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JANUARY 2020



New Year, New YOU!

Our Readers' Resolutions

International Recognition:
Taft College's Independent Living Program

music
EDUCATION
Why it Matters

2020 Private Education Guide p.14

plus: when your kid is sick p.8 countdown to college checklist p.18



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MEMBERS OF



12

LOCAL

Taft College's Transition to Independent Living Program is earning international recognition for its success supporting the differently-abled.

Photo courtesy Mahea Maui, Taft College Foundation



18

Education Feature:
Countdown to College



31

Recipe: Resolve to add Flavor AND Fiber!



21

You Can Do It: Music Education in Kern County

PLUS

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



- 4 **Dear Reader:** New Decade, Who Dis?
- 6 **Refrigerator Door:** Local Voices, News & Trends
- 8 **Vital Signs:** Healthy News to Use
- 10 **Health:** Why Reaching Full Term Matters
- 14 **2020 Private Education Guide**
- 20 **Hello, Happy Mama:** There's an App for That
- 22 **Local:** KCFM Readers' New Year's Resolutions
- 23 **Humor@Home:** Don't Quit, Grow Your Brain
- 25 **Happenings™:** Calendar of Local Events
- 29 **Worship Guide**
- 30 **Family Shopper**
- 32 **What Kids Learn From Collections**
- 34 **Activity Corner:** Sudoku, Word Find & More

dear reader



New Decade, Who Dis? This is how I feel in 2020 – not only is it a New Year, but it's a New Decade and it's a time to re-invent ourselves. Talk about a clean slate, we can kick the 2010's to the curb! Some of our reinvention comes with resolutions in health, education, love, career, or similar. And, sure, I want to improve in all these areas, but this year will mark my half-century mark on this Earth, and I want to make it one for the books!

Vaun Thygeron,
Contributing Writer

As the BIG 5-0 looms in my near future, I have thought a lot about what I want out of my next half century of life – I want to have fun! I'm not giving in to the fact that my senior discount and AARP card are only five short years away. Therefore, for my New Year's resolution, I have decided that I am not going to act my age. I have a great role model in this area: My father has never acted his age. He skied until his late 70's, broke his foot in an ATV accident in his 80's, and now, in his 90's, he's the first one ready for a little mischief. I am very fortunate that my father's health has fared so well, and that's why those other resolutions for mind, body, and spirit need to be in the mix as well, no matter what age you'll be turning this calendar year.

Janelle Capra writes about crushing our goals in 2020 using technology in the Hello Happy Mama article, "There's An App For That," on page 20. She reviews her top five apps that include both the mind and the body to help you reach your full potential in the New Decade. She also wants to remind everyone to choose their word for the year that will guide your life's purpose in the direction you want it to go. Also, don't forget to give your word a shout out on social media using the hashtag #hellohappymama. (If you haven't read her article, "Make Your Word Count," you can find it in last month's issue or online at www.kerncountyfamily.com).

In the spirit of New Year's Resolutions, KCFM wanted to hear from you, our readers. In the article, "Happy New Year," on page 22, Callie Collins writes about this annual tradition with some reader comments about what you are hoping for in 2020.

This month's Humor at Home article, "Don't Quit, Grow Your Brain," written by Julie Willis on page 23, is about not giving up and how goals are achieved line by line and with a lot of practice. She writes about the cliché repetition she gives her children about conquering life's challenges and wonders if her children even listen to her. Then, when she turns the tables on them, she finds out maybe they have been paying attention to her after all. It's a good day when she learns that her mothering words of wisdom have been heard.

Also, in the article, "Music Education in Kern County," on page 21, Callie Collins highlights KCFM reader comments about the importance of musical participation through classes and after-school activities at a young age. Music is a vital component of education and January's editorial theme is all about making the most of your educational opportunities.

This year, as 2020 starts off and this new decade begins, make sure to cover all your resolution bases with mind, body, spirit, and of course, fun goals, and even check out the App store for ways to help reach those goals. Someone once said, "Age is just a number," so I'm taking that to heart and not giving in to the "mid-life" crisis just yet. This year, I will not be acting my age! I think this might be one resolution I can actually keep!

Have a Happy and Healthy 2020!!!

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Sat., Feb. 22, 2020 • 8 a.m. – 12:00 p.m.
Larry E. Reider Education Center
2000 K Street, Bakersfield

2020-2021 Anticipated Positions

- Multiple Subject
- Single Subject
- Special Education
- Speech Pathologist
- Occupational Therapist
- School Nurse

Online pre-registration deadline: February 17, 2020. Onsite registration: February 22, 2020, at 11:00 a.m.

<https://trf.kern.org>

Pre-registered applicants will be admitted to the event at their scheduled times. Non-registered attendees should arrive at 11:00 a.m. Admittance will be determined by occupancy at 11:30 a.m.

Kern County
Superintendent of Schools
Office of Mary C. Barlow ...advocates for children

Happy New Year!



From the staff at

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

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

January 23rd is National Pie Day

We will offer a special price on Apple Pie

January 25th is Chinese New Year

We'll celebrate the Year of the Pig

February 2nd is Super Bowl Sunday

We offer a selection of treats that will cheer any football fan.

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Cinnamon Rolls for a Cause

The Alzheimer's Disease Association of Kern County (ADAKC) will hold its 5th Annual "Pennies for your Thoughts" Cinnamon Roll Drive on Wednesday, January 8th, from 6 a.m. to 12 p.m. (or until sold out) at KGET Channel 17, 2120. One tin of hot Hodel's cinnamon rolls for a \$10 donation provides one hour of care to a local family on the Alzheimer's journey. ADAKC specializes in adult day care services, support groups, and educational classes for caregivers.

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

Volunteers Needed

Calling for 500 volunteers needed to help with the 2020 Point-in-Time (PIT) Homeless Count on Friday, January 24th, from 3:30 a.m. to 10 a.m. Join with the Kern County Homeless Collaborative (KCHC) to conduct a real-time count of all people experiencing homelessness. PIT is a single day in January dedicated to conducting surveys with the County's most vulnerable, homeless individuals and families experience homelessness, sleeping in vehicles, on the streets, or sleeping in other places not meant for habitation. The collected data helps our County access needed Federal and State homeless services resources. Volunteers must be at least 18 years of age and participate in a training.

Sign up via Eventbrite or contact The Mission at Kern County for more information at www.missionkc.org.



New Year, New Decade, New Happenings

The New Year 2020 rings in a New Year and a New Decade and with this comes an empty calendar you can easily fill up with all kinds of fun activities for you and your family. If you want to find out what's happening around town, you can turn to the "Happenings" section on page 25 or visit our website's calendar.

If you want to see your event published in the magazine or in our online calendar, please visit www.kerncountyfamily.com.



Celebrate IDEA Lab Kids Grand Opening

Come party with IDEA Lab Kids Bakersfield at their Grand Opening Party on Saturday, January 11th, from 12 p.m. to 3 p.m. at 3559 Allen Road, Bakersfield. Idea Lab Kids is a comprehensive STEAM (Science, Technology, Engineering, Arts, and Math) enrichment program designed to get your kids excited about today's science and technologies. Enjoy food, music, and entertainment while your kids also get to participate in some STEAM activities and discover a whole new world of fun! The first 30 kids to register for this event on www.Eventbrite.com will receive a free t-shirt on the day of the event.

For more information, visit www.bakersfield.idealabkids.com or call 339-2413

Ninth Annual League of Dreams Gala

The 9th Annual League of Dreams Gala will be held on Saturday, January 25th, from 6 p.m. to 10 p.m. at The Links at Riverlakes Ranch Golf Course, 5201 Riverlakes Drive, Bakersfield. This memorable fundraiser will include dinner by Frugatti's, live music by Lonely Avenue, many live and silent auction opportunities, and you'll hear inspiring words from a League of Dreams family.

The League of Dreams is an adaptive sports league providing sports training, team camaraderie and competitive sporting opportunities to athletes with physical and developmental disabilities for participants ages five to 22.

For sponsorship or table information, please contact info@our-leagueofdreams.com or visit www.ourleagueofdreams.com.



“DIFFICULT
ROADS LEAD
TO BEAUTIFUL
DESTINATIONS.
THE BEST
IS YET
TO COME.”

-Zig Ziglar,
author and businessman

11 Ways to Stick to Your New Year's Resolutions and Make Lasting Change in 2020

By Callie Collins

After the holidays, the start of 2020 may seem somewhat anti-climactic. However, January may just be the most important month because of the implicit motivation behind a new year.

Whether you're trying to drop a habit, pick up a better one, or just live more intentionally, keeping those lifestyle changes in progress beyond the first few days of January will likely require some planning.

Here are 11 ways to form new habits in 2020:

1. Decide what you really want. Take the time to reflect in a way that works for you, whether that's within a quiet space, with prayer, or by talking with friends and family.
2. Define your plan by using the SMART goal system: be sure what you're aiming for is specific, measurable, attainable, relevant and timely. Outline what specifically you wish to achieve, decide how you'll measure success, make the goal attainable, be sure it's relevant, and set yourself a deadline.
3. Put your plan down on paper. Research shows that people who go through the cognitive process of writing out what their purpose is and the steps to get there are consistently more successful than those who make only mental notes.
4. Create a reward system for milestones along the way. Start small to keep yourself looking forward to more progress.
5. Choose an energizing word or phrase that can be a focal point when you feel like giving up.
6. Ease into a new routine. Consistency is more important than intensity.
7. Give yourself permission to make the modifications necessary to fit your lifestyle. It's okay to deviate from the original plan.
8. Seek support from others through a relevant help line, social media group, or an in-person meet-up.
9. Document your progress. Keep a journal, take pictures, or find other ways that illustrate where you started to see how you're doing and where you're headed.
10. Know that setbacks will happen. Every passing day is another chance to begin again.
11. Remember that change is gradual. No matter the specific goal and outcome, the path can lead to an amazing 2020.



Zero Waste Bakersfield Class at Soapterra

Join Zero Waste Bakersfield at Soapterra to learn how to make solid lotion bars and reduce your household waste. Soapterra owner Gabi Schmidt will lead the class on Saturday, January 25th, from 5 p.m. to 7 p.m. at its store front at 1516 18th Street.

All participants will learn how to make lotion bars to reduce the need to buy lotion in plastic bottles while enjoying a complimentary glass of wine from Rio Bravo Ranch. Class fee is \$25 or waived with a \$75 purchase from Soapterra.

To register, visit www.eventbrite.com.



Hometown Pride: New Sign Welcomes Visitors to Bakersfield

By Callie Collins

The Bakersfield Convention & Visitor Bureau announced a new "Visit Bakersfield"-themed sign south of the Kern River adjacent to Highway 99. The previous Kern County sign had been in place since the 1970s. Vandalism and weather-related deterioration caused visible damage through the years and the County requested that the City of Bakersfield oversee its restoration; Visit Bakersfield covered related costs.

Unlike the previous billboard is dual-sided and panels can be changed easily. It's also visible from the Kern River Parkway Trail. Point it out to your family the next time you take a drive!

Oh no! My kid is sick!

By Andrea Rose

Many parents question whether or not their children should be prescribed an antibiotic or wonder, if sometimes, an illness is best off running its course without treatment.

Here are some commonly asked questions and replies by the American Academy of Pediatrics:

KCFM: My child has a really bad cold. Why won't the doctor prescribe an antibiotic?

AAP: Colds are caused by viruses. Antibiotics are used specifically for infections caused by bacteria. In general, most common cold symptoms—such as runny nose, cough, and congestion—are mild and your child will get better without using any medicines. Many young children—especially those in child care—can get 6 to 8 colds per year.

KCFM: Don't some colds turn into bacterial infections? So why wait to start an antibiotic?

AAP: In most cases, bacterial infections do not follow viral infections. Using antibiotics to treat viral infections may instead lead to an infection caused by resistant bacteria. Also, your child may develop diarrhea or other side effects. If your child develops watery diarrhea, diarrhea with blood in it, or other side effects while taking an antibiotic, call your child's doctor.

KCFM: Isn't a nose draining yellow or green mucus a sign of a bacterial infection?

AAP: During a common cold, it is normal for mucus from the nose to get thick and to change from clear to yellow or green. Symptoms often last for 10 days. Sinusitis is a term that means inflammation of the lining of the nose and sinuses. A virus or allergy can cause sinusitis and in some cases, bacteria can be the cause. There are certain signs that bacteria may be involved in your child's respiratory illness. If your child has a common cold with cough and green mucus that lasts longer than 10 days, or if your child has thick yellow or green mucus and a fever higher than 102°F for at least 3 or 4 days, this may be a sign of bacterial sinusitis.

If your child has developed bacterial sinusitis (which is uncommon), an antibiotic may be needed. Before an antibiotic is prescribed, your child's doctor will ask about other signs and examine your child to make sure an antibiotic is the right medicine.

KCFM: Aren't antibiotics supposed to treat ear infections?

AAP: Many true ear infections are caused by viruses and do not require antibiotics. If your pediatrician suspects your child's ear infection may be from a virus, he or she will talk with you about the best ways to help relieve your child's ear pain until the virus runs its course. At least half of all ear infections go away without antibiotics. Because pain is often the first and most uncomfortable symptom of ear infection, your child's doctor will suggest pain medicine to ease your child's pain. Acetaminophen and ibuprofen are over-the-counter pain medicines that may help lessen much of the pain. Be sure to use the right dose for your child's age and size. In most cases, pain and fever will improve within the first 1 to 2 days.

Your child's doctor may prescribe antibiotics if your child has a fever that is increasing, more severe ear pain, and infection in both eardrums.



200+

Virus strains that can cause the common cold, but the rhinovirus is the most common.

6

The radius within which a person with the flu can spread it to others through talking or sneezing

24+ HOURS

How long some cold and flu viruses can last on hard surfaces

Natural Relief Ideas That are Nothing to Sneeze At

Drink plenty of liquids during flu season to keep the body well hydrated so the immune system can be in top form. **Fruit juices, water, and sports drinks** can help keep the respiratory system from forming thick mucus that can become laden with bacteria. Should a fever set in, fluids help prevent dehydration.

Chicken soup is loaded with immune-boosting vegetables and other ingredients that provide phytonutrients. The American Cancer Society defines phytonutrients, or phytochemicals, as plant compounds like carotenoids, lycopene, resveratrol, and phytosterols that are thought to have health-protecting qualities. Chicken soup may also contain onions and garlic, which are believed to have natural antibacterial or antiseptic properties.

Decaffeinated tea also may help you stay hydrated and relieve many cold symptoms. Try Chamomile, Ginger, Echinacea or Peppermint.



UPCOMING COMMUNITY CLASSES

Healthy Eating & Active Lifestyle Workshops

LAKE ISABELLA January 24, 3pm: Rethink Your Drink

DELANO January 30, 5pm: Gardening (Bilingual)

Contact KFHC for more info:

800-391-2000 • kernfamilyhealthcare.com

How to approach nutrition when feeding children away from home

By Family Features

Children can be picky eaters. Parents know that getting kids to eat anything, much less healthy foods, can sometimes make the dinner table feel more like a battlefield than a place to break bread. That's especially so when the dinner table is in a restaurant, where savvy youngsters might know less nutritious dishes like macaroni and cheese or fried chicken fingers are on the menu. But the benefits of a healthy, balanced diet are so numerous for youngsters that it's worth doing whatever it takes to get kids to embrace nutrient-rich foods, both at home and when dining out.

The American Academy of Family Physicians notes that a healthy diet can stabilize children's energy levels, help them maintain healthy weights and potentially prevent mental health conditions, including anxiety and attention deficit hyperactivity disorder, or ADHD. But recognizing the importance of a healthy diet and getting kids to embrace one are two different things, especially when kids are dining out and being tempted by unhealthy alternatives. In recognition of that, the American Academy of Pediatrics recommends the following strategies to parents who want their kids to eat healthy when they're away from home.

Make meals all-inclusive. When preparing school lunches or taking youngsters out for a night on the town, make sure to offer a mix of foods



from the five food groups. The AAP recommends parents offer vegetables, fruit, grains, low-fat dairy, and/or quality protein sources, which can include meat, fish, nuts, seeds, and eggs. Offering each of these foods at every meal may not be feasible, but kids should eat foods selected from the major food groups at every meal.

Avoid highly processed foods. The National Institutes of Health notes that studies have suggested there's a link between highly processed foods and health problems. Such foods, which typically contain ingredients such as hydrogenated oils, high-fructose corn syrup and flavoring agents, are typically high in calories, salt, sugar, and fat. While highly processed foods tend to be easier to make and readily available at restaurants, serving them to youngsters can start kids down the road to poor dietary habits, potentially increasing their risk for obesity and diseases like heart disease and diabetes. When packing snacks for school lunches or taking kids out to restaurants, be sure to include or bring along healthy whole foods, such as fruits and vegetables. This can ensure kids get some healthy fare during mealtime.

Enhance foods if necessary. While high amounts of sugar, salt and fat can jeopardize the health of adults and youngsters alike, the AAP notes that small amounts of these substances can be used to enhance kids' enjoyment of healthy foods and increase the likelihood that they will eat them.

Parents may not have much control over what their children eat while away from home. But a handful of strategies can increase the likelihood that kids enjoy healthy fare when eating at school or at restaurants.

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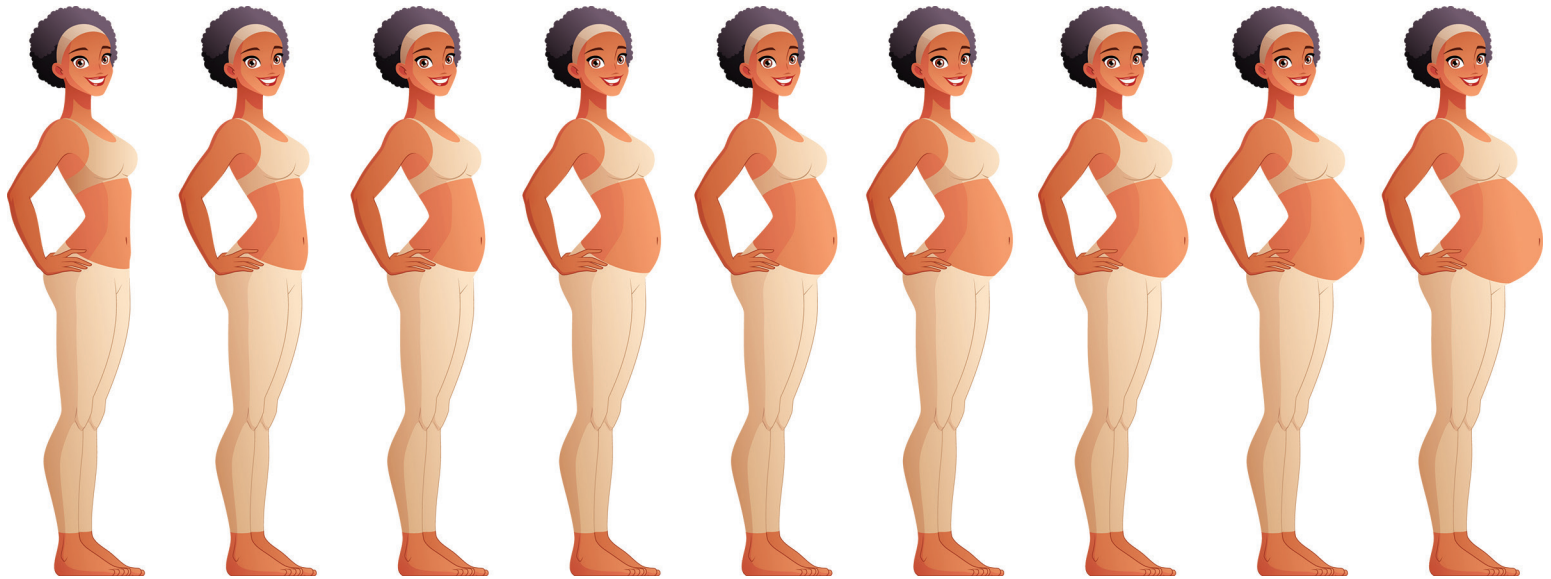
Our new address is
1712 K Street, Bakersfield, CA 93301
(across the street from Urrichio's Trattoria)
(661) 549-WIGS (9447)
www.lemonadelocks.com

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



The Melissa Wig





Going the Distance: Why Reaching Full Term Matters

by Christa Melnyk Hines

At 37 weeks pregnant, you're on the home stretch and eagerly awaiting the arrival of your baby. Your doctor warned you that these last few weeks of pregnancy would be the toughest. And she was right. You can't sleep. You can't get comfortable and every five minutes you have to go to the bathroom. What's wrong with just having your baby now?

Gather your patience. Most doctors discourage elective inductions or cesarians before 39 weeks, which is considered full-term, unless waiting poses a health risk to mom or baby.

If everything is normal, "safety for baby comes first and so 39 to 41 weeks is ideal as far as the growth of baby," says Dr. Rabiya Suleman, OB/GYN. "Before that we can't guarantee that your baby isn't going to have a NICU stay."

The risks. Babies born before 39 weeks are at higher risk of suffering from breathing problems and other health issues.

"For baby, one of the last organs to fully develop is the lungs," says Dr. Raschelle Schowengerdt, OB/GYN. "Every week the baby is born early significantly increases the chance of respiratory distress after birth."

And that means an increased likelihood that your infant will need supplemental oxygen or respiratory support in your hospital's Neonatal Intensive Care Unit (NICU). In addition to breathing issues, babies born prematurely may have more trouble eating and are at greater risk of developing jaundice.

Necessary medical evaluation and treatment can mean time apart from your newborn. "This disrupts bonding—a very crucial time in the cycle of the mom-baby dyad, and may be a source of anxiety and depression for them both at the time of separation and possibly later down the road," says certified nurse midwife Eva Miller, APRN.

Furthermore, Miller says that this separation can negatively impact breastfeeding success.

Benefits of waiting. Going into labor naturally without medical intervention increases the chances that your labor will go quickly.

"With an induction of labor, oftentimes multiple medications are needed to coax your body into labor. The process can last several days," Dr. Schowengerdt says. "An elective induction of labor increases the risk of needing a cesarean by 50 percent."

What about scheduled c-sections? Or what if you choose VBAC? "Repeat c-sections we deliver at 39 weeks," Dr. Suleman says. For women who choose vaginal birth after a previous cesarean (VBAC), she advises waiting for natural labor to occur to increase the chances of success.

Medical interventions that can prevent preterm birth. According to the March of Dimes, preterm birth can cause lifelong disabilities for baby, and often death. Women who are low in progesterone, which is a hormone that helps maintain pregnancy, are at higher risk for problems with conception, miscarriage and preterm labor. Let your doctor know at your first prenatal visit if you've experienced preterm birth in the past. If so, your physician may recommend a weekly injection of 17-hydroxyprogesterone between 16 and 36 weeks.

"It has been shown to decrease the chance of recurrent preterm birth by approximately 50 percent," Dr. Schowengerdt says.

What you can do. Healthy habits and a healthy lifestyle before and during pregnancy can also help prevent preterm birth.

At your first prenatal visit with your healthcare provider, share your pregnancy history and discuss any drugs, vitamins or herbal supplements that you take, your emotional and physical health and your lifestyle habits.

As soon as possible—at least three months prior to conception if you can—begin taking prenatal vitamins (available over the counter) that contain

at least 400 mcg folic acid, which can help prevent brain and spinal cord birth defects.

Maintain a healthy weight through a nutrient-rich diet and moderate exercise. Most pregnant women only need to add about 300 more calories to their daily diet. Exercises like walking, swimming or prenatal yoga, can help you stay fit and strong and help you manage low back, hip and pelvic pain.

Don't forget to see your dentist. "Studies have found that women with infected gums/teeth are at higher risk for preterm labor," Miller says.

Avoid high risk sexual behavior or switching partners during pregnancy. "A sexually transmitted infection can cause the water around the baby to break early causing preterm labor," Miller says.

As always, notify your healthcare provider if you have any concerns during your pregnancy. "Something as simple as a UTI (urinary tract infection) can cause an expectant mother to go into labor," Miller says. Symptoms of a UTI include painful urination, frequent urination, feeling of inability to empty the bladder, burning, and irritation that may or may not be accompanied by a fever.

Above all, remember that you'll reach the finish line soon enough. In the meantime, make every week count toward giving your baby the healthiest start possible on her own life marathon.



Common Reasons for Early Induction


Your doctor may recommend induction before 39 weeks if you or your baby faces health risks.

Common reasons for early delivery include:

- You're expecting twins/multiples.
- You've been diagnosed with hypertension or pre-eclampsia.
- You're experiencing complications with diabetes.
- You have a vertical incision on the uterus or you've had a previous surgery on your uterus, which makes a vaginal delivery dangerous.

Source: Dr. Rabiya Suleman, OB/GYN

Freelance journalist Christa Melnyk Hines resides with her husband, two active boys and a menagerie of pets.



Comprehensive Vision Therapy Center

infant . child . adult

IS YOUR CHILD STRUGGLING IN SCHOOL?

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Inclusive Employment and a Model to Follow

How Taft College's Transition to Independent Living Program is Bringing International Recognition for the Differently-Abled

By Callie Collins, Photos courtesy Mahea Maui, Taft College Foundation

The town of Taft, with its population of fewer than 10,000 residents, isn't an area always associated with international acclaim. However, Taft College's dedicated staff will take the stage at the Zero Project Conference hosted in Vienna, Austria, this February to present what's working well, how differently-abled individuals are exceeding expectations, and the ways in which the school's Transition to Independent Living (TIL) Program is making a lasting difference.

Conference participation within this renowned group is an incredible honor that underscores the importance of the program's approach to guiding its participants into all that awaits beyond classroom doors: full lives that include employment and positive contributions to Taft, family, and society.

About the Conference: What's Happening in Vienna

The Zero Project's mission is "working for a world with zero barriers." The Essl Foundation, a philanthropic legacy-based group, funds related work which is focused on "finding and sharing models that improve the daily lives and legal rights of all persons with disabilities." The Zero Project designates its current efforts according to topics selected from the United Nations Convention on the Rights of People with Disabilities. Past themes have included employment, accessibility, and inclusivity in areas like politics and education.

The conference in Vienna will take place at the United Nations Office, with an audience comprised of experts who serve students with disabilities through

research, teaching, and policy branches throughout the world. Best practices are shared among the conference's 600 by-invitation-only participants from more than 70 countries.

Sheri Horn-Bunk, Executive Director, Taft College Foundation and TIL Program Director Aaron Markovits will share the success they see through their students and learn from peers who are also working to make communities more inclusive.

About the TIL Program: What's Happening in Taft

Taft College's TIL Program is a two year post-secondary experience for students with intellectual or developmental disabilities. Life skills like budgeting and basic finance, cooking, housekeeping, personal wellness, and conflict resolution are examples of what they learn inside and outside of the classroom.

"What makes the TIL Program unique is its residential component. There are very few like it in the country, where students actually move in and live on campus for the first year then move off campus for their second year," explained Markovits. "The goal is for students who haven't had the opportunity to be successful in their own place in the past to gain the skills they need."

The program takes applications year-round and consists of 22 months of guided instruction. Varying levels of peer and staff involvement correspond with students' increasing abilities to care for themselves through a combination of in-class instruction and practical application. Markovits describes the curriculum as a paradigm that "builds on itself" to help students adapt. There are also days off-site to help with real-world situations like navigating the grocery store and accessing public transportation.

Making success possible

Although there isn't a formal cap on attendees' age, the average TIL Program student is within the typical college student range, 18 to 25. Participants in their 40s have also attended and benefited from the skills they hone through participation. Although the TIL Program isn't an academic program in itself, some students also enroll in other classes and all are encouraged to meet with a counselor to declare an education plan. All students participate in a paid internship, too.

“What also stands out about the TIL Program is that students complete a vocational assessment for feedback on what they’re good at, so they can use that to determine what sort of career they might want to pursue,” said Markovits.

The program started in 1995 with funding from Kern Regional Center, which continues to make students’ success possible. Participants across the autism spectrum or with other cognitive or physical disabilities are considered on a case-by-case basis.

Students also must have a personal income equivalent to the minimum rate for independent living according to Supplemental Security Income (SSI) standards. They are also required to be able to care for themselves without attendant care and cannot have a criminal record or history of violence, among other requirements. Although the staff ratio is three to one, there is no 24/7 supervision on-site; instead, students must have the ability to care for themselves without direct intervention in non-emergency situations.

Students begin their first year with a room of their own on campus. They have a suite-mate and share living spaces but also enjoy privacy within the intentionally-designed living space. They earn grades based on a scale or range for the functional living side that puts into practice what they learn in the classroom setting, with midterms and finals like any other student, Markovits explained. A meal plan is part of that first year’s set-up, as students are not yet expected to have cooking and related safety skills and therefore do not have access to a kitchen.

Housing off campus during participants’ second year, however, presents a different set of challenges, including the ability to cook for themselves, figure out a budget and manage bill pay, including rent paid to Taft College. Two to four students share a rental home.

Living progress

Horn-Bunk describes the living situation in Taft as a unique one, given that the students are known around town and often describe feeling safe, valued, and able. Those comforts are aspects of life she hopes they encounter in the areas where they choose to live after completing the TIL Program.

“It’s a really different set-up here, because people drive out from all over the state and they look around and west Kern County seems quite rural,” she

said. “It might take people some time to see that this community is really accepting of them but that’s what we have here. Everyone in town knows the TIL Program students.”

Although the students are certainly known in Taft, Horn-Bunk describes participants as “California’s hidden population,” a reference to the fact that more could be done to help them integrate within their own communities, schools, and professional settings.

Horn-Bunk sees the value of each individual through her work as executive director, an informed viewpoint that has led her to co-author what’s known informally as “The TIL Bill.” The document points out that 22 percent of the state’s population is considered disabled, according to the Centers for Disease Control and Prevention. A public policy consideration Horn-Bunk hopes will receive Senate approval, it not only outlines the program but also challenges other schools and communities to come up with their own version of transitional independent living based on a model that has been proven optimal, and now has international recognition.

“As a society, we’re just now learning how to better serve people but also how they can be most productive and happy. Taft is a small community, but we’re seeing something here that works. Why wouldn’t we want to put that to use in other places?”
TIL Program Director Aaron Markovits

Measuring success

Horn-Bunk and Markovits agree that the ways in which students succeed after completing the TIL Program stand out within national statistics about the general underemployment of individuals with disabilities. A 10-year survey allows the directors to track how students are doing for the decade after program completion, including if they’re continuing their studies and where they’re working.

Checking in with students once each year has revealed that 17 percent of students attend community college classes or training programs and 75 percent of graduates work in some capacity. All earn at least minimum wage, with some at high rates of pay.

Statistics vary on the national average for adults with disabilities in the workforce but the Department of Labor estimates that only about 20 percent of disabled adults are consistently employed.

TIL Program graduates are also more likely to have private health insurance and better overall health metrics, including lower rates of smoking.

“When this program started 24 years ago, there was nothing like this around,” said Horn-Bunk. “We measure our success by their success, which is one of the reasons we do the 10-year survey.” Success stories from the program include a student employed at Google and others who have found salaried employment that allows them to live on their own.

Markovits confirmed that inclusivity within work and school settings is becoming more common.

“We’re finally seeing the beginning of people with intellectual and developmental disabilities having more opportunities. It used to be that this segment of our society was severely underemployed, with jobs in just three primary areas: janitorial, food service, and some landscaping. Now, there is a much wider variety of industries and we see people go on to productive career paths that make the most of their unique abilities,” he concluded. “As a society, we’re just now learning how to better serve people but also how they can be most productive and happy. Taft is a small community, but we’re seeing something here that works. Why wouldn’t we want to put that to use in other places?”

Find more information

A tour is an ideal first step for families interested in the TIL Program. **Schedule with a staffer and find out more about requirements at <http://www.taftcollege.edu/til/>.**



Aaron Markovits, with his students of TIL

Considering Private School? From Pre-School to High School, Kern County has amazing private education options. Here are a few of our recommendations for 2020.

KCFM's PRIVATE EDUCATION GUIDE

American Kids Sport Center

NW: 3622 Allen Rd.
SW: 4401 Ride St.
Bakersfield, CA
(661) 589-2100 • <http://www.aksc.com>



American Kids Sports Center (AKSC) has been a staple of children's sports and education for 35 years in Bakersfield and is locally owned and operated by two generations of the Williams family. Originally started as American Academy of Gymnastics, the name change to AKSC became necessary in 2007 when the company expanded into offering cheerleading, swim lessons, dance and martial arts. In more recent years they have added the Ninja Zone, where kids have experience an obstacle

course challenge, and Climbers where kids learn the use of aerial ropes. Moving beyond sports, AKSC now has expanded into formal education with a licensed preschool and working in association with several charter schools. No matter what the activity at AKSC the mission to "Building Healthy Kids" is always central to everything. Together our programs are diverse and for ages as young as 6 weeks old thru high school. AKSC offers all levels of sports from recreational to competitive but always fun! Our two facilities (NW & SW) are state of the art with an indoor pool, in-ground trampolines and tumbling pits, spring floors, bright colors, air conditioned facilities and spacious parent viewing areas.

Bethel Apostolic Academy

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(661) 323-2851
<https://baabk.org>



Chad Bradley
Youth Pastor &
Administrator

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Dawn
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We offer the largest preschool play area in Bakersfield. Our roaming bike trails have stops at a diner, gas station, grocery store and more! Interesting climbing structures are at both facilities with many other play activities! Our newly completed center offers an "Exploring our World" theme, with classroom and activity areas highlighting many geographical landscapes from around the world. These activity areas include the arctic, savannah, jungle, ocean and rain forest, to name a few.

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Back to School Guide continues on page 16



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Myka Peck,
Principal

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academic pathways, 5 academic teams, fine arts programs, and 38 athletic teams, there are numerous opportunities for challenge and growth.

Each year our graduating seniors overwhelmingly cite a sense of family as the best characteristic of Garces Memorial High School: family is cultivated through retreats, community service, and a vibrant faith-filled community.

Contact our admissions director to set up your tour today!

Harmony Road Music School

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www.harmonyroadbakersfield.com



Alexandra
Hawley,
Owner

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

participate in adjudicated events such as Certificate of Merit, Guild, Jazz/ Pop Festival, and much more!

New classes begin the week of January 13. Check out our website for the complete schedule. We are also having a *FREE* Demo Class on Saturday, January 11. Space is limited, reservations are required. Call us today!

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Countdown to College: Tips to Help Students Find Their Fit

By Janeen Lewis

The high school road to college may seem like four of the most challenging years families face. There are deadlines, tough financial choices and parents and children don't always agree on colleges. If that isn't stressful enough, every year there are tasks that high school students should be checking off their to-do list. How do parents help their high school students navigate all the details and decisions they must make during their countdown to college? Here is some advice from the pros—a parent who's been through the process and a college admissions counselor.

Starting the Conversation

It all starts with a conversation between parent and child. But often the question that starts the conversation is the wrong one, according to Rick Clark, an undergraduate admissions counselor.

"Parents ask 'Where do you want to go to college?' Clark says. The biggest question that parents don't ask or lose sight of is 'Why do you want to go to college?'"

That *why* is important, and should be followed up with questions like "What do you hope to get out of this? What do you want to study? What do you want to do long-term?" says Clark.

Freshman Year: The Importance of Academics

Rachael Fain, a mom of three, stresses the importance of the GPA during freshman year. Fain's daughter, Hannah, graduated from college in 2017. Fain also has a son, Matthew, who is a junior in college.

"My children started taking high school classes in eighth grade," Fain says. "A GPA is harder to bring up in junior and senior year, so our goal their eighth and ninth grade years was to keep their GPA high."

The freshman year is also important for getting on a challenging track of classes. "Course choice is important," Clark says. "Math in particular is something students need to pay attention to."

Taking challenging classes in high school helped Fain's son Matthew make his college decision. He decided to pursue his degree at the University where he took dual credit courses when he was in high school.

Sophomore Year: Getting to Know You

Tenth grade is a good year for self-reflection. Students can take personality tests and the PSAT to figure out their strengths and weaknesses. They can also start thinking about the kind and size of school they want to attend.

Understanding what they are good at will help high school students be realistic about the school that is the best fit for them.

Junior Year: Balancing Grades and Activities

Grades are crucial during the junior year. Junior year also involves a more challenging track of classes and leadership roles in clubs and activities. It's hard to do it all, so how important are the extracurricular activities? It depends on the student and the college.

"At one of my children's colleges, extracurricular activities were really important," Fain said. "At the other one, they didn't matter as much."

Clark says one out of every four students who apply to the school where he works are accepted.

"Most students that apply have good test scores, good grades and good courses. Then the review committee asks 'Is this kid a good fit for us?'"

Clark says they look for students who are innovative or who are entrepreneurs, and they ask "How does this student use their time?"

"If they are a good student who goes home and plays video games, what will they contribute to the school?" Clark says.

But it stands out if students are responsible, if they work a job or if they make an impact some way.

Senior Year: Find Your Fit

Clark says the most important thing about making a college decision is finding a good fit.

"Fit doesn't really mean can the student do the work, but are they aligned well to the school." For example, Clark says two universities can look the same on paper. A student will apply to each with the same grades and same test scores and get accepted to one and not the other.

"That is what fit is," Clark says. "How a student fits with a school, not just from an academic standpoint."

If you and your child do not agree on the same school, Clark says how you approach the topic may resolve a lot of conflict over the situation. "Continue to tell your kids you love them, and that no matter where they go to college, it will be great."

The good news is that there are many schools across the country and probably more than one of them will match your student's personality and academic standing.

"If you or your child feels overwhelmed, take a deep breath and remember there is a school for every student," says Fain.

Janeen Lewis is a writer, teacher and mom to Andrew and Gracie. She has been published in several parenting publications across the country.



Preparing for college can be overwhelming for high school students and their parents because of the many steps it takes to get an acceptance letter. But breaking the college to-do list into manageable steps for each year of high school makes the process less stressful and teaches students responsibility, the very thing they will need for what they want to achieve -- a college education. Follow this step-by-step guide for a smoother countdown to college.

Freshman Year

- ✓ Talk to your parents and guidance counselor at the beginning of the year to set goals.
- ✓ Take the most challenging courses available to you.
- ✓ Make good grades.
- ✓ Try a variety of activities.
- ✓ Take advantage of opportunities to visit college campuses when you travel.

Sophomore Year

- ✓ Visit college and career fairs.
- ✓ Build your resume. Make a list of awards, accomplishments, and activities.
- ✓ Take the PSAT for practice (you can take it your sophomore and junior year, but it won't count until you are a junior).
- ✓ Start studying for the ACT and SAT. There are many test prep guides available online and in book form.
- ✓ Assess your strengths and weaknesses and take a personality inventory.
- ✓ Research possible careers.
- ✓ During the summer begin researching colleges that might be a good fit.

Junior Year

- ✓ Take the PSAT.
- ✓ Accept leadership roles in the activities that suit you best.
- ✓ Narrow your list of possible careers.
- ✓ Narrow your list of possible colleges.
- ✓ Take the ACT and SAT.
- ✓ During the summer volunteer or find an internship or job related to your future career.
- ✓ Write a college entrance essay draft. Have it critiqued by a guidance counselor or teacher.

Senior Year

- ✓ Narrow your college search to six to eight schools.
- ✓ Post all important deadline dates on a wall calendar.
- ✓ Retake the ACT or SAT if needed.
- ✓ Polish your resume.
- ✓ Ask for teacher recommendations.
- ✓ Visit the colleges you are applying to.
- ✓ Send out all your college applications.
- ✓ After you receive your acceptance letters, compare scholarship and financial aid packages and make your final decision.
- ✓ Notify all the schools you were accepted to of your decision.
- ✓ Celebrate the beginning of a new timeline at college!

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There's an App for That!

Hello Mama!

Happy New Year! Wow, we made it. It's officially a new year AND a new decade. Hello 2020.

And, of course, with the celebration of the New Year there is extra buzz and excitement to set resolutions (fun fact: most of us will break those resolutions within the third week of January). So, instead of setting yourself up to fail, I want to remind you that there is science to the success behind mindset and setting measurable goals. Remember last month when I shared that I choose a word for each year? It's my proven way to achieve that one BIG goal for the year. Did you choose your word yet? If not, this is a friendly reminder to pick your word.

As I am writing this article, it is a rainy, chilly day. I love these days! It gives me the opportunity to dream and set goals and intentions for what I want to achieve in 2020. I am also studying for an extensive exam that I need to take (and pass) for my job. Kinda feels like the adult version of studying for the SAT. There is a lot of pressure to pass this test so that I can continue to serve my community and those on the Alzheimer's journey. I am practicing all the "hacks" for passing this exam: writing down that I passed with 90% in my daily planner, picturing myself reading the email from the state that says I passed, imagining and, more importantly, acting as if I already passed (did you know that your brain doesn't know the difference between reality and what you believe be to reality? It's true).

I am doing "all the things" and yet, it was my 14-year-old daughter who shared with me that there is an app to help me study for my exam. Yes, there's an app for that!

It got me thinking that along with mindset, goal setting, and choosing your word...you too may need an app (aka application) to help you stay on track.

Here are my top 5 favorite apps to help you rock in 2020:

Headspace: I have been using this app for 4 years. It's a meditation app with guided meditations like gratitude, grief, sleep, walking at home, and handling sadness. It has it all. If you have never tried mediation before, this app is for YOU! It tracks your progress and customizes your next meditation based on the ones you have completed. And trust me, it works. Sometimes just 10 minutes a day can make all the difference in gaining perspective and helping you to live your best life.

My Fitness Pal: this app helps you to easily stay on track with your nutrition and exercise plan. Helps you monitor calories in common foods, calculate your movement, track your water intake (stay hydrated!) and more. You can even invite your friends to join you. Having a "wellness buddy" can really help you stay the course on your fitness journey.



photo courtesy Janelle Capra

Happy Mama January Contest

Just in time for Valentine's Day! Win a \$75 gift card to Tahoe Joe's restaurant PLUS two movie tickets to Edwards Cinema. Enter before January 27th at 11:59pm for your chance to win!

bit.ly/jan_mama

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Elevate: this app is all about keeping your brain active and healthy. There are several different activities: brevity, clarity, detail, expression, retention, etc. As you master each level, you will move on to the next. It is a fun way to exercise your brain.

Duolingo: this app had me at Hello or Hola! It's a language app and it makes learning a new language so much fun! I set this app up to learn Spanish with my seven-year-old son and it has been amazing to watch how quickly we both are picking up the language. The exercises are repetitive and done in story settings (i.e. phrases, travel, restaurant, family and so much more!). It is so rewarding to practice speaking Spanish with my son (and eventually my dad who is fluent in the language). Plus, it reminds you to practice each day. And all it takes is about 5 minutes per day! Muy Bueno.

Quizlet: this app allows you to create a custom study program for ANYTHING (thank you Callie!). I mean, if there was an exam for my RCFE (residential care facility for the elderly), there's an exam for you, too! Plus, you can customize the way you like to learn. Do flashcards help? Do you learn better from multiple choice? How about encouragement? Yup, it's got all that and more! I believe that we should never stop learning and, thanks to this app, you can continue to learn and quiz yourself along the way.

Okay, so those are just my top five and no, I am not being paid to endorse any of them; I just find them very user-friendly. The apps are free, but there is an option to upgrade to monthly memberships, etc. I suggest that you try them out and see which ones work for you.

It's 2020, Mama...time to get crystal clear on your goals and crush them. Ready, set, go! **Do you have a favorite app that's not on my list? Please share and comment on social with hashtag #hellohappymama**

READERS REACT: Music Education in Kern County

By Callie Collins

After-school activities can make an important difference in a child's life.

Research correlates positive results like social and emotional development, the prevention of risky behaviors and increased mental wellness with participation in extracurriculars, according to the American Institutes for Research. Learning to play an instrument also has positive associations with mathematical abilities, increasing memory capacity and reducing stress.

Music education is thriving in Kern County. We invited our readers to share first-hand anecdotes with how it has positively impacted their children. Here are some of their responses:

"My daughter plays the bassoon, bass clarinet and tenor sax at the Drillers Wind ensemble, marching band and jazz band. I love every moment- practice, concert, event, competition, and performance, that she has participated in. I'm grateful for the amazing teachers and music programs in our public school system." - Michelle DeCastro Clark

"My daughter plays the cello with her school and loves it! Studies show that students who play an instrument perform better academically than the average student who doesn't play. Support music!"
- Kendra Eklund

"Yes, my daughter started flute this year! It's definitely helped her with timing and music cues in ballet!"
- Rhonda Ledbetter-Glenn

"My 6th grader (Miley, shown at right) plays the baritone, or what is sometimes called the euphonium. She loves playing and I don't even have to ask her to practice." - Sally Ann Meeks



TinkerActive WORKBOOKS! MAKE THE MOST OF PLAYTIME

LAUNCH RIGHT IN WITH . . . A SUPER SPACECRAFT!

GATHER THESE MATERIALS:

 Pencil	 2 toilet paper tubes	 Paper towel tube	 Small piece of cardboard	 Markers or paint	 Scissors <small>(with an adult's help)</small>	 Paper	 Glue
---	---	---	---	--	--	--	---

1. Lay a toilet paper tube on top of a piece of cardboard. **Trace** it.



2. Draw a rounded nose to the traced shape. Then **draw** two rounded triangles for wings.



3. Cut out the shape.



4. Trace the bottom of a toilet paper tube on top of another. Then **cut** out the round shape.



5. Glue your cut tube on top of the cardboard in the shape of a spacecraft, and let it dry.



6. Color or paint your spacecraft. You can also **decorate** it with stickers. **Place** a small toy inside and go for a ride. **Tell** a story about where you're going!





TinkerActive Workbooks cover essential skills using curriculum-based exercises and interactive **tinkering, making, and engineering** activities using common household materials!



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THE ACTIVE WAY TO LEARN THROUGH PLAY AVAILABLE WHEREVER BOOKS ARE SOLD



Happy New Year

TO OUR KCFM READERS!

By Callie Collins

Resolutions are a traditional part of each new year but they also reflect an insightful moment of pause between one period of time and the next, the space in which we consider what we want for our lives over the next 365 days.

What is important to us, who we want to spend time with, and how we want to go forward from the point where we find ourselves happens somehow as we change over from one calendar page to another, with a sense of renewal that follows a season focused on comfort and joy. December's transition to January brings out a unique sense of hope.

We asked readers like you to tell us about what they are hoping for in 2020. Our survey received more than 120 responses in less than 24 hours, including these 20 standout responses:

"In 2020 I hope to look around me and count the wondrous blessings I have received and live each day to the fullest." - Bobbie Bishop

"Being the best mom and wife I can be for my family."
- Ariana Martin

"To not worry about the little things in life." - Amber Henson

"Live life to the fullest because we never know how much time we left. Love hard, do what you're passionate about, show compassion." - Andrea Adkins

"Creating even more memories with the family."
- Ashley Frausto

"Spend less time on electronics." - Annmarie Amaya

"Show my kids how beautiful this world is." - Jason Dodson

"Contribute more and volunteer in our community."
- Julie Garcia

"To be more understanding of other people's circumstances." - Brittany Massey

"To be more positive and have a lot more confidence and patience." - Elizabeth Laguna

"My resolution is to be more forgiving. Especially to those who are not sorry so that I can heal and be free and happy!" - Haley Garcia

"I will be kinder to myself." - Blanca Davalos

"Having more family dinners." - Cortney McMahan

"To be the best role model for my kids!" - Jessica Childress

"Let go of anything that doesn't bring me JOY!" - Jena Lords

"Love and enjoy every moment spent with my children, quality time, treasuring memories with them that last for a lifetime." - Brenda Moore

"To be better than last year!" - Esmilda Martinez

"Ride my bike more." - Kathy Oros

"Bringing back manners like when you walk down the street and you greet strangers, or opening and closing doors for people." - Ruth Moreno

"My new year's resolution is to continue my health and fitness journey as a new mom!" - Giovanna Martinez

Other efforts like returning to school, losing weight and taking care of one's self were also frequent mentions. Our staffers were touched to read such personal responses, all of which signify effort that we recognize and wish you success with in 2020. From our families to yours, we hope this is your best year yet.

Want to read
the KCFM Team's
Resolutions?
Turn to page 32.

Don't Quit, Grow Your Brain

By Julie Willis, Bakersfield Mom of Two

Do you ever wonder if your kids hear anything you say? Do you think to yourself, "Why am I even talking? No one listens. I may as well just let them fight, interrupt, and be destructive." If there is ever a contest for getting your kids to turn out right, I've always thought I would pretty much come in dead last. Which is why this whole incident baffled me.



I have been telling my kids, "Practice makes perfect," "Anything worth having is worth fighting for," "Sí, se puede," and every other cliché that might stick in their brains to get across the message that yes, math and spelling and playing the piano are hard, but if you keep trying, you will get better, and it will be worth the effort. I also tell them that intelligence is not fixed; they can "grow" their brains.

When I told Ashley she could grow her brain, she stopped mid-sob over a difficult piano piece to say, "Mom, are you saying my brain is going to get bigger? How can that be? What's it going to do, come out my ears?" To which I naturally launched into a watered-down explanation of the neuro-science of synapses and growth mindset theory. She looked at me crosswise and said the family joke: "Whatcha talkin' about, Willis?"

OK, maybe that was a bit complicated for a six year old. I tried again: "Look, your brain isn't going to get larger, but the cells inside your brain will grow and make connections. You don't get smarter by practicing what you already know; you can only get smarter by learning something you don't know yet. Practice makes perfect." She'd heard that before, so she accepted it without seeming to process it, and I had to let it go. For the moment.

I kept lecturing my children though. Every time they whined about anything being too hard, I told them something about resilience or growing their brain or being gritty. I did this until they would roll their eyes at me. I kept doing it even then. What else could I do? Stop telling them to practice math and spelling and piano? Tell them that they're just not good at those things, so they might as well just give up? There are too many years ahead of them to suffer through thinking "I'm just not a math person."

And then, it happened. Samantha was practicing a typing lesson. Typing is a skill she's not really fond of practicing. She would rather eat her vegetables than type. And she's got about as much natural typing ability as a fish. She said to me at the end of the lesson, "Let me see you do it, Mom." So I did. Naturally, I flew through the most advanced lesson at 67 words per minute. But then, there's nothing "natural" about it. It's just that I've been typing since I was twelve, and I type every day. That adds up to hours and hours of practice. Of course I can type faster than she can. "Mom, you made two mistakes," she was quick to point out. I decided to play her role: "Oh! I'll never get this! I can't type! I'll never learn! I quit!" I went on and on. I howled. I cried. I threw myself on the floor.

Hearing the commotion, Ashley came in the room. Very calmly, she put her hand on my shoulder and said, "Mom, You can do it. You just have to have a growth mindset."

Aha! So they have been listening. They just didn't want to admit it.

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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

JANUARY 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Wednesday, Jan. 1

4 and 5 READY TO STRIVE:

Get your child ready for kindergarten. Wednesday – Thursday 392-2054

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. Open every night until Jan. 4. 5:30 PM - 9:00 PM 872-2256

IRISH NIGHT AT DAGNEY'S:

Musicians of all ages play authentic Irish. 6:00 PM 634-0806

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:

For kids 4-12! 342-2078

SPINNING TALES:

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

TODDLER TIME STORYTIME AT BARNES & NOBLE:

Read stories, have a snack, and color. 631-2575

PATHFINDERS AND ADVENTURERS:

A program for children. 871-5000

MOMNEXT - OLIVE KNOLLS NAZARENE CHURCH:

A group for mothers of school-age kids. 399-3303

AWANA CLUB AT FELLOWSHIP BAPTIST:

Children will learn Bible verses and play games. Ages 3 to 17. 833-4345

Thursday, Jan. 2

HOLIDAY GREASE COLLECTION:

Stop by the City's Holiday Grease Collection locations and dispose of used oil and grease in a safe and environmentally friendly way. 6901 McCutchen Road or 204 Universe Ave. 8:00 AM - 3:30 PM. 326-3249 Open every day until Jan. 10. Closed on Jan. 1, 2020.

BEGINNING ART CLASS:

Bakersfield Art Center. 869-2320

SQUARE DANCING CLASSES:

301-2808

COLOR ME HAPPY FAMILY EDITION AT BEALE LIBRARY:

For the entire family! 11:00 AM 868-0770

LEGO CLUB MANIA AT NORTHEAST LIBRARY:

Build anything you can imagine! 1:00 PM - 3:00 PM 871-9017

Friday, Jan. 3

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

NIGHT SKATING AT SKATELAND:

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

FIRST FRIDAY ART WALK:

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

FIRST FRIDAY AT BMOA:

BMOA offers FREE admission with

extended hours until 8PM. 10:00 AM - 8:00 PM 323-7219

FIRST FRIDAY CRUISE NIGHTS:

Bring a chair and friends and watch as classic cars cruise downtown Taft. 765-2165

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

OPEN ART STUDIO:

Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

Saturday, Jan. 4

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

31st ANNUAL 5K/10K FOG RUN:

This is a Fun Family Friendly race to support At-Risk Youth and Alliance Against Family Violence and Sexual Assault. Rain or Shine.

6299 Lake Ming Rd 6:30 AM 868-4100

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

FAMILY DAY AT BUENA VISTA MUSEUM:

2 Adults and up-to 6 kids only \$20. 10:00 AM - 4:00 PM 324-6350

FAMILY STORYTIME & CRAFT AT NORTHEAST LIBRARY:

Enjoy stories, songs, and a craft. 871-9017

FREE SPAY/NEUTER VOUCHERS:

Free \$20.00 vouchers to assist with the cost of spay/neutering of pets. 2111 Brundage Ave. 9:00 AM - 1:30 PM 325-2589

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.

STORYTIME CAFE AT DOT X OTT:

Join us for stories and songs with your preschooler. 9:00 AM - 10:00 AM 868-0701

JUST FOR KIDS AT BUENA VISTA MUSEUM:

Science Enrichment program. 10:30 AM - 12:00 PM 324-6350

Sunday, Jan. 5

HAGGINS OAK FARMERS MARKET:

8800 Ming Ave, 9:00 AM - 2:00 PM 334-2033

YOGA CLASSES:

Hatha yoga for adults. Chinmaya Gokul Hall. 1723 Country Breeze Pl., 9:30 AM - 10:30 AM 588-0000



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.

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

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

Monday Jan. 6
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 Jan. 7
AWESOME ART: Free for children ages 18 mo.-5 yrs. 392-2029/392-2054

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

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

PRESCHOOL STORYTIME AT SOUTHWEST LIBRARY: Reading for 3 to 5 year olds. 11:00 AM - 12:00 PM 664-7716

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

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

PRESCHOOL STORYTIME AT NORTHEAST LIBRARY: Fun for your 3 to 5 year old. 11:00 AM 871-9017

SESAME STREET LIVE! MAKE YOUR MAGIC AT MECHANICS ARENA: Join your favorite Sesame Street friends on this magical adventure. 5:00 PM 852-7300

TACO TUESDAY AT FRATERNAL ORDER OF EAGLES: Come and enjoy tacos! 1718 17th St. 5:00 PM - 7:00 PM. 324-9684

Wednesday Jan. 8
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

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

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

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

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

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

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

AWANA CLUB AT FELLOW-SHIP BAPTIST: Children will learn Bible verses and play games. Ages 3 to 17. 833-4345

Thursday, Jan. 9
SQUARE DANCING CLASSES: 301-2808

BEGINNING ART CLASS: Bakersfield Art Center. 869-2320

COLOR ME HAPPY FAMILY EDITION AT BEALE LIBRARY: For the entire family! 11:00 AM 868-0770

LEGO CLUB MANIA AT NORTHEAST LIBRARY: Build anything you can imagine! 1:00 PM - 3:00 PM 871-9017

WARMLINE MOM & BABY/ TODDLER GROUP: Bring children for fun play sessions. 323-3531

Friday Jan. 10
OPEN ART STUDIO: Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

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

FLIX: PAVAROTTI AT FOX THEATER: Pavarotti is a riveting film on the icon who brought opera to the people. The Bakersfield College Men's Chorus will also be performing. Ticket Price: \$6.00 6:30 PM 326-3539

FULL MOON COMMUNITY BIKE RIDE: Join us for a family-friendly, all-ages cruise starting at Beach Park and following the bike path to the Marketplace. 3400 21st St. 7:00 PM - 9:00 PM 321-9247

Saturday Jan. 11
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

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

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

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

THE BAKERSFIELD RECITAL SERIES PRESENTS: BRITTEN HINDEMITH: 1900 Baker St. 7:00 PM 489-1001

Sunday, Jan. 12

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

YOGA CLASSES: Hatha yoga for adults. Chinmaya Gokul Hall. 1723 Country Breeze Pl., 9:30 AM - 10:30 AM 588-0000

Monday, Jan. 13

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: THE MATRIX AT FOX THEATER: \$5.00 6:00 PM 326-3539

Tuesday, Jan. 14

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

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

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

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PRESCHOOL STORYTIME AT NORTHEAST LIBRARY: Fun for your 3 to 5 year old. 11:00 AM 871-9017

BAKERSFIELD CONDORS AT MECHANICS ARENA: Condors take on the Iowa Wild. 6:30 PM. 324-PUCK

MOPS-OLIVE KNOLLS CHURCH: Meeting the needs of every mother of preschoolers. 399-3303

WARMLINE MOM & BABY/TODDLER GROUP: Bring children for fun play sessions. 323-3531

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

AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. Ages 3 to 17. 833-4345

Thursday, Jan. 16

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

Saturday, Jan. 18

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

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

BAKERSFIELD CONDORS AT MECHANICS ARENA: Condors take on the San Diego Gulls. 6:30 PM. 324-PUCK

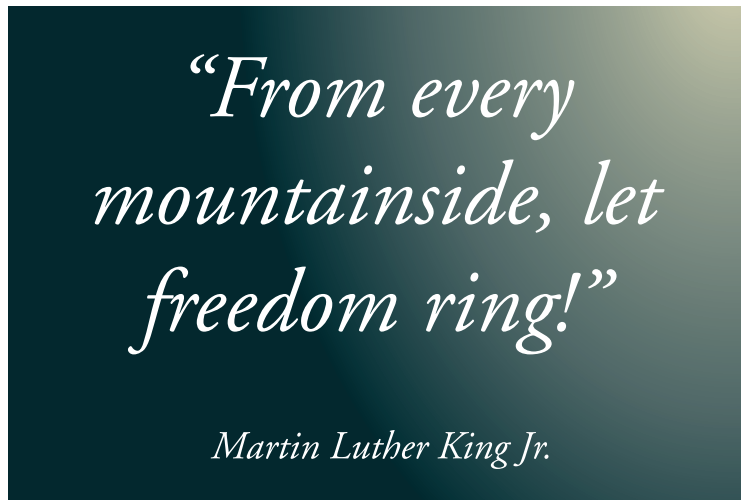
FAMILY STORYTIME AT BEALE LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, and fun for the whole family! 10:00 AM 868-0701

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

FUN, SOCIAL, LEGO WORKSHOP-Disney Theme. The LEGO Workshop is for children with disabilities and their siblings. Come dressed as your favorite Disney character. 10:00am - 12:30pm Canyon Hills Assembly of God-Gymnasium, 7001 Auburn St, Bakersfield. Register : www.kernautism.org

Sunday, Jan. 19

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



Wednesday, Jan. 15

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

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

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

WOMEN'S SELF DEFENSE WORKSHOPS: 322-0931

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

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

SQUARE DANCING CLASSES: 301-2808

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

Friday, Jan. 17

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

BAKERSFIELD CONDORS AT MECHANICS ARENA: Condors take on the Colorado Eagles. 6:30 PM. 324-PUCK

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

Listings of FREE Immunizations

totshots

Kern County Dept. of Human Services

Wednesday, January 11th
100 E. California Ave., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Greenfield Family Resource Center

Monday, January 13th
5400 Monitor St., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Adventist Health Bakersfield

Wednesday, January 15th
2800 Chester Avenue, Bakersfield
from 1:00 p.m. to 6:00 p.m.

Walmart Supercenter

Monday, January 20th
5075 Gosford Rd., Bakersfield
from 9:00 a.m. to 2:00 p.m.

Walmart

Tuesday, January 21st
401 Central Ave., Wasco
From 9:30 a.m. to 2:00 p.m.

Vallarta Market

Thursday, January 23rd
Bear Mountain Blvd., Arvin
from 9:30 a.m. to 2:00 p.m.

NOR Riverview Park

Monday, January 27th
437 Willow Drive, Bakersfield
from 9:00 a.m. to 2:00 p.m.

New Life Church

Wednesday, January 29th
4201 Stine Road, 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.

YOGA CLASSES: Hatha yoga for adults. Chinmaya Gokul Hall. 1723 Country Breeze Pl., 9:30 AM - 10:30 AM 588-0000

Monday, Jan. 20

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, Jan. 21

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

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

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

PRESCHOOL STORYTIME AT SOUTHWEST LIBRARY: Reading for 3 to 5 year olds. 11:00 AM - 12:00 PM 664-7716

PRESCHOOL STORYTIME AT NORTHEAST LIBRARY: Fun for your 3 to 5 year old. 11:00 AM 871-9017

Wednesday, Jan. 22

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

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

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

WATERCOLOR WEDNESDAYS AT SOUTHWEST LIBRARY:

Create watercolor paintings! 3:30 PM - 4:30 PM 664-7716

BARKS & BOOKS AT BEALE LIBRARY:

Read aloud to a furry friend. Ages K-8. Registration Required. 4:00 PM 868-0700

TANGLE FRIENDSHIP CLUB AT SOUTHWEST LIBRARY:

Pattern Drawing Zentangle enthusiasts have some quiet time to draw and share with others. For ages 13 and up. Free gift for first time attendees. 5:00 PM - 6:30 PM 343-5303

AWANA CLUB AT FELLOW-SHIP BAPTIST:

Children will learn Bible verses and play games. Ages 3 to 17. 833-4345

Thursday, Jan. 23

SQUARE DANCING CLASSES: 301-2808

BEGINNING ART CLASS: Bakersfield Art Center. 869-2320

COLOR ME HAPPY FAMILY EDITION AT BEALE LIBRARY:

For the entire family! 11:00 AM 868-0770

LEGO CLUB MANIA AT NORTHEAST LIBRARY: Build anything you can imagine! 1:00 PM - 3:00 PM 871-9017

PARENT & SIBLING AUTISM SUPPORT GROUP MEETING

6:00 pm – 7:30 pm, Canyon Hills Assembly of God Church-Room 204 7001 Auburn Street, Bakersfield, CA, 9330

WARM-LINE MOM & BABY/TODDLER GROUP:

Bring children for fun play sessions. 323-3531

Friday, Jan. 24

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

FINGERPAINT FRIDAYS AT SOUTHWEST LIBRARY:

Make a fingerprint creation! 11:00 AM - 12:00 PM 664-7716

FLIX: STANDING UP, FALLING DOWN AT FOX THEATER:

A struggling stand-up comedian moves back home to Long Island and strikes up an unlikely friendship with his eccentric dermatologist. Ticket Price: \$6.00 6:30 PM 326-3539

OPEN ART STUDIO:

Bring your latest project and supplies to the Bakersfield Art Center! 869-9320

Saturday, Jan. 25

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

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!

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

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

BOARD GAME CAFE AT SOUTHWEST LIBRARY: Spend an afternoon exploring and playing a variety of board games and challenge your friends and neighbors. Refreshments provided! 2:00 PM - 4:00 PM 664-7716

GUIDED NATURE HIKE AT WIND WOLVES: Join a Naturalist for a guided hike. 10:00 AM - 12:00 PM 858-1115

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

MONSTER TRUCKS MONSTER X TOUR AT MECHANICS ARENA: See these incredible 10,000-pound, car crushing giants compete in racing, wheelie contests, and then rock the house with amazing freestyle action. Plus, you can meet the drivers and see the trucks up close at the pre-event Autograph Pit Party! \$14-\$43. 1:30 PM and 6:30PM 852-7300

Sunday, Jan. 26

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

YOGA CLASSES: Hatha yoga for adults. Chinmaya Gokul Hall. 1723 Country Breeze Pl., 9:30 AM - 10:30 AM 588-0000

Monday Jan. 27

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: DOUBLE INDEMNITY AT FOX THEATER: Ticket Price: \$5.00 6:00 PM. 326-3539

Tuesday Jan. 28

MOPS-OLIVE KNOLLS CHURCH: Meeting the needs of every mother of preschoolers. 399-3303

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

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

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

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PRESCHOOL STORYTIME AT NORTHEAST LIBRARY: Fun for your 3 to 5 year old. 11:00 AM 871-9017

WARMLINE MOM & BABY/TODDLER GROUP: Bring children for fun play sessions. 323-3531

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Thursday Jan. 30

SQUARE DANCING CLASSES: 301-2808

BEGINNING ART CLASS: Bakersfield Art Center. 869-2320

COLOR ME HAPPY FAMILY EDITION AT BEALE LIBRARY: For the entire family! 11:00 AM 868-0770

LEGO CLUB MANIA AT NORTHEAST LIBRARY: Build anything you can imagine! 1:00 PM - 3:00 PM 871-9017

FRIENDS OF THE SOUTHWEST LIBRARY USED BOOK SALE: Sale includes books for adults and children, fiction and non-fiction, DVDs and CDs. Proceeds benefit the Library. 8301 Ming Ave. 12:00 PM - 6:00 PM Thursday - Friday 664-7716

Friday Jan. 31

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

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

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

January Worship Guide

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CONT. ON NEXT PAGE

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Spicy Crispy Chickpeas
Recipe by Family Features/ Atkins.com

Ingredients:

- 1 can (15 1/2 ounces) chickpeas
- 1 tablespoon ghee (or clarified butter), melted
- 3/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon chipotle chili powder

Directions

1. Heat air fryer to 390 F 3 minutes.
2. Using fine mesh sieve, drain and rinse chickpeas. Use towel to gently pat chickpeas dry, removing skins.
3. In small bowl, toss chickpeas with ghee and salt.
4. Cook in single layer in air fryer 6 minutes. Pause and shake bowl; cook 6 minutes. Pause and shake bowl; cook 3 minutes.
5. In separate small bowl, sprinkle chickpeas with spices and toss to evenly coat. Chickpeas can be stored in open container at room temperature up to 3 days.

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Upcoming January Events

Fun, Social, LEGO Workshop-Disney Theme, Saturday, January 18th 10-noon.
Register: www.kernautism.org

Monthly Autism Support Groups

Parent & Sibling Support Groups:
Thursday, January 23rd, 6-7:30pm. Canyon Hills Assem. of God Church, Rm 204

Save the Date

• Autism Spectrum Seminar February 14th, "Assistive Technology for Autistics" Register at www.kernautism.org

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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- Monthly Parent Support Groups
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- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com
2920 H Street, Suite 107, Kern Island Building



KCFM STAFF RESOLUTIONS
(Because writing them down helps hold all of us accountable!)

I'm going to tame all the hidden spaces like closets, drawers and shelves. Marie Kondo doesn't work well for families. However, there has to be a happy medium so we don't have 3,000 square feet of space with pops of clutter around. Having four young children complicates that, but we will find a way in 2020. —Callie Collins

I definitely need a vacation before I commit to any resolutions! — LJ Radon

After an exhausting day of work and momming, reading before bed is such a good escape for me. I want to read 25 books this year (fiction and memoirs are my favorite). My office is across the street from a library, so I have no excuse! —Pam Huber

ACTIVITY CORNER ANSWERS

p.34

Sudoku:

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

Crossword:

- | | |
|-------------|-------------|
| Across | Down |
| 1. Helpers | 1. Healthy |
| 5. IL | 2. Lima |
| 7. Ma | 3. Plantain |
| 8. Loan | 4. Renew |
| 9. Towel | 6. Failure |
| 10. Consume | |

What Kids Learn from Collections

By Sarah Lyons

My kids love to collect everything from rocks to stickers. They bring my kids joy and entertainment but they also seem to take up space and collect dust. Are there benefits to encouraging the kids to collect items? While these treasures seem like garbage to me, they can be a great opportunity for kids to research and learn about things that interest them and experience the world around them. Here are some great reasons to encourage your child's collection.

Teaches responsibility

Kids who collect items will need to learn to be responsible for them. They will sort, take care, and find creative ways to display the things they are interested in. They will need to make sure they are well cared for and stored correctly so they don't get lost or broken. This will help them learn responsibility and organization.

Experience the world around them

Kids who collect items are more likely to spend time reading about, sorting, and discussing their collections they will experience the world around them. While collecting rocks, kids will learn about science. While researching stamps or coins they will learn about history. A leaf or shell collection will teach them about nature and a baseball card collection teaches them about sports and math as they study and compare statistics.

Create a story

Collections can also help kids create a story. As they look through the items in their collection they can recall where they found the item - at a family trip to the zoo or on a hike with a friend and they can remember, share the experience, and learn to tell a story about how they acquired the item.

Lessons in budgeting

Kids who collect items that need to be purchased will have the opportunity to learn budgeting skills. They will need to research how much the item costs, find a way to earn money, and save until they can purchase the item. This may provide the opportunity to research and compare items and compromise which item they can afford.

Brings joy

While your child's collection may look like a dust collector to you, it likely brings your child happiness. When I really think about it, I have my own collections that bring me joy. A stack of books by my nightstand, my grandmother's china, more lipsticks and nail polish than I truly need, and enough kitchen gadgets to fill two kitchens. I don't need these things but I have collected them over the years and they bring me joy. Your child's collection brings them a similar happiness and it is important to remember this.

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Sudoku

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

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!

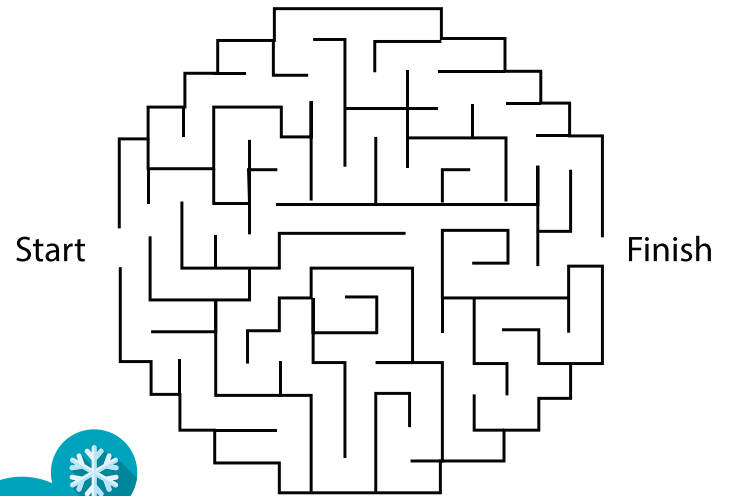
Word Find

Find the hidden words in the puzzle

BROADBAND	KEYBOARD	REBOOT
COMPUTE	MEMORY	SECURE
DATA	PROCESS	STARTUP
FIREWALL	PROTECT	VIRUS

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

Maze Craze



Crossword Puzzle

1		2	3		4		
		5					6
		7					
8							
			9				
	10						

ACROSS

- Assistants
- Midwestern state (abbr.)
- Slang for "mom"
- Give temporarily
- Drying cloth
- Eat

DOWN

- Good for the body
- Type of legume/bean
- High-starch banana
- Start up again
- Lack of success



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