

Free copies for schools & businesses (661) 861-4939 [www.kerncountyfamily.com](http://www.kerncountyfamily.com)



# kern county **Family** free m a g a z i n e

November 2021

## Hosting a Fabulous FAMILY FEAST?

-  11 Ways to Make it Your Own
-  Vegan & Gluten Free Recipes
-  What Are You Thankful For?



## FIND TOMMY TURKEY

for your chance  
to win a  
KitchenAid®  
Stand Mixer!

*plus:* hello, happy mama: Kern Health System's Emily Duran pg 14  
holiday gift ideas we love pg 7 sparking your child's passions pg 24



Goodbye Paper Checks,

# Hello WIC Card!



Families can now get the new California WIC Card at their local Women, Infants and Children (WIC) office. Flexible shopping and easier checkout at the grocery store with the WIC Card!

**YES!**

Newly pregnant women, working families, including military and migrant families are encouraged to apply! WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children.



Go to [myfamily.wic.ca.gov](http://myfamily.wic.ca.gov)

*This institution is an equal opportunity provider.*



*WIC is a nutrition education program for Women, Infants and Children.*

#### WIC Benefits Include:

- Healthy foods
- Nutrition and health information
- Breastfeeding support
- Referrals to healthcare and community services

#### You May Qualify If You:

- Are pregnant, breastfeeding, or just had a baby;
- Had a recent pregnancy loss;
- Have a child or care for a child under 5;
- Have low to medium income; and/or
- Receive Medi-Cal, CalWORKS (TANF), or CalFresh (SNAP) benefits; and
- Live in California
- A family of 4 earning up to \$4,086/mo

Due to COVID-19 all appointments will be completed by phone. Call to see if your family qualifies today!  
Please call 661-862-5422

**Clinica Sierra Vista WIC**



**OWNER/PUBLISHER**

Lisajo Peterson Radon

**EDITOR** Lisajo Peterson Radon

**ART DIRECTOR** Pam Huber

**COPY EDITOR** Diane Sill

**SOCIAL MEDIA COORDINATOR**  
Callie Collins

**CONTRIBUTING WRITERS**

Callie Collins • Jan Pierce  
Vaun Thygerson • Julie Willis

**ADVERTISING INQUIRIES**

Suzanne Stalker  
661-332-0966

**DISTRIBUTION INQUIRIES**

(661) 861-4939

**MAIN OFFICE & MAILING ADDRESS**

1400 Easton Dr., Suite 112  
Bakersfield, CA 93309  
(661) 861-4939  
Fax (661) 861-4930

**WEB**

www.kerncountyfamily.com

**E-MAIL**

kcfm@kerncountyfamily.com



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

Kern County Family Magazine is available free at more than 300 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets.

Subscriptions by mail are \$17 per year and must include a check:

KERN COUNTY FAMILY MAGAZINE  
1400 EASTON DR., SUITE 112  
BAKERSFIELD, CA 93309

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

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

**MEMBERS OF**



12

**11 Things:**  
Make it a Fabulous Family Feast



14

**Hello, Happy Mama:**  
Kern Health System's Emily Duran



7

**Gifts We Love:**  
Ideas for all the kids on your holiday list



**Cover credits:**

7 year old Blake P., of Bakersfield, is ready for pie, leaf fights, and all the other fall fun in store this season.

Cover and photo (left) by StaceyLeigh Photography



20

**You Can Do It:**  
Gluten-free Pumpkin Recipes for Everyone!

# PLUS

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



- 4 **Dear Reader:** Happy Turkey Day!
- 6 **Refrigerator Door:** Local Voices, News & Trends
- 8 **Healthy News to Use:** The Secret Life of Washing Machines
- 10 **Readers Respond:** Thankful for So Much
- 18 **Humor@Home:** Seventh Grade Blues
- 24 **Education:** How Sparking Your Child's Passions Can Boost Learning
- 25 **Daily Happenings:** Local Event Calendar
- 28 **Family Shopper**
- 30 **Activity Corner:** Sudoku, Word Find & More





Vaun Thygerson,  
Contributing Writer

**A**s most of you who know me know, I'm not really much of a cook. I come from it honestly, as my mother was not much of a cook either. I have to admit that planning a Thanksgiving dinner makes me super nervous. I have only made a turkey once in my life, and if I'm being completely honest, my husband did most of it. Don't get me wrong - I love to have people over to my house, I love to entertain and decorate, but the actual meal prep and cooking is not my forte. But, if you put me in charge of games, I will shine and we will have a blast!

Growing up, my family spent more time on the decorating and game planning than the actual cooking. In fact, my mother doled out the Holiday dish assignments so purposefully that she only had to make a few things, even when it was at our house. One thing she was really good at making was her pecan pie. In her honor, I try to have a piece of pecan pie every year with a small dollop of heavy whipped cream. I am grateful to have this food-centric memory to pass on to my children. I love to eat my pecan pie and tell my children about their grandmother that they never met. Thanksgiving is a holiday where so many of our dishes are from nostalgic recipes from past generations. It's the perfect way to give thanks.

This year, I know a lot of people are like me in that planning the menu and cooking for a holiday feast seems daunting, but it doesn't have to be that way. In Callie Collins' article, **Make Thanksgiving Dinner Special: 11 Ways to Make it a Fabulous Family Feast**, on page 12, she writes about how incorporating small things into the meal can really add to the ambience. She suggests everything from displaying your kids' artwork to writing gratitude notes.

This holiday season is such a perfect time to be thankful and have a grateful heart. In the article, **Readers Respond: Thankful for So Much**, on page

10, you will find that a lot of our readers are living life with the spirit of Thanksgiving in their hearts.

In this month's Humor at Home, Julie Willis writes in her article, **Seventh Grade Blues: To Be Independent or Not to Be Independent**, on page 18, about her daughter's emotional ride through adolescence. She reminisces about being a teacher and wishing she had her current perspective with her own children to understand her students a little bit more.

Thanks to **Emily Duran** for letting KCFM feature her this month in Hello, Happy Hardworking Mama. In the article, Emily Duran on Balancing Work, Family Life, and Community on page 14, Callie Collins writes about how Emily juggles her professional and personal responsibilities. She is Kern Health Systems' chief network administration officer, wife, mother, daughter, and community supporter.

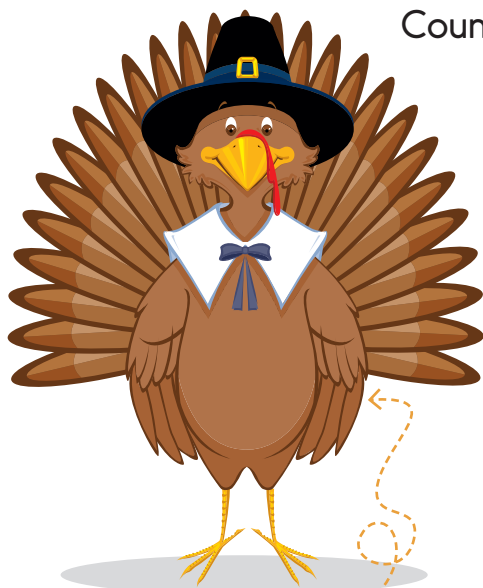
No matter what your plans are for the Holiday break, one thing is certain. You will make a mess somewhere. In the article, **How Washing Machines Can Clean Your House**, on page 8, you will learn about all the different types of unconventional household items that you can safely wash in your washing machine. It really makes it a lot easier to clean up if you can just throw it in the wash.

With large family gatherings back on the menu, I am super excited for this Thanksgiving break. Even though I'm not a big fan of cooking, I really do love everything this holiday stands for. It's so important to be grateful and thankful and create these generational memories with your family and friends. I am also really excited for my nice, warm piece of pecan pie!



Happy Turkey Day!

# FIND TOMMY TURKEY!



This Tommy  
doesn't count!

Count the number of Tommys you find throughout this issue, then submit your answer by **November 29** at [bit.ly/findtommyturkey](http://bit.ly/findtommyturkey) for your chance to win:

**KitchenAid® 6 Quart Stand Mixer**  
Value \$380+



Many Thanks to our contest sponsor, **Varner Bros.**







# Healthy Teeth, Healthy Child!

1. Brush your teeth twice a day for at least two minutes
2. Floss every day
3. Limit the number of sugary snacks you eat each day
4. Visit your dentist every six months or as recommended



Need help finding  
a dentist for your child?  
**Call (661) 321-3000**



**kernpublichealth.com**

Funded by the California Department of Public Health under contract 17-10695







# HOLIDAY GIFT IDEAS WE LOVE

Turn to page 22 for more!

By Elena Epstein, Director of the National Parenting Product Awards  
For more product reviews, visit [nappaawards.com](http://nappaawards.com)



## LeapReader® Learn-to-Read 10-Book Mega Pack™

Support your child on their learn-to-read journey. Ten special books with lively characters help kids progress at a reading pace that feels just right to them.

\$54.99, ages 4-8 years, [store.leapfrog.com](http://store.leapfrog.com)



## Gift Box Ornament Decorator

The perfect DIY craft to embrace the holiday season, allowing kids to make hand-decorated ornaments for the tree! Let the holiday cheer begin.

\$24.99, ages 4+, [eggmaazing.com](http://eggmaazing.com)



## Lights! Camera! Selfie! Win!

Pose at some of Bakersfield's most unique spots when you explore the Bakersfield Selfie Trail. Snap some selfies to create unforgettable Bakersfield memories and win a fun prize.

Check in to any 12 Selfie Trail locations and win an exclusive one-of-a-kind Bakersfield prize: a 30 ounce Yeti tumbler (in black or seafoam) or a T-shirt and hat combo.



Prizes available while supplies last

## HOW IT WORKS



Receive a text or e-mail with a link to your passport



Check-in at included locations to qualify for prizes



Allow the pass to validate your location when prompted for easy check-in

Scan the QR code to sign up OR visit [VisitBakersfield.com](http://VisitBakersfield.com) to get your pass







## How Washing Machines Can Clean Your House

By Vaun Thygerson

For most people, their clothes washing machine is only used for just what the name implies: soiled shirts, socks, and pants. But, there are many other household items that can benefit from a sudsy spin through this household cleaning staple. KCFM wanted to give 10 unconventional items that your washing machine can handle. Before you toss these items into the wash, make sure you have a set of mesh laundry bags ready to use or an old pillowcase. And, always clean your machine with a cleaner once a month to prevent odor-causing residue from building up on your favorites.

### #1 Shower Curtains and Liners

You can wash your fabric shower curtains or their plastic liners in the washing machine to remove soap scum and mildew. Make sure to remove the rings before you toss it in and add a couple of towels to balance the load. Keep the setting on low-warm. Add a small amount of detergent and a cup of baking soda to help loosen the gunk. Once the washing machine is done, hang them back up in the bathroom to air dry.

### #2 Athletic Shoes

Almost all canvas shoes and sneakers can go into the washing machine.

Make sure to remove the laces and shake out any dirt or pebbles. Place the shoes in a mesh bag, add a few towels and detergent, and let your machine work its magic. Let your shoes air dry. Do not put them in the dryer as the heat can damage them.

### #3 Oven mitts

Whether your oven mitts are cloth or silicone, they can go in the washer in a small load with cold or warm water and some detergent. If the oven mitts are cloth, most of them can go into the dryer, but silicone mitts should air dry.

### #4 Car Mats

If your car mats aren't too big and bulky, you can wash them in your machine. Before washing, give the mats a good vacuuming to remove the worst of the dirt and spot-treat any major stains. This will give your car just the refresh it needs. Wash them in warm water with the machine set on the delicate cycle.

### #5 Small Toys and Stuffed Animals

Plastic, silicone, and plush toys can be washed in your machine. After putting select items in a mesh bag, choose the gentle cycle, cold water, and a mild detergent for best results. Make sure to add a few towels to help balance the tub. Avoid washing rubber toys, anything with small parts, or batteries. Also, let these items air dry.

### #6 Backpacks and Gym Bags

Backpacks and gym bags can become the dirtiest thing your kids own. Make sure to wash them often. First, remove the straps and place in a mesh bag or pillowcase. If they can't be removed, turn the bag inside out to keep the straps from becoming a tangled mess. Use the gentle cycle and rinse twice. Make sure to open and unzip all pockets before washing – you never know what your child has stowed away for safe keeping. Hang up to dry.

### #7 Canvas Grocery Bags

You should get in the habit of washing your canvas grocery bags often to keep them safe and sterile. Just turn them inside out and throw in the wash on a hot-water setting. Most of them can go directly into the dryer. Insulated bags need to be hand washed.

### #8 Bed Pillows

Get rid of those pesky dust mites by washing your bed pillows in a hot-water setting with some detergent. You can wash both down and synthetic-filled pillows. The dryer is a great place to fluff the pillow back up to its pre-wash shape.

### #9 Yoga Mats and Mouse Pads

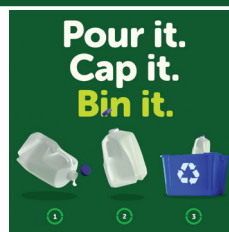
If your yoga mat or mouse pad is a foam pad, you can toss them into the washing machine. Choose a gentle cycle and cold water with a small amount of regular detergent. You will need to air dry these items.

### #10 Hats, Hair Ties, and Headbands

Over time, hats, hair ties, and hairbands get covered in buildup from oil and hair products. Toss them into a small mesh bag and throw them into the washing machine. You can also safely wash almost any baseball cap, but make sure it doesn't have a cardboard brim (most modern ones have a plastic one). Wash these items in cold water on a delicate cycle and air dry.

## Please Recycle Your Milk Jugs!

A 2021 study revealed that while 70% of California consumers say recyclability is important to them, nearly half find the milk jug difficult to recycle and 32 percent of those consumers reported they didn't trust it will actually be recycled. A new campaign by California Milk aims to change that and is encouraging California consumers to take three simple steps – Pour it. Cap it. Bin it.



Visit  
[recyclethejug.com](https://recyclethejug.com)  
to learn more







# Hello, neighbor.

We are accepting new patients! Let us care for you and your family.

Omni Family Health is a growing network of state-of-the-art health centers throughout Kern, Kings, Tulare and Fresno counties. Since 1978, Omni has provided high-quality primary and specialty care services to individuals and families like yours.

With 26 locations to serve you in Kern County, Omni offers comprehensive medical, including OB/GYN and pediatrics, dental, behavioral health, pharmacy, and more.



New number

Medical • Dental • Behavioral Health • Pharmacy

(866) 707-OMNI (66 64)

[www.OmniFamilyHealth.org](http://www.OmniFamilyHealth.org)

Hablamos  
Español



 Kern Family<sup>TM</sup>  
Health Care

**1-800-391-2000**  
[kernfamilyhealthcare.com](http://kernfamilyhealthcare.com)



# Thankful for So Much

## What our readers are grateful for this year

Thanksgiving marks the official start of the holiday season, a time for gratitude and reflection. While public health and the pandemic have changed some of the ways we celebrate, a more marked shift in what we are thankful for feels like an overarching theme this year. Now more than ever, we noticed answers about family, health and employment, and we, too, share these sentiments. We asked our readers to share what they are thankful for and why. These are some of the answers we received:



I'm thankful for returning to a semi-normal school year. I love and missed my students and co-workers so much. - Shawna Shelton



I am thankful for my family's adventures together.

- Angela Leatherman



I'm thankful for our doctors and nurses that risk their lives to save others.

- Diane Sanchez



I am thankful for my family and our health during the pandemic. It's been very scary, but I am grateful to be able to enjoy these holidays with them. - Desiree Gomez

I'm thankful that the COVID pandemic brought families together even if only virtually or via text. It's sure great to reconnect!  
- Jeanne Olson



I am thankful for my family and our health. I am blessed to have a great job and the ability to work from home. I am thankful that my son can do remote learning during this crazy time. I am blessed to wake up every day and be with my family. - Melissa Martin





I am thankful for my family and friends. Even with the crazy year we have gone through, we are sticking strong and keep moving forward looking at all the blessings and all the positive outcomes that are yet

to come. - Eneyda Cornejo

I'm very thankful for my family and friends who give me unconditional support in everything I do. - Ariel Gomez



Feeling thankful for health. Thankful for my community and those that have fought so hard to help others during these difficult times.

- Rachel Harris

I'm thankful that even in the midst of the chaos of COVID, my children are still so full of joy and are thriving. - Rachel Welch

**Children's  
Choice  
DENTAL CARE**

**We Accept  
Medi-Cal!**  
¡Aceptamos  
Medi-Cal!

**Providing  
care for all!**  
Including those with special needs

Award-winning dental care for kids!

**Call us to learn more  
about our specialty services  
such as sedation.**

Llámanos para conocer más sobre  
nuestro servicios especializados como sedación.

**Bakersfield (661) 336-9001**

MORE INLAND EMPIRE  
LOCATIONS COMING SOON!

Learn more about our  
specialty services:  
**MyChildrensChoice.com/sedationcare**  
Referral Code/Código de Referencia: AD-KernFamily Mag

**Schedule your  
Appointment!**  
¡Programa su Cita!





## Making Thanksgiving Special 11 Ways to Make it a Fabulous Family Feast



November's highlight—hands-down—is gathering around the table. Celebrating together, reflecting on all for which we are thankful, and enjoying traditional foods in one another's company gives us something to look forward to as the calendar page turns and leaves begin to fall.

Thanksgiving dinner is almost here. No matter how you celebrate this Thanksgiving, we wish you a happy holiday, from our families at Kern County Family Magazine to yours.





Here are 11 suggestions for an even better Thanksgiving holiday, especially if you're hosting.



### 1. Forego the kids' table

Invite family and friends of all ages to a meal shared by all in the same space. Plastic sheeting under the tablecloth can save your wood in case of a spill. You'll remember the conversation with children more than any mistakes made. Children learn manners, after all, by practicing them.

### 2. Formal place settings

If paper plates or plasticware are the go-to at your house, elevate the mood with formal place settings.

Break out a tablecloth, placemats, cloth napkins and the "good" dishes if you have a set. Whether you're serving children, adults, or both, changing the table details can help emphasize the special aspects of the meal.

### 3. Add a pretty centerpiece

A vase of flowers, candlesticks normally tucked away, or other centerpiece can finish dressing the table. If you're having guests but already planned on plenty of food, ask them to bring decorations instead.

### 4. Include children's art

Decorations can make the day's joy last. Ask children to make name place cards, placemats, holiday cards, or other drawings for guests.

A project created at school could be something fun to share at the table, too.

### 5. Something old, something new, something borrowed, something...to chew?

Including favorite foods is an important part of Thanksgiving, with its time-honored dishes everyone looks forward to throughout the year. Adding something new, like a recipe you've been eyeing, can bring different tastes and textures to your celebration. A dish from outside the host's home, a dish ordered from a cozy shop in town, or something prepared by a guest does that, too.

While waiting for the turkey has become a tradition on its own, offering an appetizer may be the better option, especially with children at home.

### 6. Dust off albums

Digital photos are fun but finding those albums and home movies stored long ago can bring up shared memories. Ask guests to share theirs. Seeing photos will lead to good conversation.

### 7. Help center the conversation

Sidestep topics like politics and religion by having a conversation jar on the table. Use leaf-shaped tags or just strips of paper with topic prompts written on them. Ask each guest to draw a topic and share what comes to mind or a memory related to the process.

### 8. Recount what we are grateful for

The usual "What are you thankful for?" topic is perhaps even more valuable and relevant this year than in years past. It has not always been possible to gather, and this year the Centers for Disease Control and Prevention (CDC) has given guidelines for vaccinated people that allow for in-person dining. The past year has certainly reminded us of all we are grateful for as a community, a family, and individuals.

### 9. Pause on the clean-up

There's no need to rush getting to those dishes. Set them aside instead of forcing the awkward situation of trying to clean up with guests still present. If your kitchen space is small, add them to a plastic dishpan, stack like items and set them aside.

### 10. Plan an after-dinner activity

Board games, football, a turkey trot - there are many options, but plan for what's happening directly after the meal. Offering a few activities can help keep it interesting for all.



### 11. Give a parting gift

As a host, you've already given so much. However, sending your guests home with leftover food in reusable containers and including a holiday card can be a lovely gesture. A bottle of wine or sparkling punch can also be a nice way to thank each family for attending.

## Did You Know?

Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!)







hardworking

## Hello, Happy^Mama: Emily Duran on Balancing Work, Family Life, and Community

Photography by Stacey Leigh Photography

Emily Duran knows about responsibility. Her resume details an extensive career history with ever-increasing job duties, with titles like "administrative coordinator," "program supervisor," "deputy chief financial officer," "director," and similarly senior roles. What cannot be listed, however, is the commitment with which she embraces the many facets of her life. Currently in a leadership role as Kern Health System's chief network administration officer, Emily is also a dedicated mother, wife, daughter, and community supporter.

"We are responsible for more than 308,000 individuals who are our friends, family members, and neighbors in Kern County. Every single person needs health care options, and we help

make that care accessible," said Emily. "My job is fairly demanding. I am extremely proud to take on special projects, in addition to the daily work of making sure we have an adequate member network for all our members."

An example of a special project Emily oversaw was the construction of the new Kern Health Systems office building, a four-year initiative that took place while she was pregnant with, and then caring for, twin daughters with the help of her husband, mother, and other family members.

"I took on a huge project for the organization: to plan and identify the best location for a building large enough to house all Kern Health Systems staff with room for growth. I was the individual

responsible for spearheading the new construction of a 110,000 square-foot four-story building project for our staff and community," said Emily. "I was responsible for not only ensuring a timely project within budget, but additionally, I had to facilitate the dialogue and decisions between the dynamic board of directors, executive staff, developer, architect, and general contractor, while maintaining compliance with all the regulations of a public works/government project. Strategic decisions were part of the plan to ensure it would be located at the heart of where our population resides, for optimal community use. Not only was the project completed on time and within budget, it was also certified as a Leadership in Energy and Environmental Design (LEED) Silver building."

She also credits a great work team and the power of leveraging the expertise of a strong, competent staff.

Emily's skills with people and executive functions stand out; they have served her well in corporate life but also outside the office. The challenge of having balance, familiar to so many women, has

story continues on page 16



# Change *a* Life.

## BECOME A MENTOR

California  
**MENTOR**  
Family Home Agency



California MENTOR is seeking individuals and families who want to make a difference in the life of an adult with intellectual and developmental disabilities.

*Receive ongoing support and a generous monthly payment.*

**Call Today!**

**Yromiki Wiley (661) 203-9884**

**Jose Tafoya (661) 472-5940**

[MentorsWanted.com](http://MentorsWanted.com)



# the Never Forgets **GALA**

**SATURDAY, NOVEMBER 6TH**  
**ADAKC ROSE LAZZERINI CAMPUS**  
**5PM VIP COCKTAIL HOUR | 6PM DINNER & PROGRAM**

**TABLE  
FOR 10  
\$1,000**

**TICKETS  
FOR TWO  
\$200**

**INDIVIDUAL  
TICKETS  
\$125**



TO PURCHASE TICKETS & SPONSORSHIP OPPORTUNITIES SCAN THE QR CODE OR EMAIL [EVENTS@ADAKC.ORG](mailto:EVENTS@ADAKC.ORG)

**BENEFITTING**  
*Alzheimer's Disease Association of Kern County, Inc.*



also been part of her life, but her message is clear: The power to do all that is required of you and determine your own path is within reach.

“The demands of a working mother are rough. Balancing a career, children, a marriage, aging parents, and serving your community may not always be easy, but it is possible and extremely rewarding,” she said.

Born and raised in Delano, Emily is the first person in her family to graduate from college. She earned a bachelor’s degree in public policy and administration from California State University, Bakersfield (CSUB) and returned for a master’s degree in health care management in 2006. The daughter of agricultural workers, her parents and extended family also continue to live in Kern County. Emily describes her mom as one of her biggest supporters. Their example of hard work also inspired her to keep moving forward; a recent Social Security Administration summary Emily received in the mail reminded her she has been officially working in a full or part-time capacity since age 14.

Emily married her husband, Miguel, seven years ago. Emily’s oldest son, Caleb Garcia, is 22. Her stepson, Julian, is 16. Emily and Miguel are also the parents of twin daughters, Rebecca and Charlotte, age 5. Miguel was deployed to Iraq and then continued to serve through the National

Guard. He recently graduated with a degree in construction management, an opportunity that came later in life but underscores Emily’s point about choosing one’s own path.

“Together, we make a really good team,” said Emily, of her marriage.

“Miguel has supported me in my career and I have supported him going to school. Being a blended family has its challenges but we’ve been really fortunate to have the family dynamic that we do. I want to say, though, that I had to start being realistic about what is possible and how. We see a glamorized version of motherhood on TV. There’s the PTA mom, she’s mom of the year, her nails are done, and she looks so happy. You’re trying to be the perfect everything. We need to, as women, build each other up, be realistic, and prioritize what is important.”

The challenge of doing it all, from progressing in a meaningful career to keeping up with home organization and daily cleanliness, caring for aging parents, and in Emily’s case, cultural obligations to also care for extended family, in addition to being the parent every child needs, looms large.

Emily recognizes the value of having a support system of friends and family for help and encouragement. She also considers community service and being involved in local organizations a must for both parents and children of all ages. Recognizing the potential of starting a second chapter in your life is also something she recommends, in addition to asking for help to make it happen and surrounding oneself with strong women.

“So many single mothers are going through that phase of life. There is help, hope, support. It really does take a village to raise a child,” said Emily. “My mom was a great help to me in caring for my children before they were school age, but I would often have to take my son with me after my divorce to evening meetings and community events. I think seeing some of the needs our community has was a positive factor in his life.”

Emily credits volunteering together, visiting local events and seeing some of the community’s needs with Caleb’s own success. At 22, he is stationed in Germany as a medic in the U.S. Air Force and was promoted to staff sergeant after only three years.

Determining what fits for different phases of life is also key, she reminds us. “When you have little ones, they’re loud, they’re funny and they deserve your time. It’s okay to have some dishes in the sink and toys on the floor,” said Emily. “I enjoy my career and my community, but my kids come first. They are the priority. I would say every woman should ask herself, ‘What are my priorities, where do I need to start?’ and have a very good to do list. Do what is in the best interest of yourself, your family, and your community.”

Finding a self-care practice that works for you is essential, Emily believes. She recommends making a practice of having an enjoyable activity as a way to de-stress. For her, shopping alone each Sunday morning by herself, when there are few shoppers in the store, checks the box. Making time to go to lunch with friends to get their perspectives, celebrate a birthday, or just converse with other women has also been helpful to her. Checking in with friends and cultivating those strong relationships is actually a key component of wellness, according to experts, and recent research ties both friendships and family bonds to longevity.

“We neglect to take care of ourselves when that’s actually the thing we should be doing more. Take time for your own activity,” said Emily. “Having that alone time is sane and healthy, and at the end of the day, we need to be here for our families and our employees and have a good state of mind.



(Above) Emily and her son, Caleb

## A Mother's Pride (In Her Own Words)

When Caleb was younger, I would take him with me to health fairs, charity drives, feeding the homeless, and immersed him in health care equity events.

Now he is a medic and working in the military health plan as an E5. He recently received some awards and I want to think I sort of influenced him in the health care sector, I know for sure my husband (his step dad), as a veteran definitely influenced the military service side.

Caleb was awarded the 2020 Airman of the Year for his Squadron and 2020 Health Service Management Airman of the Year in the US-AFE-AFAFRICA (US Air Forces in Europe and Africa regions).





"We see a glamorized version of motherhood on TV. There's the PTA mom, she's mom of the year, her nails are done, and she looks so happy. You're trying to be the perfect everything. We need to, as women, build each other up, be realistic, and prioritize what is important." -Emily Duran

Wellness of mind, body, and soul is critical. If we don't take care of ourselves, we can't take care of others."

So much comes back to community for Emily. "I love my kids, but there are children in our community who need help," she explained. "I want to help vulnerable kids and the adults who provide services to them and really look out for them."

This year, Emily is vice chair of the United Way of Kern County. She also serves on the Kern County Children and Families Commission, better known as First 5 Kern, and on the CSUB President's Community Ambassadors Committee. Throughout her career, she has been involved in more than two dozen non-profits, volunteer organizations, and agencies for good in Kern County focused primarily on children's wellbeing and early literacy.

"To all the working mothers: Remember we are stronger than we give ourselves credit for. We have the power to create our own path, determine our own perfection, and secure our own happiness," she affirmed.

Emily's vital message highlights the spark of possibility within ourselves, a kind of joy that cannot be summed up on a resume or in a snapshot, but through a life well-lived each day.

**Hello,  
Happy Mama!**  
Treat yourself to a Meal Out!  
Enter by 11:59pm on Nov. 30th at  
[bit.ly/contest\\_Nov21](https://bit.ly/contest_Nov21)  
for your chance to win a \$100  
certificate to Bakersfield's own  
Woolgrowers  
Restaurant!





**stacey leigh**  
PHOTOGRAPHY

Bakersfield Photographer  
Portraits. Weddings. Events

[www.staceyleighphotography.com](http://www.staceyleighphotography.com)

Facebook: @staceyleighphotog ~ Instagram: @staceyleighphotography



**FALL**  
mini  
SESSIONS  
booking now!

[staceyleighphoto@yahoo.com](mailto:staceyleighphoto@yahoo.com)



## **Jennifer Gardiner** books artist - illustrator - author **Adult & Children** *Art Classes*



Come enjoy Newly renovated Art Studio overlooking a pasture!

### *Ceramics*

#### **Children's Beginner Ceramic**

Six Saturday's - 10am-12:30pm  
November 6, 13, 20 December 4, 11 & 18

#### **Adult Beginner Ceramic**

Six Saturday's - 6pm-8:30pm  
November 6, 13, 20 December 4, 11 & 18

### *Mosaic Art*

#### **Children's Beginner Mosaic**

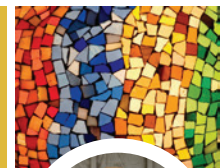
Five Saturday's - 10am-12:30pm  
January 8, 15, 22 February 5, and 12

#### **Adult Beginner Mosaic**

Five Saturday's - 6pm-8:30pm  
January 8, 15, 22 February 5, and 12

Spots Limited | Child 7-13 Age | Meal & Supplies Included

*Sign up Online*  
[jennifergardinerbooks.com](http://jennifergardinerbooks.com)



Local Bakersfield Artist  
Jennifer Gardiner

☎ 661.978.9843

✉ [hello@jennifergardinerbooks.com](mailto:hello@jennifergardinerbooks.com)

📷 [@jennifergardinerbooks](https://www.instagram.com/jennifergardinerbooks)





## Seventh Grade Blues To Be Independent... or Not to Be Independent

**M**y oldest daughter is in seventh grade. Back in August, when the school year was about to begin, I was thinking, “This will be great. She has finally reached an age of independence.”

I thought, I know about seventh graders. I taught seventh grade.  
For five measly years. Twenty years ago.  
OK, twenty-five years ago.  
A lifetime actually.  
It was in the 1990s.  
So maybe closer to 30 years.  
I’m going to stop now.

I remember two current event articles we read in class back then: One was about the McDonald’s coffee lawsuit. (If you are old enough to remember that, I think we just bonded.) The other was a fascinating piece about ... well, it was something about Generation X. I loved that Gen X article. I no longer remember what it said about Gen X, but I remember that it blew my mind because my students and I were lumped into the same generation. How could that be? I was an adult, and they were children.

Looking back, of course, I see that I was a very young adult (who got in trouble at work for doing ridiculously immature things like losing the key to my classroom and—gasp—reading the newspaper during a particularly painful in-service day), and the students were half grown themselves.

And now my own daughter is in that category.

Not Gen X. (I think she is Generation Z.) But, what I mean is now she is a seventh grader. She has turned into what my own seventh grade school counselor used to call a “hormone with feet.” It’s not her fault, of course. She is just moody. And...well, just moody, I guess.

So I had been thinking, Hey, I know all about seventh graders. I have finally arrived at the part of parenthood for which I am actually qualified. This is going to be easy-peasy. Only, it turns out that a lot has happened in the last twenty years. Or twenty-five. Or thirty.

Whatever. I have gotten older. I don’t actually remember much from the 1990s. Kids have changed. (At least, I think they have. But since I don’t remember, I may just be making that up.)

Plus, I love her in a way that is, let’s be honest, deeper than I loved my students (no offense, students) and I have more anxiety over trying to decide when to intervene and when to let her fall on her face.

So when my darling footed hormone comes crying to me because she got some math problems wrong because she did not check her work ... or she is “stressed” about school because she chose to spend the first two hours of her school day reading a book (which, in her defense, was a really good—and educational—book) and now she is too exhausted to finish her actual school assignments... well, I’m just not sure which one of us is on more of an emotional rollercoaster.

I look back on my years of teaching 12-year olds, and I think, Man, I just had no idea what those poor kids were dealing with. I could have been a bit more compassionate. Which, I suppose, is an argument in favor of having your kids in your 20’s instead of... you know, the age I did.

In any case, I guess I’ll buckle myself in and don my crash helmet for the rest of this ride through adolescence.



A NETFLIX SERIES  
DREAMWORKS  
**GABBY'S  
DOLLHOUSE**

**NETFLIX** | NOW  
STREAMING  
ALL NEW EPISODES

Discover the  
a-meow-zing world of  
Gabby & friends through games,  
music, coloring and more in  
the free Gabby's Dollhouse app!

Download at: [Tinyurl.com/GabbysDollhouse](https://tinyurl.com/GabbysDollhouse)



DreamWorks Gabby's Dollhouse © 2021 DreamWorks Animation LLC. All rights reserved.





## Vegan Pumpkin Peanut Butter Soup

Serves 10

### Ingredients

- 2 large leeks, sliced
- 1 tablespoon coconut oil
- 8 cups fresh pumpkin puree (see below)
- 1 cup creamy peanut butter
- 4 cups vegetable broth
- 14 ounces coconut milk (1 can)
- 2 teaspoons salt
- 2 teaspoons Chinese five-spice powder (or 1 teaspoon cinnamon)
- 1/4 teaspoon cayenne pepper

### Toppings:

- Sriracha sauce
- Vegan coconut yogurt

### Directions- Pumpkin Puree:

1. Purchase a “pie pumpkin” (also called a “sweet pumpkin”), which are typically around 2 to 4 pounds. On average, each “pound” will yield about 1 cup of pumpkin puree.
2. Using a sharp knife, carefully cut the pumpkin in half lengthwise. Use a sharp spoon or ice cream scoop to scoop out all seeds and strings (reserve the seeds for roasting). Drizzle the pumpkin with olive oil, salt and pepper.

3. Line a cookie sheet with parchment paper and place the pumpkin halves skin side down. Using the tip of a sharp knife, carefully place a few slits in the skin of the pumpkin. Roast in a 375 F oven for 40 minutes to 60 minutes. It will entirely depend on the size of your pumpkin.
4. Remove from oven and allow to cool. When cool enough to handle, scoop out the flesh and set aside.

### Directions-Pumpkin Soup:

1. In a large pot over medium-high heat, melt coconut oil. Add sliced leeks and 1/4 teaspoon salt. Sauté for 5 to 8 minutes or until leeks are soft and creamy.
2. Add vegetable stock, pumpkin puree, peanut butter, coconut milk, and spices to pot. Stir well to combine, and allow to simmer for 15 minutes.
3. Working in batches, add soup to a high-speed blender and blend until smooth, return to pot and taste for seasoning adding more salt if needed.

Serve with a drizzle of sriracha and a spoonful of vegan (plain, unsweetened) coconut yogurt.

## Cranberry Margarita

Serves 1

Cranberries are loaded with health benefits, which include reducing the risk for ulcers and preventing gum disease. Also, just eight ounces of cranberry juice cocktail contains 137 percent of the daily recommended value of vitamin C.

### Ingredients

- 1½ shots of tequila
- 1 shot of cranberry juice cocktail
- 1/4 cup of whole berry cranberry sauce
- 1/2 shot of triple sec
- 10 ice cubes
- Sweetened dried cranberries, for garnish
- Lime, for garnish

### Directions

Combine all ingredients except garnish in a blender. Blend on high until smooth and frosty. Serve in a margarita glass.

This one is for the adults!

Garnish with dried cranberries and a lime wheel.







## Crustless Pumpkin Pie

Makes 8 servings | Recipe courtesy Libby's® Pumpkin

Love pie, but hate avoiding the crust? Whether you're struggling with gluten sensitivities, allergies, or are just avoiding excess carbs this holiday season, this recipe is for you!

### Ingredients

- ¾ cup granulated sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 2 large eggs
- 1 can (15 ounces) Libby's® 100% Pure Pumpkin
- 1 can (12 fluid ounces) Nestlé® Carnation Evaporated Milk
- Nonstick cooking spray
- Whipped cream (optional)

### Directions

1. Preheat oven as directed below. Glass baking dishes without crust require a cooler oven, and in most cases, a longer baking time.
2. Spray baking dish with nonstick cooking spray or lightly grease bottom of baking pan or baking dish.
3. Mix sugar, cinnamon, salt, ginger and cloves in a small bowl. Beat eggs in a large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
4. Bake as directed below or until a knife inserted near center comes out clean.
5. Cool on wire rack for 2 hours. Serve immediately or refrigerate.

### Cooking times

9-inch-round glass pie dish: 325 F; bake for 55 to 60 minutes  
 10-inch-round glass pie dish: 325 F; bake for 45 to 50 minutes  
 8-inch-round cake pan: 350 F; bake for 45 to 50 minutes  
 9-inch-round cake pan: 350 F; bake for 35 to 40 minutes

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

**Veggie Trays • Party Platters**  
 (4 Meats, 4 Cheeses, & Olives serve 5-32 people)

**Delicious Sandwiches & Pastas Daily**  
**60+ Varieties of Meats & Cheeses**

**661-588-7004**  
 9500 Brimhall Road, Suite 304  
 Open Mon - Sat, 10:30am to 5:30Pm

**Plan Your Next Event**  
 from our Extensive  
 Catering Menu!

**In Everything Give Thanks! 1 Thess. 5:18**

**9425 Rosedale Hwy.**  
**Bakersfield, CA 93312**  
**(661) 587-8437**  
 Takeout & Delivery

**Salty's**  
 BBQ & Catering

**6801 White Ln.**  
**Bakersfield, CA 93309**  
**(661) 847-9955**  
 Takeout & Delivery  
 Drive-Thru Open

**For Catering Call: 661-549-3473**

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

**John 14:6**

**Join the FUN at Trinity Preschool!**

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

**(661) 665-7713**  
 11300 Campus Park Dr  
 Bakersfield, CA 93311  
[www.trinitybakersfield.com](http://www.trinitybakersfield.com)  
 LIC # 153810005

**Trinity Preschool**  
 AT BELCOURT



# HOLIDAY GIFT IDEAS

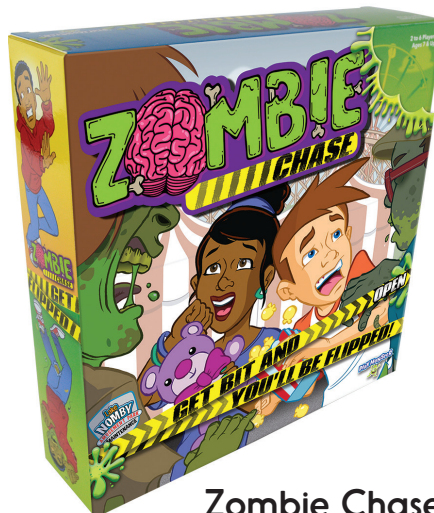
By Elena Epstein, Director of the National Parenting Product Awards | For more product reviews, visit [nappaawards.com](http://nappaawards.com)



## Superhero Rescue

An exciting hands-on adventure to learn about muscles and energy while develop healthy exercise habits. Kit includes a top-secret Mission Pack and STEAM projects to save the forest.

\$29.95, ages 5-8 years, [amazon.com](http://amazon.com)



## Zombie Chase

Imagine being trapped inside an amusement park with the janitor-turned-zombie! This strategy game is all about finding an escape before becoming zombified.

\$19.99, ages 7+, [playmonster.com](http://playmonster.com)

## Rainbocorns Puppymcorn Surprise

Unbox an experience that reveals all-new Puppymcorn plush characters. Collect all seven to have the best in show!

\$9.99, ages 3+, [zuru.com](http://zuru.com)



## Sync Hoverboard

You'll be sure to turn heads with this light up hoverboard, equipped with a Bluetooth speaker to enhance your ride and contains a top speed of 10 MPH and has a range of up to 8 Miles.

\$179.99, ages 12 years +,  
[https://ridejetson.com](http://ridejetson.com)



## One by Wacom

Take digital creativity to the next level with this innovative tablet that connects to your computer. You can sketch, draw, and edit photos with a great digital ink experience.

It works with Chromebook too, which makes it perfect for students who want to handwrite yet have to turn in assignments digitally. The pressure sensitive and battery free pen brings a familiar, pen-on-paper feel to drawing and writing and is simple to set up and use.

\$69.95, ages 8+, <https://www.wacom.com/en-us/products/pen-tablets/one-by-wacom>



## Batman All-Terrain RC Batmobile

Water, snow, mud, rock, and grass is no match for the Batmobile. Perfect for outdoor play, this toy lets you drive from land to water and keep on going!

\$54.99, ages 4+, [spinmaster.com](http://spinmaster.com)



# WE LOVE

It's that time of year! Kern County Family hopes these ideas are helpful—we know how hard it can be to find the perfect present for each of the littles under your tree. Here's to Holiday shopping!



## Corner Crush

This game has a four-corner rotating tower, premium quality materials and built-in storage for a classic edge up! Drop tokens into the rotating tower and play to score four in a row.

\$19.99, ages 7+,  
biggcreative.com



## Red & Olive Co Doll

This doll comes from a fair-trade brand that hand-knits fashionable friends encouraging positive values. Each BFF promotes emotional development and helps children feel brave.

\$88.00, ages 1-10 years,  
redandoliveco.com



## Alpha Jetkart

Upgrade from a traditional hoverboard to an exciting go-kart.

Features all-terrain, LED light up wheels and lava full color spectrum lighting on the seat. Has includes an in-built Bluetooth speaker and 500-Watt Motor with a top Speed of 9 MPH and a max Range of Up To 12 Miles.

\$349.99, ages 12+,  
https://ridejetson.com

## Makena Williams Doll, Book and Accessories

She has a passion for fashion and uses it to express her views on social issues. Also included is "Makena: See Me, Hear Me, Know Me," a book by Denise Lewis Patrick.

\$145, ages 8+,  
https://www.americangirl.com/shop/c/world-by-us



## Mindful Animals Calming Activity Cards

Pause and destress with 50 animal-themed mindfulness and relaxation techniques for kids.

Helps calm and soothe them after a very busy day—or in the middle of one!

\$12.00, ages 4+,  
petitcollage.com



## Scribble Scrubbie Ocean Pets Lagoon Playset

This playset will have young explorers adding bright, fun designs to shark, octopus, whale and clown fish pets! Using the washable markers, kids can customize the crew.

\$29.99, ages 3+,  
michaels.com



# How Sparking Your Child's Passions Can Boost Learning



**W**hat does your child love? Is it dinosaurs or volcanoes? Is it a certain movie with its cast of characters or a television show that captures his or her imagination? And why does it matter?

It matters quite a lot. When you can engage your child's passionate interests, you open the door to all manner of opportunities for extended learning.

Suppose your child shows an interest in volcanoes—what they are, what they do and how they affect the environment. Think of the learning you can offer as you answer your child's questions, find resource materials to inform your conversations and maybe spend some time drawing or creating a model volcano. You'll be teaching science and you'll be encouraging an inquisitive mind at the same time.

The wonderful thing about passionate interests is that they change over time. Next week or month you may be tracking down information on insects

or planets or birds. Your job is to facilitate all the learning possible while your child absolutely loves that topic.

Another wonderful thing about passionate interests is the motivation to learn is already established. All you have to do as a parent is provide time, space and materials to support learning. Your child will benefit in so many ways.

## Here are some ways you can encourage your child in his or her chosen passions.

- **Encourage your child to write about or draw or otherwise represent the topic.** Create stories about the topic using family members as characters. Create art work related to the topic. Encourage pretend play.
- **Find all the supportive materials you can at your local library.** That may include both fiction and non-fiction books, photos, coloring books, maps, charts and graphs or videos.

- **Find websites that offer factual information, games and videos related to the topic.**
- **Provide space and time in your home to pursue the topic.** You may want to clear space on a bookshelf or table for collections of materials or space on a wall or the refrigerator door for art work related to the topic.
- **Take the time to read with your child about the topic and have conversations to extend learning.** Answer questions as you can or be willing to help your child do research to enrich understandings.
- **Be a model for your child by following your own interests and passions.** Share your enthusiasm for learning about your current interests.

Capitalizing on your child's current interests is something you can begin to do when your child is very young. Pretend play and drawing pictures is a great place to start. And then as your child grows and matures, you can introduce ever-expanding ways to extend learning and dig into research.

## Benefits of extending learning about your child's passions

- Children learn to focus their attention on a topic.
- They learn to engage and take risks, improving their body of knowledge or skills.
- They learn to set goals such as memorizing all the characteristics of a certain animal or understanding the habitat of a certain bird.
- They learn how to ask good questions and follow up with research.
- They learn how to think clearly and logically as they pursue their interest.
- They learn there are experts in any field of study and they can become an "expert" in a certain area too.
- They learn the world is full of a vast amount of information, and they can access it.
- They see themselves as successful and intelligent learners.

It's good to remember that your child's passions are their own. It's not productive to choose the interest for them, but once the passion is identified you can begin to support learning in countless ways.

Success in school and in life depends on being able to master various bodies of knowledge. Give your child a head start in achievement by sparking their current passions and interests.



# 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](http://www.kerncountyfamily.com)

## NOVEMBER EVENTS

### November 1-27

#### Today Cleaners Toys for Tots Toy Drive

Multiple Locations  
Bakersfield, CA

<https://todaycleaners.com/locations/>

Spread the joy this Holiday season! Today Cleaners encourages you to drop off a new, unwrapped toy at any of their many convenient locations. Not only will you be giving the gift of a toy, but you can make your gift give even more! Today Cleaners will donate \$10 per toy for the first 250 toys donated. In addition, Toys Cleaners will be accepting donations by cash or check on behalf of Toys for Tots. To find a location near you, visit [todaycleaners.com](http://todaycleaners.com).

### November 4

#### 2nd Annual Rhythm & Roots

1933 Speakeasy Bar & Grill  
7900 Downing Ave Ste B,  
Bakersfield, CA  
661-324-2767

Time: 6 – 10PM

[www.goldenempiregleaners.com/  
copy-of-sponsorship-registration](http://www.goldenempiregleaners.com/copy-of-sponsorship-registration)

The Golden Empire Gleaners' 2nd annual Rhythm & Roots fundraiser will return this year on Thursday, November 4, at 1933 Speakeasy Bar & Grill's outdoor garden. Join us for dinner, drinks, dancing, raffle items and the return of country music artist, John Pemberton!

This event will be held in support of the Gleaners' mission to end hunger in Kern County. All proceeds are tax deductible.

### November 6

#### Kern Cancer Run/Walk Hybrid Edition 2021

Kaiser Permanente Sports Village  
9001 Ashe Rd Bakersfield, Ca, 93313  
(661) 862-7154

Time: 6am

[https://www.facebook.com/  
events/1713591172164637](https://www.facebook.com/events/1713591172164637)

This exciting challenge allows you to raise funds and awareness for our local kids who are battling cancer all while having fun! This is a hybrid event so if you choose to do it virtually you can participate from anywhere. If you would like to do it in person you can do so live on November 6th at 10am at our Campout Against Cancer event at the Kaiser Permanente Sports Village.

All you have to do is register on this website. Once you register you can "Become a Fundraiser" and raise money for us as an individual or form a team. Prizes will be given to the individuals and teams that raise the most!

#### Mozart and More – BSO Concert

Mechanic's Bank Theater  
1001 Truxtun Ave, Bakersfield, CA  
661-323-7928

Time: 6 – 7:30PM

<https://www.bsonow.org/calendar/11-6-21>

Maestro Stilian Kirov takes the Bakersfield Symphony on a journey through a selection of charming string orchestra works, beginning with Mozart's well-known Eine kleine Nachtmusik, or "A Little Night Music." Corigliano's Voyage provides a soothing interlude before Purcell's lively Sonata for Trumpet and Strings. The concert closes with Tchaikovsky's rousing Souvenir de Florence.



NOVEMBER 7, 2021

Tickets are on sale now! Buy online, or save on transaction fees and call us at 661-323-7928.

### November 13

#### 24th Annual Craft Faire

Northminster Presbyterian Church  
3700 Union Ave,  
Bakersfield, CA  
661-325-0929

Time: 9AM – 3PM

<http://northpres.org/events/fall-faire/>

Northminster Presbyterian Church will hold its 24th Annual Arts & Crafts Faire on November 13. Admission is Free. Come shop over 35 crafters and vendors. Food will be available for purchase: Breakfast, Deep Pit Lunch and Snacks. Vendors as still Welcome to sign up and deadline for setup is Nov 5th.



**VETERANS  
DAY** ★ NOVEMBER ★ 11 ★

HAPPENINGS CONTINUE →





# 17 Days of Christmas Toy Drive

Drop off a new unwrapped toy between December 1 - 17 at the KGET TV lobby and help brighten the holidays for kids in need.



November 25



November 26 – December 23

## Cambria Christmas Market

2905 Burton Dr., Cambria, CA  
(800) 966-6490  
<https://cambriachristmasmarket.com/>

This beloved, annual event will feature 2 million twinkling Christmas lights, complete with themed vignettes, visits from Santa, cozy fire pits, delicious food and drink and an authentic German Christmas Market. The Market will feature imported German goods, including nutcrackers, smokers and ornaments, along with handcrafted items from local artists and artisans. We hope you will join us to create magical holiday memories at this unique holiday event on California's Central Coast!

November 26 – January 1, 2022

## Christmas Town

Kern County Museum  
3801 Chester Ave, Bakersfield  
(661) 927-7353  
Time: Sun-Thur 5:30 - 9PM, Fri-Sat 5:30 - 10PM  
<https://christmastown.net/>

Come enjoy the animated light shows, a festively decorated Christmas Village, an outdoor skating rink, a giant snow slide, a hayride through the Poinsettia Forest, our 40 foot dancing Christmas tree, a visit with Santa Claus, hot chocolate, hot apple cider, and a children's activity center.

\* Drive Thru Only On Christmas Eve and Christmas Day  
Reservations NOT required.

November 27 – January 1, 2022

## Holiday Lights at CALM

10500 Alfred Harrell Hwy, Bakersfield, CA 93306  
[www.calmzoo.org](http://www.calmzoo.org)

It's a Drive-Thru! Closed Christmas.  
Tickets are available at [www.calmzoo.org](http://www.calmzoo.org).

Holiday Lights  
at CALM  
with designs by Josh Barnett's Lightasmid®







## ONGOING EVENTS

### Saturdays in November

#### F St Farmers Market

City Center: 3201 F St. – Parking Lot, Bakersfield, CA

(661) 342-4671

Time: 7:45am – 12pm

[www.visitbakersfield.com/events-calendar/valley-farmers-market/](http://www.visitbakersfield.com/events-calendar/valley-farmers-market/)

Bakersfield's Longest Running Certified Farmer's Market featuring Fresh Fruits & Vegetables, Pork, Honey, Handmade Soaps, Baked Goods, Jams, Jellies & More!! Accepts cash, card & EBT. Social distancing practiced throughout the market.

Come and meet your local Farmers and Crafts-men and buy local, buy fresh! Chat with the people who grow your food and the craftsmen

who hand make their products while supporting local businesses.

#### Lakeshore Farmer's Market - Wofford Heights

7466 Wofford Blvd., Wofford Heights  
(760) 417-9575

Time: 9am – 1pm

We have some great farmer's markets in Kern County, and this is another one. Give your whole family the gift of fresh fruits, vegetables, and homemade goodies. Drive up the hill for some amazing finds on Saturdays.

### Mondays in November

#### Hoffmann Hospice Grief Support

Mondays via ZOOM (online group)

(661) 410-1010

Time: 5:30-6:30pm

<https://www.hoffmannhospice.org/grief-support-groups/>

HEALING HEARTS (Parents that have lost children). This is a particularly difficult time to experience the death of a loved one. Hoffmann Hospice Grief Support groups are led by trained grief counselors. The meetings are free and open

to all. You do not need to have a loved one on our service to attend. Space is limited, reservation required for all groups. Please call (661) 410-1010 to schedule.

### Mondays & Wednesdays in November

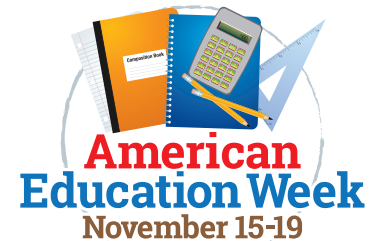
#### Art Classes for Children with Charlotte White

Bakersfield Art Association Art Center Gallery

1607 19th Street, Bakersfield CA 93301  
(661) 330-2676

Time: 4pm – 5pm, 5pm – 6pm

All Media Art Classes. First Grade through 8th Grade. Materials are provided by the instructor. Cost: \$10.00 per class. For registration and additional information contact Charlotte White (661) 330-2676 or [charlottewhiteartist@icloud.com](mailto:charlottewhiteartist@icloud.com)



# ACTIVITY CORNER ANSWERS



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

#### ACROSS

- Chanukah
- Newsroom
- Keel
- One
- Happy

#### DOWN

- Candles
- Larry
- Temple

PAGE 30

Prepare for unexpected power outages with a Generac home standby generator

REQUEST A FREE QUOTE!  
844-334-8353

**FREE** 7-Year Extended Warranty\*  
A \$695 Value!

Limited Time Offer - Call for Details

Special Financing Available  
Subject to Credit Approval

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

EXCLUSIVE LIMITED TIME OFFER!

**15% OFF** & **10% OFF**

YOUR ENTIRE PURCHASE + **5% OFF** TO THE FIRST 50 CALLERS ONLY!

FINANCING THAT FITS YOUR BUDGET! Promo Code: 925

CALL US TODAY FOR A FREE ESTIMATE

**1-855-995-2490**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\*Offer valid at time of estimate only. The leading consumer reporting agency conducted a 18 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." Manufactured in Plainville, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DOR# 41073358-0501 License# 76561 License# 50145 License# 41354 License# 80338 License# 126344 License# 218204 WA 16184 603 223 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFNW822J2 License# WWO56912 License# WC2998H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC0549905 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# 10721801 Registration# 13H1095500 Registration# PA059383 Suffolk HIC License# 522026-H License# 270516945 License# 262000022 License# 262000403 License# 0086990 Registration# H-19114



## CHILDCARE & EDUCATION



SERVING CHILDREN AND ADULTS WITH AUTISM  
AND OTHER INTELLECTUAL DISABILITIES SINCE 1998

[www.autism-vac.org](http://www.autism-vac.org)

## PRODUCTS, SERVICES & EVENTS



1808 Roberts Lane  
Bakersfield CA 93308

**399-2944**

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

## NATIONAL CLASSIFIED ADS

### Education

Train online to do medical billing! Become a Medical Office Professional at CTI! Get trained & certified to work in months! 888-572-6790. The Mission, Program Information and Tuition is located at [CareerTechnical.edu/consumer-information](http://CareerTechnical.edu/consumer-information). (M-F 8-6 ET)

### Health & Fitness

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real in-surance - not a discount plan. Get your free dental info kit! 1-888-623-3036 [www.dental50plus.com/58#6258](http://www.dental50plus.com/58#6258)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587

Stroke & Cardiovascular disease are leading causes of death according to the AHA. Screenings can provide peace of mind or early detection! Call Life Line Screening to schedule a screening. Special offer 5 screenings for \$149. 1-833-549-4540

### Miscellaneous

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-855-270-3785

GENERAC Standby Generators provide backup power during power outages, so your home & family stay safe & comfortable. Prepare now. Free 7-yr extended warranty \$695 value! Re-quest a free quote today! Call for terms & conditions. 1-844-334-8353

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-995-2490

Directv Now. No Satellite. \$40/mo 65 Channels. Stream news, live events, sports & on demand titles. No contract/commitment. 1-866-825-6523

New authors wanted! Page Publishing will help self-publish your book. Free author submission kit! Limited offer! 866-951-7214

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 866-409-0308

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 Update your home with beautiful new blinds & shades. Free in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Free

Located in SW Bakersfield

**I LOVE PRESCHOOL**

Elite Childcare at Affordable Prices

- Serving 2 to 6 years old
- Focus on Fun, Education & Social Skills.
- Pre-K and Transitional Kindergarten

Featured on WeeCare

We Accept Community Connection for Child Care

**HELPING HANDS**  
Preschool & Daycare

Call 661-444-2667

Hours :  
Monday - Friday 7:30am - 5:45pm

License #153910671

**MOLLY MAID**  
a neighborly company

**STILL KEEPING IT FRESH AND CLEAN FOR OVER 30 YEARS.**

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

Locally Owned and Operated Franchise

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

Cannot be combined with other offers.  
For New Recurring Customers Only

Call Us Today For Details. 661-369-7119  
<https://www.mollymaid.com/local-house-cleaning/ca/bakersfield.aspx>

**AUTISM SOCIETY**  
Improving the Lives of All Affected by Autism

Kern Autism Network

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

**2nd Annual Gala**  
*La Dolce Vita*  
to be held at Bakersfield Country Club  
11/6 See our website for further details

**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

**SERVICES OFFERED:**

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • [kernautism.org](http://kernautism.org) • [kernautism@gmail.com](mailto:kernautism@gmail.com)  
2200 Oak Street, Suite A

f t i

**TANTRUMS, TEARS AND TIMEOUTS**  
Sometimes parents need them, too.

For FREE parent-to-parent counseling, contact us:  
**323-3531**  
**(888) 955-9099**  
[www.e-warmline.org](http://www.e-warmline.org)

**WarmLine**  
another parent to talk to

**Read Us ONLINE!**

**kerncountyfamily.com**



## HEALTH & BEAUTY



Improving World Health One Person at a Time

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

Call in Refills: \$10<sup>00</sup> only  
Phone consults: \$30<sup>00</sup> only  
All office visits: \$60<sup>00</sup> only  
Sports physicals: \$70<sup>00</sup> only  
All other physicals: \$120<sup>00</sup> only

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

300 17th St., Bakersfield, CA 93301

661-869-1982

By APPOINTMENT ONLY

Monday-Friday 8am-6pm

## NATIONAL CLASSIFIED ADS

consultation: 877-212-7578. Ask about our specials!

Long distance moving: Call for a free quote from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a relocation specialist 888-721-2194

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141

DISH TV \$64.99 for 190 channels + \$14.95 high speed internet. Free installation, smart HD DVR included, free voice remote. Some restrictions apply. Promo expires 1/21/22. 1-833-872-2545

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-833-386-1995 today!

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

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

**Bellissima**  
Medical Aesthetics  
Acne Treatments • Fillers • Botox  
Laser Hair Removal **\$45/Session**  
for first time customers  
Evening & Weekend  
Appointments Available  
661-634-9200  
www.bellissimamed.com

**innovative**  
eye care OPTOMETRIC CORPORATION  
Vision & Eye  
Health Evaluation  
for the Family  
Cheree Wilhelmsen, O.D.  
4903 Calloway Drive, Ste. #101  
Phone:  
661-213-3310  
innovativeec.com

**CHIROPRACTIC CARE**  
Pediatrics • Asthma • Earaches • Massage • Elderly  
Alpha Omega  
Wellness Center  
Dr. David T. Mongold  
7950 White Lane #2E, Bakersfield  
661.397.6555  
www.alphaomega4wellness.com  
Corner of White Lane & Gosford, next to Albertsons  
**FALL SPECIAL**  
**\$99 New Patient**  
(Covers Exam, X-Rays, 1st adjustment, & ROF)  
Must present coupon. Expires DEC 15, 2021

## LESSONS & CLASSES

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

## LESSONS & CLASSES

Adult & Child Classes held on  
**Mondays & Wednesdays**  
Private & Group classes  
**Fine Arts & Crafts**  
include drawing, painting,  
stenciling etc.  
For registration and additional information contact  
**Charlotte White (661) 330-2676 or  
charlottewhiteartist@icloud.com**

**skate LAND** kidsskatefree.com  
Rediscover the **FUN**  
of Roller Skating at  
**Skateland!**  
We Provide....  
• A SAFE Environment  
• Good, Clean Fun  
• Social/Athletic Skill Building  
Register your kids 10 & younger  
for our Kids Skate Free Program!  
**\$20 OFF**  
Any Booked Party Package  
Can't be combined with other offers, expires 11-30-21  
**SAVINGS**  
**(661) 831-5567**  
**Skateland**  
415 Ming Ave., Bakersfield, CA 93307  
skatelandbakersfield.com

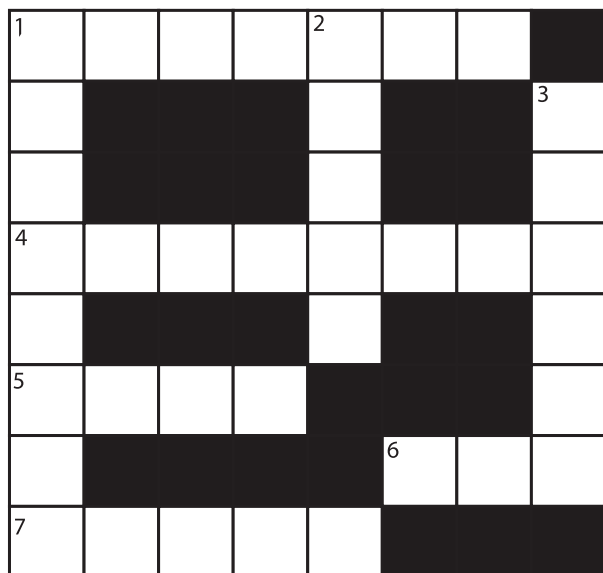
**BAKERSFIELD SWIM ACADEMY**  
Swimming Lessons for **ALL** Ages  
From Beginner to Advanced  
YEAR ROUND  
SWIM LESSONS  
661-615-6530  
3311 Allen Road • Bakersfield, CA 93314 • www.bakersfieldswimacademy.com  
From Infants to Olympians!

**Harmony Road**  
Music School  
NEW CLASSES BEGIN IN JANUARY  
• Music & Movement Classes  
(Ages 16m - 4yrs.)  
• Group Piano Classes  
(Ages 4 1/2 - Adult)  
(661) 665-8228 • 5381 Truxtun Ave.  
(1 block East of Mohawk St.)  
www.HARMONYROADBAKERSFIELD.com





## Crossword



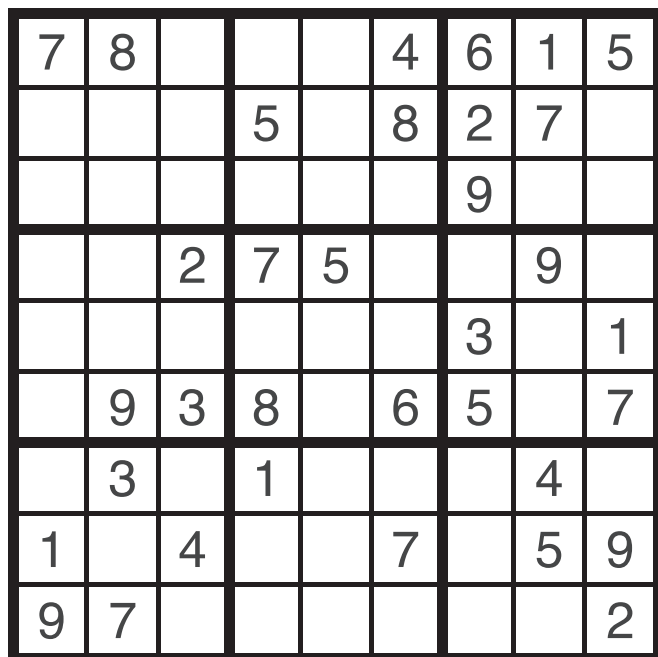
### ACROSS

1. Wax and wicks
4. Where news is written and edited
5. Part of a boat upon which the hull is built

### DOWN

1. Jewish holiday
2. Nickname for "Lawrence"
3. Place of worship
6. Singular
7. Feeling content

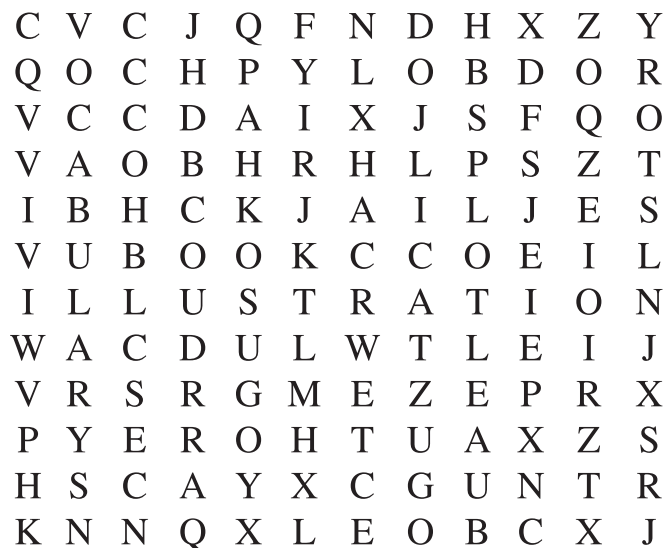
## Sudoku



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





AUTHOR  
BOOK  
CHARACTERS  
CHILD


ILLUSTRATION  
LESSON  
PAGE  
PICTURES

PLOT  
STORY  
TEXT  
VOCABULARY

# Worship Guide

Sponsored by 





## TRINITY

ANGLICAN CHURCH

**Father Karl Dietze**

**Service Times: 8:00 AM & 10:00 AM**

Sunday School and Child Care available during 10:00 service

**11300 Campus Park Drive**

**Bakersfield CA 93311**

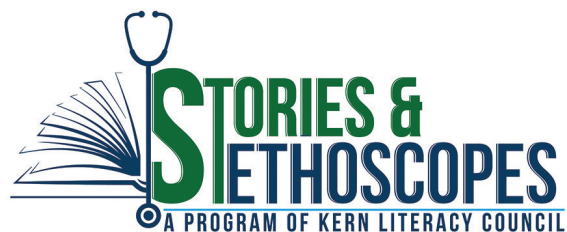
NW Corner of Buena Vista & Campus Park

**661-665-7713**

[www.trinitybakersfield.com](http://www.trinitybakersfield.com)

**Online Services!**





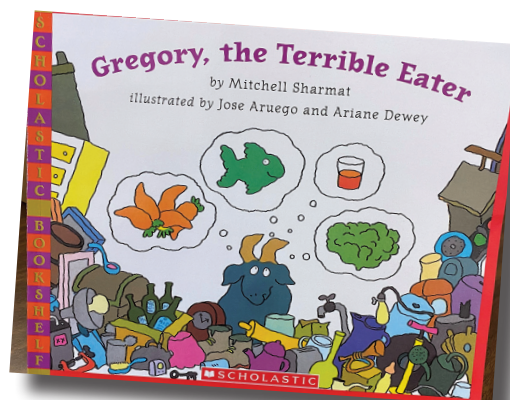
## Thankful for a Goat?

Could reading a book about a goat's eating habits help your children love vegetables? As Thanksgiving day fast approaches, with lots of good food, a goat just might be the answer to your children's anti-vegetable stance! "Gregory the Terrible Eater" by Mitchell Sharmat, is one of the books featured in the new Stories & Stethoscopes program.

Kern Literacy Council introduced Stories & Stethoscopes in the October issue of Kern Family Magazine. But here's a quick refresher. . . Stories & Stethoscopes focuses on teaching children the benefits of a healthy lifestyle, from healthy eating to physical wellness and is a great way to inspire, encourage and advance literacy in pre-K through elementary age children. Sponsored by a generous donation from Adventist Health Medical Staff Kern County, the program takes place throughout Kern County.

Now back to the goat! "Gregory the Goat" isn't your typical goat. He isn't interested in what the other goats eat, such as tin cans and trash, instead he favors fruit, vegetables and other healthy food choices. If you have a young "Gregory" in your family, this might be a great way to introduce healthy eating.

Whether it's a picky eater or a child who has misgivings about visiting the doctor's office, Stories & Stethoscopes has the right prescription. Books in the program focus on these topics and more.



Stories & Stethoscopes is collaborating with Adventist Health's Children's Mobile Immunization Program (CMIP) to distribute books, backpacks and other items to children throughout Kern County. If your child is in need of immunizations, and would like to be part of the Stories & Stethoscopes program, please contact Adventist Health for upcoming dates and locations as they vary throughout the county.

In the coming months, Lucy Mata, LVN, Practice Manager for the Mobile Healthcare Initiatives, will be one of our Adventist Health Medical Staff Kern County team members taking part in the Stories & Stethoscopes story time events. Lucy commented, "I am thrilled to participate in this new program. It's a great way to encourage children and adults in Kern County to live healthy lives." We're thrilled to have Lucy take part in this event. Until then, check out Lucy's Thanksgiving health and safety tips in the "Healthy Tips" section.

Happy Thanksgiving!

Stories & Stethoscopes. . . Health, wellness and literacy. . . the perfect prescription!



READ  
FOR  
SUCCESS

For more information on  
Kern Literacy Council, call us at  
661-324-3213, or check out our website  
at [www.kernliteracy.org](http://www.kernliteracy.org).



## Stories & Stethoscopes HEALTHY TIPS

Lucy Mata, LVN for Adventist Health, provides some tips for a healthy and safe Thanksgiving holiday. . .

**"Keeping hands clean is an easy thing you can do to prevent the spread of germs year round, but especially during the holiday season.**

- **Remember to wet your hands first before adding soap.**
- **Scrub all areas, don't forget the back, for at least 20 seconds**
- **Wash hands often especially before, during and after food preparation and of course before eating.**

**It's not too late to get your flu shot! Help keep your family and friends safe by getting your flu shot. Doing so protects the most vulnerable and those who can't get the flu shot themselves, such as babies under the age of 6 months."**





Arcade



Food

# PARTY WITH US!



Bowling



Laser Tag

THE **BLVD!**  
EATS × DRINKS × GAMES

**661-873-4477**

[BLVDBAKERSFIELD.COM](http://BLVDBAKERSFIELD.COM)

[SALES@BLVDBAKERSFIELD.COM](mailto:SALES@BLVDBAKERSFIELD.COM)