEL: Holiday Home Tour \$40. 1924 Q Street 10:00 AM - 3:30 PM Friday - Saturday 861-9223

AN EVENING OF OPERA SCENES AT CSUB: CSUB Opera Theatre presents a fully staged and costumed scenes program, featuring an exciting and wide-ranging selection of excerpts from grand opera to musical theatre. \$12 General Admission, \$7 Seniors (60+) & Students, CSUB Students with ID: Free. 7:30 PM 654-3093

BAKERSFIELD SYMPHONY AT RABOBANK: Home for the Holidays 6:30 PM 323-7928

Saturday Dec. 7



WALK THROUGH BETHLEHEM: Bring the family to experience the history, culture and people in the days of Jesus' birth, with all the sights and sounds of the Nativity! 2801 Bernard Street 3:00 PM - 8:30 PM Saturday - Sunday 871-5000

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

IT'S A VERY STEAM POWERED GIRAFFE YULEMAS SPECIAL AT CSUB: Join the robots Rabbit, The Spine, and Zero, San Diego's native robot band Steam Powered Giraffe in concert. 4:00 PM - 7:00 PM 1-800-838-3006

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

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

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

KIDS' TOOL SAFETY WORKSHOP: Teaches children do-it-yourself skills and tool safety. The Home Depot. Hours vary by locations. Please call in advance. 835-1133, Gosford Rd. ; 872-2041, Mount Vernon Avenue ; 587-1545, Rosedale Hwy.

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



BREAKFAST WITH SANTA: Enjoy a pancake, egg and sausage breakfast. Have pictures taken with Santa. \$10 and children 10 and under FREE. 9000 Ming Ave Suite M 8:00 AM - 10:00 AM 616-9122



BREAKFAST WITH SANTA & MRS. CLAUS: \$5.00. 2030 18th St. 9:00 AM - 11:00 AM 444-5212

CRAFT & VENDOR SHOW: The vendors at The Villas at Scenic River

are teaming up with Bakersfield's Ronald McDonald House to collect toy donations during our Craft & Vendor Show. Bring a new unwrapped toy or monetary donation and receive an entry in a drawing to win a gift basket. 4015 Scenic River Ln, 10:00 AM - 3:00 PM 588-2400

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: A Keep Bakersfield Beautiful Committee member leads volunteers to clean up litter in downtown Bakersfield. 7:00 AM - 11:00 AM 326-3539



HOLIDAY BOOK SIGNING & RECEPTION WITH ALIZA MCCracken: You are invited to an inspiring author event with Aliza McCracken who will personally sign her uplifting book collection. A portion of proceeds will benefit educational programs throughout Kern County. Light refreshments will be served. 4001 California Ave. 2:00 PM - 5:00 PM 631-257

JUST FOR KIDS AT BUENA VISTA MUSEUM: Come join BC Student Devon Hines as he takes you on a wild trip with tarantulas. Get a hands-on experience with some of the most feared spiders from around the world, ranging from Asia, Africa, and India to North and South America. Learn about their different behaviors, habitats and characteristics while understanding what it takes to care for these exotic predators as pets. 10:30 AM - 12:00 PM 324-6350



M.A.R.E. HOLIDAY OPEN HOUSE & SHOPPING: Come to our annual Holiday Open House where we celebrate our horses and riders for the wonderful year. Fun family time with games for kids, food vendors, shopping vendors, and a chance to meet our wonderful therapy horses. 18200 Johnson Road 10:00 AM - 2:00 PM 589-1877



SANTA FUN RUN: Runners dress in Santa or holiday attire and bring a toy for underprivileged chil-

dren in our area in lieu of an entry fee. 550 Supply Row, Taft 9:00 AM - 12:00 PM 765-2165

Sunday Dec. 8

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



MILLION DOLLAR CHRISTMAS: An original holiday review featuring Elvis, Johnny Cash, Jerry Lee, Carl Perkins, and all the rest. This will be a holiday party for the whole family! 1622 19th Street 2:00 PM 866- 568-2846



BREAKFAST WITH SANTA: Enjoy a pancake, egg and sausage breakfast. Have pictures taken with Santa. \$10 and children 10 and under FREE. 9000 Ming Ave Suite M 8:00 AM - 10:00 AM 616-9122

VOLUNTEER DAY AT WIND WOLVES: Our volunteer events are fun and rewarding. 10:00 AM - 1:00 PM 858-1115



BREAKFAST WITH SANTA: Breakfast with Santa and Ugly Christmas sweater contest. Pancakes, sausage, eggs, juice or coffee. \$10.00 per adult and \$6.00 per child. 900 H Street 7:00 AM - 12:00 PM 978-4063

Monday Dec. 9

4 and 5 READY TO STRIVE: 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



74TH ANNUAL TAFT CHRISTMAS PARADE: "Oil Patch Christmas". Center Street, Taft, 6:00 PM 765-2165



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.

CHAMBER ORCHESTRA CONCERT AT CSUB: The CSUB Chamber Orchestra presents selections from chamber orchestra works. \$12 General Admission, \$7 Seniors (60+) & Students, CSUB Students with ID: Free. 7:00 PM 654-3093

JAZZ CONCERT AT BAKERSFIELD COLLEGE: The BC Jazz Ensemble directed by Kris Tiner presents a program of classic and modern works for big band. 7:30 PM - 9:30 PM 395-4313

Tuesday Dec. 10 MOMNEXT - OLIVE KNOLLS NAZARENE CHURCH: A group for mothers of school-age kids. 399-3303

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

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

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

BILINGUAL FAMILY STORYTIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 3:30 PM - 4:30 PM 868-0701

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

Wednesday Dec. 11 IRISH NIGHT AT DAGNEY'S: Musicians of all ages play authentic Irish. 6:00 PM 634-0806

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

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

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

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

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

"SEASON OF LIGHT" PLANETARIUM SHOW: The William M Thomas Planetarium at Bakersfield College will present "Season of Light". 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). 7:00 PM - 8:30 PM 395-4526

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. 6:30PM - 8:30 PM 321-9248

KRAB 2019 CHRISTMAS SHOW AT FOX THEATER: ALL AGES \$10-\$35 Featuring performances by Stephan Jenkins of Third Eye Blind, Dreamers, Winnetka Bowling League, The Unlikely Candidates, and Western Medicine. 6:00 PM 324-1369

WILD SCIENCE WEDNESDAY AT BEALE LIBRARY: Join us for a S.T.E.A.M. science experiment. 4:00 PM 868-0701

Thursday Dec. 12 SQUARE DANCING CLASSES: 301-2808

LEGO CLUB MANIA AT BEALE LIBRARY: Come join us in building LEGO creations! 5:30 PM 868-0701

DESIGN YOUR OWN GINGERBREAD HOUSE AT BEALE LIBRARY: Fun for the family! 4:00 PM - 5:00 PM 868-0701

Friday Dec. 13 FIT N FUN FRIDAYS: Free for parents of children ages 3-5 years. 392-2029/392-2054

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

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!



MILLION DOLLAR CHRISTMAS: An original holiday review featuring Elvis, Johnny Cash, Jerry Lee, Carl Perkins, and all the rest. This will be a holiday party for the whole family! 1622 19th Street 7:30 PM Friday - Saturday 866-568-2846

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



BAKERSFIELD NUTCRACKER BALLET AT RABOBANK: Civic Dance Center presents Bakersfield's Nutcracker Ballet with the Shafter Symphony Orchestra. 7:30 PM Friday - Saturday 852-7300

FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: Enjoy watching a movie with your friends and family. Children under 12 must be accompanied by an adult. 4:00 PM 868-0701



THE AKOUSTIKS 3RD ANNUAL TOYS FOR TOTS UGLY SWEATER BASH: Special guest performances will feature a variety of entertainment, and Bakersfield's own The Akoustiks. The event includes an ugly sweater contest, raffles, auctions, prizes, and a visit from Santa. 5880 District Blvd. 6:00 PM - 10:00 PM 859-6040



WALK THROUGH BETHLEHEM: Bring the family to experience the history, culture and people in the days of Jesus' birth, with all the sights and sounds of the Nativity! 2801 Bernard Street 6:00 PM - 8:30 PM 871-5000

Saturday Dec. 14

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

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

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

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

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

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

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

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

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

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

BAKERSFIELD NUTCRACKER BALLET AT RABOBANK: Civic Dance Center presents Bakersfield's Nutcracker Ballet with the Shafter Symphony Orchestra. 1:00 PM Saturday - Sunday 852-7300

DISNEY DREAM TEA PARTY: Step inside this magical place where all of your dreams come true. Enjoy an afternoon of tea and cakes with some of your favorite Disney Characters. Dance and sing along with our special guests as they perform their favorite songs, just for you! Tickets \$10 adult/\$8 child. Children 2 and under free. 115 E. Roberts Lane, 4:00 PM - 6:00 PM 392-2030

HOME FOR THE HOLIDAYS DOG ADOPTION: Join us for an open house meet & greet with our groomers and adoptable dogs from Hand Me Down Dog Rescue. Christmas photo opportunity wall available for you and your pets along with refreshments. 1316 19th St. 9:00 AM - 2:00 PM 399-1720

LORI BROCK HOLIDAY CELEBRATION: Come join a Christmas Celebration at the Lori Brock Discovery Center! Kids will participate in a musical demo with local music teacher Pyper Von Normann, work on crafts to take home, eat some treats, and even get their picture taken with Santa! 3801 Chester Ave. 10:00 AM - 12:00 PM 324-7112

TAFT SOROPTOMIST HOME TOUR: The Annual Taft Soroptomist Home Tour begins at Old's Cool and follows homes in Taft, concluding with a luncheon afterwards. 515 Center St., Taft 9:00 AM - 12:00 PM 745-4907

WREATHS ACROSS AMERICA: REMEMBER our fallen U.S. veterans, HONOR those who serve, and TEACH our children the value of freedom. Lay wreaths at the headstones of our nation's service members. All are invited and encouraged to attend the ceremony and help place wreaths. 30338 E Bear Mountain Blvd, Arvin 9:00 AM - 12:00 PM 360-1899

Sponsored by



December
Worship
Guide

Follow the Star and Walk Through Bethlehem

Have you ever wondered what that first Christmas in Bethlehem was like? Bring the family to experience the history, culture and people in the days of Jesus' birth, with all the sights and sounds of the Nativity!

Dec. 7-8

Dec. 13-15

Dec. 20-22

Fri. 6:00 - 8:30 P.M.
Sat. & Sun. 3:00 - 8:30 P.M.

Admission is Free!

- Live Music
- Animals
- Roman Guards
- 3 Wise Men
- Free Hot Chocolate



Hillcrest Seventh-day Adventist Church
2801 Bernard St. • Bakersfield 93306
(Across from East Hills Wal-Mart)
For more info call 871-5000

FELLOWSHIP BAPTIST

3001 Stine Rd • Bakersfield-CA-93309
661-833-4345

Please join us for these Christmas Events

Dec 15 - 10:45am

Adult Choir Presentation "A Night Like This"

Dec 24 - 6pm Christmas Eve

Candlelight Service & Lord's Supper

www.myfellowshipbaptist.com

Join us for Christmas Eve Services:
3pm & 8pm



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



A MASTER CHORALE CHRISTMAS AT ST JOHN'S LUTHERAN CHURCH: Our Christmas concert is one of the most popular musical events of the year. Price: \$10.00 to \$25.00 7:00 PM - 10:00 PM 428-4996

Sunday Dec. 15



WALK THROUGH BETHLEHEM: Bring the family to experience the history, culture and people in the days of Jesus' birth, with all the sights and sounds of the Nativity! 2801 Bernard Street 3:00 PM - 8:30 PM 871-5000



CHRISTMAS BRUNCH WITH SANTA AT BUCK OWENS' CRYSTAL PALACE: Bring your family and friends for Christmas Brunch with Santa. FREE Pictures with Santa and Mrs. Claus. 9:30 AM - 1:00 PM 328-7560

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



MILLION DOLLAR CHRISTMAS: An original holiday review featuring Elvis, Johnny Cash, Jerry Lee, Carl Perkins, and all the rest. This will be a holiday party for the whole family! 1622 19th Street 2:00 PM 866- 568-2846



HOLIDAY CONCERT AT CSUB: Join the CSUB Singers and Concert Band for their annual Holiday performance! \$12 General Admission, \$7 Seniors (60+) & Students, CSUB Students with ID: Free. 3:00 PM 654-3093

Monday Dec. 16

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

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

COUNTRY LINE DANCING: 392-2010



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

Tuesday Dec. 17

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

FREE LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys

will hold FREE informational workshops. 868-0701

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

QUILTING: Learn a new hobby or just quilt with friends. 392-2010
BILINGUAL FAMILY STORYTIME AT BEALE LIBRARY: Enjoy stories, songs, and fun. 3:30 PM - 4:30 PM 868-0701

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

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

CULT CLASSICS AT READING CINEMAS VALLEY PLAZA: "Kill Bill Vol. 1". 7:00 PM 833-2230

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

MOBILE HEALTH CLINIC: The Kern County Public Health Services Department is now offering a mobile health clinic that is next to the Lamont Library! No appointment is necessary, and many services are free. Services offered include Health screenings, immunizations, TB testing, birth control, sexual health, and others. 10:00 AM - 3:00 PM 321-3000

Thursday Dec. 19

SQUARE DANCING CLASSES: 301-2808

PARENT & SIBLING AUTISM SUPPORT GROUP: 6 - 7:30pm with Santa! RSVP is required. Canyon Hills Assembly of God Church, Rm 204, 7001 Auburn Street, Bakersfield, CA, 93306. 489-3335

LEGO CLUB MANIA AT BEALE LIBRARY: Come join us in building LEGO creations! 868-0701

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



HOLIDAY LIGHTS BIKE RIDE: Admire the lights and decorations as we wind our way through the Haggin Oaks neighborhood. Dress up and decorate your bike. The ride will start and end at Kaiser Permanente parking lot just east of the marketplace. 8800 Ming Ave. 7:00 PM - 9:00 PM 321-9247



VOLUNTEER CENTER OF KERN COUNTY'S HOLIDAY CINNAMON ROLL SALE: Drive through our parking lot and purchase a dozen delicious Cinnamon Rolls. \$10.00 per dozen 1311 Eye Street (Between 13th & 14th) 7:00 AM 395-9787

Friday Dec. 20

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

Listings of FREE Immunizations



Walgreens Pharmacy
Monday, December 2nd
 4306 Ming Ave., Bakersfield
 from 9:00 a.m. to 2:00 p.m.

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

Walgreens Pharmacy
Wednesday, December 4th
 40 Chester Ave., Bakersfield
 from 9:00 a.m. to 2:00 p.m.

Delano Regional Medical Center
Thursday, December 19th
 1401 Garces Highway., Delano
 From 9:30 a.m. to 2:00 p.m.

Walgreens Pharmacy
Thursday, December 5th
 3301 Panama Lane, Bakersfield
 from 9:00 a.m. to 2:00 p.m.

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

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

Kern County Dept. of Human Services
Wednesday, December 11th
 100 E. California Ave., Bakersfield
 from 9:00 a.m. to 2:00 p.m.

Walmart
Thursday, December 12th
 2601 Fashion Plaza, Bakersfield
 from 9:00 a.m. to 2:00 p.m.

Walmart Supercenter
Monday, December 16th
 5075 Gosford Rd., Bakersfield
 from 9:00 a.m. to 2:00 p.m.

Wednesday Dec. 18

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

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

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



Celebrating Hanukkah Dec. 22-30

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

MILLION DOLLAR CHRISTMAS: An original holiday review featuring Elvis, Johnny Cash, Jerry Lee, Carl Perkins, and all the rest. This will be a holiday party for the whole family! 1622 19th Street 7:30 PM Friday - Saturday 866-568-2846

WALK THROUGH BETHLEHEM: Bring the family to experience the history, culture and people in the days of Jesus' birth, with all the sights and sounds of the Nativity! 2801 Bernard Street 6:00 PM - 8:30 PM 871-5000

Saturday Dec. 21 AFTERNOON SKATING AT SKATELAND: Come have some fun. Saturday - Sunday 1:30 PM - 4:00 PM 831-5567

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

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

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

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

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

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

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

FELIZ SKAVIDAD WITH MENTO BURU AT TEBLOR: Let's dance into Christmas with some tasty brews and great food with Mento Buru & special Guest DJ! \$5 Admission! ALL AGES! 6:00 PM - 11:00 PM 489-4855

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

Sunday Dec. 22

WALK THROUGH BETHLEHEM: Bring the family to experience the history, culture and people in the days of Jesus' birth, with all the sights and sounds of the Nativity! 2801 Bernard Street 3:00 PM - 8:30 PM 871-5000

CHRISTMAS BRUNCH WITH SANTA AT BUCK OWENS' CRYSTAL PALACE: Bring your family and friends for Christmas Brunch with Santa. FREE Pictures with Santa and Mrs. Claus. 9:30 AM - 1:00 PM 328-7560

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

MILLION DOLLAR CHRISTMAS: An original holiday review featuring Elvis, Johnny Cash, Jerry Lee, Carl Perkins, and all the rest. This will be a holiday party for the whole family! 1622 19th Street 2:00 PM 866-568-2846

Monday Dec. 23

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

COUNTRY LINE DANCING: 392-2010

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

Tuesday Dec. 24



Wednesday Dec. 25

Merry CHRISTMAS!

Thursday Dec. 26 SQUARE DANCING CLASSES: 301-2808

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

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

Saturday Dec. 28 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

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

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

CARS & COFFEE AT TEBLOR & 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

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

Sunday Dec. 29 HAGGINS OAK FARMERS MARKET: 8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

Monday Dec. 30 4 and 5 READY TO STRIVE: Get your child ready for kindergarten. Monday - Thursday 392-2054

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

COUNTRY LINE DANCING: 392-2010

Tuesday Dec. 31 BAKERSFIELD CONDORS AT RABOBANK: Condors take on the Ontario Reign. 5:00 PM 324-PUCK

NEW YEARS EVE PARTY 2020 AT BUCK OWENS' CRYSTAL PALACE: With Foster Campbell and Friends and Stampede Band. Sponsored by: Barber Honda & Michelob Ultra. Party all night! 7:00 PM 328-7560



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Upcoming December Events

- 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:
Thursday, December 19th, 6-7:30pm, with Santa! RSVP is required.
Canyon Hills Assem. of God Church, Rm 204

Thank you to all who made our Inaugural Autism Gala successful for 2019!

EARLY SIGNS OF AUTISM:

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

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ACTIVITY CORNER ANSWERS

p.34

Sudoku:

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

Crossword:

- | | |
|-------------|------------|
| Across | Down |
| 1. Chanukah | 1. Candles |
| 5. Doorstep | 2. Arrow |
| 7. We | 3. Kitten |
| 8. Nor | 4. Helpers |
| 9. Family | 6. Realm |

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WHERE: "Compassion Corner" KGET Channel 17
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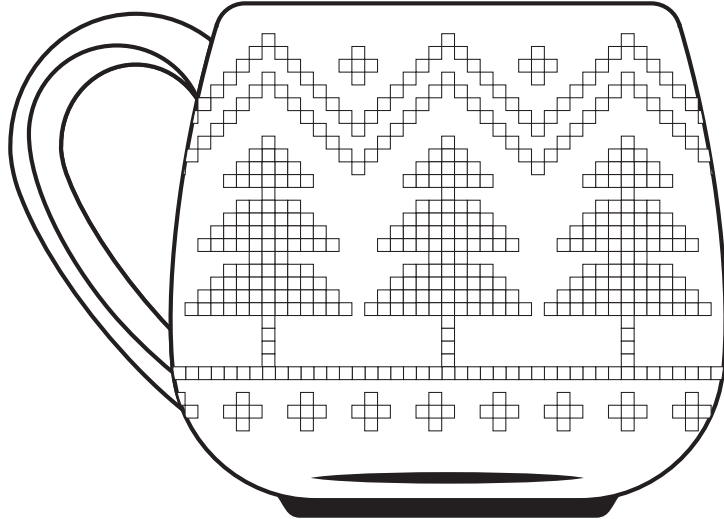
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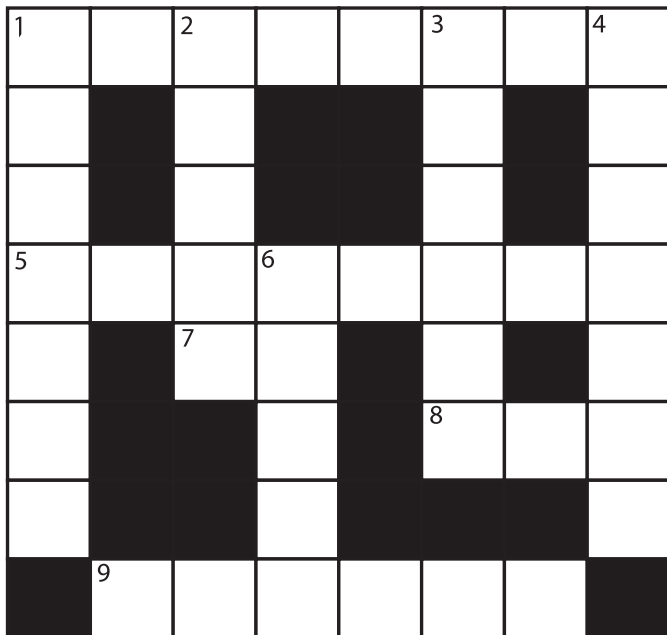
KID'S activity corner

Answers on page 33

Coloring Fun



Crossword Puzzle



ACROSS

- 1. Festival of lights
- 5. Leads to outer door
- 7. Refers to the speaker and other people
- 8. Neither
- 9. Relatives

DOWN

- 1. Burn for light
- 2. Shows direction
- 3. Young cat
- 4. Assistants
- 6. A kingdom

Sudoku

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

Level: Beginner

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



Word Find

Find the hidden words in the puzzle

- | | | |
|--------|-------------|-----------|
| BAKE | CRUMBS | PEANUT |
| BUTTER | DOUGH | SPRINKLES |
| CHIPS | FLOUR | SUGAR |
| COOKIE | INGREDIENTS | SWEET |

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

2020 GMC

TERRAIN

- Now Standard GMC Pro Safety
- Front and Rear Park Assist
- Hands-Free Programmable Power Lifegate
- 1.5L or 2.0L Turbocharged Engine
- Available in 3 Trims + Elevation Edition
- Impressive Trailering Capabilities
- Apple CarPlay/Android Auto Capability
- Available 4G LTE WiFi Hotspot
- Seats up to 5 Passengers

GMC
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The 2020 GMC Terrain is available in 3 trims; SLE, SLT and Denali. Whichever trim level you choose, the 2020 GMC Terrain small SUV is sure to impress. The Elevation Edition brings a new personality to the Terrain small SUV lineup with 19" gloss-black aluminum wheels and blacked-out exterior details.

In the Terrain, you'll find more than enough power, efficiency and responsiveness to meet your needs. In fact, Terrain small SUV is the only vehicle in its class to offer a standard turbocharged engine combined with a 9-speed transmission. Both turbocharged gas options, 1.5L and 2.5L, offer impressive trailering capabilities with a max of 3,500 lbs Trailering Capacity. Now every Terrain small SUV is equipped with standard GMC Pro Safety to help increase your awareness of potential hazards and help you handle them with added confidence.

Terrain's suite of available, easy-to-use technologies keeps you in touch, informed and entertained. Wherever your Terrain takes you, stay connects with technologies such as Apple CarPlay compatibility and an available 4G LTE Wi-Fi Hotspot.

Come in and experience The 2020 GMC Terrain for yourself with a test drive at Motor City Buick | GMC in the Bakersfield Auto Mall. See which trim works best for you! Call (661) 412-0443 to schedule your test drive today!

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A Gift From Kern County Family Magazine



2019 Christmas Song & Activity Book



The Holiday Season is Upon Us!

Christmastime in Kern County is always a magical time.

We may not have snow, but we've got spirit! From the garland and trees and lights to holiday gatherings and our parade, there's plenty to enjoy this season.

Here at Kern County Family, we've been as busy as Santa's elves getting our annual holiday kids' activity book together. Each year, as our gift to you and your family, we assemble festive puzzles and games, because it's great to take some time to just have a little fun!

But what would the holidays be without music? We've included a few carols so your family can lend some song to the season.

Gather your family, friends, and neighbors, whip up a few snacks and make some holiday memories!

Merry Christmas from our family to yours!



Thank you to our
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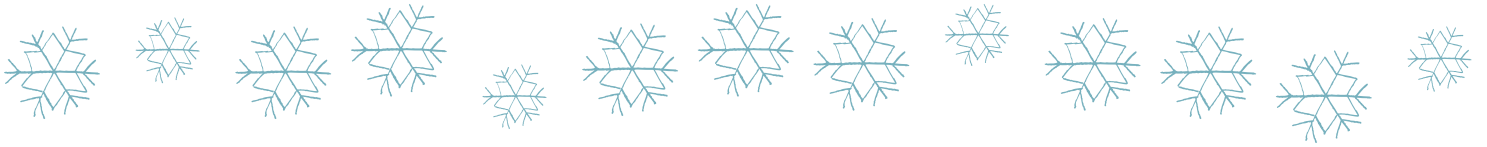


Merry Christmas from Our Family to Yours

VARNER BROS., INC.



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Joy to the World



Joy to the world! The Lord is come; Let earth re-
Joy to the world! The Sav - ior reigns; Let men their
He rules the world with truth and grace, And makes the



ceive her King; Let ev - 'ry heart pre-pare Him
songs em - ploy; While fields and floods, rocks, hills and
na - tions prove The glo - ries of His right - eous-



room, And heav'n and na - ture sing, And heav'n and na - ture
plains, Re - peat the sound - ing joy, Re - peat the sound - ing
ness, And won - ders of His love, And won - ders of His



sing, And heav'n, and heav'n and na - ture sing.
joy; Re - peat, re - peat the sound - ing joy.
love. And won - ders, won - ders of His love.

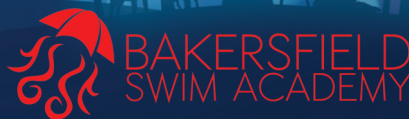


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Wishes You a Very
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Luke 2:14 "Glory to God in the highest and on earth
peace among those with whom he is pleased"





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- ❄ Ready for Solids
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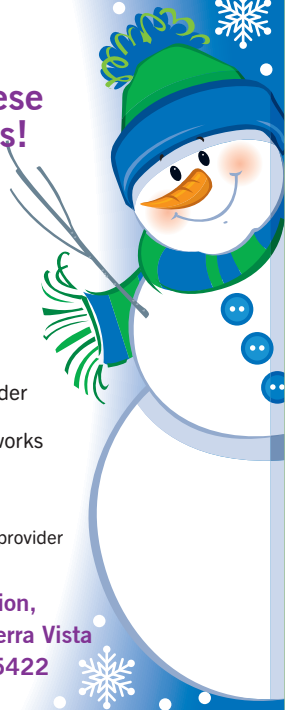
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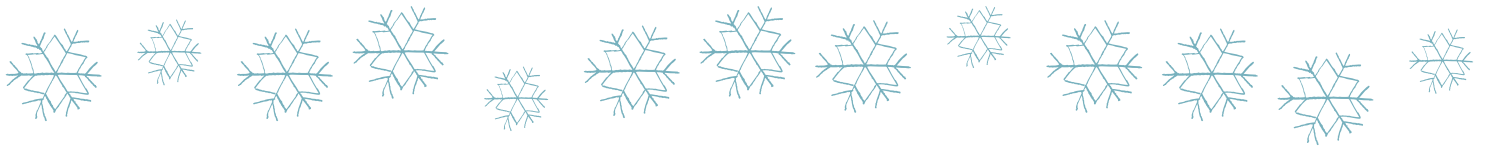


MERRY CHRISTMAS



From our Students, Staff, & Faculty at Taft College





Jingle Bells



Dash - ing through the snow In a one horse o - pen sleigh,
Day or two a - go I thought I'd take a ride
Now the ground is white, Go it while you're young;



O'er the fields we go, Laugh - ing all the way; Bells on
Soon Miss Fan - nie Bright Was seat - ed by my side. The horse was
Take the girls to - night, And sing this sleigh - ing song; Just get a



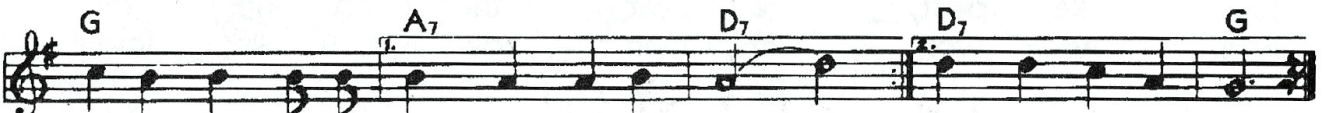
bob - tail ring, Mak - ing spir - its bright; What fun it is to
lean and lank, Mis - for - tune seemed his lot, He got in - to a
bob-tailed nag, Two for - ty for his speed, Then hitch him to an



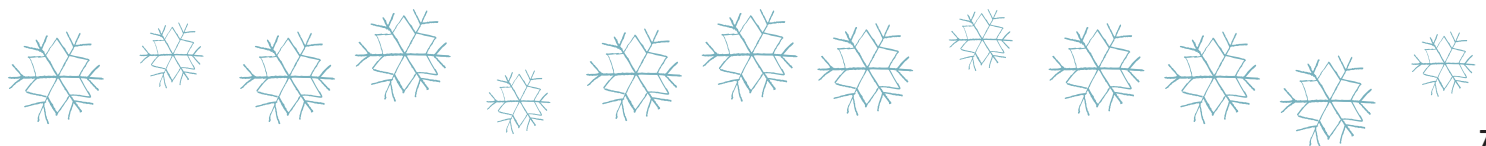
ride and sing A sleigh - ing song to - night! Jin - gle Bells!
drift - ed bank, and we, we got up - sot.
o - pen sleigh, And crack! you'll take the lead.



Jin - gle Bells! Jin - gle all the way! Oh, what fun It



is to ride In a one - horse o - pen sleigh! one - horse o - pen sleigh!



Caroling WORD SEARCH

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

A CAPELLA

AWAY IN A MANGER

CAROLS

CHORUS

CHRISTMAS

DECK THE HALLS

GROUP

HARMONY

I SAW THREE SHIPS

JINGLE BELLS

JOY TO THE WORLD

LITTLE DRUMMER BOY

MUSIC

NEIGHBORHOOD

PERFORM

RELIGIOUS

SILENT NIGHT

SINGING

SOLO

THE FIRST NOEL

TRADITION

VOICES

WE THREE KINGS

WHAT CHILD IS THIS

CHIROPRACTIC CARE
 Pediatrics • Asthma • Earaches • Massage • Elderly

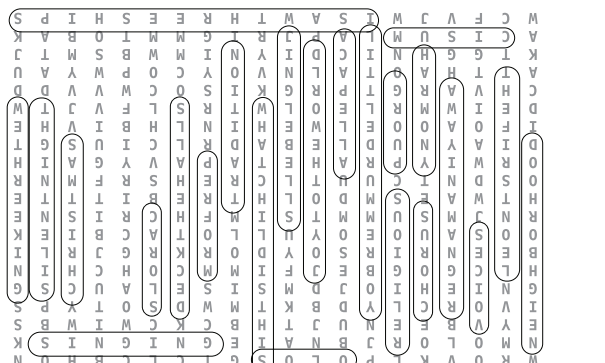


2018 FAVORITE

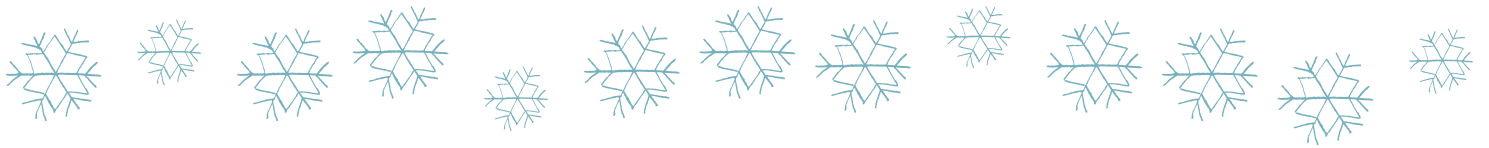
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ANSWERS



A CAPELLA
 AWAY IN A MANGER
 CAROLS
 CHORUS
 CHRISTMAS
 DECK THE HALLS
 GROUP
 HARMONY
 I SAW THREE SHIPS
 JINGLE BELLS
 JOY TO THE WORLD
 LITTLE DRUMMER BOY
 MUSIC
 NEIGHBORHOOD
 PERFORM
 RELIGIOUS
 SILENT NIGHT
 SINGING
 SOLO
 THE FIRST NOEL
 TRADITION
 VOICES
 WE THREE KINGS
 WHAT CHILD IS THIS



Away in the Manger

Key D, 3/4
(Capo 3 for Key F)
♩ = 90

D Bm7 D/F#

A - way in a man - ger, no crib for a
The cat - tle are low - ing, the Ba - by a -
Be near me, Lord Je - sus, I ask Thee to

G Em7 A7 D Bm7 Em7

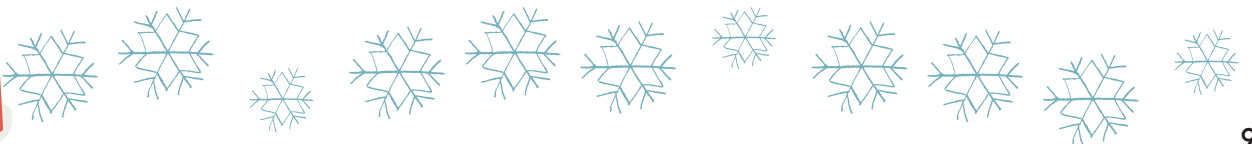
bed, the lit - tle Lord Je - sus laid down His sweet
wakes, but lit - tle Lord Je - sus, no cry - ing He
stay close by me for - ev - er, and love me, I

A A7 D Bm7 D/F#

head; the stars in the bright sky looked down where He
makes. I love Thee, Lord Je - sus, look down from the
pray. Bless all the dear chil - dren in Thy ten - der

G Em7 A7 D Bm7 Em7 A7 D

lay, the lit - tle Lord Je - sus a - sleep on the hay
sky, and stay by my side un - til morn - ing is night.
care, and fit us for heav - en, to live with Thee there.





Deck the Halls



Deck the halls with boughs of hol - ly, Fa la la la la, la la la la.
See the blaz - ing Yule be - fore us, Fa la la la la, la la la la.
Fast a - way the old year pass - es, Fa la la la la, la la la la.



'Tis the sea - son to be jol - ly, Fa la la la la, la la la la.
Strike the harp and join the cho - rus, Fa la la la la, la la la la.
Hail the new, ye lads and lass - es, Fa la la la la, la la la la.



Don we now our gay ap - par - rel, Fa la la la la la, la la la la.
Fol - low me in mer - ry meas - ure, Fa la la la la la, la la la la.
Sing we joy - ous all to - geth - er, Fa la la la la la, la la la la.



Troll the an - cient Yule - tide car - ol, Fa la la la la, la la la la.
While I tell of Yule - tide treas - ure, Fa la la la la, la la la la.
Heed - less of the wind and weath - er, Fa la la la la, la la la la.

BHK MERRY CHRISTMAS & HAPPY HOLIDAYS

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Silent Night

Joseph Mohr

Franz Gruber

B \flat **F $_7$**

Si - lent night! Ho - ly night! All is
Si - lent night! Ho - ly night! Shep - herds
Si - lent night! Ho - ly night! Son of

B \flat **E \flat**

calm, all is bright. Round yon Vir - gin
quake at the sight! Glo - ries stream from
God, love's pure light! Ra - diant beams from

B \flat **E \flat** **B \flat**

Moth - er and Child! Ho - ly In - fant so ten - der and
heav - en a - far. Heav'n - ly hosts sing, "Al - le - lu -
Thy ho - ly face With the dawn of re - deem - ing

F $_7$ **B \flat**

mild, Sleep in heav - en - ly peace!
ial" Christ, the Sav - ior, is born!
grace, Je - sus, Lord, at Thy birth!

F $_7$ **B \flat**

Sleep in heav - en - ly peace!
Christ, the Sav - ior is born!
Je - sus, Lord, at Thy birth!



Decorations WORD SEARCH

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

- ANGEL
- CANDLES
- CENTERPIECE
- GARLAND
- INFLATABLE
- LIGHTS
- MANGER
- MENORAH
- MUSIC
- NUTCRACKERS
- ORNAMENTS
- POINSETTIA
- SLEIGH
- SNOW GLOBE
- SPOTLIGHT
- STAR
- STOCKINGS
- TINSEL
- TOPPER
- TRAIN
- TREE
- WREATH

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ALZHEIMER'S DEMENTIA ASSOCIATION OF CALIFORNIA
ALZHEIMER'S DEMENTIA ASSOCIATION OF CALIFORNIA

Cinnamon Roll Drive

WHEN: Wednesday, January 8th, 2020
WHERE: "Compassion Corner" KGET Channel 17
 Address 2120 L Street
TIME: 6:00 am until Sold Out (Preorder is available)
WHAT: Pick up your tin of **HOT Hodel's** cinnamon rolls. One tin provides one hour of care for someone on the Alzheimer's journey.

\$10 DONATION

ANSWERS

ANGEL
 CANDLES
 CENTERPIECE
 GARLAND
 INFLATABLE
 LIGHTS
 MANGER
 MENORAH
 MUSIC
 NUTCRACKERS
 ORNAMENTS
 POINSETTIA
 SLEIGH
 SNOW GLOBE
 SPOTLIGHT
 STAR
 STOCKINGS
 TINSEL
 TOPPER
 TRAIN
 TREE
 WREATH

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Missing ribbon on banister 2. Figure on right pine cone 3. Extra knobs on furniture 4. Cat peeking upstairs

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