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October 2022

Happy 

HALLOW-EEK
CRAFTS • TREATS • TIPS



JACK IS BACK!

**REMEMBERING
FOODS** *We Love!*

plus

healthy & festive treats *pg 16* benefits of outdoor recreation *pg 8*
hello, happy mama: Kelly Pray *pg 12* protect your little goblins *pg 17*

A close-up photograph of a woman in an orange sari administering a vaccine to a young child. The woman is holding a small glass vial and using a needle to draw the vaccine. The child is lying down, looking up at the woman. The background is bright and slightly blurred, suggesting an outdoor setting.

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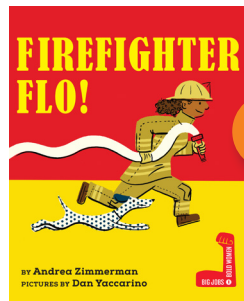
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Vaun Thygerson,
Contributing Writer

My 16-year-old son and I were recently wandering through the haunted and spooky decorations at the Spirit store to get some inspiration for our yard. While the scary animatronics tried their best to make us scream, I saw the cutest little toddler crying in abject fear, hugging his father with all his might. His father was doing his best to calm him down, and had to redirect his son's attention to Toy Story's Slinky in another section to distract him from the demonic clown.

I turned to my son, who is now as horror-obsessed as I am, and told him that he used to react that way as a child in this store. He hated anything to do with Halloween unless it was a cutesy pumpkin or candy, of course! However, at some point during his lifetime, and probably because of my influence, he grew to love all things Halloween, especially the movies. In fact, nowadays you can find him driving around town with a Michael Meyers vinyl stuck to the back window of his car.

All three of my children love Halloween and all that goes with it; I tell them they didn't stand a chance with me as their mom. I have loved horror and scary movies since I read my first Stephen King novel, "Christine," in the 80s. In 1988 when I was in college, the first movie I ever saw at a midnight screening was King's "Pet Sematary," and I haven't missed one of his movies since, although I choose the earlier showtimes now that I'm older because I need my sleep.

It's funny how certain memories or experiences from childhood can create a lifetime obsession for something. In Julie Willis' Humor at Home article, "**Pretend Play: Samantha, AKA "Mitch," AKA Winter the Dolphin,"** on **page 24**, she writes about how the show "Dolphin Tale" made a lasting impression on her family. Her daughter Samantha fell in love with

the main character, Winter, and pretended to be her, missing fin and all, on many occasions. Sadly, Winter passed away in 2021 but her legacy and influence continue to this day. If you haven't introduced your children to this inspiring movie, you need to add it to your list.

To get into the Halloween spirit, make sure to scan all the pages in this issue to look for the Jack O'Lantern to win a spooktacular prize. Also, don't forget to check out the **monthly word search on the activities page on 30**. This is a great way to get your children involved with the magazine.

One of the best parts of Halloween-time is everything pumpkin-spiced. I'm a sucker for the iced pumpkin loaf at Starbucks. KCFM asked its readers this month in "**Readers Respond: Favorite Foods,**" what kinds of food provide comfort for them. To find out their answers ranging from pizza to pot roast, **turn to page 10**.

Thanks to our Happy Mama this month. Callie Collins' article, "**Hello Happy (Adventurous) Mama: Kelly Pray Shares Wisdom on Life Phases, Joy and Change,**" on **page 12**, she writes about how this mama is living her life to the fullest. As a mother, wife, teacher, and lead singer in a band, Kelly has come up with the best mantra for her life: fulfill your commitments and chase your adventure.

With sweater weather almost here, enjoy this Fall season and everything it offers. You never know what will spark your child's interest. It could be something as crazy as horror nights or as inspirational as a feel-good movie, "Dolphin Tale." No matter what, take the time to be present and create these magical traditions that could last for generations.



FIND JACK-O-LANTERN CONTEST!



This one doesn't count!

Count the number of Jacks you find throughout this issue, then submit your answer by **October 18th** at

<https://kerncountyfamily.secondstreetapp.com/Find-Jack-Contest-2/>
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Local Hockey Team to Help Fill Hole Between Youth and College Play



A new hockey team, the Bakersfield Roughnecks, will help meet a need for player development that exists between youth and college play. Hockey is unlike most other sports in that players don't typically go directly from high school to college hockey. There is a gap where players need to continue to develop in size and skill before making the jump to higher education.

Starting this Fall, the Bakersfield Roughnecks will be a Tier III junior hockey team, for players age 16 to 20, as part of the Premier Pacific Division of the United States Premier Hockey League. They will travel to places like Fresno and Las Vegas for competitive play while home games will be held at the Valley Children's Ice Center. Founders Chris and Sara Gregory have been active in the local hockey community for almost 20 years. Head coach Paul Willet, spent five years playing with the Bakersfield Condors, and another 16 years coaching hockey at the Ice Center.

"Being that teams at this level are made up of players from all over the world, the players learn life skills while continuing to be pushed and coached to the next level. Our team will be very active in the community, attend classes, and will have part-time employment while working hard to advance to the next level, whether it be college or a higher level of Junior play," Sara Gregory says. "With such a strong hockey fan base in Bakersfield, we are hoping to have a great turnout at the games, giving the boys an awesome hometown crowd to play for."

For more information, please visit USPHL.com or find them @bakersfieldroughnecks on Facebook, Instagram, or TikTok.

CSUB Professor Awarded \$1.3 Million NIH Grant



California State University, Bakersfield students studying in biomedical fields will soon be able to take advantage of a new training program thanks to a National Institutes of Health (NIH) grant. Dr. Isabel Sumaya, psychology professor and Interim Associate Vice President of Grants, research and sponsored programs, has been awarded a five-year \$1.3 million grant from the NIH to establish an Undergraduate Research Training Initiative for Student Enhancement (U-RISE) program at CSUB.

Through U-RISE, eight biology, chemistry, psychology and kinesiology students will receive training in the biomedical sciences through research, course work, service-learning opportunities and faculty mentoring to help sharpen their knowledge and skills in preparation for pursuing a doctoral degree in their field.

Although the number of diverse student trainees has increased over the years, Dr. Sumaya says they remain underrepresented in the biomedical sciences. To address these needs, U-RISE will help a diverse group of students become expert research scientists who will successfully transition into the biomedical workforce.

For more information, please visit www.csub.edu.

Kern Community Foundation Receives Historic \$5,500,00 Gift for the Oscar and Libbie Rudnick Scholarship Fund



Kern Community Foundation's Oscar and Libbie Rudnick Scholarship Fund began in 2012 with a \$500,000 gift in memory of Elynor Rudnick Falk by her husband Dr. David Falk. Recently, after Dr. Falk's passing, the foundation received a \$5,500,000 gift for the Fund to be used for scholarships.

The Fund honors the memory of Oscar and Libbie Rudnick, the parents of Elynor Rudnick Falk. They immigrated to the United States of America to escape persecution and oppression in Czarist Russia. Settling in Kern County, they raised a family and established a successful agribusiness industry.

"This gift is an eternal mitzvah," says Aaron Falk, President & CEO of Kern Community Foundation. "The Oscar and Libbie Rudnick Scholarship Fund has established an everlasting bond between the Rudnicks and the future of Kern County."

Kern Community Foundation manages over three dozen scholarship funds. For more information and access to all of the scholarship resources through one simple application, please visit www.kernfoundation.org.

Kern County Awarded \$12.8 million from the California State Library Building Forward Library Infrastructure Grant Program for Kern County Library Branches



Kern County was recently awarded \$12.8 million in California State Library funding from the Building Forward Library Infrastructure Grant Program with no county match. Benefitting 17 local branches, the largest allocation goes to Beale Memorial Library at more than \$2.9 million. This investment will help Kern County libraries continue their crucial roles of providing safe and educational spaces for children and families throughout the community.

"The Library Department is thrilled to receive over \$12.8 million for addressing life safety and other critical maintenance projects within 17 of our public libraries," says Andie Sullivan, Director of Kern County Libraries.

"The County is committed to supporting its libraries, and this award is a significant investment to library infrastructure."

Bakersfield City Council Recruiting Students for Bakersfield Youth Commission

The Bakersfield City Council is recruiting students to serve on the Bakersfield Youth Commission for the following positions: Ward 4, Alternate Appointment and Ward 6, Alternate Appointment.

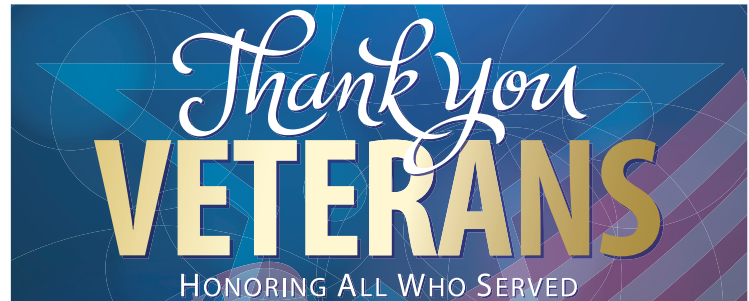
Each Councilmember appoints two members to the commission; the mayor appoints two members from the city-at-large. Applicants must be city residents, current high school students at the time of appointment, and maintain as close to a 3.0 grade point average as possible.

The Youth Commission identifies the concerns and needs of local youth, including matters related to recreational opportunities, park amenities, student safety, and volunteer opportunities with the city.



Applications are available at the City Clerk's Office, City Hall, 1600 Truxtun Avenue, or at the City's website at www.bakersfieldcity.us. Applications will be accepted until an adequate number have been received to fill the positions.

North of the River to Honor Veterans in Special Slide-show

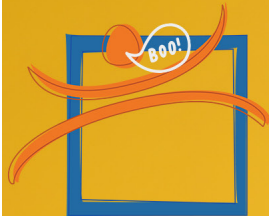


The North of the River Recreation and Park District (NOR) wants your photos of local veterans to be featured in the District's first-ever Veteran's Day Slide-show to be shared online through NOR's website at norfun.org and on NOR social media accounts on November 11, 2022.

"America's veterans ensure the protection of our country's freedom and NOR wants to honor these noble servicemen and women," says Monya Jameson, NOR General Manager. "Please join us this November in thanking our local military personnel and expressing gratitude to their families for their dedication."

To honor a loved one or exemplary veteran, make a submission to NOR's website at norfun.org. Attach a headshot of the veteran and include their name, military branch, and rank. NOR will be accepting submissions through October 12, 2022. Submit a photo of your vet today and join us in honoring local community members.

For additional information, please contact Jasmin LoBasso, Superintendent of Recreation at jlobasso@norrecreation.org or 661.392.2000.



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Hidden Sources of Gluten



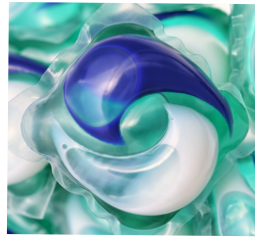
October is Celiac Awareness Month.

Gluten can be a source of agitation for anyone with mild sensitivities. Individuals diagnosed with celiac disease must avoid gluten. That's become easier over the last couple decades as manufacturers have recognized the growing number of consumers on gluten-free diets. However, the Celiac Disease Foundation® notes that various foods may contain gluten in hidden or unexpected ways. Keep this list of potential hidden sources of gluten in mind as you shop for groceries or dine out.

Foods to Watch Out For When Avoiding Gluten:

- ✓ Energy bars/granola bars: The CDF recommends shoppers read the label prior to purchasing energy bars and granola bars.
- ✓ French fries: Cross-contamination from fryers can make otherwise safe french fries risky, so individuals with celiac disease may want to stick to gluten-free fries prepared at home.
- ✓ Potato chips: Read the label to ensure chips are not made with seasonings that might contain malt vinegar or wheat starch.
- ✓ Soups: The CDF notes that cream-based soups typically contain flour as a thickener. Many soups also contain barley.
- ✓ Multi-grain or "artisan" tortilla chips or tortillas: The CDF warns that these products may contain a wheat-based ingredient.
- ✓ Salad dressings and marinades: Malt vinegar, soy sauce and flour is often used to create salad dressings and marinades.
- ✓ Eggs: Diner fans should know that some diners use pancake batter when cooking scrambled eggs or omelets. But the CDF notes that eggs are naturally gluten-free, so diners can request that their eggs be prepared without additives.
- ✓ Beers/malt beverages: The celiac advocacy organization Beyond Celiac notes that beers labeled "gluten-removed" are not gluten-free and should be avoided by individuals with celiac.
- ✓ Processed lunch meats
- ✓ Candy and candy bars
- ✓ Soy sauce
- ✓ Pre-seasoned meats

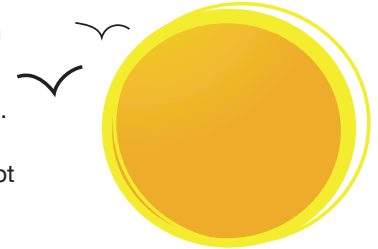
"Pretty" Laundry Hazard



Colorful packs of laundry detergent look pretty, but these squares are not candy or decor. Never decant it into another container, especially if you have an elderly or children in the house or if anyone visits regularly. Keep detergent in its original packaging and store it out of sight and reach in an upper cabinet.

Vitamin D "the sunshine vitamin"

Vitamin D is vital to good health. As the fall and winter season approach, make sure you are not missing out on this key vitamin.



- ☀ Promotes bone health
- ☀ Protects against disease and depression
- ☀ 10-15 minutes of casual exposure to sunlight several days a week on the arms and legs during warm weather should provide adequate amounts of Vitamin D, although many circumstances affect a body's Vitamin D production.
- ☀ Remember to use sunscreen when outside for an extended period of time!

Source: Harvard Health Publishing

Pass the Horseradish, Please!



Women who love horseradish may be getting more than a little extra kick when adding the condiment to their favorite foods or even their brunch-time Bloody Mary's. Though it may not be a typical veggie, horseradish is a cruciferous vegetable. That's good news for women

horseradish lovers, as researchers at the University of Western Australia's School of Medical and Health Sciences found that women who ate more cruciferous vegetables had healthier carotid arteries than those who ate fewer vegetables.

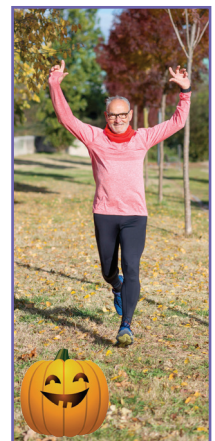
Physical & Mental Health Benefits Associated With Outdoor Recreation

INCREASED

- ▲ disease risk
- ▲ stroke
- ▲ depression
- ▲ anxiety
- ▲ anger
- ▲ aches & pains

DECREASED

- ▼ focus
- ▼ creativity
- ▼ mood
- ▼ sleep quality
- ▼ mobility
- ▼ energy



Chiropractors can *help* with various ailments.



Anyone who has experienced pain understands that it can be debilitating. Pain can make it challenging to manage everyday tasks and can affect relationships and physical and mental health in many ways.

Chiropractic care may be one avenue to pursue as a viable alternative to pain medications. While chiropractic visits are most often associated with back and neck pain, there are many different benefits - some of which may surprise those unfamiliar with chiropractic care - for this type of care.

Migraines and headaches:

In clinical trials conducted at Macquarie University, 72 percent of migraine sufferers had noticeable or substantial improvement after a period of chiropractic treatment.

Anxiety and stress:

The fight or flight mechanism that is activated when a person experiences stress and anxiety can take its toll on various parts of the body. Because stress involves nerve impulses, chiropractors may be able to work primarily with the spine where these impulses originate to help release tension and nerve irritation. In addition, adjustments can improve blood circulation, which may help signal the brain to turn off its "rally to action" response to stressful situations.

Accident injuries:

Chiropractors can assess musculoskeletal anomalies caused by motor vehicle accidents as well as slips and falls.



Fibromyalgia:

Fibromyalgia is marked by widespread musculoskeletal pain in the joints, muscles, tendons, and other soft tissues. It can be combined with temporomandibular joint syndrome, or TMJ, as well as irritable bowel syndrome, among other illnesses. Chiropractors can remove subluxations, which are misalignments of the vertebrae in the spine and joints that lead to pain responses. A Florida State University study found that those with fibromyalgia who combined

resistance training with chiropractic treatment two times a week saw improvements in their symptoms.

Chiropractic care may be an asset for pain management, as well as a way to improve overall health.



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Fall is all about comfort food and October is National Bake and Decorate month. We asked our readers to remember their homemade favorites from childhood.

Q. What was your favorite homemade food dish as a child?



My favorite food as a child was spaghetti and meatballs. Now that's my godson's favorite food, too!

- *Muwarisol Segura*

Pizza.

- *Nevine Iskander*

That's a hard one. My Grandma was the best cook so her homemade spaghetti, amazing egg rolls and sensational teriyaki steak were my favorite dishes from my childhood.

- *Melissa Martin*



Some alphabet soup was always my favorite and is now my kids' favorite.

- *Cindy Cortez*

Circle pizzas (homemade pizzas with biscuits) or my grandma's homemade stew with bread.

- *Marissa Miller*

Chicken enchiladas with lots of crumbled cotija cheese!

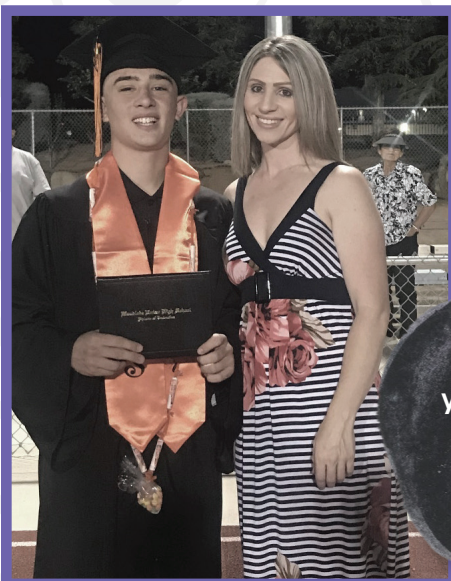
- *Luz Robles*

Egg puff.

- *Erin Steed*

Chicken adobo.

- *Emerciana Austria*



My favorites were my mom's tamales.

- *Luz Garcia*

I loved my grandma's yams with marshmallows melted on top!

- *Sarah Belis*

Pot roast and veggies.

- *Nicole Rodriguez*



Stuffed shells. Let me know if you need a recipe! Veggie dish the kids ask for by name.

- *Lindsey Panick*

Spaghetti because my mom made the sauce homemade and it tasted SO good.

- *Shannon Whitaker*

My dad's Tuna Casserole was the BEST!

- *Krystal Wood*





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Adventurous

Hello, Happy Mama:

Kelly Pray Shares Wisdom on Life Phases, Joy and Change



Photo by Charizma Co.

Kelly Pray knows about adventure and the joy of living. Phases, with their inherent changes and opportunities, have been an important theme in the life of the teacher-turned-singer who is also a wife and mother of three.

“I am an upbeat, friendly, loving person and I describe myself as a go-getter in life, as a parent, wife and woman. I’ve had many different phases in my life but I would say I’ve blossomed into other spaces,” said Kelly. “I love adventures. My perspective is ‘Don’t be scared, just chase it.’”

Kelly’s pursuits have led her to surprising settings, including Buck Owens’ Crystal Palace alongside some of country music’s leading legends. She also found herself homeschooling her children after 12 years teaching math at Bakersfield’s Centennial High School, the same school she graduated from before attending California Polytechnic State University.

“The go-getter in me is scared to do new things but another side trumps that fear

The first thing I do when I wake up in the morning is...

Get coffee.

and chases them. I am not someone who is reckless or fearless but I want to go after what is excellent and fun and good, all in its own time,” said Kelly. “It was time to homeschool, so I did it. Someone asked me to be the lead singer of a band, so I did that and now the band is playing at new venues and opening for Suzy Bogguss and Easton Corbin.”

Born in Bakersfield, Kelly traces her sense of adventure to her parents.

“My Dad is a civil engineer but he was a bronc rider as a young person. He started his business, Dee Jaspar & Associates, when I was one. That’s a big risk to take with a new baby at home. He brings that sense of joy and my Mom is a firecracker, a cheerleader for every family member,” said Kelly.

She credits her parents with fostering a culture of joy in their home.

“I know that, as a mother, I want to transfer that joy into my home. I am so thankful that my Mom made joy our family culture because it is not something I have to force but it is natural in me because of the tone of my household,” said Kelly. “My parents love God and find joy in all things. They were very positive in their outlook with us and, frankly, they were really not offended at people. They gave a lot of grace and

turned the other cheek often. There is a margin to say ‘It is okay, I am okay and this is still good,’ when something goes wrong. Hopefully, I can be that person who gives grace to her kids and finds joy in her kids.”

Kelly’s parents and family members continue to work together on the family’s cattle operation, Little Creek Ranch. She and her husband, Jeff Pray, also a civil engineer in the family business, are parents to Brady, 14, Cody, 13, and Kennedy, 11. Kelly has homeschooled since 2020 and her younger two are now in seventh and fifth grade, while her oldest returned to a traditional high school setting this year.

So far, my best life advice is...

Live with integrity, fulfill your commitments and chase your adventures.

“Homeschooling is more fun than I ever anticipated. It is efficient and exciting and all the wonderful things you might think about with the possibilities it brings. We’re now in our third academic year,” said Kelly.

People who knew Kelly as a high school math teacher are now surprised to learn she is a lead singer in a band. Meanwhile, those who know her as the lead singer in a band are shocked to find out she was formerly a high school math teacher who describes herself as an introverted person who loves to read Jane Austen novels and enjoy quiet time.

The Rivals, now a four-person rock blues band, started as an acoustic duo. When Cafe Smitten opened, local guitarist Jordan Lewis set out to bring live music to the space and he remembered having crossed paths with Kelly at Laurelglan Bible Church, where she can still be found singing worship music any given Sunday.



Photo by Charizma Co.



L to R: Kennedy, Jeff, Cody, Kelly, Brady.

Hello, Happy MAMA!
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<https://bit.ly/OctPrizes>

My favorite food is...
Taco Bell and watermelon, sometimes in that order

"I had no intention of starting a band. I wasn't in the school choir. I didn't even do church harmonies until I was an adult," said Kelly. "I sang background vocals for church worship for a few years and I only did that because I happened to have an ear to sing harmony but I would never sing leads. I was very timid and really only started singing at all because my brother-in-law needed someone to harmonize with him while he played guitar one time. I thought it was the most fun I've ever had, so I tried it at church."

Through that roundabout connection, Kelly began singing regularly at the band's appearances at local events. Venues continued to ask them back and through someone who saw them play at The Mark, the band was invited to play at the Crystal Palace, which turned into a monthly performance and the chance to meet artists characteristic of Bakersfield Sound as well as renowned artists on tour. Find out more about the band at <https://therivalsband.com/> and see slated appearances on Instagram: @therivals_official.

set or an entire dance set," said Kelly. "I have become a performer. I have become an artist. I do it because, other than being a wife and a mom, there is nowhere else I would rather stand. There are times we all think in our lives 'If only I could just live in this moment.'"

Kelly recognizes the importance of letting children see adults change and enjoy new life phases.

"You are never too old. I started a band at 37. My advice is to bring your kids with you. My kids dance all night at the Crystal Palace. They know my story because they know I didn't sing for half their lives. They see me scared and nervous but they also see me happy and capable," said Kelly.

4 Questions with Kelly Pray

Q. Parents sometimes navigate certain phases of life that can seem lonely or isolating, especially as they raise young children. What advice do you have for respite and renewal for mothers in particular going through that phase of life?

A. Don't wait and let change come to you. When you are lonely, when you are tired, when you need a friend, start researching groups, look for places to get together with other parents. Sometimes, just one touchpoint during the day can make your whole day better. Take it into your own hands rather than sitting in that space. Find activities that connect you, through playdates or church groups or daycare. Realize that what you are feeling is a real need and that it is

good to allow yourself to seek change. Validate your own needs and go for it. After all, this is really just a phase. It is difficult to remember when your days are about spit up and lack of sleep that in the very near future, you will be going on different adventures with these kids. Pretty soon, it'll be cheering at soccer and then it'll be dropping them off so they can do their own activities. There is a spectrum of joy. Each phase has its own precious space.

Q. What motivates you and keeps you moving forward?

A. In all that I do, I try to honor God and remember the truth of His Word, even through business and in all aspects of life.

Q. What should families in the Kern County area know more about in their community?

A. Being outdoors can be really transformative and a respite experience for families, even through active play. There are venues like CALM and zoo visits and hikes through the canyon but

one of our greatest joys we didn't anticipate that developed over COVID is active unorganized sports: skateboarding, mountain biking and dirt bikes at Hart Park. We love team sports but these opportunities are available all the time, anytime and everytime. We can go whenever we want to, there's no sitting on the sidelines, it's free, everyone can do it and all the children can all do it at the same time.

Q. What is your parenting PSA?

A. Find joy in your kids and with your kids. I really genuinely enjoy being with my kids. I have fun with them. Choose to set that tone. I have also taught my kids a key principle: honor your commitments and chase your adventures. There has to be a balance of what you have signed up to do. It can't be 'I want that adventure out there so I can discard my duties.' There are ways and means, a season for everything. Just because I'm a mom of three doesn't mean I can't be in a band. Life is an adventure. Have joy in it!

Happy Halloween-Week

"BOO" CAN DO IT!
wicked cupcake recipe ~ page 16

**DIVE IN
WITH THESE
WICKED-GOOD
IDEAS!**





A little history...

Carving pumpkins, trick-or-treating, and wearing scary costumes are some of the time-honored traditions of Halloween. Halloween is a holiday celebrated each year on October 31, and Halloween 2022 will occur on Monday, October 31. The tradition originated with the ancient Celtic festival of Samhain, (a Gaelic word

pronounced "SAH-win"), a pagan celebration, when people would light bonfires and wear costumes to ward off ghosts.

In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon after, All Saints Day incorporated some of the

traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.



Elevate Your HaUNT With Eggs

No one expects to look for eggs during a Halloween party! So elevate your party with a Halloween egg hunt! Fill your scary-looking plastic eggs with these ideas from Net Egg, that will make your kids gasp in surprise.

25 Filler Ideas:

1. Gummy worms
2. Googly eyes
3. Spherical eyeballs
4. Green slime
5. Plastic spider rings
6. Halloween-themed stickers
7. Candy pumpkins
8. Candy corn
9. Chocolate pumpkins
10. Orange balloon
11. Black balloon
12. Small plastic skulls
13. Small plastic ghosts
14. Spiders made of yarn

15. Plastic bugs
16. Small plastic bones
17. Plastic pumpkins
18. Orange & black jellybeans
19. Felt bats
20. Witches' hats
21. Black beans (hard, not cooked)
22. Black and orange sprinkles
23. Pumpkin seeds
24. Set of plastic vampire's fangs
25. Felt pumpkins

Pro Tips:

You don't have to fill each Halloween egg completely for kids to enjoy what's inside. Fill them halfway or with just one item. If you fill them with candy, use wrapped candy. That may not be possible with gummy worms, so make sure your kids don't eat those worms. Avoid perishable foods, like apple pieces or pumpkin chunks.



Create Monster Treat Holders



Rather than discarding the tubes inside of paper towel or toilet paper rolls, let kids transform them into monster craft treat holders. They'll be perfect for party favors or even to give out to neighborhood trick-or-treaters. Cover the bottoms of the rolls with masking tape so treats won't fall out. Paint the outside of the cardboard rolls and let dry. An alternative is to cover the rolls in colored paper for less messy fun. Then use markers or paper cut-outs to form faces of the monsters. Fill the rolls with treats, then stuff a piece of tissue paper in each top to add even more personality to the creations and hide the treats inside.

Make Leaf Ghosts

Make an eco-friendly craft with ghosts made out of leaves. Paint large leaves with white paint. On the narrow-most point on top of the leaves, paint black eyes and mouths. When completely dry, scatter on a table or sideboard for some scary fun,



Crafts

Treats

Fun Treats on The Healthier Side

PIZZA MUMMIES:



Use slices of toasted sandwich bread or English muffins to make some spooktacular fare. Coat the bread with pizza sauce. Then place thin vertical slices of mozzarella cheese in a haphazard pattern to replicate the look of gauze on a mummy. Two pieces of sliced black olives serve as the eyes. Toast lightly in oven to melt the cheese.

SPIDER DEVILED EGGS:



Easy! Make traditional deviled eggs and top with black olives cut in half to shape the spider body and in strips to form the legs as a topper.

GHOSTLY BANANAS & PUMPKINS:



Cut bananas in half and use a toothpick to make starter holes for the eyes and mouth. Lodge mini chocolate chips in the holes. Place on a plate with peeled clementines. Place a short celery stick in the middle of each clementine to create a pumpkin patch.

Time To.....



WICKED-GOOD CUPCAKES!



Make these crowd-pleasing goodies when you need something both delicious and showy to set the mood for your festivities!

INGREDIENTS:

- white cake mix
- white buttercream frosting
- neon-green food coloring
- black ball sugar-sprinkles
- black fondant
- striped chocolate sticks, or you can use striped straws if you don't have access to a specialty bake shop.

DIRECTIONS:

Make and bake the cupcakes in a 12 cup muffin pan according to brand instructions. While baking, mix the white frosting with green food coloring until well blended and the color you desire.

NOTE: Start with the frosting slightly chilled to prevent over working the mix. Once the cupcakes are baked and FULLY cooled, use a basic tip frosting bag to create the swirl as shown. Add the black sprinkles while the frosting is particularly soft so they adhere well. Then, allow the frosting to set up before placing the legs.



For the witch's legs, you can purchase striped chocolate sticks at specialty bake stores, or you can use striped straws in a pinch. For the shoes, you will need some pre-made black fondant, available at Hobby Lobby and other baking suppliers. Lay the fondant out in a flat sheet and use a sharp knife to create the boot shape (you will need TWO identical shapes per foot). With latex gloves, because fondant shows fingerprints, smooth the shoe cutouts onto either side of the end of the legs, press and maneuver until they are secure. (Alternately, if you are using straws and prefer to keep it simple, you can cut the shoes out of black construction paper and use double sided tape to connect each side, forming the full shoe.) Tip: regardless of method, place shoes on the legs before inserting them into the cupcakes.

These really stand out on a black or purple platter for serving!



DID YOU KNOW?

Although decorating is a large part of the fun of Halloween, the sweet treats that are distributed to trick-or-treaters and presented at parties are arguably the most popular component of this beloved holiday. Candy is everywhere come Halloween. The National Confectioners' Association reports that Halloween is the largest confectionary holiday, followed by Easter and Christmas. The National Retail Federation and NCA indicate the average American consumes 3.4 pounds of candy around Halloween, and 600 million pounds of candy are purchased across the country for the holiday.



TIPS

Keep Kids Safe This Halloween

Even though fun may be foremost on the brain, it is important for everyone keep safety in mind as well.

Keep weekdays in mind

Halloween falls on a Monday in 2022 and that could be more dangerous than if it fell on a weekend. According to Autoinsurance.com, which conducted a study that analyzed 24 years' worth of data provided by the National Highway Traffic Safety Administration (NHTSA), injuries to children and pedestrians in general were higher on weeknight than weekend holidays, with most accidents occurring between 6 p.m. and 7 pm - prime commuter time. Exercise extreme caution walking around this year.

Opt for face paints over masks

However, when it comes to Halloween costumes, face paints are preferable to masks and other face coverings. Masks tend to limit visibility, which can lead to kids tripping and falling, or even not being able to see cars or other pedestrians.

Improve visibility all around

In late October, the sun sets at 5:50 on average. Sunset will occur earlier the more north one is located latitudinally. With darkness descending during peak trick-or-treating times, it's imperative that children carry flashlights or glow sticks or utilize reflective tape on their costumes.

Traverse familiar areas

Children with adults may be able to venture a bit further in pursuit of treats, but it is generally safer to stay close to home. This reduces the propensity for getting lost or wandering into sketchy situations. Older kids allowed to venture out on their own would be wise to stay close to home as well. Neighbors can assist if something goes awry.

What homeowners can do

Homeowners and renters can do their part to ensure the safety of kids. Make sure walkways to doors are clear. Have additional lights on pathways or overhead to improve visibility. Contain pets indoors.

Kid-Friendly FILMS To Try This Halloween

A scare might be what many people want on Halloween night, but such movies are best left to teenagers and adults. When it comes to more kid-friendly films give these classics a try.

"It's the Great Pumpkin, Charlie Brown" (1966):

Parents can take a stroll down Memory Lane and enjoy this classic that has been entertaining kids for more than half a century. The costumes for the Peanuts gang, most notably Charlie Brown's, elicit a few laughs.

"Monsters, Inc." (2001):

Halloween wouldn't be the same without monsters, but the monsters in this beloved Pixar classic are kid-friendly.

"Wallace & Gromit: The Curse of the Were-Rabbit" (2005):

This film's action is centered around Tottington Hall's annual giant vegetable competition and features enough silliness to keep kids laughing throughout its 85-minute run time.

"Scooby-Doo on Zombie Island" (1998):

Youngsters who love Scooby-Doo are no doubt accustomed to a few lightly scary moments. Join the gang heads in Louisiana to investigate a haunted mansion.

"E.T. the Extra-Terrestrial" (1982):

Elliott befriends a charismatic extraterrestrial in this Steven Spielberg classic the whole family can enjoy.

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Autumn Daydreams: 7 Children's Books to Imagine By This Fall



READ
FOR
LIFE



Animals, community heroes, and daydreams all have a way of coming to life through literature. Seven new titles listed here are sure to capture children's imaginations. Storytelling magic, prose and illustration come together to form memorable fiction titles for toddlers and young readers. Browse these books online, at your favorite local bookstore or reserve online through the Kern County Library. *by Callie Collins & LJ Radon*



The Polar Bear in the Garden

by Richard Jones, Peachtree, for ages 4-8.

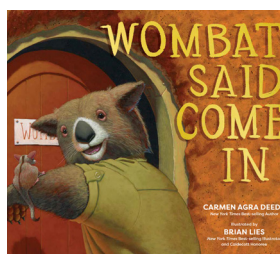
In Richard Jones's latest picture book, a little boy discovers a teeny, little polar bear in his garden and watches it grow day-to-day, before embarking on a journey to return him home. The story progresses along the days of a week, allowing great opportunities for vocabulary as well as exploring concepts of time. It's a great read to discuss the meaning of goodbyes with little ones.



Firefighter Flo!

by Andrea Zimmerman, illustrated by Dan Yaccarino, Holiday House, for ages 3-6.

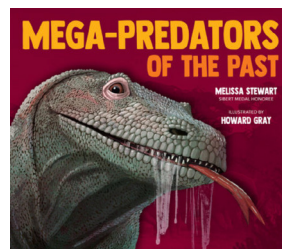
Follow along as Flo and her fellow firefighters race to stop a fire in this picture book filled with bold art and fun onomatopoeia. Dan Yaccarino (character designer for *The Backyardigans*) and Andrea Zimmerman (best-selling author of *Trashy Town*) have crafted the perfect read-aloud. *Firefighter Flo!* kicks off the *Big Jobs, Bold Women* picture book series, which will focus on the empowering diversity of women in historically male-dominated occupations.



Wombat Said Come In

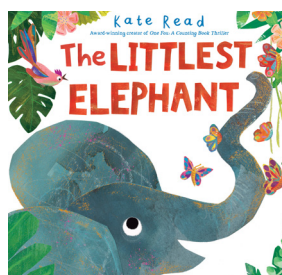
by Carmen Agra Deedy, illustrated by Brian Lies, Margaret Quinlin Books/Peachtree, for ages 4-8.

New York Times bestselling creators Carmen Agra Deedy, and Brian Lies teamed up to create this delightful picture book. Community, selflessness, and adorable Australian animals star in this delightfully heartwarming story about help in the time of trouble. Older readers will gain a perspective on the unique environmental challenges presented by the country's annual bushfire season.



Mega-Predators of the Past
by Melissa Stewart, illustrated by Howard Gray, Peachtree, for ages 6-9.

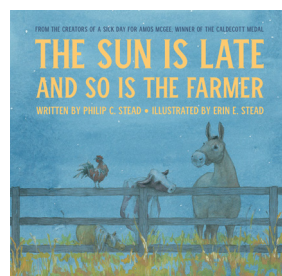
An entertaining and informative look at some of the prehistoric creatures who have—until now—not had their day in the spotlight. Instead of featuring the usual suspects like T. rex, this book introduces young readers to some of the lesser-known predators: Marvel at the griffinfly, tremble at the sight of the Titanoboa, and more! Kids who are obsessed with savage animals are going to jump at the chance to read about these impressive ancient giants.



The Littlest Elephant

by Kate Read, illustrated by Kate Read, Peachtree, for ages 2-5.

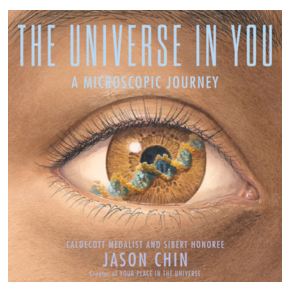
The author/illustrator of *Hey! A Colorful Mystery* and *One Fox: A Counting Book Thriller*, is back with a new tale. This picture book follows the most adorable baby elephant you've ever seen as she crashes through the jungle on her way to the swimming hole. But, of course, there are consequences for tromping around and not looking where you're going. This is a great introduction to concepts of patience, boundaries, and respect.



The Sun is Late and So is the Farmer

by Philip C. Stead, illustrated by Erin Stead, Neal Porter Books/Holiday House, for ages 4-8.

On a peculiarly long night, a mule, a milk cow, and a miniature horse rest comfortably in their barn. A realization slowly dawns on them. . . the sun is late to rise. So the trio set off on a daring quest to the edge of the world to bring the sunrise. With the same tenderness, wry humor, and illustration style as *A Sick Day for Amos McGee*, fans of Erin E. and Philip C. Stead's books will instantly love this quirky barnyard fable.



The Universe in You: A Microscopic Journey

Written & illustrated by Jason Chin, Neal Porter Books/Holiday House, for ages 8-12.

Before there was *Watercress*, there was *Your Place in the Universe*, Jason Chin's mind-bending book

about relative size and scale. Now, we present The Universe in You: A Microscopic Journey. This companion title explores the world of the very small, from the tiniest mammals to the intricate structures of microscopic organisms and subatomic particles that make up the human body.

**THESE
PRECIOUS
DAYS**



**ANN
PATCHETT**

These Precious Days

by Ann Patchett, Harper Collins Publishing, for adults 18+.

The New York Times bestselling author reflects on home, family, and friendships in this deeply personal collection of essays. This is a surprising and moving meditation on an unexpected friendship that explores “what it means to be seen, to find someone with whom you can be your best and most complete self.”

For more information on Kern Literacy Council, call us at 661-324-3213, or check out our website at www.kernliteracy.org.

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11 WAYS TO find self-care this autumn



Choose your playlist! Listen to your autumn tunes and bake yourself a fall treat. Check out our 'witchy' recipe on pg 16.

Fall marks the changing of seasons, which is also an ideal time for personal change. After a summer of caring for children, prioritizing yourself may seem difficult. Losing the ability to identify restorative self-care practices that lead to a sense of rest and renewal is not uncommon for people in a caregiving role, often of young children or elderly family members. Make the most of summer's end by enjoying autumn-themed activities.

11 autumn-themed self-care activities:

1. Envision what self-care looks like:

Caregivers are often so busy meeting others' needs, they are used to putting their own aside. Imagine the care you would offer someone else, any time of year, and choose to give yourself what you need. Work in something special from the season for a different experience than what you're used to during other months of the year.

2. Take a walk in cooler weather:

After a scorching summer, find comfort in cooler weather. Enjoy a stroll outside as the leaves turn. Exercise increases endorphins and other positive brain chemistry.

3. Plan a seasonal venue visit:

Choose to take an intentional day for yourself at a seasonal venue exclusive to fall, like a pumpkin patch or other favorite place to visit.

4. Indulge in the tastes of autumn:

Find a seasonal flavor you've been looking forward to, like pumpkin spice, maple or apple. Whether you enjoy coffee, a pastry or another favorite, give yourself something to look forward to each year.



"I'm so glad I live in a world where there are Octobers."

*L.M. Montgomery,
"Anne of Green Gables"*



5. Try baking:

Try a family recipe or something new but experience fall by going through the cooking process if culinary experiences are cathartic to you. Cobblers, crisps, pies, soups and stews can be a way to share the experience.

6. Change your wardrobe:

Change out seasonal clothes and streamline your morning routine by getting items out of the way that are no longer needed.

7. Clean summer clutter:

Put away seasonal articles you will no longer need for another year. Clutter contributes to anxiety, so clearing visual chaos is a must when people need a break.

8. Choose your playlist:

Make a new soundtrack for your autumn life. Move on from songs that no longer serve your place and purpose.



"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

Ann Drake



9. Select a new scent:

Simple swaps of household items, from shampoos and perfumes to cleaning products, can make your environment feel different. Shift to a new season with new scents.

10. Take a day off:

Whether it's a day off work or a day away from family, take some intentional time away. Prioritize your mental health.



11. Choose a cozy:

Light a candle, bring out your fuzzy blankets and select a scarf. Lean into comfort in ways you know.

feature by Sarah Lyons

A Sensory Sensitive Halloween

Tips parents can use to help their child enjoy the celebrations.



Costumes, Halloween parties with sugary treats, trick-or-treating, and spooky decorations are fun and exciting for most kids, but for a child with Sensory Processing Disorder (SPD), Halloween celebrations can be very overwhelming. A child with SPD has trouble processing input from any of the five senses in a normal way - what is background music to others may be loud and distracting to a kid with SPD, costumes may feel too itchy, make-up may feel sticky, and masks may have a strong scent or may be too restricting for kids with Sensory Processing Disorder.

As a mom of a child with SPD, I have learned firsthand how challenging Halloween can be. My daughter struggles daily to find clothes that are comfortable and are not too distracting.

What is background music to others may be loud and distracting to a kid with Sensory Processing Disorder.

Typically, if we find a pair of pants she likes, I buy as many pairs as we can find. Loud noises or new situations can also be very stressful for her. She has the desire to be part of the fun on Halloween, but as the day approaches the pressure is too much, the costume is uncomfortable, and walking around in the dark knocking on strangers' doors is scary. I end up frustrated and she ends up disappointed. This year we are taking a different approach to the holiday and I hope these tips help other families dealing with SPD enjoy Halloween too.

✓ Prepare your child

Prior to Halloween, talk about how you will celebrate the day. Discuss what situations may be challenging and talk about what will help them feel more comfortable. If going door to door trick-or-treating is scary, do a practice run. Ask neighbors, friends, or family if your child can practice knocking on their door before the day of Halloween so they know what to expect. Try on the costume and make any adjustments needed so that they can feel as comfortable as possible.

✓ Costumes

Costumes are usually a huge challenge for the child with SPD but luckily there are a lot of options. My daughter prefers to wear her favorite clothes and paint her face. This is what makes her feel comfortable. Other kids may like wearing their favorite pajamas or other soft clothing under a costume so they cannot feel the itchy fabric on their skin. If your child does not want to dress up at all, try letting them ride in a wagon and decorating the wagon like a car so that they can be part of the fun without having to actually dress up. Other simple ideas may be - using a prop, wearing a silly T-shirt, or incorporating tools, such as noise cancelling headphones, into your child's costume. Never make your child feel that they are odd because they don't like to dress up or go trick-or-treating.



✓ Plan ahead

Try to be flexible and prepare a backup plan, just in case things do not go as planned. My daughter was very excited about Halloween and even wore her costume to school, but when the time came to go trick-or-treating with her siblings, she was overwhelmed. It is okay if your child decides to stay home and hand out candy, needs to take a break during trick-or-treating, or wants to head home early. Parents may



CONTINUED ON PAGE 23

WE LOVE IT!

OCTOBER



By Elena Epstein, Director of the National Parenting Product Awards

For more product reviews, visit nappaawards.com

Craft-tastic Nature - Make a Bug Hotel



Discover a fun way to learn about bugs. This super cute Bug Hotel gives bugs and insects a place to rest

and nest. Easily snap the wooden panels together and personalize it with fun water-proof hotel themed stickers. Attract a wide variety of little friends then learn about them in your identification guide booklet. \$19.99, ages 4+, playmonster.com

VIP PETS CATS



A special cat-shaped perfume vessel that has a unique UV light reveal and doubles as a playset with areas

to store all your accessories. There are six neon cats to collect, each with 11 inches long hair and eight accessories to create the most glamorous hair styles. Each doll has premium details, including crystal eyes and real eyelashes. \$19.99, ages 5+, vippets.toys

VTech Level Up Gaming Chair



Serious(ly cute) little gamers get their very own preschool game station—with no Wi-Fi and no worries. The

interactive gaming tablet teaches letters, numbers, animals and music with gaming sound effects. Take newbies to the next level of learning. Easily detaches from the tray, which kids can use for snacks, drawing or story time. Grab a seat, it's game on. \$49.99, age 1-4 years, vtechkids.com

Disney Junior's Mickey Mouse Funhouse Treasure Adventure Pirate Ship



Features Funny the Funhouse as a pirate ship, complete with Windy the Weathervane. Press the button to

hear Mickey Mouse phrases and the song "True Pirates We Be" from the show. Comes with five figures (Mickey Mouse, Donald Duck, Pluto, Goofy, & Wheezelene) for added fun. \$51.99, ages 3+, justplayproducts.com

CoComelon Ultimate Learning Adventure Bus



This interactive toy that lets toddlers engage in their own learning adventures. In Music mode, use

the buttons, wipers, horn, and door to sing along to nursery rhymes. Switch to Learning mode to learn numbers and colors. There's a handle on the roof, so toddlers can push the bus along. \$61.99, ages 18 months +, justplayproducts.com

Amazon Kids+



The only kid-focused content service with thousands of ad-free books, games, videos,

music, apps, and Alexa skills. Includes brands like Disney, Lego, and PBS Kids. Kids and families can access the educational library of Amazon Kids+ on Fire tablets, Echo Dot, Echo Show, Fire TV, Android, iOS, and Kindle devices. \$48/year, ages 3-12 years, amazon.com

Critter Creator Fossil Kit



A new STEM-focused activity. Build, paint and fossilize ten different little critters with air-dry clay.

The kit includes molds to create dragonflies, spiders, hornets, scorpions, lady bugs and more. With ten paint colors, kids can give each bug a unique and creative design before preserving them forever. \$24.99, ages 7+, crayola.com



also look for alternative activities that are just as fun. Many communities or churches offer fall parties that are not scary, are offered during the day, and where costumes are optional.

Halloween can be fun for everyone if families work together to find a way to celebrate that works for

all of them. It is understandable that these traditions do not always sound appealing or make sense to kids that have SPD. Consider coming up with your own Halloween traditions such as painting pumpkins, baking treats, or going to dinner or a movie. With a little extra effort, planning, practice and flexibility, Halloween can be something your whole family enjoys.

DID YOU KNOW?

According to the American Psychological Association, lack of quality and quantity of sleep is a significant contributing factor to anxiety in children. Children aged 6-13 need 9-12 hours of sleep every night.



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Pretend Play

Samantha, AKA "Mitch," AKA Winter the Dolphin

Samantha was two years old when she first watched "Dolphin Tale," which tells the story of a rescued dolphin named Winter who receives a prosthetic tail. For the next two years, she followed me around the house insisting she was "Mitch," the "Doll Fin wif a hoit tail." (Not sure how Winter came out "Mitch," but there we were.)

I asked the pediatrician about it. She laughed and said that "pretend play" is normal for this age.

But this was more than pretend play. This was an obsession. She wasn't "Mitch" one day and a princess or a pony the next day. She was Mitch all day every day.

She would plant herself on the floor with her feet together and hold up a dish towel for whoever happened to be passing by, shouting, "I Mitch! I Doll Fin wif a hoit tail." She expected you to bandage her "hoit tail."

One day we were down south while my husband attended a conference. I took Samantha out to see some shops. But, silly me, I let her watch "Dolphin Tail" in the car on the way. And so she did not want to get out of the car. She started screaming, "No! Mitch! Miiiiiiitch!" when I turned the car off.

Looking back, this may have been one of those battles that was not worth fighting.

But I was still a new mom. I only had like two years of experience with my daughter's personality. So, in all fairness, I did not really know what I was doing when I insisted that we get some fresh air and sunshine that morning.

I carried her under one arm like a football toward the shops as she kicked and screamed. "Noooooo!!!! Miiiiiiitch!"

We walked up to a beautiful two-story book store with a glass storefront. In the window was a life-sized stuffed giraffe and displays of children's books. "Look!" I pointed. "That book is called 'The Artist Who Painted a Blue Horse.' I have never seen that book. Look!" Screaming and sobbing from Samantha. Plenty of dirty looks from passersby.

I started jiggling her and singing softly and generally trying to get her to shut up without losing my cool.

The book store was not yet open, so we stood outside gazing in at all the lovely books. Or rather, I stood. She was still squirming and kicking



and trying to free herself while continuing to scream.

After what seemed like an hour but was probably more like four minutes, the store opened. "Look," I whispered. "They're open. Oh, I really want to read that book about the blue horse. Don't you? But we can't go in if you're screaming. I guess we will have to wait here. Look, people are going in. None of them are screaming. Oh, see the worker inside? He is probably checking everyone who is going in to make sure they are calm enough to look at his books. What do you think?"

Finally, I got a reaction. She stopped screaming. We went in. She stayed calm.

Afraid to break the spell, we spent the entire morning in that book store and came out with... well, a lot of books, including "The Artist Who Painted a Blue Horse" by Eric Carle.

She continued to be "Mitch" for the next two years.

I would like to dedicate this story to the memory of the real Winter. We had tickets to visit her in June of 2020, but our trip was canceled due to COVID. Winter died on November 11, 2021. Both "Dolphin Tale" and "Dolphin Tale 2" continue to be household favorites with both of my children.

ARE YOU LOOKING FOR JACK-O-LANTERN?
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FIND JACK-O-LANTERN CONTEST!
This one doesn't count either!

think pink



Keep up the good fight: Why exercise during treatment is beneficial

Breast cancer is a complex disease that affects millions of women across the globe each year. Though the American Cancer Society reports that only about 4 percent of women diagnosed with breast cancer in the United States are under age 40, women of all ages can take steps to protect themselves against this deadly disease.

Exercise benefits women in myriad ways, and that includes lowering their risk for breast cancer. The ACS notes that researchers are increasingly linking exercise to a reduced risk for breast cancer. Though the reasons behind that link remain unclear, some theorize that the positive effects of exercise on body weight, inflammation, hormones, and energy balance could be why regular physical activity helps women reduce their risk for breast cancer. Body weight and breast cancer

The National Cancer Institute reports that being obese after menopause can significantly increase a woman's risk for breast cancer. In addition, the ACS attributes the rise in hormone receptor-positive breast cancers to an increased prevalence of excessive body weight. Routine exercise is a highly effective way to lose weight and keep weight off, which in turn could lower women's risk for breast cancer.

Exercise is not a sedentary activity, and that could be another reason why women who are physically active have a lower risk for breast cancer. The ACS notes that more than one study has linked sitting time to a higher risk of various diseases, including breast cancer. Researchers with the ACS analyzed data from 77,462 women, who they followed for an average of 15.8 years.



None of the participants had cancer when the study started, but researchers found that women who sat for six or more hours per day during their free time had a 10 percent greater risk for invasive breast cancer than women who sat for less than three hours per day.



advanced stages, where survival rates tend to be much lower. During annual physicals, women may receive routine pelvic exams and pap tests, while men may be tested for colon cancer and prostate cancer.

Skipping these visits allows cancers more time to spread, thus complicating treatment plans and potentially reducing survival rates. Annual physicals also may uncover certain factors, such as an unhealthy weight or skin issues like moles, that could be risk factors for cancer or initial warning signs that the disease is present.



Does physical activity reduce breast cancer risk?

The human body is complex, and a host of factors, including those like age that women have no control over, can affect cancer risk. However, engaging in routine physical activity seems to be an effective way for women to reduce their risk for breast cancer. In fact, the Breast Cancer Research Foundation estimates that one-third of all breast cancer cases could be prevented with positive lifestyle choices that help women maintain a healthy weight, including exercise. Routine physical activity can be a significant weapon in women's arsenal as they continue their efforts to prevent and overcome breast cancer.

Did you know?

Adults who feel good, eat right and exercise regularly may feel as though annual wellness visits are unnecessary, but nothing could be further from the truth. Data from the Office for National Statistics indicates that, for most cancers, one- and five-year survival rates are significantly higher if the cancer is detected early. But many cancers do not exhibit symptoms in their early stages, or if they do, produce only mild symptoms that do not compel adults to visit their physicians. As a result, annual wellness visits may serve as the only opportunity for physicians to uncover cancers before they reach

Does breast cancer run in families?

No woman is immune to breast cancer. However, some women with family histories of the disease may wonder if they're more vulnerable. According to the Centers for Disease Control and Prevention, roughly 3 percent of breast cancers result from inherited mutations in the BRCA1 and BRCA2 genes that are passed on in families. Inherited mutations in other genes also can cause breast cancer (as well as ovarian cancer), but BRCA1 and BRCA2 are the most commonly affected genes. And it's not just women who can inherit these mutations. Though men account for only a small percentage of breast cancer patients, they can get the disease. The CDC notes that not everyone who inherits a BRCA1, BRCA2 or other mutation will develop breast cancer, and women with such mutations can take steps to help lower their risk. Doctors can discuss those steps with women, but they may include genetic counseling and testing. The CDC also notes that, even in instances when counseling and testing is not ultimately recommended by a physician, women should consider talking to their doctors about starting mammography screening in their 40s. That's earlier than some organizations recommend, though physicians may feel it's worth it.

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

Weekends in October!



Autumn Nights at CALM

Brand-new event: Autumn Nights. Enjoy a Halloween themed light show, explore themed lands and a scarecrow maze, and take rides on the California Children's Railroad.
California Living Museum
10500 Alfred Harrell Hwy., Bakersfield, CA
(661) 872-2256
<https://calmzoo.org/>

October 5



October 6

Galactic Gala

Fundraiser benefitting Bakersfield Ronald McDonald House.
Bakersfield Country Club
4200 Country Club Dr., Bakersfield, CA
6:30pm
<https://rmhsc.org/bakersfield>

October 7

Farm to Tableaux

Fundraiser: The Boys and Girls Club of Kern County (SOLD OUT)
Highgate Seven Oaks
Bakersfield, CA
6pm

October 8



United Day of Hope

NAMI Kern County United Day of Hope to bring awareness to those affected by mental illness.
Yokuts Park, 4200 Empire Dr, Bakersfield, CA
9am
<https://namikerncounty.org/nami-walks/>

October 13

Kern County Veterans Stand Down

The event brings over 100 services to one area with the goal of making those services more accessible to veterans who may need support.
Stramler Park, 3805 Chester Ave,
Bakersfield CA
661-455-7400

October 15

Wine, Women & Shoes

Benefitting League of Dreams
Bakersfield, CA
1pm- 5pm
<https://www.winewomenandshoes.com>

October 15



NOR Fall Festival

Free event featuring carnival games, bounce houses & more!
North Meadows Park
3300 McCray Street,
Bakersfield, CA
661.392.2000
1pm-4pm

October 19

Women's Self Defense Workshop

Alliance Against Family Violence
1921 19th Street, Bakersfield, CA
(661) 322-0931
6pm

October 22 & 23

Via Arté Italian Street Painting Festival

Street Painting Festival benefitting the Bakersfield Museum of Art.
The Marketplace
9000 Ming Avenue
Bakersfield, CA 93311
9am - 8pm
(661) 323-7219
<https://www.viaartebakersfield.com/>



October is Adopt a Shelter Dog Month!

October 28, 29, 30



Disney on Ice - Find Your Hero

Mechanics Bank Arena
1001 Truxtun Ave., Bakersfield, CA

October 28



Hot Pink Celebration

Benefitting Links for Life - Event to raise awareness for breast cancer in our community.
Luigi's Warehouse
725 E 19th St., Bakersfield, CA
(661) 322-5601
6:30pm

October 28

CSUB Party in the Park

Haunted Halloween party benefitting the CSUB Alumni Association.
Cal-State University Bakersfield
9001 Stockdale Hwy, Bakersfield, CA
661-654-3977
6pm-9pm



October 29

CASA Superhero Run

The Park at Riverwalk
1298 Stockdale Hwy., Bakersfield, CA
8am
www.kerncasa.org

October 30 & 31

Safe Halloween

Trick or Treat in Pioneer Village.
Kern County Museum, 3801 Chester Ave.
Bakersfield CA 93301
5pm-9pm
(661) 437-3330

October 31

Happy Halloween



ONGOING HAPPENINGS

Saturdays

Kids Tool Safety Workshop
 First Saturday of every month
 Home Depot locations, Bakersfield, CA
 9am-12pm

Free Day at Maturango
 Second Saturday of every month
 The museum serves as the cultural hub of the area.
 100 East Las Flores Ave., Ridgecrest, CA 93555
www.maturango.org

Bakersfield Second Saturday Event
 Second Saturday of every month
 Second Saturday is a monthly event where community members can support local businesses and enjoy the Downtown area.
 Bakersfield, CA
<https://www.bakersfieldsecondsaturday.com/>

Sundays

Haggin Oaks Farmers Market
 8800 Ming Ave., Bakersfield, CA 93311
 9am-2pm

Tuesdays


Optimal Hospice Grief Support
 First United Methodist Church
 44600 Stockdale Hwy., Bakersfield, Ca 93309
 (661) 716-4000
 10am

Baby Café: Drop-In Breastfeeding Support Group
 Beale Library
 701 Truxtun Ave., Bakersfield, CA 93301
<https://www.babycafebakersfield.org/>
 11:30-1:30pm


Chat Group for individuals with early stage Dementia or Alzheimer's
 Fourth Tuesday of every month
 ADAKC Campus
 4203 Buena Vista Dr., Bakersfield, CA 93311
www.adaqc.org

Post Adoption Support Group
 Second Tuesday of every month
 Kern Bridges, 1321 Stine Rd., Bakersfield, CA 93309
 6pm-8pm
<https://kernbridges.com/>


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SPECIAL OFFER

PAGE 30

ACTIVITY CORNER ANSWERS

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

CROSSWORD


Down

- Crust
- Scarf
- Meal
- Ramen
- Your
- To


Across

- Consumer
- Consumer
- Tasty
- Oil
- Orders

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Parent Support Group: Wednesday, October 12th register via Eventbrite
LEGO Workshop for Autistic Children on Saturday, October 15th get tickets via Eventbrite
Chess for Teens: Sunday, October 16th register via Eventbrite
Autism Seminar Series Fall-Elopement Training on Thursday, October 20th get tickets via Eventbrite
Females on the Spectrum Support Group: Thursday, October 20th

- 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:**
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 - Adults on the Spectrum Support Group
 - Law Enforcement Trainings
 - Autism/Asperger Workshops-Seminars
 - Local Resources, Community Projects
 - Camps & Activity Scholarships
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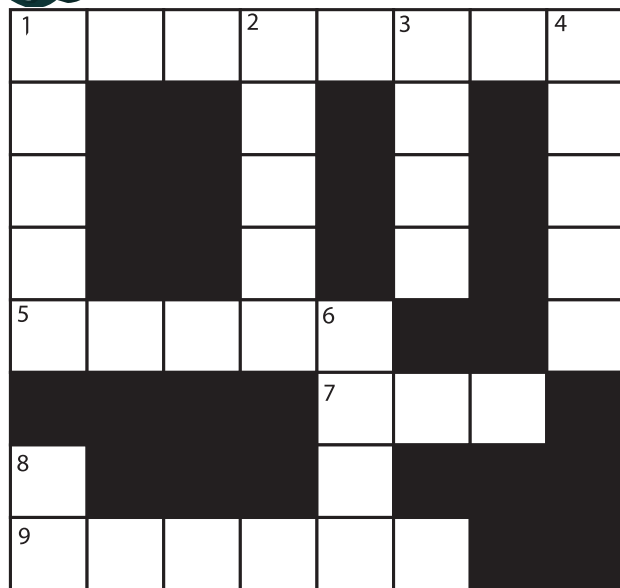
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OCTOBER ACTIVITY CORNER

puzzle answers on page 27

Crossword



ACROSS

1. One who purchases
5. Pleasant to eat
7. Olive is one type
9. Customer selections

DOWN

1. Hard part of bread
3. Barely enough
4. Type of noodles
6. Belonging to you
8. Abbreviation for "take out"

Sudoku



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

Level: Beginner

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

There are 10 differences in the pictures below. Can you find them all?



DID YOU KNOW?

October is National Bake and Decorate Month. Fall is a great time to enjoy the seasonal ingredients and flavors like pumpkin spice, caramel apple, ginger, cranberry, and more. Turn on some fun fall music, invite friends and family over, and get baking!





OCTOBER ACTIVITY CORNER

puzzle
answers
on page
27

Fall Baking Treats Word Search

Presented by Pacific Ag Rentals

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

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