

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



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

January 2022

KCFM's
ANNUAL

**Private
Education
GUIDE**

**Setting
& Keeping
GOALS**

- 11 ways to make changes that stick
- Helping kids succeed

**#What's
YOUR 2022
Parenting
Hashtag?**

plus: you can do it: in-season fruit crumble pg 25

hello, happy mama: Elsa Moore pg 12 oatmeal: the breakfast superfood pg 8

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

KERN COUNTY SUPERINTENDENT OF SCHOOLS VIRTUAL EDUCATION JOB FAIR

February 5, 2022 | 9:00AM - 12:00PM (PST)

WHAT IS A VIRTUAL JOB FAIR?

Customized exclusively to the education profession

Allows prospective teacher candidates worldwide to remotely meet with Kern County Education Agencies

Simulates the look and feel of a real fair through an online platform

Supports live chats and video conferences from the comfort of respective offices and homes

Connects administrative services credential holders, other services credential holders, teaching credential holders, and substitutes with Kern County Education Agencies

CONTACT US FOR MORE INFORMATION

CALIFORNIA CENTER ON TEACHING CAREERS

Executive Director: Donna Glassman-Sommer, donnags@tcoe.org

Assistant Executive Director: Marvin Lopez, marvinl@tcoe.org

KERN COUNTY SUPERINTENDENT OF SCHOOLS

Evelyn M. Feliciano, TRF@kern.org, 661-636-4750



CaliforniaTeach.org

Participate in Kern County Superintendent of Schools upcoming virtual job fair and connect with school districts!

SCAN QR CODE TO REGISTER!

REGISTER: <https://thecentervirtualevents-kcsos22.vfairs.com/>

CANDIDATES: FREE | AGENCIES: NO FEE

Sponsored By Kern County Superintendent of Schools

California districts and counties are committed to creating a school climate that is reflective of the state's diverse student population. All candidates receive consideration for employment without regard to race, color, religion, gender identity or expression, sexual orientation, national origin, genetics, disability, age, or veteran status.



**Tulare County
Office of Education**
Tim A. Hire, County Superintendent of Schools

CALIFORNIA CENTER
ON TEACHING CAREERS

SCAN ME



KCSOS Virtual Job Fair_Za_v4

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 • Rebecca Hastings
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



10

Readers Respond
What's your parenting hashtag for 2022?



12

Hello, Happy Mama
Hopeful Mama Elsa Moore



20

2022 Private Education Guide

Put Your Best Foot Forward!
A glance at the top private education options in Kern County.



11

11 Things: Ways to Make Changes that Stick



24

You Can Do It: Warm your bellies with pecan waffles and more!

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



- 4 **Dear Reader:** In 2022, #gowiththeflow
- 6 **Refrigerator Door:** Local Voices, News & Trends
- 7 **Stuff We Love:** New products for a new year
- 8 **Healthy News to Use**
- 14 **Humor@Home:** My Clothing Diva
- 16 **Feature:** Helping Kids Set and Achieve Goals
- 18 **Education:** Looking for the Perfect Private School? Find a great fit with these tips
- 26 **Daily Happenings:** Local Event Calendar
- 28 Family Shopper
- 30 **Activity Corner:** Sudoku, Word Find & More

dear reader



Vaun Thygerson,
Contributing Writer

Like a lot of us, I grew up without social media and, I have to admit, I'm glad. I don't know if my teenage brain could have navigated the social responsibility or complexity. However, my adult brain loves it. It's the best way for me to keep in touch with my family, who mostly live out of state, and reconnect with friends I haven't seen since high school or college.

When I first signed up for Instagram in 2013, I didn't even understand that others could see my photos, but I loved the filters that made them look so much cooler. It took me a while to figure out the app, but now I am a full-fledged Instagrammer. At first, I would hashtag everything, but I have calmed down with those "pound signs" over the years. So, this month, when KCFM asked readers what their parenting hashtag would be for the New Year, I decided to play along.

I went back through my social media posts to see my hashtags and found a lot of sports ones: #gopats, #gomustangs, #boltup, #underarmor, etc. There were a lot of funny ones, too, like #noshoes, #poodlelove, #lifewith-teenageboys, and many more. I noticed one I used a lot was #soproud. For a snapshot of my life, these hashtags are pretty accurate, but what one would I pick for my parenting style? I thought a lot about it and decided mine would be #gowiththeflow.

To find out what KCFM readers chose for this year's parenting hashtag, turn to the article, "Readers Respond: What would your parenting hashtag be this year?" on page 10. Two hashtags that could have been contenders for me were #bekind and #ittakesavillage.

I really like #ittakesavillage, because it does take a village to raise children and one of the most important parts of your village starts with your

children's education. This issue includes KCFM's annual private education directory that begins on page 20. You can also find ways to make sure you match your children's needs with the right private school in the article, "Looking For the Perfect Private School? Find a great fit with these tips," by Callie Collins, on page 18. It's important to remember that school is more than just academics; you need to make sure the private school you choose fits your child's social and extracurricular needs as well.

January brings with it a New Year and a new slate. In the article, "11 Ways to Make Changes Stick in 2022," on page 11, Callie Collins gives some good reminders on how to have a successful year. Some of her tips focus on how to keep our New Year's Resolutions by making a plan and writing down your to-do lists, while also staying realistic.

For your monthly dose of humor, Julie Willis writes in her Humor at Home article, "My Clothing Diva: Let's Try On ALL the Clothes and Then Not Wear Them," on page 14, about how much she misses the days when she could pick out her daughter's clothes. Her little clothes diva loves to try on everything and has a unique sense of style.

This New Year as you start filling up those blank calendars with activities and deadlines, make sure to reflect on what you want this year to look like for your family. Come up with your own parenting hashtag and honor it throughout the year. I promise this small little pound sign affirmation can bring success. Have a fabulous New Year and remember that we are all #BLESSED.



From One Essential Family To Another, WE'RE THANKFUL TO BE YOUR CHILD'S CHOICE FOR DENTAL CARE.



COMPLIMENTARY
Exam + X-Rays

Examen y Radiografías Gratis
For new uninsured patients

Para nuevos pacientes no asegurados

Referral Code/Código de Referencia: AD-KernFamily Mag



LEARN MORE
MyChildrensChoice.com

SCHEDULE YOUR NEXT VISIT TODAY!
¡Programe su próxima visita hoy!

Bakersfield (661) 336-9001



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

Operation



Saving Smiles

Need help finding
a dentist for your child?

Call (661) 321-3000



KERN COUNTY
Public Health Services
DEPARTMENT

kernpublichealth.com

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

STUFF WE LOVE

FOR THE NEW YEAR

By Elena Epstein, Director of the National Parenting Product Awards
For more product reviews, visit nappaawards.com

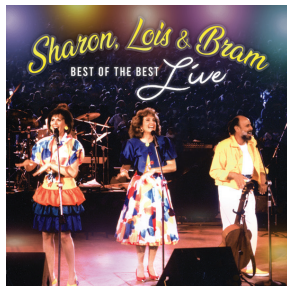


Shadow Play Books

Unfold the book, turn down the lights and switch on a flashlight to be transported into a world of imagination. These magic books will inspire parents and kids to share nightly stories. \$39.90, ages birth+, shadowplay.store

Sharon, Lois & Bram Best of the Best Live

Features live tracks taken from tours in Canada and the U.S. during the band's touring heyday in the 1990s.



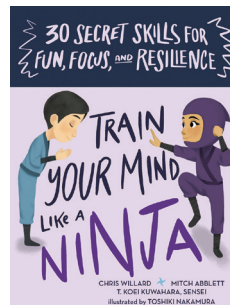
Compiled by super fans, this release is the ultimate throwback experience from one of the top enduring children's music artists. \$14.99, sharon-loisandbram.com

Kindie Rock Stars Podcast

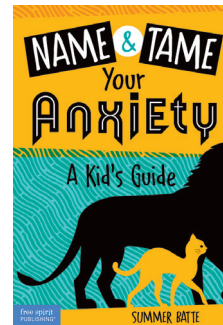
Showcases the amazing talents of children's musicians and family entertainers. Each episode features an artist story, song story and a song. Free, patrickadamsbooks.com

Train Your Mind Like a Ninja

A card deck with 30 "secret skills for fun, focus and resilience." Using ninja training and martial arts as a fun framework, these cards help kids increase their focus, compassion, emotional balance and awareness. \$18.95, ages 5-9, shambhala.com



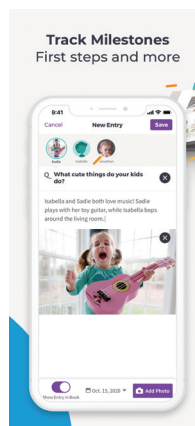
Name and Tame Your Anxiety: A Kid's Guide



Describes what anxiety is, how it works and how to manage it. This guide also explains self-advocacy and "translates" the common (and strange) things adults say about anxiety. \$14.99, ages 9-13, freespirit.com

Qeepsake

Capture your child's milestones with this easy-to-use app. Members receive daily texts, prompting them to text back a moment or milestone with a photo. Qeepsake securely builds these texts and photos into a digital journal that can be shared with family and printed into a book. \$95.88, qeepsake.com



Ouisi Games ("We-See")

A set of 210 photo cards with games and activities that foster creativity and ignite curiosity. Each photo card connects visually with other photo cards in the deck, based on similar patterns, shapes, colors – really, anything you can imagine. \$35, ages 4+, shop.ouisi.co/



My First Puzzle-Dinosaur

Double-sided puzzle pieces feature dinosaurs on one side and bones/skeletons on the other. Great for building problem-solving skills and imagination. The number of pieces increase step-by-step to challenge toddlers through their developmental growth. \$13.99, ages 2-4, toiworld.com



Relax with Hot Tea

A small study from researchers at University College London found that black tea drinkers had significantly lower levels of the stress hormone cortisol than non-tea drinkers within 50 minutes of experiencing a stress-inducing event. The study also found that black tea drinkers expressed themselves in a more relaxed way than non-tea drinkers within 50 minutes of a stressful experience



Start Your Healthy New Year with Breakfast

Many adults recall being told, "breakfast is the most important meal of the day," when they were youngsters. Though the accuracy of that phrasing hinges on what people eat during their morning meal, scientific evidence supports the notion that breakfast is important to overall health. A 2017 study published in the *Journal of Physiology* found that eating breakfast decreased the activity of genes involved in insulin resistance and increased the amount of sugar taken up by the cells. Those two results suggest that eating breakfast could help protect against chronic illnesses, including type-2 diabetes.

As important as breakfast can be, more important is what individuals eat for breakfast. In 2019, registered dietitian nutritionist Sharon Collison told *Time* magazine that a morning meal that contains protein, whole grains, healthy fat, and a fruit or vegetable can increase satiety and reduce risk for snacking later in the day. In addition, such a breakfast should provide significant amounts of fiber, vitamins and minerals that can benefit both short- and long-term health.



How Oatmeal Does a Body Good

Oatmeal and gut health

Beta-glucan is a soluble fiber found in oatmeal that prevents constipation and promotes regular bowel movements. According to Amy Goodson, MS, RD, CSSD, LD, author of *The Sports Nutrition Playbook*, beta-glucan fiber has been linked to healthy gut bacteria. Healthy gut bacteria can reduce the likelihood individuals will experience issues with digestion after eating and can lower the risk for inflammation and chronic disease.

Oatmeal and cholesterol

WebMD notes that the beta-glucan can also help individuals lower their cholesterol. The soluble fiber reduces the absorption of cholesterol into the bloodstream, a property the Mayo Clinic reports can help individuals lower their levels of low-density lipoprotein (LDL), or "bad," cholesterol. It's worth noting that many people add fiber-rich fruits and berries to their oatmeal, which can help lower cholesterol even further.

Oatmeal and blood sugar

A review published in the journal *Nutrición Hospitalaria* in 2015 found that eating foods

that contained beta-glucans, such as oatmeal, could help lower blood glucose levels in people with diabetes.

Oatmeal and controlling weight

A filling, healthy breakfast can help individuals avoid the kind of snacking that can contribute to unwanted weight gain. The fiber content in oatmeal helps people feel fuller longer, reducing the likelihood that they'll reach for potentially unhealthy snacks throughout the day. That can make it easier to lose weight and keep the pounds off over the long haul.

Oatmeal and nutrients

Oatmeal is among the most nutrient-dense breakfast foods a person can eat. The United States Department of Agriculture's National Nutrient Database indicates that a 1/2 cup serving oatmeal contains 13 grams of protein, 52 grams of carbohydrates and eight grams total fiber. In addition, the USDA notes that oatmeal is a great source of beneficial minerals like magnesium and potassium.

New State Law Changes Food Disposal Regulations

Starting New Year's Day, Californians will be mandated to toss food scraps like coffee grounds, egg shells, banana peels, and other leftovers into bins used for other "green" waste, such as garden trimmings, lawn clippings, and leaves.

Senate Bill 1383 requires separating organic material from other garbage to keep food waste out of the landfill. Cities and counties will then turn the waste into compost, creating an energy source. This law aims to ease pressure on landfills, reduce greenhouse gases, and reduce organic waste disposal 75 percent by 2025.

For more information, please visit www.calrecycle.ca.gov.





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

Hablamos Español



Kern Family Health CareTM

1-800-391-2000
kernfamilyhealthcare.com

#hashtagparenting What's your 2022 parenting hashtag?

It can be really beneficial to start the new year with honest awareness of where you are and where you want to be. We asked our readers to tell us what their parenting hashtag would be in 2022, and the answers were inspiring, funny, and just plain relatable.

Here are some of our favorite responses:



#daddyoftheyear - Ignacio Perez

#runsoncoffeeandchocolate - Beth Hubbard

#badmomgoodpediatrician - Crystal Carney

#bekind - Denise Alatorre



#ittakesavillage - Amanda Roberts

#onedayatatime - Josh Jones

#supermom - Stephanie Spainhoward

#havekidstheysaid - Gabriela Figueroa

#notanotherdiaper - Jessica Alvarado



#trainingthefuture - Jessica Champlin

#alwaysbusy - Krystal Wood

#whatissleep - Hilda Gallardo

#readwithkids - Chiranjit Dapira

#staycalmandmomon - Susan Holland



#dontputyogurtonthedog - Charlinda Black

#bedby9 - Patty Gomez

#thestruggleisreal - Marietta Mahinan

#takeadeepbreath - Courtney McMahon





“Whatever it is you’re scared of doing, do it. Make your mistakes, next year and forever.”
- Neil Gaiman, author

11 Ways to Make Changes That Stick in 2022

If you’ve seen the “No one claim 2022 as your year” meme, you know there is some hesitancy around being too ambitious over the next year. If you’re struggling to commit to a list of to-dos or daunting goals, here are 11 tips to ease into it.

Reflect: Take time out to reflect and decide what changes you want to make. Be intentional about where you want to focus. Take yourself to a coffee shop, go for a walk, and make time to decide where to spend your time.

Define what you want: Whether it’s an end goal or a stepped-up practice, decide what success looks like to you. Know what you want to achieve and whether it’s leading up to an end goal or simply working through more of what you have in mind.

Write it down: Experts suggest writing down your goals and defining what you want to achieve.

Make a plan: Line out what you will need. Be realistic about cost, not just in dollars but in time. Outline what you will need.

Be realistic: Start small. Be mindful of what is possible to achieve given your outline that takes into account available time and resources. The more realistic you are, the more likely your success because the goal then becomes attainable.

Set yourself up with expert help within reach: Lasting change rarely happens alone. Decide who can help keep you accountable and which experts you’ll reach out to if you hit an obstacle.

Choose milestones with rewards: Decide what you can get done by at least three separate dates to set up milestones with momentum. Add rewards at your milestones to give yourself something to look forward to as you go.

Don’t be discouraged: If you get sidetracked or otherwise backtrack on your goal, don’t worry. The ability to successfully turn the corner after small setbacks is part of the process.

Give yourself a break: Planning for an intentional break can help prevent setbacks. Give yourself grace and space to break routine.

Try something else: If what you’re doing isn’t working, try a new strategy. Pivot to what fits best in your life.

Celebrate your success: Ringing in the New Year is only the beginning. Every journey to success starts one step at a time and one foot after the other. Celebrate your overall achievements and let others celebrate you, too.

hopeful

Hello, Happy^Mama: Single mom **Elsa Moore** and her optimism on moving on

January often brings a season of hope and new beginnings. While 2021 was a difficult year, Elsa Moore knows something about pushing through, finding strength, and creating a new beginning tempered with hope.

A single mother of two, Elsa received the keys to a condo of her own on the one-year anniversary of her separation from her estranged husband, with whom she shares custody of Drew, age 7, and Evan, age 5. Although Elsa is not yet divorced, she made the important choice to end her previous living situation.

Choosing to make a change would not have been possible without Elsa's job as director of sales and marketing for The BLVD Bakersfield. She is grateful for the support of her parents, friends, supervisors, and co-workers. While women, and sometimes men, make the painful decision to leave marriages as part of the everyday fabric of life, it often implies a kind of quiet upheaval, varying degrees of turbulence, and muted uncertainty.

Elsa found comfort through the process in quotes and encouraging phrases. The quote she chose to share is by author Rachel Marie Martin: "Sometimes you have to let go of the picture of what you thought life would be like, and learn to find joy in the story you are actually living."

Words to live by are also something Elsa offers women who may be in a situation where they are uncertain of their next move. "If moving on is what you have to do, for your children and yourself, know that you can," said Elsa. "You have to think of positive thoughts and know why you're doing what you're doing. My boys are my rock, my strength, my everything. Staying together for the kids can become an excuse. Is it better for those kids to be with both parents when they're miserable? "

"Sometimes you have to let go of the picture of what you thought life would be like, and learn to find joy in the story you are actually living."

—author Rachel Marie Martin

That awareness of the ability to make a change was new for Elsa, who did not see divorce as commonplace growing up in a Mexican-American family. Her parents, who also live in Kern County, remain married and provided a place she could stay during the phase of transition from the home she shared with her husband and their sons to living in a new space.

"That time is going to be hard," said Elsa. "But, you are going to get through it. And it's okay to cry. You just have to keep moving forward."



Elsa Moore with sons Evan, 5 (top) and Drew, 7 (bottom)

A graduate of Arvin High School, Elsa earned her Accredited Associate (AA) degree in early childhood education at San Luis Obispo's Cuesta College. Formerly an event manager at Rush Air Sports, Elsa saw an opportunity with The BLVD Bakersfield for a similar role but in a director position. She took the chance three years ago and was glad to find a fit.

"I am so grateful my employers see me as a person and not just as an employee," said Elsa. She credits owner David Bynum, Victoria Chivas, general manager, and Katie Corrigan, chief operating officer, with fostering a positive work environment with a family-first mentality.

Recently, when Elsa had to take a week off due to her son being sick, she found support instead of condemnation. The example her employers set would be helpful to any parent, as she reports they are understanding when she has to be late, go to medical appointments, or leave early for sports practices. "They are more than happy to tell me 'Yes, go ahead and do that.' I tell them they're going to be stuck with me forever," said Elsa.

Elsa shares custody of her sons and enjoys spending time with them in intentional ways, including the laser tag and arcade areas of The BLVD. "It's fun for everybody," said Elsa of the venue. Locally-owned and operated, The BLVD features fun for all ages with a variety of activities including bowling, karaoke, a ropes course, birthday parties, and more. Cocktails and corporate events are part of the offerings on-site.

Seeing the joy in everyday life is part of Elsa's journey. She encourages other parents going through similar experiences to focus on positive words, the kindness of friends, family and coworkers, and being the best co-parent possible. Her best friend of 31 years, Adriana Harrison, was a continual support to her, and now Elsa is helping her through what is a very personal journey, too. For renewal and joy, Elsa stays home to watch movies on her downtime, enjoys visiting the beach even if just for a day, and loves a great massage and manicure.



At one point, Elsa wrote down her reasons and feelings related to the separation and destroyed the paper so no one else could read. "I wrote it all down, then let it go. It was time to move forward and move on and stop dwelling on the past. I have two beautiful boys, and I have myself to take

care of and I'm doing that," she said.

Finding advice through Facebook groups can also be a source of strength as others share their experiences. The Breakup Recovery Recipe was also something she signed up for, with 35 days of encouraging words brought to her inbox with a message of reflection in inspirational sayings, short passages and brief videos. Find more information at <https://createthelove.com/courses/the-breakup-recovery-recipe>.

Elsa helps coordinate birthday celebrations, events, and happy memories in her job. We're confident that Elsa's same energetic approach to life will serve her and her children well in 2022 and beyond.

Hello, Happy Mama!

Treat yourself & your mom friends to dinner for four at The BLVD! Also includes 4 signature cocktails and 4 \$10 Arcade Game cards. See more details on signup page.

Enter by 11:59pm on Jan. 31st at bit.ly/Jan_happymamacontest for your chance to win!



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





My Clothing Diva Let's Try on ALL the Clothes and Then Not Wear Them

I miss the days when my children let me dress them. Not so much actually putting on their clothes as choosing their clothes. I loved picking out what they would wear—and then having them actually wear what I chose. I also liked getting rid of things without anyone noticing.

Now what I get is this: Ashley doesn't care if her pants are four inches too short or have holes in the knees, but if they don't stick to her legs, they're "too big," and she will not wear them. She wants to wear boots without socks. Because, you know, every sock I have bought is either "too tight" or "falls down." She has also been known to wear her socks upside down because that little seam at the top of the foot is less annoying if it's at the bottom of the foot.

Ashley likes to put on footed pajamas after her evening bath. But she cannot sleep in footed pajamas. They're "too hot." Never mind that she has been waking up every morning since August "freezing cold" and asking if we can start a fire—as she comes out of her bedroom with short sleeves and bare feet. The elastic on the ankles in her newest footed pajamas were too tight, so I took the sides out and just left a 2-inch strip of elastic right in the middle. She has condescended to wear them. Which is a good thing, because now that I've cut them I do not imagine Carters will want them back.

One night, she asked me when I could do the laundry again. Her drawers were overstuffed, and there wasn't even enough in the hamper to make a small load. I asked, "What are you looking for that you can't find? Because I am actually caught up on the laundry right now."

"Nothing. I just want those pants," she said, pointing at the pants on the top of the hamper. The ones she had just taken off. Of course.

I have also committed the heinous crime of throwing away a couple of old items of clothing, things that were too worn, stretched out, faded, and stained to give away. But she saw last year's bathing suit through the thin, white trash bag as I took out the trash. She rescued that bathing suit. And even though she admitted she could no longer wear it, she did proceed to cut it up and make a blanket out of it for her plastic horses.

As my second daughter, I thought Ashley would inherit a lot of hand-me-downs. But no. Not only do my girls have completely different body types (all the way down to Extra Wide compared to Extra Narrow shoes), but Ashley simply won't wear 90% of anything that does fit (whether or not it comes from her sister).

One thing she does like is trying on clothes. Ever since she was big enough to dress herself, she has enjoyed spending hours trying on all of her sister's old clothes. Twice a year, she goes through her "blue dresser" of hand-me-downs, and makes piles of things that fit and things that don't. So far she hasn't noticed what I do with the "doesn't fit" pile, but eventually that pile will be turned into horse blankets instead of donations.

In the meantime, I am trying to hold onto the small slice of control I still have over what my children wear.

Give One More Thing to Smile About:

A BIG STEP TOWARDS HEALTHY TEETH!



We believe your child deserves the best dental care.

We welcome you to our practice, where we focus on prevention, oral hygiene education, and gentle care.

It is recommended to bring your child in for their first dental visit by their 1st Birthday, or when their first tooth is showing.

Call us today for an appointment. We are accepting new patients. We proudly accept MediCal as well.

Grand Opening

My Kids Happy Teeth

6001 Truxtun Ave.
Building D, Suite 490
Bakersfield CA 93309

661-322-9242

www.MyKidsHappyTeeth.com



Helping Your Kids Set and Achieve Goals: Six Tips for Success

Setting goals are nothing new for many grown-ups (I'm looking at you, New Year's Resolutions!) But goals are not just for the new year, and they're not just for adults. Kids benefit from working toward something they want to achieve.

Whether it's a cleaner room or less screen time, kids will benefit from setting age-appropriate goals. The secret is setting them up for success.

Here are six ways to help your kids set and achieve goals:

1. Talk About Details

Set a start date and an end date. Kids often need quick wins, so shorter time frames are great.

Have young kids go for a few days and build up to a week. Older kids and tweens can go longer stretches, but usually no more than a month.

Offering quick wins gives them confidence and momentum to stick with it.

Another important detail is how your child will keep track of their progress. You can try an app or the classic sticker chart. Even a simple star on the family calendar works.

2. Decide What to Do

As parents, we can think of a few things our kids could work on! But what will improve their daily life and offer them a chance for success?

If they're working on being more active, don't start with walking a mile a day. Start with something fun like taking the dog for a family walk after school. If a clean room is the goal, try making the bed daily. Once they have succeeded in that area, they can build on it.

Walking the dog twice a week becomes four times a week.

Making the bed grows to put dirty clothes in the hamper, too.

Allow each goal to grow over time.

3. Focus on the Positive

A negative approach won't get you far. It's true for us and our kids. While we may want them to stop eating junk food or to spend less time on screens, focusing on the positive yields better results.

Instead of eating less junk food, try eating an extra veggie each day.

Cutting down on screen time becomes playing a new card game.

Finding something good to do is more enticing than stopping something else.

4. The Secret to Success

We all want our kids to be successful, not just for the sake of goals but for our sanity. I want my kids to get off their screens, clean their rooms, and clean the house top to bottom for me (too much?) While we may not get the whole house cleaned for us, we can help them find success with the one thing that always helps: do it together.

Kids have a hard time saying no when mom or dad sits down to play cards with them or challenges them to race to the mailbox. Even a contest to make your bed the fastest motivates kids to do the work.

Interaction is a surefire way to help kids make progress on their goals.

5. Handling Setbacks

None of us want to believe there will be setbacks in goal setting. The whole point is moving forward. But perfection isn't realistic. There will be days when things don't go perfectly. The key is how you handle it.

Three ways to handle a setback:

- One missed opportunity isn't a failure. Give grace and keep going.
- Losing steam feels frustrating. Look back at the progress they made.
- Things sometimes go haywire. Give a fresh start with a shorter time frame.

No matter which method you use, your kids will learn that goals are not a pass/fail system. It's all about progress.

6. The Key to Rewards

If the satisfaction of a clean room was enough of a motivator, I wouldn't have three books, a random recipe cut out from a magazine, and a screwdriver on my nightstand. We need a reward to motivate us to keep going to the finish line. Kids need that too.

Before kids even start working on a new goal, decide how they will celebrate at the end of the time frame.

Will it be going out for ice cream or watching a favorite movie? Maybe a campout in the living room or a trip to the bookstore? What about an extra story at bedtime?

Whatever reward you give, make sure it doesn't undo the hard work your child has done. The reward should be clear at the beginning and it should be finite. Having ice cream every night now that your child is eating more veggies doesn't support the goal. The reward is a singular experience to celebrate the progress they made.



To make your child's goal-setting successful, consider how your child will track their progress and work toward an appropriate reward that is motivating and works for you. For most kids, the reward needs to be right away to associate it with their hard work.

After a week of making their bed, day 7 gets the extra story.

When they have walked the dog twice a week for a month, a walk to the ice cream shop is on day 30.

Define rewards, track progress, and give the reward to give kids success in setting their own goals now and in the future.

Hello, Happy Mama! Ready to Win a Mom's Night Out?

Treat yourself & your mom friends to dinner at The BLVD! Prize also includes cocktails and Arcade Game cards. See entry page for details.

**TO ENTER: See page 13 and visit
bit.ly/Jan_happymamacontest**



A promotional poster for a 'CINNAMON ROLL DRIVE'. The background is light blue with illustrations of cinnamon rolls and cinnamon sticks. At the top, the ADAKC logo is displayed: 'ADAKC ALZHEIMER'S DISEASE ASSOCIATION OF KERN COUNTY, INC. ADULT DAY SERVICES Rose Lazzarini Campus'. Below the logo, the text reads 'CINNAMON ROLL DRIVE' in large, bold, dark blue letters. Underneath, it says 'WEDNESDAY, JANUARY 12TH, 2022' in brown. The main message is 'Pick up your tin of HOT Hodel's Cinnamon Roll and support our mission in action.' in dark blue. At the bottom left is the KGET 17 logo. At the bottom right is a circular badge that says '\$20 DONATION'.

Looking For the Perfect Private School? Find a great fit with these tips

By Callie Collins

Choosing the right school environment for your child can be challenging. More than just academics, schools teach social skills, boundaries, empathy, and in some cases, a specialized focus like religion, an extracurricular activity, or advanced study. A combination of ideal offerings, plus the alignment of other factors, can make the choice seem like a difficult one, especially when it comes to finding the right fit for your unique child.

Before making the move, considering the spectrum of possibilities is key. Understanding your family's needs and the varied abilities of local schools to meet them is essential to evaluate with a wide lens. That big picture may have your child added to its landscape, if all the other details are just right.

Different types of learners thrive in diverse environments. Discovering where your student will do well may surprise you. Changing schools can be disruptive for children, so limiting the number of transfers or starting out from kindergarten in an optimal setting can facilitate learning. Start your search by being aware of your options and following these 12 tips.

Keep an open mind: Find out about the many private schools available in our community. Some may already be familiar, but others could be new and host a variety of previously unseen choices that could benefit your student. Know your options.

Narrow your list: Be mindful which private schools in your area meet your criteria and which are feasible given proximity, the ways they align with your values, and other qualities important to your family.

Request a tour: Meet with key personnel, teachers and coaches. Schedule a tour of the campus to see shared spaces, classrooms, gyms, and outdoor areas.

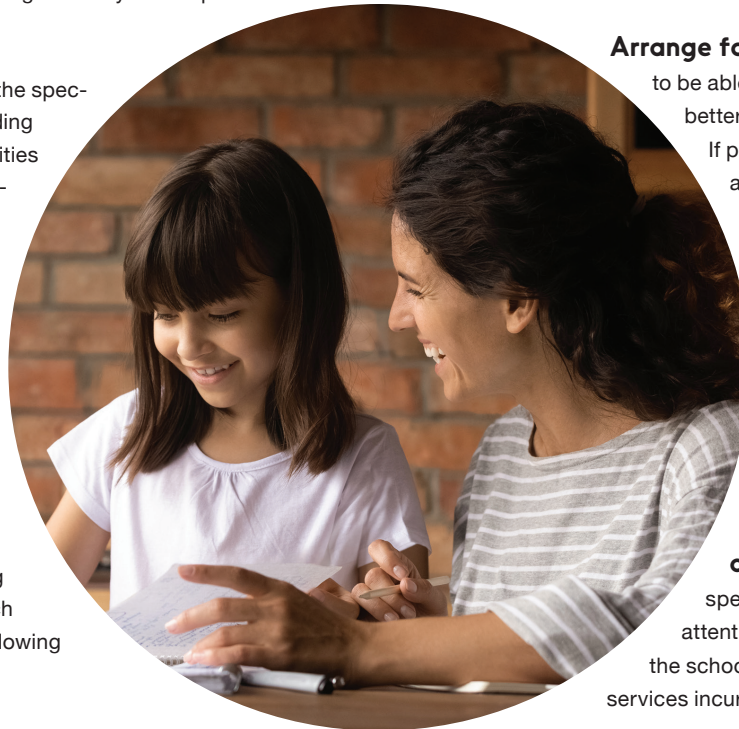
Know the school's supervision history: Ask to see the school's incident log documenting all injuries and incidents.

Ask for a full disclosure of fees: Find out the cost of tuition but also registration fees, uniform and supply expenses, athletic participation or extracurricular activity costs, and more. Be aware of what would happen

with refunds or fees forfeiture in case of withdrawal. Time is also a form of currency; find out how much parents are expected to volunteer and how many fundraisers take place throughout the year.

Get information about scholarships: Fees can seem intimidating, but a variety of scholarships may be available. Ask specifically about what financing options, financial aid packages, grants, and scholarships are offered to students, what their terms are, and how to apply.

Clarify transportation details: Private or school-specific busing can help ease logistical challenges. Carpooling may be another choice families utilize. Otherwise, clarify before and after care and drop-off/pick-up times.



Arrange for a shadow day: Ask for your child to be able to stay at least one full school day to better understand the school environment.

If possible, try for more than just a day and drop-in early to see the dynamic for yourself. You may not be permitted to see the common areas or classrooms, but you will get a better sense of how the school operates. Asking to visit at lunch and sharing cafeteria food can also be worthwhile for you and your student to better understand what to expect.

Find out about special services and therapies: If your child requires special education, speech therapy, or other attention from a specialist, be sure of what the school offers, where, how, and if additional services incur related fees.

See a breakdown of demographics: Find out about diversity within the school setting, and see its accommodations available to students on the autism spectrum and who are differently-abled.

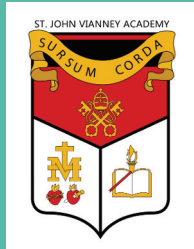
Also be mindful of what comes next: Know next steps for what happens after the current level, i.e., primary school ends. Consider the corresponding middle school and high school your child would attend if in a younger grade. Study each school's test scores and college acceptance rate.

Note application, acceptance, and registration payment dates: Mark your calendar for upcoming enrollment form due dates, withdrawal notices to your previous school, dates by which you submit transcripts, and deadlines to submit payment.

Attending a private school can be an excellent way to jumpstart your child's academic career. No matter which school she or he calls a home away from home, it will soon feel like an environment they know and love.

ST JOHN VIANNEY ACADEMY

BAKERSFIELD



- Latin
- History
- Science
- Math
- Art
- Poetry/Music
- Catechism

Contact Us!
saintjohnvianneyacademy.com
 (661) 477 8840

*Catholic * Classical * Hybrid*



PROVIDENCE
 CLASSICAL ACADEMY



“The mission of Providence Classical Academy is to provide the children entrusted to its care with an education grounded in the Christian scriptures and the Western tradition, with the goal of forming godly, virtuous, self-governing men and women.

www.BakersfieldClassical.com



**PURSUE.
 BUILD.
 ACHIEVE.
 PREPARE.**

Partnering with parents to disciple college-worthy Christ followers for a lifetime of leadership.



LEGACY
 CHRISTIAN ACADEMY



VISIT OUR WEBSITE
LEGACYCHRISTIANBAKERSFIELD.ORG
 OR CALL OUR OFFICE 661-393-1783

Legacy Christian Academy, in accordance with applicable federal and state laws, does not discriminate on the basis of race, color, national and ethnic origin. This nondiscrimination policy covers admission, access, and operation of Legacy Christian Academy's programs and activities.



Put Your Best Foot Forward

2022 Kern County Family Private Education Guide

Each January, we bring you a collection of some of the top Kern County Private Education options. Get a leg up on the 2022/23 school year, and contact the schools directly for enrollment information.

Photo by Gaelle Marcel on Unsplash

Olive Knolls Christian School
6600 Lucille Ave.
Bakersfield, CA 93308
(661) 393-3566



Rusty Rhodes, Principal

Olive Knolls Christian School is looking for parents who want to build resilient and capable kids of character – a Christ-called character.

The culture we live in does not want to pay the price to grow resilient children who will mature into prepared, confident, and moral adults. The price seems too steep. It requires adults to allow their children to struggle. It's the struggle to learn a new academic skill; it's the struggle of working through difficult relationships with their peers; it's the struggle that comes through all their endeavors to excel that will transform them so that they experience lives of happiness, meaning, and success.

But the struggle, the pain, the strenuous effort, needs to happen within a happy environment of caring adult partnerships – parents, faculty, and staff – in order to bring about the victory we envision for our children.

OKCS is that school for the few parents who are not afraid to guide their children through the normal pains of life – instead of avoiding them! OKCS is that safe environment where children will learn NOT to live as victims. Instead, no matter what circumstance your child faces in life, and no matter what sort of hand your child has been dealt, your child will know that he/she is strong enough to overcome it! We build resilient and capable kids of character! – a Christ-called character! Is this what you want for your child? Then Olive Knolls Christian School may be for you.

Olive Knolls Christian School was established in 1979 and has an accreditation from both ACSI and WASC.

Providence Classical Academy
3555 Landco Ste A
Bakersfield, CA 93308
(661)381-1503



**PROVIDENCE
CLASSICAL ACADEMY**
Education for the glory of God and the freedom of man

Lydia Stroud - Superintendent

Providence Classical Academy may be new to town, but our curriculum and our methods are time-tested and traditional. Classical Christian Education is a movement to recover the traditional goals, contents, and methods of education that Western Civilization developed over the centuries and have largely been neglected in our own day. The mission of Providence Classical Academy is to provide the children entrusted to its care with an education grounded in the Christian scriptures and the Western tradition, with the goal of forming godly, virtuous, self-governing men and women.

Full-time day school is available for grades Pre-K through 8th. We are also happy to offer a homeschool support program for parents who are interested in classically educating their children at home, including the opportunity for homeschoolers to join our day school students on campus on Fridays for chapel and enrichment studies.

We invite you to learn more about our school by attending one of our upcoming Parent Information Nights.

- January 20, 2022
- February 24, 2022
- March 28, 2022

Visit us at bakersfieldclassical.com for additional information.

PRIVATE EDUCATION GUIDE CONTINUES ON PAGE 22

“We build resilient and capable kids of character!”

–Rusty Rhodes
OKCS Principle

More than educational -- it's transformational!



Olive Knolls Church of the Nazarene has established OKCS to inspire and equip generations of students who will activate their sense of **responsibility**, commit to a Christ-called **character**, seek **truth** with a passion, maximize their God-given **talents**, and pursue a life-long **vision** to transform their world for the glory of God!

www.okcs.org | [@OliveKnollsChristianSchool](https://twitter.com/OliveKnollsChristianSchool)
661-393-3566 | 6201 Fruitvale Ave, Bakersfield CA 93308

Legacy Christian Academy

5500 Olive Dr.
Bakersfield, CA 93308
(661) 393-1783



Paula Cowan - Administrator/Head of School

Legacy Christian Academy educates all learners through a comprehensive, dually accredited K-12 program which includes all core academic subjects as well as art, music, physical education, and a variety of enrichment courses.

Legacy advances students in their areas of giftedness while supporting any learning challenges. We believe all children can thrive in the University-Model®. Legacy Christian Academy utilizes professional educators partnering with parents to provide a distinctive, Christ-centered education. K-12 students attend classes 2-3 days per week and complete teacher prepared lessons on "their satellite" home days. Legacy teachers design weekly lesson plans; train and equip parents; and provide individualized support to families in a unique partnership. Legacy gives the gift of time back to families. Time to grow spiritually, time to thrive academically, and time to be a family.

As parents we disciple our children to grow as God has designed, not as our world's culture would direct them. As children get older, their peers, teachers, and coaches play an important role in how they perceive the world. In addition to providing your children with the academic tools they need in life, our goal at Legacy is to disciple the next generation of Christ followers for a lifetime of leadership.

St John Vianney Academy

7220 Rosedale Highway
Bakersfield, CA 93308
(661) 477-8840



Teresa Grimm - Headmaster & Teacher

Founded by lay Catholics, Saint John Vianney Academy is a Catholic, classical education program serving families in the Bakersfield area. We strive to help children develop a sense of wonder, an appreciation of beauty, and a love of truth through age-appropriate activities. We read real books, perform messy science experiments, and generally engage our students with a plentitude of hands-on learning. We are faithful to the magisterium of

the Catholic Church, and offer Sacramental preparation. Our homeschool, hybrid program serves children in preschool through twelfth grade. All of our teachers are faithful Catholics and enthusiastic about sharing the "lost tools of learning" through the classical method.

As a hybrid school, we provide in person classes Tuesdays and Thursdays for grades preschool through grade six. A syllabus is provided for the home days. For grades seven through twelve, we offer weekly on site classes for the subjects of Theology, Latin, Science, History, Literature, and choir.

For more information: contact program director Teresa Grimm at stjohnvianneybakersfield@gmail.com or call (661) 477-8840

Stockdale Christian School

4901 California Ave.
Bakersfield, CA 93309
(661) 327-3927



Larry Ahl - Interim Head of School

Stockdale Christian School was established as a ministry of Bakersfield First Assembly and has served thousands of children over the past 40 years. Our mission is to work collaboratively with parents in educating students from a Biblical Worldview.

Enrollment is open for preschoolers (2 to 5 years old and Pre-kindergartners), full-day Kindergarten, elementary, and junior high. SCS also has a program called Discovery for students that have learning needs.

SCS is blessed to have a dedicated faculty and staff with extensive years of experience in education. The instructional program includes the major areas of study plus daily Bible classes. In addition, co-curricular areas include Art, Band, Spanish, Technology, Vocal Music, Athletics, and electives. The school is accredited by the Association of Christian Schools International and the Western Association of Schools and Colleges.

In addition, student care is available before and after school, a hot lunch program and an active parent group. Our Parent Teacher Fellowship (PTF), underwrites many of the school activities, field trips, and classroom materials.

You are invited to our Enrollment Open House on *Saturday, January 29, 2022.*

Please call or email Bridgette Logsdon to reserve your spot.
(661) 327.3927 / blogsdon@stockdalechristian.com



Accredited by The Association of Christian Schools International and The Western Association of Schools and Colleges.

You are invited to our upcoming Open House on **Saturday, January 29, 2022, from 9-11am.**

Please call to reserve your spot. Seating is limited.



Preschool to 8th Grade

STOCKDALE CHRISTIAN SCHOOL
Educating for Eternity
www.stockdalechristianschool.com

License #150401870
4901 California Ave.
Bakersfield, CA 93309
661-327-3927

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
LIC # 153810005



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

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

you can do it

It's cold outside...Keep your family's bellies cozy and happy inside!

Whether it's a cozy breakfast, a creamy vegetarian appetizer, or a crumbly (and yes, a little chilly—but it's ice cream!) dessert, these delicious new recipes are bound to warm your winter heart.



Butter Pecan Waffles

Yield: about 6 waffles (4 inches each)

Ingredients

- 2 tablespoons unsalted butter
- 1/2 cup chopped pecans
- 1 cup Pearl Milling Company Original Pancake & Waffle Mix (or similar brand)
- 3/4 cup milk, plus additional if necessary, divided
- 1 egg
- Syrup, for topping
- Toasted pecans, for topping (optional)

Directions

1. **To make browned butter:** In small skillet over low heat, place butter. Increase heat to medium-low, stirring butter with heat-proof spatula. Cook and stir until butter reaches desired brown color. Remove from heat and carefully stir in pecans (it's hot and can splash!)
2. **To make waffles:** Place pancake mix in large bowl. Add 3/4 cup milk, egg and browned butter. Stir until large clumps of batter disappear. If batter seems too thick, add additional milk 1 tablespoon at a time to reach desired thickness. Let batter stand 4-5 minutes before cooking.
3. Pour batter into lightly greased waffle iron. Bake until steam stops or as directed by waffle iron instructions. Top with syrup and toasted pecans, if desired.



Garden Vegetable Hummus

Makes 2 1/2 cups

Great with whole wheat crackers, carrot & celery sticks, pita bread, and more!

Ingredients

- 1 19-ounce can chickpeas, drained and rinsed
- 3 to 4 cloves garlic
- 1/2 green bell pepper, cut into chunks
- 1/2 red bell pepper, cut into chunks
- 4 green onions (or 1 medium onion, cut into chunks)
- 1/4 cup chopped fresh basil or Italian parsley
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice (preferably fresh)
- 2 to 3 tablespoons tahini
- Salt and freshly ground black pepper
- Chopped fresh parsley for garnish

Directions

1. Combine all ingredients except parsley in a food processor fitted with the steel blade. Process with quick on/off's to start, then let the motor run until the mixture is very smooth, about 2 minutes, scraping down the sides of the bowl as needed.
2. Transfer the hummus to a serving bowl and sprinkle with parsley. Cover and chill for 1 to 2 hours before serving.

(Hummus will thicken when refrigerated.)



Apple Oat Crumble and Citrus Caramel Topping

Ingredients

- 3 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- 1/2 cup brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup old-fashioned oats
- 1/2 cup cold butter, diced small
- 1/2 cup caramel
- 1/4 teaspoon salt
- 1/2 orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

Try with Envy, Fuji, Honeycrisp, Pink Lady, Braeburn, or your favorite late-season apple variety

Directions

1. Preheat oven to 350 F.
2. In bowl, stir together sugar and ground cinnamon.
3. Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.
4. In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.
5. Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.
6. In small pot, whisk caramel, salt, orange zest and orange juice until warm
7. Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel

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

Happy New Year from Our Family to Yours

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

Takeout & Delivery



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

Frugatti's Italian Eatery

Real Italian by Real Italians!

Frugatti's amazing new Wine Cave Party Room is Now Open for Reservations!!!
Call Today to Book your Next Party.

Hours: Mon.-Thu. 11 am - 9:30 pm, Friday 11 am - 10 pm, Saturday 11:30 am - 10 pm, Sunday 11:30 am - 9 pm.

All major credit cards accepted.

600 Coffee Rd., corner of Truxtun and Coffee.
frugattis.com • (661) 836-2000

KERN COUNTY FAMILY MAGAZINE *daily happenings* THE **BEST** LOCAL CALENDAR OF EVENTS!

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



JANUARY EVENTS

January 1, 13, 15, 18 & 20

CSUB Men's Basketball Home Games

Cal State Bakersfield
9001 Stockdale Hwy, Bakersfield, CA
(661) 654-3081
Time: 7pm - 9pm

January 2

Holiday Lights @ CALM Bike Ride!

Hart Park @ Kiddyland Drive by the Bike trail
(661)321-9247
Time: 4:30-6:00pm
info@bikebakersfield.org

Purchase a ticket (cash or card) with Bike Bakersfield staff at Hart Park so we can support our local zoo! Bike path closes at 6:30PM! SAFETY INFO: Please prepare your bikes, charge your lights, and dress warm! Bathrooms at CALM will not be available. Please prepare accordingly! Pump up your tires, check to see your brakes are working.

January 2 & 30

Household Hazardous Waste Collection

Tehachapi Recycling and Sanitary Landfill
12001 Tehachapi Blvd
Tehachapi, CA 93561
Time: 9am-1pm
kernpublicworks.com/hazardous-waste/

The Kern County Public Works Department hosts monthly Household Hazardous Waste Collection Events throughout the County of Kern.

Residents can drive-up and drop off their hazardous waste free of charge at any of these one-day collection events. HHW collection events are for residential hazardous waste only. Commercial or business waste will not be accepted.



January 6, 8, 27 & 29

CSUB Women's Basketball Home Games

Cal State Bakersfield
9001 Stockdale Hwy, Bakersfield, CA
(661) 654-3081
Time: 1pm - 3pm

January 14, 15, 19 & 22

Bakersfield Condors Home Games

Rabobank Arena,
Theater and Convention Center

1001 Truxtun Ave, Bakersfield, CA
Time: 7pm
www.bakersfieldcondors.com/schedule/schedule-list/

January 17



January 24

Cults & Classics: The Sound of Music

Historic Bakersfield Fox Theater
2001 H St, Bakersfield, CA 93301
661-324-1369
Time: 7pm
<http://thebakersfieldfox.com/event/cults-classics-the-sound-of-music/>

The whole family will enjoy the classic movie The Sound of Music at The Historic Bakersfield Fox Theater.

Bring your student or military ID to the box office to purchase a buy one get one free offer.



NATIONAL
BLOOD DONOR
MONTH

HAPPENINGS CONTINUE →

ONGOING EVENTS

Saturdays

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/

Come and meet your local Farmers and Craftsmen 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

Hoffmann Hospice Grief Support HEALING HEARTS
 (Parents that have lost children)
 ZOOM (online group)
 Bakersfield, CA
 (661) 410-1010
 Time: 5:30-6:30pm
<https://www.hoffmannhospice.org/grief-support-groups/>

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.

Art Classes for Children with Charlotte White
 Bakersfield Art Association Art Center Gallery
 1607 19th Street, Bakersfield
 (661) 330-2676
 Time: 4pm – 5pm, 5pm – 6pm

All Media Art Classes with Charlotte White. 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.

ACTIVITY CORNER ANSWERS

PAGE 30

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

ACROSS

- Skates
- Rink
- Ice
- Smoothed

Down

- Sports
- Talk
- Hockey
- Nacho
- Inch

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

Online Services!

Leaf Filter GUTTER PROTECTION

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: 285
*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE **1-855-995-2490**

Man-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 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America". Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSL# 1035795 DGPL #10783558-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 WA UBR# 603 233 977 License# 2102212986 License# 2106212546 License# 2705132153A License# LEAFNW522JZ License# WV05612 License# WC-29998H17 Nassau HIC License# HD1057000 Registration# 176442 Registration# HIC0649905 Registration# C127228 Registration# CI 27220 Registration# 356923918 Registration# PC6475 Registration# 19721804 Registration# 13V410953300 Registration# PAD09383 Suffolk HIC License# 5229341 License# 2705169445 License# 262000022 License# 262000403 License# 0086990 Registration# H-19114

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.

CHILDCARE & EDUCATION



valley achievement center

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

www.autism-vac.org


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

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

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

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

HEALTH & BEAUTY

Located in SW Bakersfield

Elite Childcare at Affordable Prices

I LOVE PRESCHOOL

- Serving 2 - 5 year olds
- 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 - 5:30pm
License #153910671

CHIROPRACTIC CARE

Personal Injury • Massage • Family Wellness

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

HAPPY NEW YEAR

\$99 New Patient
(Covers Exam, X-Rays, 1st adjustment, & ROF)
Must present coupon. Expires 2/15/22



NATIONAL CLASSIFIED ADS

Education
Train online to do medical billing! Become a Medical Office Professional at CTII! Get trained & certified to work in months! 888-572-6790. The Mission, Program Information and Tuition is located at 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 insurance - not a discount plan. Get your free dental info kit! 1-888-623-3036 [#6258](http://www.dental50plus.com/58)

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

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! Request 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
AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-888-796-8850

AUTISM SOCIETY

Improving the Lives of All Affected by Autism
Kern Autism Network

"Kern Autism Network Inc. provides support, awareness, information and education to families and the public throughout Kern County"



Happy New Year!
Parent Support Group Meeting
Wednesday, January 12th - 6-7:30 p.m.
Winter Swimming Scholarships are open.
Email kernautism@gmail.com for further information or go to our website 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

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 • kernautism@gmail.com
2200 Oak Street, Suite A



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

NATIONAL CLASSIFIED ADS

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

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 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!

Stop worrying! SilverBills eliminates the stress & hassle of bill pmts. Household bills guaranteed to be paid on time as long as appropriate funds are available. No computer necessary. Free trial/custom quote 1-855-703-0555

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 833-719-3029 or visit dorranceinfo.com/acp

Paying top cash for men's sport-watches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236

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.

LESSONS & CLASSES

BAKERSFIELD SWIM ACADEMY



Swimming Lessons for ALL Ages From Beginner to Advanced

Pool Heated to 91° all Year Round

BAKERSFIELD SWIM ACADEMY
From Infants to Olympians!

3311 Allen Road • Bakersfield, CA 93314 • www.bakersfieldswimacademy.com

661-615-6530

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



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!

WINTER SAVINGS
\$20 OFF Any Booked Party Package
Can't be combined with other offers, expires March 31, 2022

(661) 831-5567
Skateland
415 Ming Ave., Bakersfield, CA 93307
skatelandbakersfield.com



ORDER OF THE DRAGON

HELP BULLY PROOF YOUR CHILD! SELF DEFENSE FOR KIDS
Ages 4 & up, Parents may also enroll.

\$7 a week. Pay as you go. Call for details.
Ask about our new student \$90 special! It's a killer deal!

Taught under the direction of a retired Police Officer
Locations in Rosedale and Southwest.
Attend up to 4 times a Week.
Valid for new students.

Bring this ad in for a free American Flag patch for uniform.

Order of the Dragon 661-588-3217 • www.orderofthedragon.com



Read Us ONLINE!



kerncountyfamily.com

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



MOLLY MAID. a neighborly company



STILL KEEPING IT FRESH AND CLEAN FOR OVER 30 YEARS.

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

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

Locally Owned and Operated Franchise

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

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

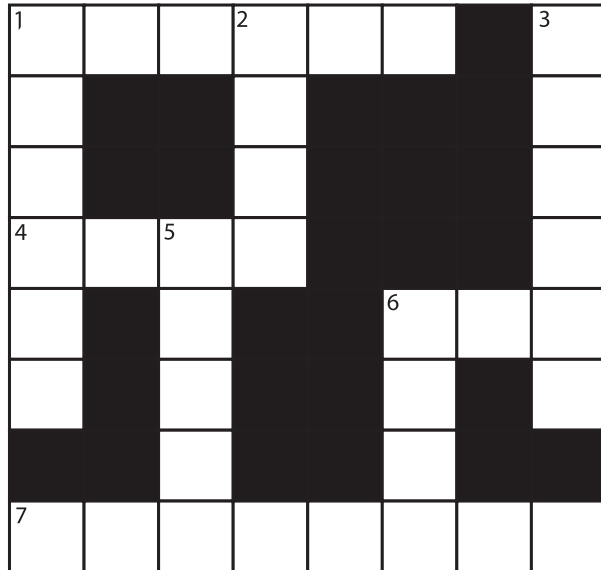
Six Levels of Achievement
Character Development
Par 3 and Course Play
Tournament Prep, Classes
Clubs provided for beginners if needed

Join Now Low Monthly Rates!
Ages 6-17
All abilities welcome
RiverLakes Ranch
jgabakersfield.com
496-3985





Crossword



ACROSS

1. Devices with wheels or blades
4. Enclosed area for skating
6. Frozen water
7. Made a surface even and regular

DOWN

1. Physical activities
2. Speak and express
3. Ice sport
5. Tortilla chip with cheese or other topping
6. One-twelfth of a foot

Word Find



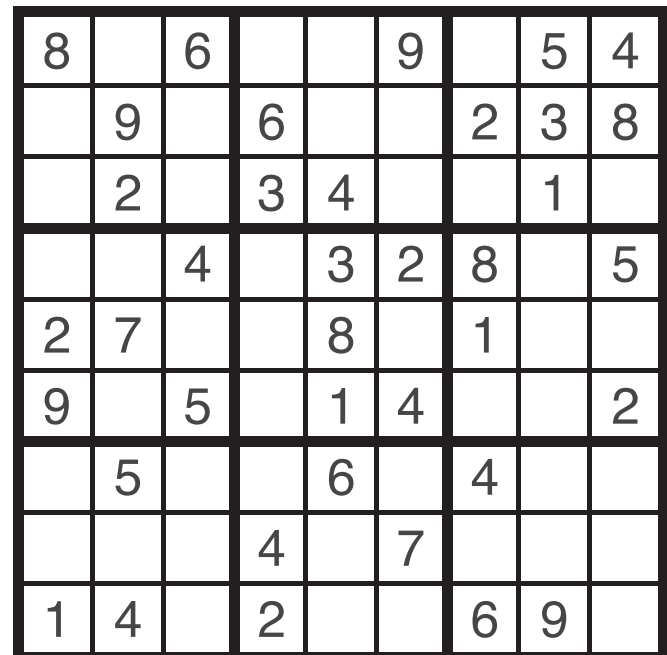
- BEVERAGE
- CUP
- HONEY
- INFUSER

- LEMON
- MILK
- SAUCER
- SOOTHING

- STEEP
- SUGAR
- TEA
- WARM



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!



Reading in the New Year

Happy New Year! As 2022 gets underway, it's time to make some resolutions. As you make your list for things you'd like to change or add, like more exercise, healthy eating and other resolutions, we'd like to suggest one for the top of your list: **READING!**

Reading is a great resolution to make for yourself and for your children. Whether your child is reading on their own or you're reading to them, it's a great way to start the year. Check out the reading "prescription" with Dr. Mariscal in our Healthy Tips section.

Speaking of reading to children, recently Stories & Stethoscopes had the opportunity to have a reading session with the preschool children at the Garden Pathways Learning Center. Lucy Mata, LVN, Practice Manager for the Mobile Healthcare Initiatives for Adventist Health was the featured guest reader. Lucy read from a variety of books from the Stories & Stethoscopes program to a group of very active preschoolers. From the many questions they asked to the shouts of "read more!" I think we can say it was a success. After the reading session concluded, Lucy commented that "reading to the kids was so much fun! Reading and interacting with little ones not only helps them learn but is a way to destress from our busy workdays. Seeing the kids' smiling faces and sparks of curiosity as I read the stories brought me much joy." Check out the photos of the reading adventure below.



Stories & Stethoscopes continues to collaborate 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 needs 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.

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.

Stories & Stethoscopes HEALTHY TIPS



Dr. Luis Mariscal, a radiation oncologist, Medical Director for AIS Cancer Center at Adventist Health Bakersfield, and also Chief of Staff of Adventist Health

Bakersfield, was featured in the December issue of Family Magazine as our read aloud guest reader. Check out Dr. Mariscal's "prescription" for reading in the new year!

Reading is a great resolution to have not only for 2022, but for every year. Reading has many health and wellness benefits for your whole family. Here are just a few...

1. It boosts brain activity.
2. It's calming and relaxing.
3. Reading uses your imagination.
4. It improves your communication skills.
5. It connects you to other cultures.
6. It's fun!

As you begin the new year, here's my prescription to fill...

1. Visit your local library and get a library card for yourself and your family.
2. Set a weekly schedule for reading to your children.
3. Have a monthly reading challenge with your children. Reward reading with special treats (like more books!)
4. Have a book exchange with friends.
5. Have fun!

NEW YEAR'S RESOLUTION

Make Family First



THE **BLVD!**
EATS × DRINKS × GAMES

661-873-4477

BLVDBAKERSFIELD.COM

3200 BUCK OWENS BLVD BAKERSFIELD, CA 93308