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FEBRUARY 2020

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plus: temblor brewing review p.17 recipe: chocolate macarons p.20

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MEMBERS OF



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Love Your Heart

This month's **Hello, Happy Mama** article features an interview with heart disease advocate Alissa Carlson Schwartz, shown here with her husband Neil Schwartz and daughter Aris, 3. Photographs by Jemma Ray Photography



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You Can Do It: Chocolate Macarons

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dear reader



**Vaun Thygerson,
Contributing Writer**

I love February because of Valentine's Day and all the love and romance that comes with it. But the truth is, February really makes me happy because we get two President's Day holidays when there is no school for two consecutive Mondays – one for Washington and one for Lincoln.

I have learned to appreciate Lincoln and all he did for our country as seen through the eyes of my son. In Kindergarten, my youngest child took a special interest during President's Day presentations to learn all he could about Abraham Lincoln. Over the years, we wanted to encourage his passion, so we took him to the Lincoln Exhibit at the Reagan Library, bought him books, a costume, and we even found him a Lincoln Lego figurine. When the Daniel Day Lewis movie about Lincoln came out, we took him even though some thought he was too young. He was engaged during the entire movie.

Through all of these experiences, he actually became a little expert on Lincoln's presidency and life. He's now in 8th grade, and still loves the 16th president. In fact, three years ago when we got our new puppy, he convinced us to name him Lincoln.



Janelle Capra loves February because it's a chance for heart health awareness. In her Hello Happy Mama article, "A Healthy Heart is a Happy Heart," on page 16, she writes about a personal experience that encouraged her to make

healthy adjustments to help her heart. She also reached out to Alissa Carlson, Chief Meteorologist at KGET-TV, to write about her heart-related story and how her daughter Aris saved her broken heart. Make sure to wear red this month in support of healthy hearts!

Special thanks to Don Bynum of Temblor Brewing Co. for hosting KCFM for the food review, "Temblor Brewing Co: Celebrating Hometown Roots," on page 18. Not only did the reviewers have a delicious food experience, but they enjoyed the ambience of a true Bakersfield showpiece. Temblor Brewing Co. is more than a restaurant; it's a comedy club, music venue, and much more.



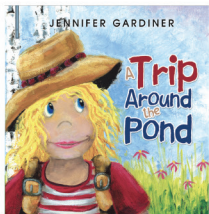
**Zane with Lincoln.
Photo by Vaun Thygerson**

February is a fun month celebrating love, Presidents of the United States, and a chance to promote a healthy heart. Make sure to introduce your children to all of it, because you never know what will spark a lifelong interest. As Abraham Lincoln said, "The best way to predict your future is to create it."

Happy Valentine's Day!

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Hosted by Jennifer Gardiner Author & Illustrator



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Session #2
2pm - 5pm

WEEK #2
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Session #1
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Session #2
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An Inspiring New Girl Scout Cookie in Town

With bingeable favorites like Thin Mints, Samoas, and Tagalongs, this year's Girl Scout cookie season offers a brand-new cookie in its line-up. The new Girl Scout Lemon-Ups™ cookie is a crispy lemon cookie baked with messages inspired by Girl Scout entrepreneurs. "I am a go-getter" and "I am an innovator" are some of the eight phrases featured on the inspiring Lemon-Ups.

You can find a Girl Scout cookie booth near you with the Cookie Finder at www.girlscoutscs.org or use the Girl Scout Cookie Finder app available for iPhone or Android.

Photo courtesy girlscouts.org.



Inaugural Kern County Living History Festival

Calling all re-enactors and living historians from all time periods to participate in the first Kern County Living History and Military Festival on Friday, February 28th, to Sunday, March 1st, at Hart Memorial Park, Bakersfield. Period entertainers and historical impersonators will teach and engage with the public to bring history to life. Owners of antique steam and gas engines, farm equipment, and/or military vehicles are also needed.

All living historians/re-enactors will need a minimum of liability insurance and a signed waiver along with \$10 to participate. To sign up as a vendor or a non-profit organization, or to find out more information, contact Ivan Workman at ivanworkman@gmail.com or 714-473-7272.



Hook and Ladder BBQ

The Hook and Ladder BBQ benefitting Bakersfield City and Kern County Fire Burn Survivor Foundation will be held Wednesday, February 5th, from 11 a.m. to 2 p.m. at Compassion Corner, 2120 L Street, Bakersfield (across the street from KGET-TV 17). A \$5 donation includes a hamburger, chips, cookie, and a water.

These organizations are dedicated to assisting Kern County burn survivors and their families. To place a pre-order of 10 or more, please call 661-432-5023.



Inaugural Mayor's Ball

Join local leaders at the First Annual Mayor's Ball on Saturday, February 8th, from 6 to 9:30 p.m. at City Center, 3201 F Street, Bakersfield. This black-tie gala will benefit CityServe, a local non-profit organization that engages community leaders with churches of all denominations across Bakersfield and connects them with people and families in need.

This event will feature red carpet entrances, amazing music, photo opportunities, dinner, and dancing, all while helping a good cause. Formal attire is required: Black tie and ballgowns. Tickets are \$100 and available on www.eventbrite.com or call 661-371-2650.

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



Six Reader-Recommended Local Restaurants to Celebrate Valentine's Day

The month of February is dedicated to friendship, romance, and love. Celebrating the special relationships in our lives takes place in many ways, but a traditional dinner out can be memorable for couples. Our readers supplied their answers on where to celebrate the occasion, and here are six of their selections:

Q. What's the best dinner place in Kern County on Valentine's Day?

"Frugatti's" - Beatriz Olaya

"Tahoe Joe's" - Jessica New

"The Crystal Palace" - Emerenciana Austria

"Yard House" - Christmas Egger

"Uricchio's Trattoria" - Anitra Rowel

"I would love to start Valentine's Day in the morning at the best breakfast place in town, which is **Old River Grill**. Either location is always an incredible dining experience!"
- Dawn Miller

Second Month, Second Chances:

11 Simple Changes to Make Every Day Better

By Callie Collins

New Year's resolutions often imply major lifestyle changes that require significant shifts in behavior and consistent effort. If your 2020 isn't off to quite the start you had hoped for, it's not too late to start again or take a different approach. Every morning is another fresh start and simple changes that are repeated become positive habits that contribute to your wellbeing each day.

Whether your approach to change is leading up a drastic shift, or you're just improving the quality of your life with small but deliberate actions, 2020 can still be your year. Don't be afraid to reevaluate what's working and what isn't as you make progress toward your 2020 goals.

Here are 11 simple changes to add to your quality of life day by day:

- 1. Get enough sleep:** If you're feeling exhausted, reevaluate your bedtime. Don't have a bedtime? Set one and roll it back by 15-minute increments until you feel more refreshed the next day.
- 2. Just add water:** The benefits to drinking at least eight cups of water each day are overwhelming, from kidney health to better skin. Swap your soda for water and you're also cutting out empty calories which can lead to weight loss. If choosing flavored water or adding fruit slices gets you to drink it, use one of those many options.
- 3. Get up and walk:** Adding just 20 minutes of walking to your day can boost your mood and slim your waistline. Walking is considered weight-bearing exercise and it's free. Take a stroll outside to change your perspective, and soak up vitamin D, too.
- 4. Choose fruit:** Add fiber and vitamins to your day with a side of fruit for an easy snack. Challenge yourself to eat five servings of fruits and vegetables each day.
- 5. Stretch:** Increasing range of motion and flexibility, reducing anxiety, and improving posture are benefits of stretching, according to Prevention.com.
- 6. Read a book:** Add 20 minutes of literature to your day that doesn't involve your phone. Pick up a real book and renew the habit of reading with an old favorite or a new title that isn't just for kids. As parents, it's easy to fall into the habit of reading children's books only as we read aloud to our kids, but letting them see that we read our own books, too, fosters that habit.
- 7. Clean a space:** Choosing a small, contained area like a drawer or cupboard and wiping out clutter can make your life feel more streamlined, one space at a time.
- 8. Change your routine:** Find a new way to work, run an errand at lunch, or pop into a new cafe. Shop local and see what's in your community. Discover what's different about living in your area.
- 9. Play tourist:** Expand your horizons by seeing what's new in Kern County. Know of a great business we should cover? Write to callie@kerncountyfamily.com
- 10. Volunteer:** Doing good for others can change your perspective. Find a cause to advocate for that has a tangible result, like solving school lunch debt at your local elementary school. Sign up to help The Mission at Kern County or another amazing non-profit.
- 11. Be intentionally kind:** Choose to be the change you want to see in the world. Pay for someone's coffee in line behind you or offer your grocery store a \$5 credit for someone who's short on cash. Kindness can also cost nothing when you pay a compliment, put away a shopping cart for a busy mom, or choose to extend grace to others when possible. Doing so can benefit your life in unexpected ways.

"SOMETIMES, SECOND CHANCES WORK OUT EVEN BETTER THAN THE FIRST, BECAUSE YOU LEARN FROM YOUR MISTAKES."

- Nishan Panwar, author



M T
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Night to Shine Celebrates Young Adults With Special Needs

CrossRoads Christian Fellowship partners up with the Tim Tebow Foundation to present Night to Shine, a prom night for young adults with special needs, held on Friday, February 7th, from 6 to 9 p.m. at the church's campus at 2500 Fairfax Road, Bakersfield. Held annually and worldwide the Friday before Valentine's Day, this prom gives young adults with special needs, ages 14 and older, a night they will never forget.

This is a free event. For more information, please visit www.nighttoshinebako.org.



Make the Dentist a Fun Experience for Kids

By Metro News Service

Visits to the dentist for periodic cleanings and checkups are an important component of oral hygiene. Dentists also may be the first people to identify potential issues that can affect health elsewhere in the body.



Many people are unaware that children should visit the dentist early in their lives. The American Academy of Pediatric Dentistry recommends that a child should visit the dentist by age one or within six months of the eruption of his or her first tooth. However, many parents wait until much later — age two or three — to take kids to the dentist, offers Delta Dental Plans. Hesitance to visit the dentist may stem from personal fears or perceived reactions by children.

Primary teeth may eventually fall out, but they shouldn't be ignored. They save space for permanent teeth and serve other functions. Therefore, parents should begin to acclimate children to the dentist at a young age to make the experience fun and even enjoyable.

Lead by example

Children who witness their parents putting off going to the dentist or being apprehensive about visiting the dentist may develop their own fears. Always paint the dentist in a positive light and keep appointments.

Focus on the good aspects

Talk up all the benefits of going to the dentist, such as having a squeaky clean and fresh mouth. Many hygienists will hand out small toys after a successful visit, or at the least a great new toothbrush and other fun products to try.

Get a tour of the office

Ask the staff if your child can get a special tour of the office with explanations of all the tools and equipment. Understanding what to expect the next time around in a no-pressure situation can make the process much easier for everyone involved. The dentist may be able to also give a test ride on the exam chair, moving it up and down, as well as showing off the water fountain and oral irrigator.

Avoid giving false hope

Do not tell a child that "everything will be OK" at the dentist's office. If a child needs treatment that may be uncomfortable, he or she may not trust you the next time a dental visit is scheduled, according to Joel H. Berg, D.D.S., M.S., Director of the Department of Dentistry at Seattle Children's Hospital. Avoid words like "shots," "pain," "hurt," or even "cavities." Dentists, particularly pediatric dentists, may have their own vocabulary that can assuage fears and seem less alarming to kids.

Over time, dental visits can become an easy routine with children, setting them up for a lifetime of healthy mouths and teeth.

It's Not Too Late to Protect Your Family from the Flu

By Andrea Rose

Flu season remains underway. According to the California Department of Public Health, there have been more than 70 deaths since September, and hospitalizations for flu are above expected levels.

Flu B viruses are predominating in California, but A (H1)pdm09 viruses are also circulating.

Even if your family has stayed safe, it's not too late to take extra precautions.

An annual seasonal flu vaccine is the best way to help protect against flu by reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

During seasons when the flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent.

Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults and older adults and can prevent thousands of hospitalizations each year.



According to the CDC, flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are used to make the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Most flu vaccines in the United States protect against four different flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and two influenza B viruses.

The CDC recommends use of any licensed, age-appropriate influenza vaccine during the 2019-2020 influenza season and urges everyone 6 months of age and older to get a flu vaccine every season with rare exception.

Ideally, people should get a flu vaccine by the end of October, however getting vaccinated later can still be beneficial.

Flu vaccines are offered in many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.



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Buddha's Hand

Change Up Your February Fruit Bowl By Callie Collins

If you're looking to change up your usual fruit bowl selections, round out the usual plate of apples and bananas with more memorable fare. Seasonal selections make for fun visits to the farmer's market but they may not always look like what you'd expect to find. Buddha's Hand is a winter citrus that stands out, with its curved finger-like tendrils and distinctive bright yellow hue.

Although the fruit is often an ornamental element used to add color to food dishes and even in home decor, it's also used as a garnish, an ingredient and as a household aromatic. It's a completely edible fruit known for its sharp taste and use in recipes. The University of California Riverside lists its cultivation in our state as unique; it used to be difficult to find in the 1980s but has since become more common.

Buddha's Hand is an excellent source of vitamin C, according to the produce company Melissa's. The company lists that the fruit is associated with traditional lore that lists it as a source of happiness, longevity, and good fortune.

HOW TO CHOOSE BUDDHA'S HAND: Select a plant that doesn't look blemished and is free of mold.

HOW TO STORE IT: Keep Buddha's Hand in the refrigerator for up to four weeks or at room temperature for up to two weeks.

IDEAS FOR USING IT:

Zest it: Make marmalade or use it in any easy recipe that calls for citrus zest.

Slice it: Add wedges to cocktails or fish.

Use it around the house: Cut off a piece and set it out to deodorize a room. Add it to a load of laundry in place of fragrance beads or other laundry scent boosters.

WHERE TO FIND IT: Murray Family Farms often has a seasonal selection available through the month of February. Check with Murray Family Farms at <https://www.murrayfamilyfarms.org/> or another local produce retailer.





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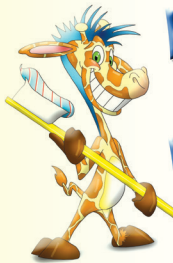


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Susanne Dietze, Romance Novelist, Shares her Unusual Path to Success

By Callie Collins

Romance novels may not be the genre that comes to mind as fine literature, but a conversation with local author Susanne Dietze would likely change that perception.

Dietze recognizes that romance novels are often perceived as “cheesy and poorly-written and not actually that popular.” However, the value of her chosen genre is in part proven by its annual revenue. According to MarketWatch’s 2018 statistics, romance novels make up more than \$1 billion in sales and more than 30 percent of consumer book purchases overall.

“They outsell other fiction like spy novels, crime novels, fantasy novels and categories that seem like they’d top the list. The editing process I’ve had to go through has been very thorough. Our stories are powerful. Romance novels portray women in a positive light and they typically show a journey of self-discovery for both characters,” she explained. “Romance novels enrich vocabulary, and they absolutely have literary and historical value.”

The Bakersfield-based writer works through multiple publishers, including the genre’s most famous editorial house: Harlequin Romance.

Since 2015, Dietze has published one non-fiction story published in “Chicken Soup for the Soul: Devotional Stories for Mothers,” four novels, and 13 novella collections, the majority of which are period literature set in different historical eras. She has three novels coming out this year, including “Blizzard Bride” in February. Several titles are also slated for publication in 2021, including two that feature contemporary settings.

Dietze is a pastor’s wife and writes primarily for a Christian audience through a genre called “romance with spiritual elements.”

“People want and need upbeat stories that won’t give them nightmares before they go to sleep. Life is so unpredictable. We all need to read something relaxing before bed.” -Susanne Dietze, Romance Novelist

“Others can enjoy it too, but God is central in the storyline, as in spirituality cannot be removed from the plot without ruining the storyline,” said Dietze.

Kissing is as far as the romance goes in her stories, which she describes as suitable to gift to Grandma or a teenager.

Surprisingly, Dietze’s writing career began somewhat later in life; although she enjoyed writing short stories in high school that featured friends, her work wasn’t published until she was over 40. After winning third place in an industry conference, she decided to try submitting a draft for publication.



(Above) Susanne Dietze, (left) Her latest novel, available this month.

Success, however, wasn’t immediate.

Five years of rejection notices culminated with a thoughtful three-page reply from an editor outlining what worked and what didn’t in her submission. Dietze took her advice and made revisions. The woman who drafted the reply is now one of her editors.

Dietze signed with a literary agent six years ago. She remains extremely grateful for the support of her husband, grown children, and parents.

“If you have a dream, do not give up on it. Keep trying. Pursuing that dream takes a lot of work. I’m still trying to improve and get better at my craft, but it has been a thrill to get this far,” she said. Her work has kept her busy, with as many as eight projects at once, and her novel was a finalist for a Romance Writers of America award last year.

“I think people seek out romance novels because the stories are optimistic and hopeful and have happy endings, a lot of the same popularity of the Hallmark Channel’s movies.

People want and need upbeat stories that won’t give them nightmares before they go to sleep,” she said. “Life is so unpredictable. We all need to read something relaxing before bed.”

Dietze’s books are available on Amazon.com. Find more information at susannedietze.com.



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Adults Who Care

How KernYES! Reaches Youth in Kern County

By Callie Collins, Photos courtesy of Steven Gibbs.

One caring adult can make an incredible difference in the life of a child. Developmental research confirms that listening to, talking with, and being present for a teen increases his or her likelihood of becoming a productive adult, who in turn repeats a positive cycle of mentorship.

What can happen when volunteers, motivational speakers, counselors, local Rotary Club members, known as Rotarians, and other people who care come together for the teens in a community? Kern County is finding out through KernYES!, which stands for Youth Empowerment Summit. The day-long series of workshops, motivational speakers and team building exercises that foster self-efficacy will host its third annual event on Saturday, Feb. 22nd.

This year's KernYES! event will take place at The Fort, in Taft, a historical site known as a Works Progress Administration (WPA) project completed in 1940 as part of President Roosevelt's New Deal.

Four high school students in ninth, tenth and eleventh grade from each of Kern County's 25 high schools will be selected to participate. School counselors nominate teens for consideration. Parents may encourage their students to check in with a school counselor to ask about being nominated, but they cannot nominate their children

directly. A total of 140 students will be selected to allow for alternates.

The Purpose of KernYES!

The mission of KernYES! is "to empower the hearts and minds of Kern County's high school students to become models of character, leadership, and service."

However, unlike other community-based programs, it is not strictly geared to the two extremes within the typical school setting: top-tier students who exhibit leadership or low performing students who may be involved with intervention efforts and have access to specific resources.

"What happens to the kids in the middle? They have the potential, but it hasn't been manifested," said Li Gibbs, a key organizer and Rotarian. "We recognize that middle child syndrome and fill their toolbox with tools to find the power within themselves to do better, to push themselves to go beyond what they're doing right now. Sometimes, all it takes is a tiny little push."

Rotarians' Role

The event is a collective effort that 13 Rotary Clubs help fund, organize, and staff, along with many other community organizations and sponsors.

Despite that committed involvement, Rotarians' role is somewhat different on the big day.

"Rotarians aren't there to lead. Facilitators facilitate. We have that role covered by some of the best mentors you could find for kids. What we're there to do is to encourage," said Gibbs' husband, Steven Gibbs, a local attorney who has been involved with Rotary since 1991. He is a past president of the East Bakersfield chapter and currently serves as a Rotary board member.

Li agreed that the service aspects of the summit stand out, as well as the ability to spark positive change. "Our idea is to inspire. For every youth you inspire, a mentor is born," she said.

Fostering Community Service

Steven and Li's dedication to Rotary has personal and professional ties. One of the couple's first dates was out at a Rotary event and both are involved as founding members of the KernYES! Project. They recognize students' potential to help locally if given the chance.

"So many kids are not taught about how gratifying it is to help their school and their community," said Steven. "For me, it's about giving back. I was involved as a youth in organizations like Boy Scouts back in the midwest, and as I grew older, different

organizations. If we're hoping for a better future for our youth, they need mentors, and they need to mentor each other."

Li saw proof of those concepts firsthand through her work at Bakersfield's Centennial High School, where she helped more than 100 students involved in Rotary, with resulting community recognition and formal awards. "Kids that age want to do good but need someone to show them how," said Li.

Cultivating Empathy and Listening to Kids

Organizers are grateful for the help of sponsors and local supporters like Kern County Superintendent of Schools, Mary C. Barlow. Student transportation to The Fort is arranged for the youth summit at just the cost of labor for bus drivers and is free for participants who meet up in Bakersfield, and then take a 40 minute bus ride together on public school buses. Conversations unfold during that ride and friendships begin to develop from the beginning of the day.

"Seeing each other as people at the heart of everything is really the goal," said Li. "We all bleed red. There's no reason for hatred. While kids are wondering what they've gotten themselves into for the day, we're cultivating empathy and showing them they have nothing to fear when it comes to kids who come from other schools."

Volunteers greet students, a PA system blasts music and the kids start their day with the kind of energy that characterizes the joy of youth. Four groups let students work in teams and they convene with all participants for speakers and meals. The day is structured with a focus on students' wellbeing and includes four workshops: ethics, team building, diversity, and understanding. There are motivational speakers, including Bakersfield's former Chief of Police, Lyle Martin, and nationally-touring success coach and author Tabitha Christopher; an awards ceremony rounds out the experience and a DJ ends the night with music and a lightshow.

Through it all, that spirit of a human-to-human connection prevails, and that is what makes KernYES! a way to reach students at pivotal life stages. The only group session held behind closed doors broaches deep subjects like divorce, suicide, alcoholism, and drug abuse.

"I help lead that session and it does bring up a lot of topics that may be relevant for students at home. The love and empathy in that room feel palpable when we talk about what it means to have life issues that are serious and not always easy to overcome," said Li, who also noticed the absence of student's phones being taken out during the sessions. Summit organizers don't take devices away or even ask participants not to use them, because screens

story continues on page 14

Speaker Profile: *Tabitha Christopher*

"What's your story?" is a question that has haunted Tabitha Christopher's life. The acclaimed author and success coach has experience as an athlete and an actress, but she describes herself as a storyteller and recalls being paid for public speaking at the age of 13. Telling her own story, though, didn't come as easily to Christopher, a native of the U.S. Virgin Island of St. Thomas.

"I kept asking my mother from a very young age, around 5, 'Why am I here?' and she didn't have an answer for me," said Christopher. "My natural gift has always been storytelling and speaking. Whatever it is I do, it has to cause impact, a transformation in people. My plan was to share stories but not share my story. Those abilities led me down a path into the entertainment industry as an actress, and I was sharing other people's stories and thinking that somehow, this had to be enough. I knew deep down inside, though, that I was not being true to why I was created and was not having the impact I needed to have."

Childhood trauma that included abuse were topics Christopher refused to acknowledge. She did not want to reveal household tensions and family issues that would have been considered shameful within her culture.

As an athletic college student, though, Christopher collapsed three times while running a drill at Pensacola State College, and resulting tests showed she had nearly suffered a heart attack.

"A doctor came in and, as a last resort in trying to figure out what happened with my health, he asked 'Are you upset with someone?' and I said 'yes.' He said, 'Well, listen, whoever it is, let them go. It's not worth your life.' I realized that holding onto all that stuff since I was a little kid was going to be detrimental to my health."

Christopher gradually began the process of forgiveness. "The first step was that I started to write about it. I wrote and kept writing. Then, I found the courage to speak. Then, I shared my story out loud in third person, because I couldn't own that space yet," said Christopher. "I didn't realize how healthy that process is. When I could own it, my perspective started to change. I started seeing myself no longer as the victim but



as the victor, because what I lived didn't give me an excuse to repeat the cycle or be overcome by that abuse."

An important step in Christopher's journey was seeing the family member she had pushed away, facing that person, and choosing to forgive. "The importance of forgiveness is to help us to do family better. It could be your work family, your blood family, your community family, or the family you want to honk at in traffic. From that place, when we start there, we can get on the path to healing," said Christopher.

Christopher talks to the students gathered at KernYES! about the impact Hurricane Hugo had on her family and relates it to their own life struggles. Her parents were living in St. Thomas when Hugo devastated their home in 1989. "Whatever's happening outside of you is not more powerful than what's already happening inside of you. That storm makes you better or bitter, but you have the power to choose. Kids are created with purpose, on purpose, and for a purpose. Therefore, we can only win when we choose not to be affected by life circumstances and instead to glorify God and manifest love in every single moment gifted to us."

Transparency now characterizes that approach to Christopher's public speaking. She can talk about her life now, and that conversation continues as she returns to schools. "I admit what I'm struggling with, and I do try to be better the next time I see you," she said.

Christopher is the author of a series of healing journals and the book *Secrets: The Book of Destiny*. Follow her on Twitter at @booktabithanow.



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simply haven't been a problem, as the students are consistently engaged in what's happening in front of them during the day.

"We want students to do the talking and express themselves, as opposed to how they often are in school, where the adults are talking to them or at them and not listening," said Steven. "We are listening. We talk all the time about how these kids are so distracted by their phones. Well, we are too sometimes, as the adults in the room. Really giving young people the opportunity to speak and to be heard lets them know they have a voice, and we are also paying attention."



Organizers Steven and Li Gibbs, with Tabitha Christopher (center)

Connecting With Teens

The opportunity for adults to interact with young people is also an unexpected benefit for many of the volunteers.

"Rotarians don't always connect with high school students. A lot of service clubs are aging. We have to have a way to connect with students if community groups are going to be around for the next generation," said Steven. "Most of our volunteers are surprised how energizing and how pleasant the kids are. No doubt, they go home exhausted, but it was worth spending the day with teens right here in Kern County."

How to Help

Additional volunteers at the summit and sponsors from the community are always needed. The program has no paid staff and relies on volunteer labor, reduced speaker fees and donated or discounted food and other services to make the day a success.

"All donations that go into it go directly to the kids," said Steven proudly. "We absolutely want to thank every volunteer, every sponsor, and every speaker who has worked to make this program possible."

Find more information about KernYES!, including how to volunteer, at <https://kernyes.org/>.

About Rotary International

Rotary International is a service organization with more than 1.2 million members and 35,000 clubs worldwide, according to its website, which sums up Rotarians' commitment to world issues through local action on topics that range from hunger to economic disparity and vaccination to reduce disease.



"Rotary isn't about where you come from or what religion you are," said Li. "It has nothing to do with politics and is 100 percent about giving. You can go into so many places in the world and connect with other Rotarians, men, women, people from all walks of life who have community service in common."

Find a chapter near you at www.rotary.org.

Everyone Counts

How Kern County Libraries Are Encouraging Local Participation in the 2020 Census

By Callie Collins

The 2020 Census is the theme for upcoming programming at a Kern County Library branch near you. Themed activities, including scavenger hunts, the ability to research your family tree online and create a family coat of arms, and sessions to put together finger puppets are slated as free public events through April. A reading challenge is also part of what staffers have planned this spring.

Learn more about the diversity of founding families within Kern County with related library displays, and look up your family's own immigration story, too. The theme's purpose is to create more awareness of family history, personal identity, and the role of all Kern County residents in forming a society that should stand up and be counted, as community funding depends on that self-identification.

About the 2020 Census

The Census is important because it helps to determine the amount of federal dollars allocated per person for services that support the community, including child care, public schools, roadway maintenance, hospitals, senior services, and more.

According to the Kern County Library's website, "The state will lose federal funding of approximately \$1,950 per person, per year, for ten years, for every person not counted in the 2020 census. That's a loss of funding equal to almost \$20,000 per person who isn't counted."

The Census will arrive by mail beginning in March. If you have not completed the mail-in forms or online submission option by April, a Census worker may visit your residence. The Census Bureau cannot share data collected with any other agency; all information is protected by law and no identifying information that can be traced back to your household will be made public.

"The Kern County Library truly believes that everyone counts, and that's the whole focus of the complete count campaign, to ensure that everyone in Kern County is properly counted for the 2020 Census. Since the Library is located in nearly every community in Kern, rural and urban, with free access to computers and the internet, we know our community will be accessing the Library to fill out the Census questionnaire online," said Jasmin LoBasso, Kern County Library marketing & promotions associate.

More About Kern County Library's Campaign Programming

The Kern County Library will have one 'Census Action Kiosk' at ALL 24 library branches across the county. These will become available in March and will be dedicated solely to the community for filling out the Census online. The Library is hosting a range of census-inspired programming, including workshops on how to research your family genealogy, coloring stations full of fictional family tree coloring sheets, family-themed story times, and more!

"Overall, the Library aims to get everyone counted, highlight the impact of the Census now and in the future, and to get our community excited through free activities and engagement opportunities," said LoBasso. "At the Library, we always also want to emphasize the importance of reading in our communities and the direct impact it has on lifelong success and achievement, and that's why we developed a reading challenge that is inspired by the Census. Community members can sign up online now on Beanstack (an online-based way to track participation). It is available through April. The focus of the challenge is to encourage family members to read books that celebrate families, the census, and genealogy, and to participate in activities such as learning about DNA and traits or asking a family member to tell them a story about their childhood."

Find more information at <https://www.kerncountylibrary.org/census2020/> and check Kern County Family Magazine's calendar over the next several months for related information.



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A Healthy Heart is a Happy Heart

Hello Mama!

February is the month of LOVE. We often talk about our hearts when it comes to romance, but what about our heart when it comes to health? Last year at this time, I had experienced a few heart episodes that led to me to driving myself to the hospital (PSA: I don't recommend driving yourself to the hospital, but I am glad that I didn't ignore the warning signs!) For me, it started with what felt like an electrical shock that woke me up in the middle of the night. Kind of felt like when I had a hernia surgery years ago and during my healing, my nerves would "shock" me as they healed. I then started to experience heart palpitations and other symptoms that just didn't "feel right." After a workout one day, the chest tightness caused me to go straight to the hospital and check myself in for tests. Five hours later, after an EKG and several tests, they released me. I was scheduled for a multitude of follow up exams including wearing a heart monitor overnight, stress test, calcium score test and imaging of my heart. After about a month of tests, the results came back that my heart was healthy and my heart palpitations were due to stress.

For me, it was stress-related and I was able to make some positive lifestyle changes to help me manage my stress and to take better care of my heart health. But, I'm so glad that I didn't ignore the warning signs. I have attended Go Red for Women for years and thanks to my friend, Alissa Carlson Schwartz and her advocacy with American Heart Association, I took immediate action to put my heart health first. You may know Alissa Carlson as Chief Meteorologist at KGET-TV 17. Alissa has been very vocal about heart disease, so I wanted to reach out to her to ask some questions about her "heart story" that has inspired so many others. Here's our conversation:

Your story has inspired so many people in Bakersfield and beyond! You have shared how your sweet daughter, Aris "saved" your broken heart. What do you hope other women will learn from your story to take care of their heart health?

Alissa: Thank you! I'm grateful that I've had the opportunity to share my story on a bigger platform such as KGET news and by being Mrs. California. So many women have also felt it was a wake-up call after hearing that age does not discriminate when it comes to heart disease. I want women to realize that you may not be overweight and out of shape, but you can still have heart issues. The good news is, heart disease is 80% preventable. And that's why getting a yearly checkup that includes blood work is so important. Know your numbers: cholesterol, blood pressure, and blood sugar level. It could help save your life!

What was the initial feeling or symptom you had that caused you to get a heart check up?

Alissa: I was filling in on the morning newscast and within a matter of 5 minutes became ill at the beginning of the show. At first, I thought I had the flu because I threw up in the weather center. Afterward, I was sweating, dizzy, and kind of felt like my head was hurting. A producer drove me home and I got into bed. The interesting thing was that I didn't throw up again, but I felt "off" and that something wasn't right. I went to my doctor and he asked if I had a heart condition. I said, no, not me; I'm fit and healthy! Turns out he ran some tests, then I went to the hospital for more tests, and I was diagnosed with a leaky heart valve. After being diagnosed with a leaky heart valve, I went on to reduce my cholesterol and get in shape. I got married, then pregnant with no complications, and went on to deliver a healthy baby girl, Aris.



Alissa, Aris, and Neil

About ten months after having Aris, I was planning her first birthday party and was under a lot of stress balancing work and family, too. I went to see my cardiologist because I thought I was having chest pains. After doing an echocardiogram, the results



Janelle wearing a heart monitor overnight

photo courtesy Janelle Capra

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were shocking! My doctor told me that my heart valve was actually looking better. He said the stem cells from Aris had helped to repair the valve when she was in the womb! When a mother is pregnant, the stem cells from the baby repair any organ that is damaged in the mother's body. So what was the chest pain that even kept me up at night? It was likely a strained muscle from working out at the gym!

What do you hope Aris will someday learn from your advocacy for American Heart Association?

Alissa: Aris is only 3, but she's already been so involved in the American Heart Association! Last year, she walked in the Go Red Fashion show! She regularly attends heart-related AHA events with me and knows about the cause. I think that teaching her about heart health at a young age will be a take-away for her for the rest of her life. She is learning proper nutrition at home but that we can still enjoy treats in moderation. She's also already living an active lifestyle. She and I work out at home together! She knows mommy has exercise time and asks when we are going to work out. We have converted a room in our house to an at-home gym/playroom. So, she sees mommy and daddy working out and she either plays with her toys or tries to join in!

What are things women can do right now to take care of their hearts so that they can care for those they love?

Alissa: Prevention is key! Get a checkup and manage your blood pressure, control your cholesterol, and reduce your blood sugar. Get active and reduce stress! Lose weight. When you shed extra fat and pounds, you reduce the burden on your heart, lungs, and blood vessels.

So Mama, as you spend this month sharing your love with others, don't forget to take time to check in on your heart health. There are several "Heart Check Up" programs at a hospital or healthcare center near you. To learn more, visit: www.heart.org/kerncounty. And, I hope you will join Alissa, me, and hundreds of women in Kern County for the annual Go Red for Women on Friday, March 6. It's a great day of networking, education and inspiration.

How do you take care of your heart health? Join the conversation! Use #hellohappy mama and #healthyhappyheart to share your heart story.

Packing to Travel

...with Kids

I'm not a procrastinator. I'm not. But sometimes a task is so overwhelming that I just don't know where to start. Do you ever feel like that? Like the entire universe is folding in on you, and somehow you have to push it back out, but no matter what you do, it keeps falling back in?



For example, let's say you live in Bakersfield, and you want to take your 14-month old and your 3-year old to "see the snow." Because that's what we do here in Bakersfield, right? We take our kids to see snow. Like it's Disneyland. Like it's one of the Seven Wonders of the World. Like it's worth any amount of driving, discomfort, or inconvenience. "Come on, kids! Get in the car! We're going to see the snow!"

So there we were one day, getting ready to take our kids to see snow. We wanted to get an early start because the snow was a good 75-minute drive away on this particular day, and we weren't planning on spending the night. So, my husband and I got up early and started packing. We had bags with gloves and hats and boots and coats and everything you need for taking two kids to the snow. And every time we put one thing in a bag, one child or the other was taking something out of a bag and playing with it. They were so excited. And they just didn't know what to think of all those winter accoutrements. It took us hours to just get out the front door.

That's what I mean about feeling like the whole universe is folding in on you, and you can't accomplish anything. You just sort of wander around retracing your steps, trying to remember where you started and what you've done (or re-done).

That particular snow day was a game-changer in our family. Now, when we "go to the snow," it is just my husband and the kids who actually get in the car and go. I do the packing, but I stay home to recover--from the packing--and let them enjoy the cold and wet and misery of the actual trip. That's right: Just call me Champion Mud Stick.

As for packing for other trips, we get a babysitter, AKA Super Grandma, while we pack. Just, you know, so we can avoid that sense of impending doom, like the trip is never going to happen.

Unfortunately, it doesn't completely work. That's because when the kids aren't home, I don't know what to do with myself. I just wander around the house in circles eating all the junk food in sight and wondering where to begin.

The kids are old enough now that if we let them "help" pack, they no longer unpack mittens; they just unhelpfully put every single stuffed animal they own into suitcases. And no underwear. So now I'm the one doing the unpacking, pulling stuffed animals out of suitcases behind their backs. And then, of course, no matter what, I always forget something anyway. A mitten. A boot. Socks. A snack. Something.

Sometimes, while traveling, I indulge in looking around at all the moms who have it Completely Together, and I think to myself, "Someday I want to grow up and be like them. Someday I will have this All Figured Out. Then I will be a Real Mom."

I actually remember a time in my life—before kids—when I did not forget things. It is a bit of a foggy memory, though.

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(Left) Liesl Luthi and Renee Christensen enjoying the delicious food from Temblor Brewing Co.'s new menu. (below) Temblor Brewing Co. celebrates its hometown roots with much success in the restaurant and the community with the help of Cameron Mitchell, Kitchen Manager, & Katie Brownell, Event Manager



times over the years for dinners, fundraisers, comedy shows, and birthday celebrations, and I always enjoy myself.

When I went for the dining review, three of my girlfriends, Liesl Luthi, Renee Christensen, and Cyndi Both, and I had a fun time trying out some of Temblor Brewing Company's new menu options. Liesl and Renee had never been to Temblor so it was nice to get a fresh perspective. I think Renee said it best, "This is really a great place to socialize and it feels intimate even though it's a big space."

First up, owner Don Bynum got us Temblor's own house-brewed Steppin' Stone Root Beer and selected three appetizers: the giant soft pretzel, shredded chicken nachos, and their new dish, crispy Brussels sprouts. With its sweet and tangy Asian-inspired glaze, the four of us decided that these Brussels sprouts were "delicious," and that is saying a lot, because none of us usually like them. Don says they are fried to add more flavor.

When the server brought us the giant soft pretzel, the presentation of it made our entire table say, "Wow!" It really was GIANT and suspended from a serving rack with dipping sauces of house-made beer cheese and Brewers mustard. It was fresh and warm on the inside while crunchy and salty on the outside. "This is not your typical pretzel you buy at a game," Renee said.

Next, we dug into the shredded chicken nachos layered with braised shredded chicken, cheddar cheese, black beans, Pico de Gallo, avocado crema, and spicy earthquake sauce. The nachos had a kick to them but the avocado crema tempered it to balance out the spicy flavor.

One of Don and Christina Bynum's favorite dishes at Temblor is the chicken and green apple salad, so of course, we had to try it. The salad's textures of chicken, apples, caramelized walnuts, bleu cheese crumbles, and croutons married perfectly with the house-made balsamic vinaigrette. And, the salad was not lacking for walnuts; not only were there plenty throughout, but the nuts themselves were generously sized and caramelized to perfection.

Temblor Brewing Company Celebrating Hometown Roots

By Vaun Thygerson

When Temblor Brewing Company opened five years ago, I felt this would be a showpiece for Bakersfield, and it has proven me right. Not only has its beers won numerous awards, but the management has brought so much entertainment to town with famous comedians, fundraisers, tribute bands, and the promotion of local talent. Temblor Brewing Company is more than just a brewery, it's a restaurant, comedy club,

music venue with a private event space, and a comfortable lounge to watch sports and play games.

The first time I went to Temblor Brewing Company was soon after its grand opening as a "date" night, while my husband and I waited for our children to jump at the trampoline park in the adjacent building. I've since been back many



From the Headliner section of the menu, we were served the BBQ pulled pork sandwich and the pork Banh Mi sandwich. The pork on both of these sandwiches was cooked beautifully with a taste to match. My personal favorite of the day was the pulled pork sandwich served on a pretzel bun and complemented with coleslaw and Carolina Gold BBQ sauce. The

sandwich also featured fried onions which added such a nice texture experience. This is the dish I will be ordering next time I visit Temblor.



Temblor's giant pretzel and root beer

Temblor has a reputation for a tasty burger. In fact, Don says in a recent poll they came in third place for the best burger in town. As part of the menu, you can build your own burger from the meat to the set-up to any add-on and upgrades. For this review, Don chose The Carolina Bison burger and it did not disappoint. As an Idaho native, Bison meat is a favorite of mine because it has a richer flavor than beef. Renee visits Montana a lot,

where Bison meat is very popular. Renee says Temblor's burger rivals any she's had in the Big Sky state and I was equally impressed. This black-pepper crusted Bison patty was served with Pepper Jack cheese, fried jalapenos and onions, with BBQ sauce, lettuce and tomato, and it was superb! There was something about the way the cheese melted into the jalapeños and onions that gave it the right amount of kick. All the toppings were a nice complement, but the meat was delicious by itself.

Temblor offers so much more than just delicious food and a fun environment. In fact, you can celebrate Bob Marley's 75th Birthday Jamdown with Mento Buru & Friends on February 1st, at 6 p.m. On February 22nd, Temblor presents comedian Andrew Santino with shows at 7 p.m. and 9 p.m. This month also features line dancing, jazz nights, a Johnny Cash tribute band, comedy open mic nights, brewery tours, and so much more. **To find a complete list of Temblor Brewing Co. events, please visit www.temblorbrewing.com.**

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Valentine's Day Contest Win a date night for two!

Temblor Brewing Co. will be brewing up a specialty beer for Valentine's Day, a bourbon-barrel-aged chocolate raspberry stout, and you can name it. Log onto Temblor's Instagram (@temblorbrewing), find the post featuring this new beer and enter your name for it in the comments section. If they choose your name, you will win a date night for two!

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- SPANISH & FRENCH
- NINJA ZONE
- GARDENING
- ART & MUSIC



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you can do it

Mais Oui! Delight on Valentine's Day

France. Chocolate. Dessert. Each of these things are often associated with romance and love. Put these three elements together on Valentine's Day and the result is sure to please.

You've likely seen macarons, a light and airy meringue confection made from egg whites, sugar and various flavorings, in sweet shops or bakeries. Chewy, sweet, and full of wonderful almond flavor, you and your sweeties will all be impressed with this fancy, fun, French dessert.

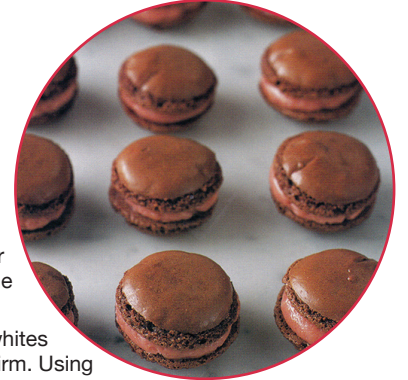
Chocolate Macarons With Raspberry Buttercream

Makes approximately 10 large or 40 small macarons

Ingredients:

- 1 3/4 cups confectioners' sugar, sifted
- Scant 1 cup ground almonds
- 3 tablespoons unsweetened cocoa
- 4 egg whites
- Tiny pinch of salt
- Raspberry buttercream (below)

1. Preheat the oven to 400 F. Put the confectioners' sugar, ground almonds and cocoa in a blender or spice grinder and process for about 1 minute to refine the almonds and combine everything.
2. Using an electric mixer, beat the egg whites with the salt in a clean, dry bowl until firm. Using a large metal spoon, gently fold in the almond mixture.
3. Carefully spoon the mixture into a piping bag fitted with the size 10 tip for small cookies, or size 12 for larger macarons. Pipe twenty 2 1/2-inch macarons or eighty 1 1/4-inch ones onto the prepared baking sheets.
4. Bake with the oven door slightly ajar (to allow steam to escape) for about 8 minutes for the small macarons or 12 minutes for the larger ones. Don't overcook or they won't be soft inside. Carefully lift the macarons off the paper and let cool on a wire rack.
5. Sandwich in pairs with a thin layer of raspberry buttercream. Arrange the macarons in layers between aluminum foil or parchment paper in an airtight container and refrigerate for 24 hours before serving. This will help them become chewy. Bring to room temperature before serving.



Raspberry Buttercream

- 6 egg yolks
- 1 cup sugar
- 4 sticks unsalted butter, softened
- 12 ounces frozen raspberries
- 1 teaspoon freshly squeezed lemon juice
- Confectioners' sugar, to taste
- Pink food coloring, if desired

1. Using an electric mixer, beat the egg yolks until pale and creamy.
2. Put the sugar and 1/2 cup water in a small pan and heat gently, stirring occasionally, until the sugar has dissolved. Bring to a boil and boil hard until it reaches 240 F. Immediately remove from the heat and pour the hot syrup onto the egg yolks in a steady stream, beating continuously until the mixture is a pale, thick mousse. Cream the butter in a separate bowl then beat in the melted chocolate. Beat this into the egg yolk mixture.
3. Take the frozen raspberries and thaw them in a strainer placed over a bowl. Press them gently with the back of a spoon to squeeze out the juice. Put the juice in a small pan and boil it hard until it has reduced to 3 tablespoons.
4. Press the raspberries through the strainer and mix the strained puree with the reduced raspberry syrup and the lemon juice. Sweeten with sifted confectioners' sugar to taste. Beat this into the buttercream. Add pink food coloring if you desire a deeper shade of pink.

This recipe for "Chocolate Macarons With Raspberry Buttercream," is courtesy of "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small) by Maxine Clark.

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

FEBRUARY 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

\$20/\$30/\$35/\$45. 6:00 PM
323-7928

CSUB WOMEN'S BASKETBALL AT ICARDO CENTER: Roadrunner's vs Rio Grande Valley. 2:00 PM 654-2583

CUMBIA MUSIC FESTIVAL: AB Quintanilla III y Los Kumbia King All Starz. 1142 S. P St 5:30 PM - 11:00 PM 301-4681

TAFT VALLEY FEVER AWARENESS 5K RUN & 2K WALK: Join us for a fun event supporting an important cause. 500 Cascade Pl. Taft 8:00 AM - 10:30 AM 489-5244

VOLUNTEER DAY AT WIND WOLVES: Work alongside our rangers to save endangered species, remove invasive plants, help in our nursery, or restore native habitats. Participants must register online. 10:00 AM - 2:00 PM 858-1115

Sunday, Feb. 2

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

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

Monday, Feb. 3

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: PRIDE & PREJUDICE AT FOX THEATER: \$5.00 6:00 PM 326-3539

FINDING YOUR ROOTS AT BEALE LIBRARY: Create your own Pedigree Chart. Genealogy Room. 1:00 PM 868-0701

Tuesday, Feb. 4

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

\$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

LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys will hold FREE informational workshops. 5:00 868-0701

Wednesday, Feb. 5

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

BAKERSFIELD CONDORS AT MECHANICS BANK ARENA: Condors vs. Tucson Roadrunners. 6:30 PM 324-PUCK

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

CSUB WOMEN'S BASKETBALL AT ICARDO CENTER: Roadrunners vs. California Baptist University. 11:00AM 654-2583

Thursday, Feb. 6

CHEAP SKATE: Affordable Family Fun! Admission: \$6.00. Free Skate Rental. 1004 34th St. 6:30 PM - 8:30 PM 327-7589

SQUARE DANCING CLASSES: 301-2808

BEGINNING ART CLASS: Bakersfield Art Center. 869-2320

MUSIC LESSONS AT KERN RIVER VALLEY LIBRARY: Learn a new instrument! 2:00 PM 760-549-2083

Saturday, Feb. 1

VETERAN'S RESOURCE CENTER AT KERN RIVER VALLEY LIBRARY: Veterans can learn about benefits that they may qualify for. Assistance available by appointment. February 1 - February 29. 760-549-2083

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

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

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

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

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

WEEKEND FARM FUN AT MURRAY FARMS: Hayrides and tours. Saturday - Sunday 8:00 AM - 5:00 PM 330-0100

FRIENDS OF THE SOUTHWEST LIBRARY USED BOOK SALE: Sale will include books for adults and children, fiction and nonfiction, plus DVDs and CDs. All proceeds will benefit the Library. 12:00 PM - 6:00 PM 664-7716

MAKEUP BLOWOUT SALE: Offering over 40 amazing brands at discounted prices. Free admission. 1142 S. P St Saturday - Sunday 10:00 AM - 5:00 PM 833-4900

BAKERSFIELD SYMPHONY: THE GREAT ROMANTICS AT MECHANICS BANK ARENA: Grammy Award winning guitarist Jason Vieaux will take us on a musical journey as he performs one of the most exciting and romantic guitar concertos ever written. Ticket Price:

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!

FEBRUARY 2020 *daily happenings*

COLOR ME HAPPY AT BEALE LIBRARY: For the entire family! 12:00 PM 868-0770

Friday, Feb. 7

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

FRIDAY NIGHT DINNER AT FRATERNAL ORDER OF EAGLES: Steak or chicken dinner with potato/fries, salad, beans and a roll. Hamburgers, hot dogs are also available. Music and dance in our lounge. \$17.00 5:00 PM - 8:30 PM 324-9684

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

LIVE MUSIC AT ETHEL'S OLD CORRAL: Live Music at Ethel's every Friday night! FREE. 7:00 PM - 11:00 PM 873-7613

FIRST FRIDAY ART WALK: Join the Arts Council of Kern the First Friday of every month for the Downtown Art Walk. The Art Walk is a family friendly arts event that showcases our county's best artists. 5:00 PM - 9:00 PM 324-9000

FIRST FRIDAY CRUISE NIGHTS: People are encouraged to come downtown, bring a chair and some friends and watch as classic cars cruise downtown Taft. 765-2165

OPEN MIC NIGHT AT DAGNEY'S: Poetry, spoken word and music. No amplified music. Free. 6:00 PM 717-1346

TEEN NIGHTS IN TAFT: The first Friday of every month is Teen Night! Come in and bowl, play in the gym or just hang out with friends in a fun and safe environment. Grades 6-12 invited. 500 Cascade Place 8:00 PM 765-6677

23RD ANNUAL FATHER DAUGHTER DANCE: \$10 pp Bring a plate of healthy snacks or treats to share! Photos available with 10% of proceeds being donated to Little Ones Preschool. 1705 17th St. 6:00 PM 325-9419

BAKERSFIELD CONDORS AT MECHANICS BANK ARENA: Condors vs. Ontario Reign. 7:00 PM - 9:00 PM 324-PUCK.

BREAKING BARRIERS: PIERROT LUNAIRE: Plus Sextuor Mixte and other exciting works. 7:00 PM 489-1001

FIRST FRIDAY AT BMOA: FREE admission. 10:00 AM - 8:00 PM 323-7219



GAME ON! FAMILY FUN AT BEALE LIBRARY: Enjoy family fun board games for all ages. 4:00 PM 868-0700

Saturday, Feb. 8

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

ANIMAL VACCINE CLINIC- Jefferson Park, 801 Bernard St. Bakersfield, 9:00am - 12pm

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

WEEKEND FARM FUN AT MURRAY FARMS: Hayrides and tours. Saturday - Sunday 8:00 AM - 5:00 PM 330-0100

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

BOOK SALE AT KERN RIVER VALLEY LIBRARY: Great books at reasonable prices. 9:00 AM 760-549-2083

Sunday, Feb. 9

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

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

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

TAJCI - WAKING UP IN AMERICA: Award-winning international artist, Tajci and her sister Sanya join acclaimed pianist - Brian Hanson in presenting a musical cabaret style show. 1241 G St. 2:30 PM - 5:00 PM 588-3920

VOLUNTEER DAY AT WIND WOLVES: Work alongside our rangers to save endangered species, remove invasive plants, help in our nursery, or restore native habitats. Participants must register online. 10:00 AM - 2:00 PM 858-1115

Monday, Feb. 10

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

FOOD CREATION STATION AT BEALE LIBRARY: Join us to create fun and exciting things with food. 4:00 PM 868-0700

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

Tuesday, Feb. 11

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 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

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

Wednesday, Feb. 12

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

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

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

BARKS AND BOOKS AT SOUTHWEST LIBRARY: Build your reading skills and enhance self-esteem, by reading aloud to an affectionate furry friend. Ages K-8. Registration Required. 4:30 PM - 4:30 PM 664-7716

REO SPEEDWAGON AT FOX THEATER: Don't miss these classic rock legends! 7:00 PM 326-3539

WILD SCIENCE WEDNESDAYS AT BEALE LIBRARY: Join us for S.T.E.A.M. science experiments. 4:00 PM 868-0700

Thursday, Feb. 13

CHEAP SKATE: Affordable Family Fun! \$6.00. Free Skate Rental. 1004 34th St. 6:30 PM - 8:30 PM 327-7589

BEGINNING ART CLASS: Bakersfield Art Center. 869-2320

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

MUSIC LESSONS AT KERN RIVER VALLEY LIBRARY: Learn a new instrument! 2:00 PM 760-549-2083

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.

SQUARE DANCING CLASSES: 301-2808

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

CSUB WOMEN'S BASKETBALL AT ICARDO CENTER: Roadrunners vs. Chicago State. 5:00 PM 654-2583

GALENTINE'S DAY AT THE BLVDI: Unlimited Mimosas and a \$10 game card. All for \$20. 6:00 PM - 9:00 PM 873-4477

Friday, Feb. 14

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

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

WHISKEY FLAT DAYS: Join us when Kernville reverts to its old name "Whiskey Flat" for four nostalgic days of fun for the entire family. Parade, Wild West Daze Rodeo, Wild West Encampment, Carnival Rides, Frog Jumping Contests, Food & Craft Booths, Costume Contests, Line Dancing, Blue Grass & Country Western Music, Art Show, Gunfighter Skits, Kids Activities, Games, & much more!
9:00 AM - 5:00 PM
760-376-2629 Friday - Monday

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

AUTISM SPECTRUM SEMINAR: "Assistive Technology & Organization" 9:00am - 12pm, Adventist Health Bakersfield Wellness Center 1524 27th St Suite 101, Bakersfield

LIVE MUSIC AT ETHEL'S OLD CORRAL: Live Music at Ethel's every Friday night! FREE. 7:00 PM - 11:00 PM 873-7613

FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: Enjoy watching a movie with your friends and family. 4:00 PM 868-0700

Saturday, Feb. 15

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

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

WEEKEND FARM FUN AT MURRAY FARMS: Hayrides and tours. Saturday - Sunday 8:00 AM - 5:00 PM 330-0100

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

BAKERSFIELD CONDORS AT MECHANICS ARENA: Condors take on the Colorado Eagles. 7:00 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

CSUB WOMEN'S BASKETBALL AT ICARDO CENTER: Roadrunners vs. Kansas City. 12:00 PM 654-2583

Sunday, Feb. 16

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

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

BAKERSFIELD CONDORS AT MECHANICS ARENA: Condors vs. San Jose Barracuda. 7:00 PM 324-PUCK

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

Monday, Feb. 17

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

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

FINDING YOUR ROOTS AT BEALE LIBRARY: Create your own Pedigree Chart. Genealogy Room. 1:00 PM 868-0701

HARLEM GLOBETROTTERS AT MECHANICS ARENA: Pushing the Limits World Tour featuring new thrills, surprise moments and more player interaction than ever. It's a family experience like no other, where laugh-out-loud fun meets jaw-dropping athleticism. Put a new spin on family time! Ticket Prices: \$18 - \$90. 2:00 PM 852-7300

Tuesday, Feb. 18

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

LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys will hold FREE informational workshops. 5:00 868-0701

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

Wednesday, Feb. 19

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

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

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

WOMEN'S SELF DEFENSE WORKSHOPS: 322-0931

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

FEBRUARY 2020 *daily happenings*

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

Thursday, Feb. 20

BEGINNING ART CLASS: Bakersfield Art Center. 869-2320

PARENT & SIBLING SUPPORT GROUP MEETING: Canyon Hills Assembly of God Church-Room 204, 7001 Auburn Street Bakersfield, 6:00 pm - 7:30 pm

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

SQUARE DANCING CLASSES: 301-2808

TODDLER STORYTIME AT KERN RIVER VALLEY LIBRARY: Enjoy stories and songs. 10:30 AM 760-549-2083

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

CSUB WOMEN'S BASKETBALL AT ICARDO CENTER: Roadrunners vs. Utah Valley University. 7:00 PM 654-2583

BLAKE SHELTON: FRIENDS & HEROES TOUR 2020 AT MECHANICS BANK ARENA: With very special guest Lauren Alaina and special appearances by The Bellamy Brothers, John Anderson, and Trace Adkins. 6:00 PM 852-7300

Friday, Feb. 21

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

FRIDAY NIGHT DINNER AT FRATER-NAL ORDER OF EAGLES: Steak or

chicken dinner with potato/fries, salad, beans and a roll. Hamburgers, hot dogs are also available. Music and dance in our lounge. \$17.00 5:00 PM - 8:30 PM 324-9684

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

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

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

LIVE MUSIC AT ETHEL'S OLD CORRAL: Live Music at Ethel's every Friday night! FREE. 7:00 PM - 11:00 PM 873-7613

BAKERSFIELD CONDORS AT MECHANICS ARENA: Condors vs. San Diego Gulls. 7:00 PM 324-PUCK

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

Saturday, Feb. 22

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

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

20TH ANNUAL KERN COUNTY TEACHER RECRUITMENT FAIR:

The county's largest gathering of school district recruiters are interested in meeting individuals who qualify for multiple subjects, special education, speech pathologist, school nurse, school psychologist, single-subject credentials and substitutes. 8:00 AM - 12:00 PM Larry E. Reider Education Center, 636-4750

WEEKEND FARM FUN AT MURRAY FARMS: Hayrides and tours. Saturday - Sunday 8:00 AM - 5:00 PM 330-0100

AUTO SAFARI: TULE ELK STATE NATURAL RESERVE: A ranger-led Auto Safari of the Tule Elk State Natural Reserve. Visitors are encouraged to bring binoculars for better viewing. A Day Use Fee of \$8 per car applies for admission to the Auto Safari. 11:00 AM - 12:00 PM 849-3433

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

BAKERSFIELD CONDORS AT MECHANICS ARENA: Condors vs. Colorado Eagles. 7:00 PM 324-PUCK

BIKE RIDE TO CLOUD 9 COFFEE: We will be riding to Cloud 9 Coffee from Bike Bakersfield. We will travel along the Kern River Parkway Trail and end at Cloud 9. 1708 Chester Ave. 10:00 AM - 12:00 PM 321-9247

CSUB WOMEN'S BASKETBALL AT ICARDO CENTER: Roadrunners vs. Seattle University. 12:00 PM 654-2583

ROCK & MINERAL SALE AT BUENA VISTA MUSEUM: Purchase LAPIDARY ROCKS including petrified wood, spheres, Stunning MINERALS AND CRYSTALS from Mexico, China, India, and U.S. locations. For Kids we have lots of colorful rocks, crystals and fossils for \$1.00 OR LESS, including FREE. 10:00 AM - 4:00 PM 324-6350

S.T.E.A.M. ACTIVITIES CLUB: CRAZY SCIENCE EXPERIMENTS AT KERN RIVER VALLEY LIBRARY: Join us for wildly amazing science experiments! 3:30 PM 760-549-2083

Sunday, Feb. 23

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

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

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

34TH ANNUAL BAKERSFIELD HOME & GARDEN SHOW: Looking for a complete home remodel, a kitchen or bath makeover, a beautiful newly landscaped yard, or just like to shop for your home, you will find it all at the Home & Garden Show. 1142 S P St. 10:00 PM - 5:00 PM 800-655-0655

EVENT SHOWCASE AT THE WOMAN'S CLUB OF BAKERSFIELD: Planning an event? This is the place to be! Several vendors will be on hand to help you find the best service and lots of giveaways too. 12:00 PM - 3:00 PM 325-7889

ROCK & MINERAL SALE AT BUENA VISTA MUSEUM: Purchase LAPIDARY ROCKS including petrified wood, spheres, Stunning MINERALS AND CRYSTALS from Mexico, China, India, and U.S. locations. For Kids we have lots of colorful rocks, crystals and fossils for \$1.00 OR LESS, including FREE. 12:00 PM - 4:00 PM 324-6350

Monday, Feb. 24

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


FINDING YOUR ROOTS AT BEALE LIBRARY: Create your own Pedigree Chart. Genealogy Room. 1:00 PM 868-0701

SENSORY FAMILY FLIX BEFORE 6 AT BEALE LIBRARY: Enjoy favorite films in a safe and accepting environment where kids are free to get up, move around, shout or sing. 4:00 PM 868-0701



*February
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Listings of FREE Immunizations

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Walgreens Pharmacy
Wednesday, February 5th
 40 Chester Ave., Bakersfield
 from 9:00 a.m. to 2:00 p.m.

Walgreens Pharmacy
Thursday, February 6th
 3301 Panama Lane, Bakersfield
 from 9:00 a.m. to 2:00 p.m.

Greenfield Family Resource Center
Monday, February 10th
 5400 Monitor St., Bakersfield
 from 9:00 a.m. to 2:00 p.m.

Kern County Dept. of Human Services
Wednesday, February 12th
 100 E. California Ave., Bakersfield
 from 9:00 a.m. to 2:00 p.m.

Walmart
Thursday, February 13th
 2601 Fashion Plaza, Bakersfield
 from 9:00 a.m. to 2:00 p.m.

La Hacienda Market
Tuesday, February 18th
 315 James Street, Shafter
 from 9:30 a.m. to 2:00 p.m.

Adventist Health Bakersfield
Wednesday, February 19th
 2800 Chester Avenue, Bakersfield
 from 1:00 p.m. to 6:00 p.m.

NOR Riverview Par
Monday, February 24th
 437 Willow Drive, Bakersfield
 from 9:00 a.m. to 2:00 p.m.

New Life Church
Wednesday, February 26th
 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.

Tuesday, Feb. 25
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 SOUTHWEST LIBRARY: Reading for 3 to 5 year olds. 11:00 AM - 12:00 PM 664-7716



LEGAL HELP CLINIC AT BEALE LIBRARY: Local attorneys will hold FREE informational workshops. 5:00 868-0701

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

Wednesday, Feb. 26
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

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

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

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

Thursday, Feb. 27
CHEAP SKATE: Affordable Family Fun! \$6.00. Free Skate Rental. 1004 34th St. 6:30 PM - 8:30 PM 327-7589

BEGINNING ART CLASS: Bakersfield Art Center. 869-2320

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

MUSIC LESSONS AT KERN RIVER VALLEY LIBRARY: Learn a new instrument! 2:00 PM 760-549-2083

SQUARE DANCING CLASSES: 301-2808

CSUB WOMEN'S BASKETBALL AT ICARDO CENTER: Roadrunners vs. Rio Grande Valley. 12:00 PM 654-2583

VETERANS COLLABORATIVE AT BEALE LIBRARY: Kern County Veterans Service Office and other Local Organizations come together to coordinate services and outreach through partnership and collaboration to ensure that the needs of veterans and their families are addressed. 10:00 AM. 868-0701

Friday, Feb. 28
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

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

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

LIVE MUSIC AT ETHEL'S OLD CORRAL: Live Music at Ethel's every Friday night! FREE. 7:00 PM - 11:00 PM 873-7613

DADDY-DAUGHTER SOCK HOP DANCE: Bring your favorite girl(s) for a 50's theme evening at our annual Daddy-Daughter Dance. Dads and daughters of all ages are welcome. Enjoy dinner, dessert and dancing. Professional photos will be available for a small fee. 3825 Riverlakes Dr. 6:00 PM - 8:30 PM 392-2000.

DO RE ME: COME PLAY WITH ME AT BEALE LIBRARY: Join us for some fun music education! 10:00 AM 868-0770

FLIX: WOMAN AT WAR AT FOX THEATER: Halla is a fifty-year-old independent woman. But behind the scenes of her quiet routine, she leads a double life as a passionate environmental activist. Price: \$6.00 6:30 PM 326-3539

Saturday, Feb. 29
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

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

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

CSUB WOMEN'S BASKETBALL AT ICARDO CENTER: Roadrunners vs. New Mexico State. 1:00 PM 654-2583

FREE CLOTHING GIVEAWAY AT CORONADO BAPTIST CHURCH: Every last Saturday of the month in church parking lot. Weather permitting. 10:00 AM - 12:00 PM 375-8370



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CONTINUES NEXT PAGE
Miscellaneous

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Upcoming February Events

- Autism Spectrum Seminar February 14th, "Assistive Technology & Organization" Register at www.kernautism.org
- Monthly Autism Support Groups**
 Parent & Sibling Support Groups:
 Thursday, February 20th, 6-7:30pm. Canyon Hills Assem. of God Church, Rm 204
- Save the Date**
 Fun, Social-LEGO Workshop - Star Wars Theme, Saturday March 14, 10:00am - noon.
 Register: 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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ACTIVITY CORNER ANSWERS

p.30

Sudoku:

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

Crossword:

- | | |
|-------------|-------------|
| Across | Down |
| 1. Wardrobe | 1. Wedding |
| 4. Dress | 2. Does |
| 6. Up | 3. Eggplant |
| 7. Guests | Shot |
| 9. Out | 8. So |

XOXOXO

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*CVC Audit 2019



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Sudoku

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

Level: Beginner

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

Word Find

Find the hidden words in the puzzle

FRUIT
JAM
PICK
PIE

PIT
RED
SALAD
STAIN

STEM
SWEET
TART
TREE

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

Coloring Fun



Crossword Puzzle

1				2				3
4					5			6
7							8	
							9	

ACROSS

- Clothing items
- Female garment
- Opposite of "down"
- Invited people
- Not in

DOWN

- Marriage ceremony
- Performs an action
- Purple color
- Chance or try
- Adverb: Very much



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