

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



# kern county **Family** free

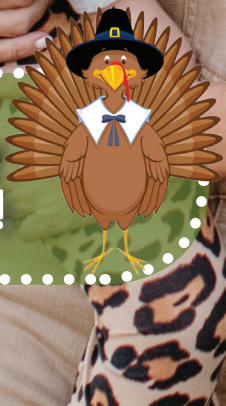
m a g a z i n e

November 2022



**FIND  
TOMMY  
TURKEY!**

details on pg 4



**MELODY  
CARR:**

HER  
*Inspiration*  
FOR FAMILIES  
LIVING WITH T1D

pg 14

*plus*

scout's honor: Samuel Galagan pg 16 a safe Thanksgiving pg 31  
hello, happy mama: Davi Erickson pg 12 cultivate your gratitude pg 20





# WE WANT YOU TO TEACH!

## Prospective Teacher Information Sessions & University Fair

**Kids want you – yes, *YOU* – to teach!**

If you've ever wanted to impact the lives of children, **KCSOS's Teacher Development Program** can help you reach that goal.

Our Prospective Teacher Information Sessions are designed to bring more candidates into our local university teacher credentialing programs and give second career candidates, bachelor's degree holders and college students a one-stop shop to learn about earning a teaching credential and be linked to resources to assist them on their pathway to teaching.

**Will you join us to learn more?**

Please RSVP via email if you plan to attend.  
Email [TeachKern@kern.org](mailto:TeachKern@kern.org).

**November 10, 2022**

**5:30 p.m. — 6:30 p.m.**

Larry E. Reider Education Center  
2000 K St, Bakersfield — Room 101  
Park in structure behind the building

- **Learn about the various pathways for earning a teaching credential**
- **Hear about the important impact teachers have on our youth and our community**
- **Meet university representatives who can help you every step of the way**
- **Learn the facts about California's teacher shortage**

**QUESTIONS? Call the Teacher Development Team 636-4666 or email [TeachKern@kern.org](mailto:TeachKern@kern.org)**



**Teacher Development Program**  
Kern County Superintendent of Schools



**OWNER/PUBLISHER**

Lisajo Peterson Radon

**EDITOR** Lisajo Peterson Radon

**ART DIRECTOR** Ginger Lynch

**COPY EDITOR** Callie Collins &  
Leslie Carroll

**SOCIAL MEDIA COORDINATOR**  
Callie Collins

**CALENDAR & INSTAGRAM  
COORDINATOR**  
Leslie Carroll

**CONTRIBUTING WRITERS**  
Callie Collins  
Vaun Thygerson  
Julie Willis

**ADVERTISING INQUIRIES**  
(661) 861-4939

**DISTRIBUTION INQUIRIES**  
(661) 861-4939

**MAIN OFFICE & MAILING  
ADDRESS**

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

**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**



**Hello, Happy Mama**

**Davi Erickson** Stands up for Local Children in Foster Care



**Seasonal Pumpkin Soup!**



**Stuff We Love!**



**Books to Inspire Kids**

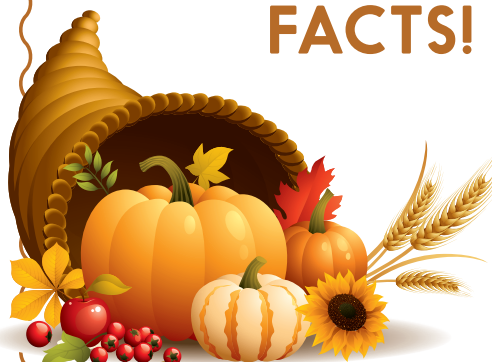


**Cover Feature**

Photography by Tessa Warner  
<https://www.tessawarner.com>

# PLUS

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



- 4 **Dear Reader:** Happy Turkey Day!
- 6 **Refrigerator Door:** Local Voices, News & Trends
- 8 **Health:** Healthy News to Use
- 10 **Readers Respond:** What tradition will you be sharing with your family this year?
- 14 **Feature:** Diabetes Awareness with Melody Carr
- 16 **Feature:** Eagle Scout Samuel Galagan Earns All 139 Merit Badges:
- 18 **KCFM Recommends:** 8 Books to Inspire Kids
- 20 **11 Ways To:** Cultivate Gratitude
- 21 **You Can Do It:** Pumpkin Soup and more!
- 22 **Humor at Home:** The Schedule: Why Is This So Complicated?
- 24 **We Love It:** Goodies for New Moms and Babies
- 25 **Daily Happenings:** Local Event Calendar
- 27 **Family Shopper:** Fall Finds and Activities
- 29 **Activity Corner:** Sudoku, Word Find & More





Vaun Thygerson,  
Contributing Writer

My 94-year-old father is an OG Eagle Scout and he lives his life by the Scout Law to be "trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent." He taught me and my five sisters to do the same. He stayed active in scouting as a merit badge counselor and loved helping his grandchildren with merit badges. When my boys were doing Boy Scouts, I had my father come to the troop with them to get the aviation merit badges. Not only were they happy to learn about a new subject, but they thought it was so cool to have their grandpa leading the group.

My boys participated in Boy Scouts as part of Troop 194. They have had some amazing leaders, phenomenal experiences, and made core memories. I am so grateful for their time in scouts and the leaders who have given so freely of their time to create a truly unique community. Many of their friends to this day were ones they met through the scouting program.

Last month, when Samuel Galagan, a fellow troop member and friend, invited us to his Eagle Scout Court of Honor, we were so excited to go and reconnect with our scout community. In the article, "**Eagle Scout Samuel Galagan Earns All 139 Merit Badges: Pushing the Limits of Scouting,**" on page 16, you can read all about his astounding accomplishments at the young age of 17. Not only was he promoted to the rank of Eagle Scout, he earned all 139 merit badges, and he was also awarded both the Triple Crown and Grand Slam.

Finding your community is so important for a happy life. In Callie Collins' article, "**Hello, Happy (Determined) Mama: Davi Erickson Stands Up for Local Children in Foster Care, Raises her Family Determined to Succeed in New Ways,**" on page 12, she features this impressive local, single mom of eight. November is National Adoption

Month and in this article, Davi shares her perspective on fostering, adoption, and motherhood.

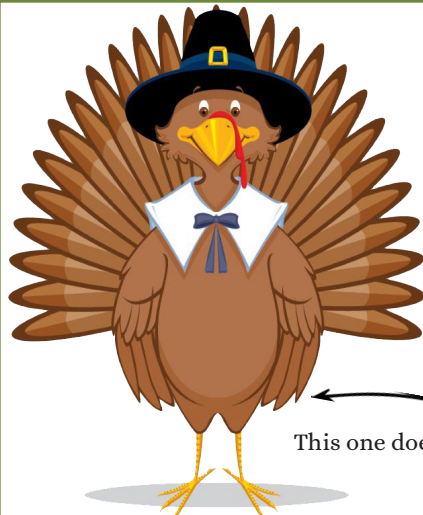
November is also Diabetes Awareness Month with November 14 designated as World Diabetes Day. In the article by Callie Collins, "**Diabetes Awareness: Melody Carr Shares her Perspective as a Mom of Three Diabetic Children,**" on page 14, she writes about how a diabetes diagnosis can be manageable, with excellent quality of life. Melody's husband, former NFL football player, David Carr, also has Type 1 diabetes. You can find Melody on Instagram at @raising4diabetics.

As a season focused on thankfulness, in this month's article, "**11 Ways to Cultivate Gratitude This Month and Beyond,**" Callie Collins writes about how November can be an opportunity where we can teach our children about counting our blessings. She encourages families to set table time, volunteer, give gifts, and other ideas that you can find on page 20.

One of my favorite parts of Thanksgiving is our seasonal traditions we share with our family and friends. KCFM asked its readers about this very topic. In the article, "**Readers Respond: Thanksgiving Traditions,**" on page 10, you can read about traditions that make the holidays better each year. Some traditions include making a Gratitude Pumpkin or a thankful tablecloth, or just playing games, and spending time together.

Thanksgiving is such a special time for me and my family. I thoroughly enjoy all of our traditions with our family and friends, and friends who have become family. In a community like ours, it's easy to find a place for us whether it's through scouting, traditions, or when we need to lean on each other for support. I am especially excited for this Thanksgiving as my older son is coming home from college for Holiday week. And, no matter what we do, spending time together (and lighting a pumpkin-spiced candle) is my favorite!

Happy Turkey Day!



This one doesn't count.

## FIND TOMMY TURKEY!

Count the number of Tommy Turkeys you find throughout this issue, then submit your answer by noon on November 28th at <https://kerncountyfamily.secondstreetapp.com/Find-Tommy-Turkey-contest/> for your chance to win a:

### KITCHENAID® STAND MIXER



### A BIG THANK YOU TO OUR CONTEST SPONSOR



Suzanne Rodriguez

REALTOR DRE#02074673

661-428-2364

agent1suzanne@gmail.com

realtorsuzannerodriguez.com

**BRIMHALL  
REALTY**  
DRE#02131385



A close-up photograph of a woman with dark hair, wearing 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 out of focus, suggesting an outdoor setting.

TOGETHER, WE

END POLIO

Rotary believes healthy communities are strong communities. That's one reason we've worked tirelessly to help immunize 2.5 billion children against polio. Bringing the world closer to eradicating a deadly disease — that's what people of action do. **Learn more at [rotary.org/action](https://rotary.org/action).**





## Local Teen Artist Raises \$4000 for Boys & Girls Clubs of Kern County



Sixteen-year-old Alaja sold her original artwork for \$4000 at a recent fundraiser supporting the Boys & Girls Clubs of Kern County (BGCKC).

At the Farm to Tableaux event on October 7, 2022, she donated her masterpiece, inspired by Frida Kahlo, to sup-

port art classes for youth and programs for children residing in homelessness.

Her generosity represents the hard work and love that the children of the Boys & Girls Clubs of Kern County share in support of programs that enrich the lives of local children.

For more information, please visit [www.bgclubsofkern-county.org](http://www.bgclubsofkern-county.org).

## Thank You Peggy Cole Darling



The Fox Theater Foundation lost one of its brightest stars this month with the passing of Peggy Cole Darling.

Mrs. Darling joined the Board of Directors in 1995 during a time when the theater was only just re-emerging from its shuttered slumber. She had only lived in Bakersfield for a few years, moving from Los Angeles to be with her new husband, local attorney Curtis Darling, but her special affection and investment in our community's downtown arts district made her a key figure in the revitalization of the area.

To protect the theater from undesirable neighbors, she purchased the old Miracle Auto paint shop behind the theater in 1998 and granted the Foundation access to it for the theater's needs. The warehouse was recently donated to the Bakersfield Firefighters Historical Society to make a home for their museum and will soon house new dressing rooms and catering space for The Historic Bakersfield Fox Theater.

Thank you Peggy for serving on our board for 27 years; we couldn't have realized our projects without you!"

6 • November 2022 • [www.kerncountyfamily.com](http://www.kerncountyfamily.com)

## Local High School Students Learn Financial Literacy at Fit Wallet Event



Local high school students at Mira Monte High School (MMHS) participated in Fit Wallet, a unique one-day seminar, where they "exercised" for financial fitness. Local business partners through the Greater Chamber of Commerce's Leadership Team Project, presented this event to share advice to help student become more versed in financial literacy.

Students were assigned a job and received a mock paycheck that they could use to buy stocks and invest in property. At the end of the day, they got to see if their financial decisions paid off as they calculated their balances. They also learned about the importance of budgeting and making smart business decisions

"We thought this would be a great event to prepare them for life after high school," says Kyle Kuhlman MMHS teacher says in a KHSD Weekly Wrap-Up. "Some of them are going to be done with school and they're going to be on their own in less than a year and they are nervous about finances. They don't know how to move out. They don't know how to budget their money. They have so many questions. And, we just feel like the more well-educated they are about finances, the more successful we believe they will be."

For more information, please visit [kernhigh.org](http://kernhigh.org).

## Women's and Girls' Fund Announces 2022-2023 Grant Cycle

The Women's and Girls' Fund (WGF), a Leadership Initiative of Kern Community Foundation, announces at least \$80,000 for competitive grant allocations in its 16th competitive grant cycle, with the maximum individual award being \$25,000. Organizations interested in applying should have a 501(c)(3) nonprofit designated or a fiscal sponsor, have a presence in Kern County benefitting women and/or girls and meet Kern Community Foundation's eligibility guidelines.

The application process begins with the submission of a Letter of Intent (LOI) to apply for funding by the deadline of 5 p.m. November 14.

For more information, please visit [www.kernfoundation.org/WGF](http://www.kernfoundation.org/WGF).



## Kern River Parkway Foundation Is On A Mission To Save The Lower Kern River



The Lower Kern River is one of the country's most endangered rivers, according to [endangeredrivers.americanrivers.org](http://endangeredrivers.americanrivers.org). The Kern River Parkway Foundation (KRPF) is working to protect, preserve, and restore the natural riparian and wildlife habitat of the Kern River.

Established in 1985, this non-profit creates educational awareness and develops and maintains public open space, structures, monuments and parks that preserve and beautify the Kern River. Its website, [www.kernriverparkway.org](http://www.kernriverparkway.org), features a mini-documentary on the history of the Kern River Parkway, created by Tim O'Neil and his partners at Mentality Creative. On their website, you can also check out their schedule of events, take action, or make a donation to help in their efforts.

## Local Libraries invite students to homework hang-out and dinner

The Kern County Libraries is bringing back its "Snacks in the Stacks" program. In partnership with the Kern County Superintendent of Schools five local library branches are inviting students ages two through 18 to come in after school for a free meal and safe space to do homework.

This is an excellent program that provides an ideal environment to focus on getting work done and improving productivity in students.

The program is available on weekdays from 3-5pm.

For more information visit <https://kerncountylibrary.org>.



# Smile, the holidays are here!

**MOST INSURANCES ACCEPTED**

**Including Medi-Cal**

**AWARD WINNING**

**Dentists & Teams!**

**SCHEDULE YOUR CHILD'S APPOINTMENT NOW!**  
**BAKERSFIELD (661) 336-9001**



Referral Code: Kern County Mag



## The Link Between Screen Time and Childhood Obesity

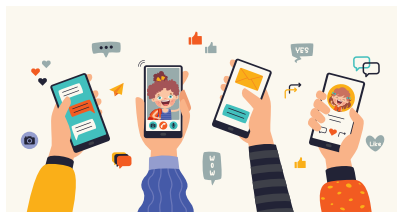


A 2021 study published in the International Journal of Eating Disorders found that, for each additional hour children spend on social media, they have a 62 percent greater risk of developing a binge-eating disorder one year later.

The study echoes earlier efforts from researchers to determine the potential link between screen time and childhood obesity, the rate of which the Centers for Disease Control and Prevention reports has more than tripled in the United States since the 1970s. One group of researchers at the Royal College of Surgeons in Ireland analyzed more than 3,700 children who were not overweight or obese at the start of the study. Despite that, the researchers found that, for every extra hour of screen viewing children engaged in, kids were 16 percent more likely to become overweight or obese.

The researchers behind that study urged parents to prevent excessive screen time and ensure children get sufficient sleep, a lack of which was linked to a 23 percent higher risk of becoming overweight or obese.

## Questionnaire to Determine Cell Phone Readiness



In collaboration with the American Academy of Pediatrics, AT&T has launched the PhoneReady Questionnaire, a free online survey that helps parents determine whether their child is ready to have a cell phone.

The survey is 10 evidence-based questions that assess a child's behaviors, developmental maturity, and their family values. Once the questionnaire is complete, parents will receive one of three scores: Ready Zone, Almost Ready Zone, or Not Yet Ready Zone.

Based on the score, the parents will receive suggestions on what steps to take next. Visit [screenready.att.com/digital-parenting](https://screenready.att.com/digital-parenting).

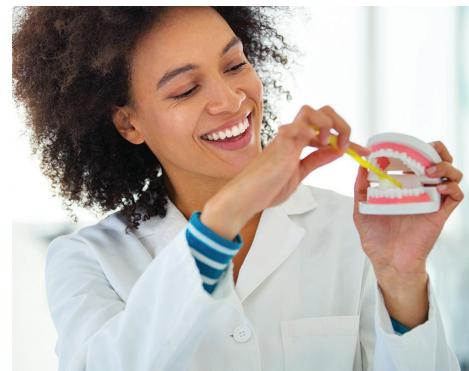
## Could an apple a day make you happy?

In a recent study from Aston University, people who frequently ate fruit are more likely to report a greater positive mental wellbeing and are less likely to report symptoms of depression than those who do not. The researchers' findings suggest that how often we eat fruit is more important to our psychological health than the total amount we consume during a typical week.



The team also found that people who eat savory snacks such as crisps, which are low in nutrients, are more likely to report greater levels of anxiety. So, maybe instead of cake or cookies for dessert, try a fruit bowl or fruit salad.

## Dental hygiene's link to your overall health



Brushing and flossing your teeth may save you extra sessions in the dentist's chair each year, but the benefits of dental hygiene do not end with pearly whites. In fact, there's a direct correlation between oral hygiene and overall health.

Oral health offers clues about overall health, advises the Mayo Clinic. When a dentist or hygienist checks a person's mouth, he or she is getting a window into that person's overall wellness — including if something is amiss.

There's a high correlation between an unhealthy mouth and systemic diseases. The United Kingdom-based dental group Fulham Road Dental indicates that gum disease is linked to heart problems, kidney diseases and certain types of cancer. Dentists who notice problems in their patients' mouths may be able to predict potential illnesses elsewhere in the body, advising those patients to seek consultations with other healthcare providers.

According to the Mayo Clinic, there are correlations between gum health and overall health including, signs of cardiovascular disease, diabetes, and pneumonia.

Individuals should make oral health a priority, as it has a significant effect on their overall health and well-being. Make sure to get annual checkups and schedule bi-annual professional teeth cleaning sessions.



# Movember shines a light on various men's health issues



Started in Melbourne, Australia, by two friends nearly 20 years ago, Movember® has become a global, mustachioed phenomenon that has since helped to fund more than 1,250 men's health projects.

Each November, men across the globe agree to grow a moustache in an effort to raise awareness about men's health issues. Dubbed Movember®, this annual effort is the brainchild of two friends, Travis Garone and Luke Slattery, who had been joking about how to bring moustaches back into fashion. The two men were inspired to tie their efforts into a campaign to raise awareness about men's health by the mother of a friend who, at the time, was raising funds for breast cancer.

Since its inception, Movember® has helped raise awareness about three particular issues, prostate cancer, testicular cancer and men's suicide, that might otherwise have garnered considerably less attention. Taking time to understand these issues can help make Movember® an even greater success than it already is.

## Prostate Cancer:

The World Cancer Research Fund International reports that prostate cancer is the second most commonly occurring cancer in men and the fourth most common cancer overall. In fact, more than 1.4 million men across the globe are diagnosed with prostate cancer each year. Education about prostate cancer can include an emphasis on the factors and behaviors that increase a man's risk for the disease, which the WCRFI indicates include

height (being tall increases a man's risk) and weight (being overweight and obese also increases risk).

## Testicular Cancer:

The American Cancer Society reports that the average age at the time of diagnosis of testicular cancer is about 33, which underscores the notion that no man is too young to learn about men's health issues. Though testicular cancer is not as prevalent as prostate cancer, the American Society of Clinical Oncology notes that diagnoses of the disease have been on the rise for decades.

## Men's Suicide:

The American Foundation for Suicide Prevention reports that suicide is the 12th leading cause of death in the United States. The rate of suicide is highest among middle-aged white men, and in 2020 men died by suicide at a rate nearly four times higher than women. Globally, the Institute for Health Metrics and Evaluation reports that suicide rates in men are just over twice as high as those for women. A greater awareness of suicide could help prevent more suicides. More information about suicide prevention is available at [afsp.org](https://afsp.org).

What started as a playful way to restore moustaches to their once-lofty status has become a highly successful campaign that has helped to raise awareness about three significant men's health issues. More information about Movember® can be found at [us.movember.com](https://us.movember.com).



## GET REWARDED FOR TAKING CARE OF YOUR HEALTH!

Scan to see if you qualify for any gift cards.



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

800-391-2000



[kernfamilyhealthcare.com](https://kernfamilyhealthcare.com)



**November's traditional Thanksgiving dinner is often the focal point of the holiday. We asked our readers to share what other traditions they will introduce to their families this month. Here are some of the answers they shared:**

## Q. Thanksgiving is almost here! What tradition will you be sharing with your family this year?

*Monica Espinoza*

We deep fry turkeys and give one to each family to take home after sharing one at dinner. And of course a thanksgiving prayer before eating!



We have been eating dinner together at night, and for that one hour, all we do is catch up on the day. Thanksgiving will be a time to remind us all how important one hour can be.

*- Ignacio Perez*

*Mary Haynes*

We are starting a new tradition this year. We will have a Family Gratitude Pumpkin where everyone will sign what they are thankful for.



Getting up early and cooking all day with my mom.

*- Ashley Hill*

*Lillian Smith*

Being in the foster care system when I was younger, I always told myself when I started a family of my own that I would start family traditions for every holiday, especially Thanksgiving. I love having my daughter cook with me and decorating different holiday cookies and cakes and different things and I can't wait to see her face. I love decorating the house, especially her room. I just love that feeling.



Playing word games with family, playing football and doing puzzles to win really good prizes.

*- Andrea Jackson*

Sharing cooking responsibilities with my mom! Creating a thankful tablecloth with my kids.

*- Sheila Lemberg*

*Vanessa Valesquez*

I do arts and crafts with my boys and bake together.



*Janae Hansen*

Having a Friendsgiving and bringing your favorite dish to share with the recipe!



I get up very early in the morning and I start cooking the turkey. I do this so the house will smell like turkey when my kids get up. My mom did this for me. It is one of the best memories.

*- Marilyn Perez*



*Lorraine Reza*

We write on leaves what we are thankful for and make a table wreath out of it.







**IT'S TIME TO REFRESH  
YOUR FLOORS!**

100% Kid-Proof,  
Waterproof and Pet-Proof.

**Set up a FREE estimate  
to find out about our  
huge selection of in  
stock waterproof floors.**

**661.323.3133**

**[www.carpetoutletplus.com](http://www.carpetoutletplus.com)**

4301 Rosedale Hwy  
Bakersfield, CA 93308

**Mon-Fri:** 9-6pm | **Sat:** 9-5pm | **Sun:** Closed





hello, happy mama by Callie Collins

Determined

# Hello, Happy Mama:

## Davi Erickson Stands up for Local Children in Foster Care, Raises her Family Determined to Succeed in New Ways



November is National Adoption Month, an observance dedicated to raising awareness of related issues, including varied family dynamics. Foster care, defined as state-coordinated services with temporary out-of-home living, is often part of adoption stories. Although every child's history is unique and personal, Davi Erickson, a single mother of eight, agreed to share her perspective on fostering, adoption and motherhood.

Davi's four boys and four girls are Finn, 19, Calvin, 17, Ollie, 15, Twain, 13, Dovie, 7, Jessie, 6, Birdie, 4, and Lemon, 3. The family's busy household dynamic features all the hallmarks of childhood. Davi embraces the challenge of meeting everyone's needs, through varied ages and stages.

"All my kids are my pride and joy. It is my honor and privilege to be the mother of eight children. The older kids are blessed by the younger kids and vice versa. My boys are their sisters' biggest defenders," said Davi. "My youngest son, Twain, was the baby of the house and now he's running up to the attic to get them his stuffed animals and play Candyland and he wants to set the table with their special monogrammed placemats and he'll ask if he can make them meatloaf and mashed potatoes."

My favorite food is...

Does coffee count?

Davi, who is originally from the Santa Clarita area, works part-time. She holds a master's degree in chemistry from California State University, Fullerton. Accompanied by her four sons, she has been involved with the foster care system for eight years, since Twain was 5, with many young children passing through her door.

"Year in and year out, babies came and went," she explained, a common occurrence as children in foster care find safety and temporary resources before meeting the ultimate goal of reunifying with their parents, relatives or other guardians.

Kern County averages about 2,000 children in foster care per year. According to the Kern County Department of Human Services' most recent public Child Welfare Services statistics, the number of children who came into the system increased 26% from June 2021 to June 2022.

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

Say hi to Lemon. She's my alarm clock.

Neglect, abuse and caregiver absence are among the many reasons children need interventions that make out-of-home care critical as the adults in their lives work to make positive changes, as safety is always the top priority for children's wellbeing. Adoption from foster care only happens in the event all other alternatives have been exhausted.

"Foster care has so many aspects that are absolutely out of your control. I recommend finding something within your control, like getting into shape, doing yoga or finding a particular interest because it is not up to you what happens in each case," said Davi.

All children in foster care experience trauma, in part because of the separation from biological family members, which is in itself an adverse childhood experience (ACE). ACEs, which describe traumatizing events from birth to age 17, include exposure to situations like caregiver mental illness, do-





L to R, Lemon, Birdie, Jessie, Davie, Twain, Ollie, Calvin, Finn  
Photo Courtesy of Davi Erickson

mestic violence, exploitation and abuse, in addition to many other negative situations. ACEs trigger chronic stress, which impacts children's brain development and immune system. The Centers for Disease Control and Prevention (CDC) correlate ACEs with future health outcomes, perpetration of victimization or violence and access to opportunity. "Up to 1.9 million heart disease cases and 21 million depression cases could have been potentially avoided" by mitigating ACEs in young lives, the CDC reports.

"Trauma is always there whether you see it or not, just under the surface. It is a heavy thing. There can be PTSD [post traumatic stress disorder]. There are unexpected behaviors that come up, especially because it's not your household's life and it's not your genetics, so there can be mood disorders, ADHD, exposure to substances," explained Davi. "Adoption does not erase the trauma and it never will but we are mov-

ing forward to a new life together. Adoption from foster is beauty from ashes. In my girls, I see a phoenix rising as we work together on a path of life."

From therapies and assessments to family visitation and court dates, Davi has worked through the many aspects of foster care. Although her older daughters were temporarily reunited with a biological parent, the situation changed and they were returned to Davi, who by then had her younger daughters at home. She adopted all four on Feb. 4.

"The court deemed us a family and here we are," said Davi.

While Finn has moved on to college, his siblings are involved with a local charter school. Art and music are part of the family's life, and the girls will be starting ballet classes soon. Through the daily dynamics

# Hello, Happy MAMA!

## ENTER TO WIN

All Things Cozy & Comfortable Basket

Sponsored by Kern County Department of Human Services

Enter by 12am on Wednesday, November 16th

See full details on entry page online.

<https://kerncountyfamily.secondstreetapp.com/November-contest/>

of it all, family is everything. Finn has already expressed interest in the possibility of fostering and adopting one day, which Davi heralds as the possibility of how our society's focus changes from material priorities of always wanting the fanciest homes and cars to caring for and about one another.

The best book I've read lately is...  
"The Hunger Games"

Davi isn't opposed to the idea of fostering more children in the future but recognizes she is in a good place, always in good company, at present. Her focus is the children's future, which is bright when caring adults make a difference, one child at a time.

## 3 Questions with Davi

**Q. What message do you have for people considering becoming foster parents?**

**A.** I hear from people all the time 'Oh, I could never do that. I would get too attached.' Getting attached and forming a positive bond is what children need most for their brains to form healthy attachments and carry that through life. Otherwise, they will likely never feel comfortable with healthy relationships. If we don't step up, who will? The goal of foster care is always reunification. The goal is to keep children safe and be supportive of parents, form a bond with them and cheer them on, all which might be circumstances that never happened in their early childhood either. National statistics show that about 50% of children in foster care end up incarcerated at some point in their lives. Do we want to keep doing that or do we want to make change happen for our communities?

**Q. What do you say to people who don't feel ready to be foster parents?**

**A.** I understand not everyone feels ready but these kids didn't feel ready to lose their home either. The most important thing is to make sure you are emotionally stable enough to handle it. Kids at ages 2, 3, 4, 5 and throughout childhood don't have the emotional capacity to move forward without support. I never paint it as a rosy picture. It is not about guilt people. If you do not want it with a passion, it will be too difficult. Everything in foster care is emotionally charged. I tell the beautiful and the hard. There are so many ways to get involved in foster care without being a foster parent. You can be a supporter through an agency like Bakersfield Angels with a love box of donated items or a mentor to help change the fact that 50% of foster parents lose their foster home within the first year due to lack of support.

**Q. What is your parenting PSA?**

**A.** Just because you have a messy, traumatic life doesn't mean it cannot be beautiful. My

children are not victims. They are going to shine and have a wonderful life with art, dance, drama and whatever they want. Our job as parents is to water them so they'll bloom. More generally, everyone wants what is best for their children. Sometimes, the best route for them is off the beaten path. Take a child-led approach. Children should be able to pursue their passions, not yours. We are here to support who they are. What the world values is not as important as what we should be valuing. Take some time out and slow down your life so it's manageable for you. The time with our children goes so fast. With one in college, I can tell you, you don't have as much time as you think. Every second is a gift. One day, they'll fly away and you won't know where the time went. Make every moment count. You will wish you had them back. Everything you poured into them, they'll fly back to you with later. My dream is Sunday dinner with my children and grandchildren. Every person should have a core group of people who care no matter what. When your children come home from school, look them in the eye, take interest in them and mean it.



# DIABETES AWARENESS:

## Melody Carr Shares her Perspective as a Mom of Three Diabetic Children

**November is National Diabetes Awareness Month, with Nov. 14 designated as World Diabetes Day. Melody Carr associates the date with the diagnosis of her daughter, Grace, then age 2, when the family received confirmation of the life-altering news.**

Despite the inherent nature of the condition as one that is lifelong and requires daily care, Melody assures others, including newly diagnosed patients, it is manageable, with excellent quality of life.

"You would never really know three of my children have diabetes unless you're a close friend or see them when they have an insulin shot at lunch," said Melody.

Melody, and her husband, David, are the proud parents of Austin, 22, diagnosed with type one diabetes [also known as T1D] at age 4, Tyler, 20, Cooper, 17, diagnosed at 10, Grace, 11, who was the second person in their family to be diagnosed, and Piper, 4.

"We were living in Houston when our oldest son, Austin, started showing symptoms of diabetes. He began drinking an entire bottle of water then crying for more. He just couldn't seem to get enough to drink. He acted sleepy. I remember sitting at a basketball game with him laying on the bleachers," Melody explained. Her brother-in-law, Derek Carr, is also a professional athlete.

"We could tell Austin was sick but it was unclear what was wrong. We did a urine test and a blood sugar test at our pediatrician's office and that's how we found out. After that, we made an appointment with Texas Children's Hospital, which has a whole wing dedicated to diabetes. We went and took a class and found out how to approach life with a diabetic child. There was an immediate application for all that we learned." The family's life changed to include blood sugar checks, regular endocrinology follow-ups and new diet and exercise habits.

Two more of their children were later diagnosed, as was David, whose name may be familiar to NFL fans. A graduate of Stockdale High School, his career began at Fresno State and has included playing with the Houston Texans, Carolina Panthers, New York Giants and San Francisco 49ers.

"As a professional athlete, David is still one of the healthiest people I know. His diagnosis at age 38 was a total shock," said Melody.

David wasn't feeling well, began to have a harder time working out, noticed some grogginess and started getting cramps. He looked like the picture of health, with a muscular frame, a top-notch diet and consistent exercise routine at the time of the diagnosis but needed insulin. Despite initially being told he had type two diabetes, David actually has type one.

Austin now lives on his own near San Francisco and manages his diabetes. Melody continues to meet her daughters at lunch for their midday insulin. She then checks them in the middle of the night, with a twice-nightly wake-up schedule at 11:30 and at 2 a.m.

"You just never know. Austin actually had two seizures at night because of low blood sugar, both near midnight, so I would rather continue to get up and stick fingers a couple of times a night," said Melody. "They barely even wake up or notice at all and I'm used to the lack of sleep at this point."

Melody encourages other parents to be aware of the symptoms of diabetes and advocate for their child.

"Find a doctor who knows you and your child, and who is willing to help you by being available and listening to your concerns for individualized care," she said.

The family has found an excellent fit with their endocrinologist at Valley Children's Hospital, where Melody says they feel heard and well-treated.

She also recommends parents of diabetic children seek respite activities as they navigate life within the new normal.

"Take some time to yourself, whatever form that is, read a book, relax, Netflix, something to be able to relax and take your mind off it," Melody advised.

Connecting with the diabetes community is possible through social media but also locally.

According to the CDC, 1.4 million Americans are diagnosed with diabetes every year.



Melody and David are involved with local events to champion the cause. Find more information on their Instagram account: [@raising4diabetics](https://www.instagram.com/raising4diabetics).

"We feel blessed and lucky to have caught it with a diagnosis," said Melody. "We approached it 'something we can manage and learn how to take care of. Diabetes can feel very scary in the beginning but it gets better. There are so many different learning experiences as you go, like adjusting insulin for sports or dance, monitoring how many carbs to eat and which appointments are when but it is manageable. Our kids live healthy lives. I would love to tell my past self 'you will learn to make this work and your kids are going to be perfectly healthy, happy children.'"

Find more information about diabetes care at [www.jdrf.org](http://www.jdrf.org).

### What is Diabetes?

The International Diabetes Foundation defines diabetes as "a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces."

Insulin is a hormone made by the pancreas, which acts like a key to let glucose from the food we eat pass from the bloodstream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells. The Foundation further defines type one diabetes as the ability to produce insulin. It cannot be controlled with just food and exercise.

Type one diabetes refers to the condition in which the pancreas does not make sufficient insulin to meet the body's needs; it was formerly known as juvenile diabetes but can happen in patients of all ages. Type two diabetes is the ability to produce enough insulin or the body's cells do not respond adequately to what's produced. It can sometimes be controlled by food and exercise.

Kern County has the highest number of deaths from diabetes in the state of California, according to the Centers for Disease Control and Prevention. About 13.5% of our community is diabetic, according to [healthykerncounty.org](http://healthykerncounty.org).







"Our kids live healthy lives. I would love to tell my past self 'you will learn to make this work and your kids are going to be perfectly healthy, happy children.'"

*-Melody Carr*

## Rufus, the Bear with Diabetes®



When your child receives a diagnosis of type 1 diabetes (T1D), it can be an overwhelming time. The Juvenile Diabetes Research Foundation (JDRF) wants to help parents navigate this challenging period by supplying helpful information and support through the JDRF Bag of Hope®. The JDRF Bag of Hope is filled with useful resources for both the child who has been diagnosed with T1D and his or her caregivers. Along with educational materials, the bag includes a special friend — Rufus, the Bear with Diabetes® — to show your child he or she is not alone while learning to take shots and test blood sugar. For more information on type 1 diabetes and JDRF visit <https://www.jdrf.org/>.

## Are you concerned you or a loved one might have diabetes?

The signs of diabetes can begin to show early, but sometimes it takes a person a while to recognize the symptoms. According to the Juvenile Diabetes Research Foundation (JDRF) it's crucial that you are able to spot the signs of diabetes early on and react to them before they get worse. They urge you to pay attention to your body, instead of simply brushing off the symptoms as nothing. Here are some Type 1 and Type 2 diabetes symptoms to watch out for:



Frequent Urination



Extreme Thirst



Dry Mouth



Fatigue & Weakness



Increased Appetite



Unexplained Weightloss



Slow-Healing Cuts

## TYPE 1 DIABETES INFO:

Type 1 diabetes is an autoimmune disease. Most people are diagnosed with type 1 diabetes when they are a child, teen, or young adult. But you may be diagnosed at any age. Caucasian Americans are at higher risk for type 1 diabetes. There is no known way to prevent type 1 diabetes.



# Eagle Scout Samuel Galagan Earns All 139 Merit Badges: Pushing the Limits of Scouting



Seventeen-year-old Samuel Galagan became the first person in the Southern Sierra Council in the Tejon District to complete all 139 merit badges offered by the Boys Scouts of America. At his recent Eagle Scout Court of Honor, Samuel, a member of Troop 194, was promoted to the rank of Eagle Scout, presented with his 139th merit badge blue card, and awarded both the Triple Crown and the Grand Slam.

At the ceremony, his first Scoutmaster of Troop 194, Kelly Jett said he's honored to see the man Sam has grown up into as a mature adult and a natural leader. "Sam has pushed the limit of scouting tenfold," Jett says. "He was always ready for the next challenge. You couldn't put enough challenges in front of him."

His accomplishments are rare in the scouting world. According to MeritBadgeKnot.com, less than one half of one percent of Boy Scouts have completed all the merit badge requirements available to them. And only four percent of Boy Scouts reach the rank of Eagle Scout.

In addition, the two awards, Triple Crown and Grand Slam, have an exclusivity to them. The

Triple Crown is given to scouts who have attended three high adventure camps around the country and the Grand Slam is for the scouts who have attended all four. Since the Grand Slam's inception in 2014, only 1500 scouts have received this award.

To meet this requirement, Sam participated in Florida Sea Base's scuba diving program, Summit Bechtel Reserve's Orion 7-day program, Philmont Scout Ranch's 14-day backpacking trek where he summited Mt. Baldy at 14,023 feet, and Norther Tier's winter adventure camp where he went ice fishing, skiing, and cowboy camping in -26-degree weather on a frozen lake.

His mother, Jennifer says, "He has had 139 chances to try everything. He has done more than most people do in their lifetimes through scouting as a youth."

Sam is the first to say that it is with the support of his family, his parents, Peter and Jennifer, his brother Jacob, and countless extended family, community leaders, and friends, that he was able to achieve so much. His support network was evident at his Eagle Scout Court of Honor as people had come from Florida, Utah, Arizona, and other long distances to be there to celebrate his success. He says, "My parents have been my biggest support between their advice, knowledge, and driving." With a laugh, his mom chimes in and says, "We have pretty much driven the entire state of California and some to get his merit badges."

Starting his scouting career at the age of five in Cub Scouts, he says it just clicked and he really enjoyed it. Once a Boy Scout, he knew his goal was to become an Eagle Scout. Then, as he started working on merit badges, he knew he wanted to finish them all. "Merit Badges were my thing," Sam says.

For the rank of Eagle Scout, participants must complete 21 merit badges, which Sam had finished by the time he achieved his Boy Scout Second Class. They also have to complete an Eagle Scout project that benefits the community. Sam and his crew constructed a 14 x 16-foot pergola shade structure at Dolores S. Whitley Elementary. This Reading Garden allows students a beautiful place where they can sit and read a book. This task was no small feat and required many hours of labor, donations, budgeting, and of course, paperwork. But, the end result was better than anyone could have imagined.

## SCOUT OATH:

On my honor  
I will do my best to  
do my duty to God and  
my country and to obey the  
scout law to help other people  
at all times to keep myself physically  
strong, mentally awake, and morally straight.

## SCOUT LAW:

A scout is trustworthy, loyal,  
helpful, friendly, courteous, kind, obedient,  
cheerful, thrifty, brave, clean, and reverent.







Samuel Galagan with his parents Jennifer and Peter.

At his Eagle Scout Court of Honor, Sam was presented with his 139th blue card for the merit badge for bugling. Some of the 139 merit badges have been easier and more fun to complete. Sam says the cooking merit badge was pretty challenging because he had to plan extensive meals, budget, learn USDA food requirements, and cook meals at campouts, backpacking trips, and for his family. Also, he said there was a lot of paperwork.

Some merit badges have sparked a new interest for him like scuba diving, first aid, and golf. After Sam received his scuba diving merit badge, he knew he wanted to become better at it. He went on to receive his advanced open water diving certificate and his rescue

diver certificate. And, he's not stopping there. He has a trip planned to Hawaii this December to complete his master diver certificate.

Although Sam has achieved so much with boy scouts, he still will be active in his Troop 194. He handed over the reigns as Senior Patrol Leader and now is a Troop Instructor. As a junior at Centennial High School, he also stays busy with ASB, Link Crew, and clubs. "I have learned so much through scouts – leadership skills, time management, problem-solving, and making the best of situations. I have also made the best of friendships," he says.

His advice to younger scouts, he says, "Set your goals in scouting and life; and make the most between the skills you learn and the people you meet."



Samuel's Eagle Scout project, a shaded reading garden at Whitley Elementary.

## THIS IS BILLY...

He doesn't read our magazine yet, but his parents sure do, just like thousands of other parents in Kern County.



## ADVERTISE WITH US!

CALL 661.861.4939

OR EMAIL: [KCFM@KERNCOUNTYFAMILY.COM](mailto:KCFM@KERNCOUNTYFAMILY.COM)

Families Helping Families



**PRESENTS**

# The Never forgets **GALA**

BENEFITING ALZHEIMER'S DISEASE ASSOCIATION OF KERN COUNTY  
AND OUR MISSION TO IMPROVE THE LIVES OF THOSE ON THE  
ALZHEIMER'S AND DEMENTIA JOURNEY.

**FRIDAY, NOVEMBER 4TH**  
**ADAKC 4203 BUENA VISTA ROAD**  
**ROSE LAZZERINI CAMPUS**



5PM VIP COCKTAIL HOUR  
6PM DINNER & PROGRAM





FOR TICKETS OR SPONSORSHIP OPPORTUNITIES  
CALL 661.665.8871 OR EMAIL [EVENTS@ADAKC.ORG](mailto:EVENTS@ADAKC.ORG)



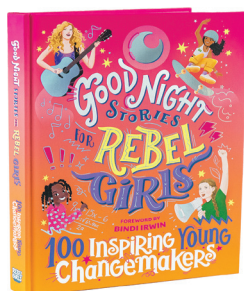


READ  
FOR  
LIFE



# Inspiring Stories: 8 Books That Encourage Kids To Reach Their Potential

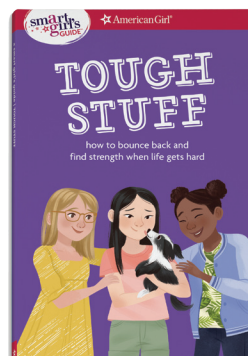
**W**ant to teach your kids about exploration and empowerment? Eight new titles listed here are sure to motivate kids to shoot for the stars while teaching them the importance of staying grounded in family, kindness, and traditions. Browse these books online, at your favorite bookstore or reserve online through the Kern County Library.



## Good Night Stories for Rebel Girls: 100 Inspiring Young Changemakers

Celebrates barrier-breaking activists, artists, inventors and entrepreneurs under the age of 30 leading the next generation of girls to change the world. Includes a foreword by conservationist and book subject Bindi Irwin and features work by creators aged 11 to 30 including 13

contributing authors and original illustrations from 84 artists from around the world. \$35, ages 6-12, rebelgirls.com.



## A Smart Girl's Guide: Tough Stuff

A book that shows girls how to get through tricky times—from bullying to body image issues, friendship stress to family struggles, and panic attacks to pandemic. \$12.99, ages 10+, americangirl.com.



## I Am A Force of Nature

A beautifully-illustrated board book encouraging kids to explore their feelings and the world around them. Offers a great message that we can find the same brave, playful, colorful and crabby qualities found in animals and nature within ourselves. \$8.95, ages 1-3, Shambhala.com.



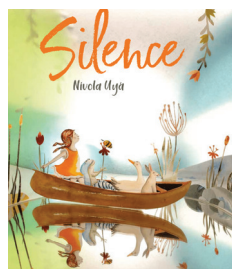
## The Gnome in Your Home: A Tradition of Kindness

The gnomes make a plan to visit homes in order to teach children and adults how to start a tradition of kindness. Included with the book are 30 removable acts of kindness cards, which make it super easy for families to get started. \$29.95, 3+, thegnomeinyourhome.com.



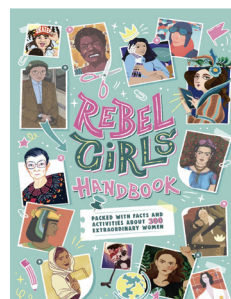
## Everything Changes

A beautiful exploration of impermanence accompanied by vibrant illustrations that explore every corner of the world, from rolling fields in Tibet to the cozy, fireplace-lit living room of a family member's home. \$17.95, ages 3-7, shambhala.com.



## Silence

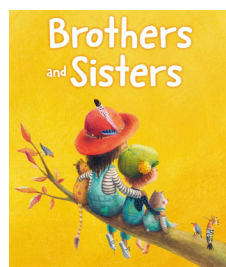
A wordless picture book, where playing is guaranteed, and endless narrations are possible. Begin your silent journey through nature and different landscapes where anything is possible. \$18.95, ages 4 - 8, cuentodeluz.com.



For Adults

## The Rebel Girls Handbook

The ultimate ticket to trivia, activities, and more about 300+ extraordinary women. Includes amazing facts and stunning illustrations of Rebels from the past and present. Spotlights on the home countries and traits of trailblazing women. \$14.99, ages 6+, amazon.com.



## Brothers and Sisters

This picture book is a warm-hearted tribute to siblings and their magical bond, with stunning art by award-winning illustrator Sonja Wimmer. \$16.95, 4 - 8, cuentodeluz.com.

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



# ALL-AMERICAN PIE STATS



Today, most American pie is a round pastry with crust that envelopes a (usually sweet) filling, prepared in a pan with sloping sides and a small lip. Pies come in many shapes and sizes — there are hand pies and slab pies, fried pies and crumble-topped pies — but the most traditional American pie is a nine-inch round pie, a shape that originated in Medieval Europe. And in the world of "pie" nothing is easy.

**U.S. grocery stores annually sell approximately 186 million pies.**

*piecouncil.org*

"Pie in the sky," meaning something desirable but unlikely to be attained, is from a 1911 parody of the "In the Sweet By and By."

*en.wiktionary.org*

**The largest pumpkin pie, created in 2010 in New Bremen, Ohio, weighed 3,699 lbs.**

*guinnessworldrecords.com*

Although "as American as apple pie" has been in use at least since 1860, neither the dessert nor the apples originated in the U.S.

*smithsonianmag.org*

**The expression "As easy as pie," which first appeared in the U.S. in the 1900's, comes not from making one, which can be difficult, but eating it.**

*theidioms.com*

The Pilgrims did not have pumpkin pie at the first Thanksgiving, in 1621, but they did at their second.

*gilderlehrman.org*



## AUTUMN EXTRAVAGANZA

NOVEMBER  
**21-23**

**ARMSTRONG YOUTH CENTER**  
801 NILES STREET  
BAKERSFIELD, CA 93305  
661-325-3730  
OPEN 7AM - 6PM

---

**STOCKDALE CLUB**  
5207 YOUNG STREET, STE. 200  
BAKERSFIELD, CA 93311  
661-663- 8733  
OPEN 7AM - 6PM

---

**LAMONT CLUB**  
8301 SEGRUE ROAD  
LAMONT, CA 93241  
661-845-4253  
OPEN 12PM - 5PM

**GREAT FUTURES START HERE.**

**BGCLUBSOFKERNCOUNTY.ORG**



# 11 WAYS TO

## cultivate gratitude this month and beyond .....

**N**ovember is the month we officially pause to reflect on the blessings in our lives. Teaching gratitude to children can feel trying at times, especially with the constant push for more just around the corner, between Black Friday and the hustle and bustle of the holiday season. Whether you're taking time out for yourself or passing on valuable life lessons, here are 11 ways to cultivate gratitude now and into the new year.

### 11 gratitude cultivating actions:

#### 1. Make the time:

Schedule an intentional 20-minute session to meditate on what blessings you and your family already have. Talk it out with children. Get the conversation started by naming topics in these five categories: health, wealth, family, everyday support and opportunities for advancement. Taking less for granted is the ultimate goal of the conversation.

#### 2. Create a ta-da list:

Instead of adding another to-do list to what is already a busy season, create a ta-da list of opportunities. Think of it as a fall bucket list framed as what you get to do, not what you have to do. Feeling grateful for the experience happens when you feel less pressure and more joy.

#### 3. Get out in nature:

Some people find walking in nature to be relaxing and meditative. Choose to intentionally notice details you ordinarily

would hurry past. Point them out to young children as they walk with you. Choose to start the holiday season with calm.



#### 4. Talk it out around the table:

The family tradition of naming what we are thankful for does not have to be reserved for just once a year. Try it after grace at Sunday dinner or on a random weeknight.

#### 5. Volunteer in your community:

Children don't always realize how the bigger picture looks for others. Becoming more aware of other life circumstances comes with age and experience. One way to get that experience is to volunteer. Even if public interaction is limited, knowing donated food or clothing will benefit others helps add a tangible element to underscore the fact not everyone has them in abundance.

#### 6. Select a gift to give:

Participate in an angel tree program or other charitable drive. Allow your child to select a toy or other special gift to donate.

#### 7. Clean out the toy chest:

Another way to help children understand how what they own can benefit others is to ask them to help you clean out their toy chest or closet to donate items no longer

needed. Toys they no longer play with, outgrown clothes and baby products can be a tremendous help to someone else.

The relevance of donating to a child, with basic items, can help them understand more about helping one another in familiar ways.

#### 8. Make something to give:

Whether it's a child's drawing, a homemade dinner or a kind letter, giving to others helps us remember the joy of that spirit, which has a way of returning our own kindness. 'Tis better to give than to receive at times, especially at this time of year when we are tasked with thinking of others through a busy season.

#### 9. Do something the hard way:

Want to be more grateful for the basics? Choose a daily chore or an old-fashioned task and do it the hard way or assign it to someone in your household. For example, if your teen grumbles about emptying the dishwasher, invite him or her to hand wash a load of dishes. Ready to throw away a shirt? Try mending it first. Little changes can make a big difference in one's perspective.

#### 10. Visit someone who does not go out:

The elderly, the ill, women with small babies: All are in a phase of life where they are indoors, perhaps wishing to be able to go about their previous routine. Slow down and pay a kind visit to someone who has time to consider life's blessings and let them share those realizations with you.

#### 11. Write a thank you note:

Start a new habit of writing one thank you note by hand each week or penning a single thank you note to someone who needs to hear words of gratitude. Even if you go with email instead, taking the time to reflect on the words to use gives you a way to decide why something matters and express it.

.....

**"Acknowledging the good that you already have in your life is the foundation for all abundance."**

*Eckhart Tolle, philosopher*

.....



# you can do it..... PUMPKIN SOUP

*Pumpkin Soup with Crisps*



Nothing beats a soothing pumpkin soup. Try this recipe for "Roasted Pumpkin Soup With Pumpkin Crisps" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippeli.

## INGREDIENTS: (Serves 6 to 8)

- 3-3 1/2 pounds pumpkin
- 6 tablespoons olive oil
- 2 onions, chopped
- 3 garlic cloves, chopped
- 1 3-inch piece of fresh ginger root, grated
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- Pinch of cayenne pepper
- 4 cups vegetable stock
- Salt and ground black pepper
- 1 tablespoon sesame seeds
- Fresh cilantro leaves, to garnish

## For the pumpkin crisps:

- Wedge of fresh pumpkin, seeded
- 1/2 cup olive oil

## INSTRUCTIONS:

1. Preheat the oven to 400 F. Prick the pumpkin around the top several times with a fork. Brush the pumpkin with plenty of the oil and bake for 45 minutes or until tender. Leave until cool enough to handle.
2. Take care when cutting the pumpkin, as there may still be a lot of hot steam inside. When cool enough to handle, scoop out and discard the seeds. Scoop out and chop the flesh.
3. Heat about 4 tablespoons of the remaining oil (you may not have to use all of it) in a large pan and add the onions, garlic and ginger, then cook gently for 4 to 5 minutes. Add the coriander, turmeric, and cayenne, and cook for 2 minutes. Stir in the pumpkin flesh and stock. Bring to a boil, reduce the heat, and simmer for about 20 minutes until tender.
4. Cool the soup slightly, then puree it in a food processor or blender until smooth. Return the soup to the rinsed out pan and season well.
5. Meanwhile, prepare the pumpkin crisps. Using a swivel-blade potato peeler, pare long thin strips off the wedge of pumpkin. Heat the oil in a small pan and fry the strips in batches for 2 to 3 minutes, until crisp. Drain on paper towels.
6. Reheat the soup and ladle it into bowls. Top with the pumpkin crisps and garnish each portion with sesame seeds and cilantro leaves.

more recipes on Page 23



"THE ORIGINAL SINCE 1945"

## THANKSGIVING 2022



Let us help make your  
family gathering even  
more special!

## SMITH'S BAKERIES THE BAKERS OF BAKERSFIELD OUR 77TH YEAR.



Smith's Bakery  
2808 Union Ave.  
661-325-3411

Smith's Bakery in  
Sully's Chevron  
11400 Ming Ave.  
661-663-8611

Smith's Bakery in  
Brookside Market-  
place  
8803 Camino  
Media  
661-654-0858

Smith's Bakery at  
White Oaks Plaza  
6401 White Ln  
#103  
661-834-1916

Smith's Bakery in  
Sully's Chevron  
9709 Olive Dr.  
661-695-9713

Smith's Bakery in  
Shell Station  
CA-178  
661-855-7000

Smith's Bakery  
Stockdale  
in Sully's Chevron  
250 Coffee  
661-885-9705

Smith's Bakery  
Buena Vista  
in Sully's Chevron  
4833 Buena Vista Rd  
661-885-6024

Smith's Bakery in  
Sinclair Station  
4700 Coffee Rd.  
661-588-2070



# The Schedule

## Why Is This So Complicated?

Yep, I am one of those moms with the color-coded white board schedule on the refrigerator. I live by that scheduler. If anyone does not add an appointment to the schedule, it does not happen. If anyone forgets to refer to the schedule, they face the Wrath of Mom.

My husband just called home to let me know he had scheduled a contractor to come to the house at 11 a.m. the next day.

"Oh, so you're going to pick Samantha up from school? OK, that was rude of me.

But I just don't get how you cannot understand my beautiful rainbow colors. If you want a contractor to come to the house, either be here, or get it on the schedule—in a blank spot. (In all fairness, I do realize that there are no blank spots.) When I call to schedule an appointment, I hold my breath.

"Morning or afternoon?" They ask.

"Can you do a week from Friday at 7:45 a.m.?" I croak out weakly.

This is usually met with, "We open at 9," or "Doctor is in surgery on Fridays."

"OK, what do you have next month... any Wednesday after 4:30 p.m.?"

Yeah, they don't like that one, either. OK, just give me what you have, and I'll figure it out.

Which is all fine as long as child care isn't involved. But the minute I need to leave the kids with Dad, it now becomes, "OK, I'll take the appointment," followed by a call to my husband, followed by me calling back and asking for a different time. Because he has some commitment that is not on the schedule.

"Um, sorry, but my husband is busy at that time I just scheduled.... Yes, I know the appointment is for me, but I assume you don't want me to bring my children. Can you please give me another time?"

I recently had to schedule a tooth extraction for Samantha, and I did not have child care for Ashley. "Can't I bring her with me?" (After all, this was a pediatric dentist.) They said I could bring her with me, but I would have to wait in the waiting room with her while my other one went in, alone, for the extraction.

Silly me, I said yes. Then Samantha informed me—with tears and rolling



on the floor—that it would definitely not be possible for her to go alone with the dentist, a dentist she loves and trusts and who has pulled her teeth in the past.

So there I was, calling the dentist's office again: "Um, what else do you have because Samantha is not going for it?"

"Extractions are only on Tuesdays."

OK. So then we had to get Grandma involved.

And, silly me, I imagined I would drop off Ashley with Grandma and take Samantha to her appointment. But no. All four of us went to the appointment. Then Ashley and Grandma bought dog treats and Frappuccinos while Samantha and I went in for the appointment.

And all the while, there was Daddy, at work. In ignorance and bliss. Completely unaffected by The Schedule.

He doesn't even have his work schedule on the white board because it is the SAME every week. He has a computer printout. No one ever messes with his work schedule. It is written indelibly in laser printer toner. We all just work around it. With our erasable markers.

And yet, we somehow make it work. I sometimes think, "Why am I so busy? I don't want to be this busy. What am I doing wrong?"

But it's the kids. They just need me. Like all the time. Every day.

So here we are with The Schedule.

And I would not change a thing.

## Join the FUN at Trinity Preschool!

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

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

Trinity Preschool  
AT BELCOURT

Read Us ONLINE!

**kerncountyfamily.com**



you can do it.....

## HOLIDAY COCKTAIL

*Rosemary Cranberry Sour*  
(delicious with, or without, the whiskey)



People indulge just a little bit more when the holidays arrive. That may translate into enjoying an extra meal at a favorite neighborhood restaurant, buying one or two additional gifts to stash under the tree or hosting a gathering with close friends that stretches into the wee hours of the morning.

Some choose to indulge by sipping a cocktail while watching the snowflakes fall. A whiskey sour is a classic that can be given a makeover with some ingredients that are tailor-made for the holiday season.

In this recipe for Rosemary Cranberry Whiskey Sour; courtesy of the editors of American Lifestyle, fragrant and flavorful fruit and herbs blend well with the tartness of the drink. This recipe is also great without the whiskey, as a classy holiday drink. You can make a big batch as a lovely punch - leave some cranberries and rosemary on the side for garnish.

### Rosemary Cranberry Whiskey Sour

Makes 4

#### Rosemary Simple Syrup:

1/4 cup sugar  
1/4 cup water  
2 tablespoons fresh rosemary

#### Cocktail:

6 ounces whiskey  
3 ounces sour mix  
16 ounces cranberry juice  
Cranberries, for garnish  
Rosemary sprigs, for garnish

#### INSTRUCTIONS:

1. In a small pot over medium heat, whisk together the sugar, water and rosemary. Simmer for 2 to 3 minutes, creating a syrup. Remove from the heat, strain to remove the rosemary, and refrigerate.
2. Fill a shaker with ice, and pour in the whiskey, sour mix, simple syrup, and cranberry juice. Shake, and pour into ice-filled glasses. Garnish with cranberries and rosemary before serving.

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

### Oct. 28 Trunk or Treat @ White Lane Location

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

**Salty's**  
BBQ & Catering

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

For Catering Call: 661-549-3473

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

John 14:6

This one doesn't count.

**ARE YOU  
LOOKING FOR  
TOMMY TURKEY?**

**Find out how to win big.  
Details on page 4.**

**There is hope.**

**988 SUICIDE & CRISIS  
LIFELINE**



# WE LOVE IT!

New Moms & Babies Collection.



NOVEMBER

By Elena Epstein, Director of the National Parenting Product Awards

For more product reviews, visit [nappaawards.com](http://nappaawards.com)

## Lamaze New Collection



Early childhood development toys with contrasting patterns, crinkly fabrics, and engaging faces. Each toy incorporates multiple play patterns and grow-with-me elements. \$16.95-\$34.95, ages birth-18 months, [us.tomy.com](http://us.tomy.com).

## Dingle Dangle



Keep the giggles coming with this adorable and innovative 3-in-1 toy. Can be used during diaper changes, as a portable mobile for a crib or stroller and a sensory rattle. \$34.99, ages birth-18 months, [dingleanglebaby.com](http://dingleanglebaby.com).

## 3-in-1 Starry Skies Sheep Soother



Find sleep without counting sheep with the 3-in-1 Starry Skies Sheep Soother™. With three ways to use, this soother includes a projector, glow light and nursery rhyme mode. Soothing lights and sounds. Nature sounds, lullabies and melodies create a calming soundscape. Intended for ages Birth+. \$31.99, ages 0+, [vtechkids.com](http://vtechkids.com).

## Tiny Love Treasure the Ocean 2-in-1 Musical Mobile Gymini



A beautifully designed ocean playmat that comes equipped with 18 engaging activities and 2 modes of use: musical starfish rotating mobile with 6 melodies and a spectacular lights show. \$69.99, ages birth-2 years, [tinylove.com](http://tinylove.com).

## MINU V2

Go places, big and small with this sleek stroller that can do it all while staying small. Designed for your daily adventures and exciting excursions, offering all the modern convenience in a portable, lightweight stroller. \$449.99, ages birth – 50 lbs. [uppababy.com](http://uppababy.com).



## Maxi-Cosi Minla 6-in-1 High Chair

Features five recline positions, four tray positions and nine heights with a cozy inlay. Can be used as a high chair or a booster seat with a tray. The zip-off seat pad is easy to wipe down or throw in the laundry. Compact fold for easy storage. \$249.99, ages birth-24 months, [maxicosi.com](http://maxicosi.com).



## Ridding Buddy - CAT



Designed with toddlers in mind, featuring bold colors, easy-to-grab handlebars, a comfy seat, and 4 wheels that roll smoothly. Kids can scoot around the house or take this balance bike outside! The cat's tail doubles as a handy handle! \$29.99, ages 12+ months, [mybtoys.com](http://mybtoys.com).



# KERN COUNTY FAMILY MAGAZINE *daily happenings*

## THE **BEST** LOCAL CALENDAR OF EVENTS!

Our printed version of the calendar has been edited for space. For more details about these events or activities not listed please visit [www.kerncountyfamily.com](http://www.kerncountyfamily.com)

### November 3

#### Grillin' and Brewin' Event

BBQ fundraiser benefitting JJ's Legacy.  
The Iron Lily Venue  
424 24th St. Bakersfield, CA  
5pm  
<https://www.jjslegacy.org/>

### November 4-6



#### The Big Bounce House America

Enjoy the action featuring the most unique & exciting custom-built inflatable attractions!  
Kern County Soccer Park  
9400 Alfred Harrell HWY Bakersfield, CA  
[www.thebigbounceamerica.com](http://www.thebigbounceamerica.com)

### November 4

#### The Heart Never Forgets Gala

ADAKC presents its annual gala, benefitting The Alzheimer's Disease Association of Kern County.  
ADAKC Rose Lazzerini Campus  
4203 Buena Vista Rd. Bakersfield, CA  
5pm -10pm  
<https://www.adakc.org/>

### November 4

#### Rhythm & Roots

BBQ, music and dancing benefitting the Golden Empire Gleaners and its mission to help alleviate hunger in Kern County.  
1933 Speakeasy Bar & Grill  
7900 Downing Ave. Bakersfield, CA  
6pm

### November 5

#### Holiday Market

Shop 35+ vendors.  
Food available for purchase.  
Christ's Church of the Valley  
13701 Stockdale Hwy.  
Bakersfield, CA  
9am to 1pm



### November 5



#### 3rd Annual Autism Gala

Bakersfield Country Club  
4200 Country Club Dr. Bakersfield, CA  
[www.kernautism.org](http://www.kernautism.org)

### November 5

#### Family Day at the Buena Vista Museum

Two adults and up to six kids only \$20.  
Buena Vista Museum of Natural History  
2018 Chester Ave. Bakersfield, CA  
10am - 4pm

### November 5

#### Craft & Vendor Show

Come shop handmade items by local vendors. Admission is free.  
The Villas at Scenic River  
4015 Scenic River Ln. Bakersfield, CA  
10am-3pm

### November 6



TURN BACK YOUR CLOCKS!  
DAYLIGHT SAVING TIME ENDS

#### Daylight Saving Time Ends!

### November 9

#### Deck the Halls with Disney

Delight in a family night out set to the magical sounds of Disney's DCappella.  
The Fox Theater  
2001 H Street Bakersfield, CA  
7:30pm  
<http://fox.theaterbakersfield.org/>



### November 9

#### Parent Support Meeting

Kern Autism Network, INC.  
2200 Oak Street Bakersfield, CA  
(661) 489-3335  
6:15pm-8pm

### November 11

## Veterans Day \*\*\*

### November 12

#### Military Heros Gala & Auction

The evening's keynote speaker will be Medal of Honor Recipient Staff Sergeant David Bellavia.  
Bakersfield College  
1801 Panorama Drive Bakersfield, CA  
6pm

### November 12

#### 25th Annual Fall Faire

Northminster Presbyterian Church  
3700 Union Ave. Bakersfield, CA  
9AM-2PM



### November 19

#### Christmas Times: A Cruisin' Car Show

Free family event to support the Bakersfield Homeless Center and Houchin Blood Bank.  
Stramler Park  
4003 Chester Ave. Bakersfield, CA  
10am-5pm

### November 19

#### Olive Knolls 30th Annual Craft Fair

Come shop 80+ local vendors.  
Olive Knolls Church  
6201 Fruitvale Ave. Bakersfield, CA  
8am-2pm

### November 24

#### Thanksgiving Day!



### November 29

#### Light Up A Life Event

Hoffmann Hospice annual tree lighting ceremony to celebrate the memory of loved ones.  
The Marketplace  
9000 Ming Ave. Bakersfield, CA  
6:30pm  
[www.hoffmannhospice.org](http://www.hoffmannhospice.org)



# ONGOING HAPPENINGS

## Weekdays Through November 10th

### Thank a Veteran

Families are invited to show their appreciation for local veterans by getting crafty. Participants can write a letter, poem or draw a picture to be delivered to the Kern County Veterans Department for distribution to local veterans.

Beale Memorial Library  
701 Truxtun Ave.  
11am-6pm  
[info@kernlibrary.org](mailto:info@kernlibrary.org)

## Every Friday, Saturday & Sunday November 25 – December 23

### The Gaslight Holiday Extraveganza

The Gaslight Melodrama  
12748 Jomani Dr. Bakersfield, CA  
7pm  
<https://themelodrama.com>

## Saturdays

### 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](http://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/>

## Tuesdays

### 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.adakc.org](http://www.adakc.org)


### Post Adoption Support Group

Second Tuesday of every month


Kern Bridges, 1321 Stine Rd., Bakersfield, CA 93309  
6pm-8pm  
<https://kernbridges.com/>


Worship Guide

Sponsored by



Since 1936





## TRINITY

ANGLICAN CHURCH

**Father Karl Dietze**

**Service Times: 8:00 AM & 10:00 AM**  
Sunday School and Child Care available during 10:00 service

**11300 Campus Park Drive**  
**Bakersfield CA 93311**  
NW Corner of Buena Vista & Campus Park  
**661-665-7713**  
[www.trinitybakersfield.com](http://www.trinitybakersfield.com)

Online Services!



Call today and receive a

## FREE SHOWER PACKAGE

**PLUS \$1600 OFF**



**1-855-517-1892**

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

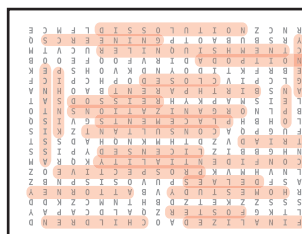
SPECIAL OFFER

PAGE 29

## ACTIVITY CORNER ANSWERS

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

CROSSWORD  
Down  
1. Families  
2. Tea  
3. Thankful  
6. Door  
5. Can  
7. Savory



Crossword Sponsored by:



Thanksgiving  
Joke Answers  
1. A Tur-Key  
2. BEETS me!  
3. The Outside





TO ADVERTISE, CALL 661.861.4939

## LESSONS & CLASSES

**Harmony Road**  
Music School

**IT'S NOT TOO LATE TO JOIN!**

- 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](http://www.HARMONYROADBAKERSFIELD.com)

**Adult & Child Classes held on Mondays, Wednesdays & Saturdays**

Classes Available, Home School Art Classes Starting September

**Fine Arts & Crafts**  
include drawing, painting, stenciling etc.

For registration and additional information contact  
Charlotte White (661) 330-2676 or [charlottewhiteartist@icloud.com](mailto:charlottewhiteartist@icloud.com)

**PEARLS OF HOPE**  
MEDICAL CLINIC

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 Refill: \$10.00 only**  
**Phone Consult: \$30.00 only**  
**F/U Office Visit: \$60.00 only**  
**Sports Physical: \$70.00 only**  
**New/Annual Visit: \$110.00 only**  
**Immigration Physical: \$170.00 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 - 5pm

**JUNIOR GOLF ACADEMY**

**The Junior Golf Academy**  
★ Register: [jgabakersfield.com](http://jgabakersfield.com)

**REGISTER FOR FALL 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](http://jgabakersfield.com)  
**496-3985**

**SKATE LAND** **kidsskatefree.com**

**Rediscover the FUN of Roller Skating at Skateland!**

We Provide.....

- A SAFE Environment
- Good, Clean Fun
- Social/Athletic Skill Building

**Register your kids 10 & younger for our Kids Skate Free Program!**

**\$20 OFF**  
Any Booked Party Package  
Can't be combined with other offers, expires 11-30-22

**SAVINGS**

**(661) 831-5567**  
**Skateland**  
415 Ming Ave., Bakersfield, CA 93307  
[skatelandbakfield.com](http://skatelandbakfield.com)

**Wonderful COLLEGE PREP Academy**

**FREE Public Charter School**  
**Escuela Pública Chárter GRATUITA**

**2 campuses | 2 escuelas:**  
**DELANO & LOST HILLS: TK-12**

For more information or to enroll, visit  
[wonderfulcollegeprepacademy.org](http://wonderfulcollegeprepacademy.org) or email us  
at [enroll@wonderfulcollegeprep.org](mailto:enroll@wonderfulcollegeprep.org).

Para más información o para inscribirse, visite  
[wonderfulcollegeprepacademy.org](http://wonderfulcollegeprepacademy.org) o contáctenos  
en [enroll@wonderfulcollegeprep.org](mailto:enroll@wonderfulcollegeprep.org).

**BAKERSFIELD SWIM ACADEMY**

**Swimming Lessons for ALL Ages**  
**From Beginner to Advanced**

**YEAR ROUND SWIM LESSONS**

**661-615-6530**  
3311 Allen Road • Bakersfield, CA 93314 • [www.bakersfieldswimacademy.com](http://www.bakersfieldswimacademy.com)

**BAKERSFIELD SWIM ACADEMY**  
From Infants to Olympians!

**BEST MUSIC & ARTS**

**MUSIC & ART CLASSES**

**Call or text:**  
**661.428.7510**  
**[www.bestmusicandarts.com](http://www.bestmusicandarts.com)**  
2200 Oak Street Ste. B,  
Bakersfield, CA 93301

**Follow @BestMusicAndArts**

**NATIONAL CLASSIFIED ADS**

**VIAGRA and CIALIS USERS! 50**  
Generic Pills SPECIAL \$99.00.  
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! 1-855-526-1060 [www.dental50plus.com/ads#6258](http://www.dental50plus.com/ads#6258)

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

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936

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. 1-855-364-3948

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

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



TO ADVERTISE, CALL 661.861.4939

## NATIONAL CLASSIFIED ADS

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 1-877-729-4998 or visit [dorranceinfo.com/ads](http://dorranceinfo.com/ads)

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

Put on your TV Ears & hear TV w/unmatched clarity. TV Ears Original - originally \$129.95 - now w/this special offer only \$59.95 w/code MCB59! 1-888-805-0840

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 1/21/23. 1-866-479-1516

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. 1-877-539-0299

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. Free professional installation! Four free months of monitoring! Call to customize your system. 1-833-841-0737

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306

Protect your home from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-394-9278

Discount air travel. Call Flight Services for best pricing on domestic & international flights inside & from the US. Serving United, Delta, American & Southwest & many more. Free quote! Have travel dates ready! 844-951-2014

Small Business Owners! Don't miss out. Get \$1,000's from a government assistance program. Not a loan. More info? [www.AidForSmallBusiness.com](http://www.AidForSmallBusiness.com)

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277

Switch and save up to \$250/yr on talk, text & data. No contract or hidden fees. Unlimited talk & text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. Limited time! get \$50 off any new account. Use code GIFT50. 1-855-903-3048

## CHILDCARE & EDUCATION



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



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



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



Happy Thanksgiving to you and your family from the Kern Autism Network-Board of Directors

Parent Support Group: Wednesday, November 9th register via Eventbrite  
3rd Annual Autism Gala at the Bakersfield Country Club on November 5th.  
get tickets via Eventbrite or [www.Kernautism.org](http://www.Kernautism.org)

Sensory Friendly Storytime for Preschoolers and Homeschool Students.  
Thursday, November 17th @ 11 a.m. Wilson Branch Location

Females on the Spectrum Support Group: Thursday, November 17th at 6:30 p.m.

### EARLY SIGNS OF AUTISM:

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships

### SERVICES OFFERED:

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

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



## SERVICES, HEALTH & BEAUTY



**Bellissima**  
Medical Aesthetics  
Acne Treatments • Fillers • Botox  
Laser Hair Removal **\$45/Session**  
for first time customers  
Evening & Weekend  
Appointments Available  
[www.bellissimamed.com](http://www.bellissimamed.com)



**MOLLY MAID.**  
a neighborly company  
STILL KEEPING IT  
FRESH AND CLEAN  
FOR OVER 30 YEARS.  
• Fully Insured, No Contracts  
• Call For A Free Estimate  
• Professional Quality  
• 24-Hour Clean Guarantee  
• Affordable Price  
Locally Owned and Operated Franchise  
Call Us Today For Details. 661-369-7119  
<https://www.mollymaid.com/local-house-cleaning/ca/bakersfield.aspx>

**Save \$100** \$20 off your first 5 regularly scheduled cleans  
Cannot be combined with other offers.  
For New Recurring Customers Only



**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](http://innovativeec.com)

**Are you receiving SSDI/SSI benefits?**

**You may be eligible for additional benefits.**

**CALL US TODAY**  
**888-490-6616**

CITIZENS DISABILITY SINCE 2010 [CITIZENSDisability.COM](http://CITIZENSDisability.COM)

## 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](http://www.alphaomega4wellness.com)  
Corner of White Lane & Gosford  
**FALL SPECIAL**  
**\$99 New Patient**  
(Covers Exam, X-Rays, 1st adjustment, & ROF)  
Must present coupon. Expires 11/15/22.

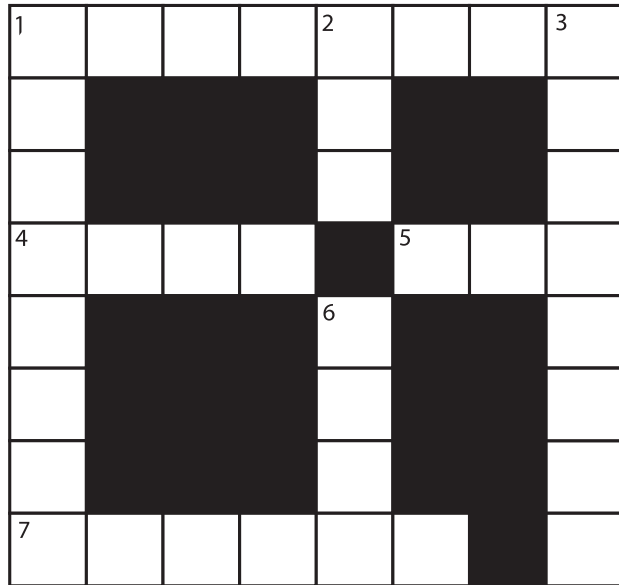




# NOVEMBER ACTIVITY CORNER

puzzle  
answers  
on page  
26

## Crossword



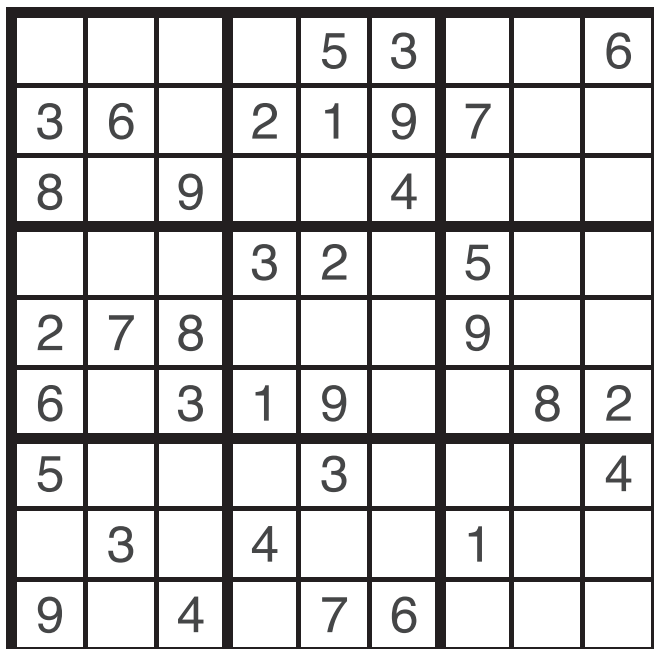
### ACROSS

1. Least perceptible
4. Notion
5. Metal container
7. Seasoned and tasty

### DOWN

1. Relatives
2. Brewed drink
3. Gratified
6. Structure that closes an entrance

## 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!

There are 5 differences  
in the pictures below.  
Can you find them all?



## JOKES FOR THANKSGIVING

1. What key has legs and can't open any doors?
2. What vegetable is best for Thanksgiving?
3. Which side of the turkey has the most feathers?



Answers on Page 26!





# NOVEMBER ACTIVITY CORNER

puzzle  
answers  
on page  
26

## Adoption Awareness Word Search

Presented by Pacific Ag Rentals

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

ADOPTION  
AGENCY  
ASSISTANCE  
ATTORNEY  
BIRTH PARENT

CHILDREN  
CLOSED  
CONFIDENTIALITY  
CONSULTANT  
DISSOLUTION

DOSSIER  
FINALIZED  
FOSTER  
HOME STUDY  
KINSHIP

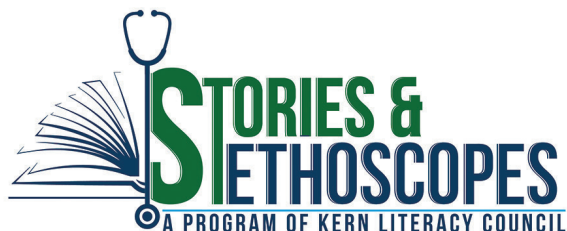
LICENSED  
OPEN  
ORGANIZATIONS  
PLACEMENTS  
PROSPECTIVE

RELINQUISHMENT  
SCREENING  
SEALED  
TRIAD

**PACIFIC AG RENTALS**  
RENT THE BRANDS YOU TRUST  
(866) 727-7368

QR code linking to Pacific Ag Rentals website.





## Counting Our Blessings!

This summer Kern Literacy Council, Kern Dance Alliance, and Kern County Libraries combined their dedication to encouraging young readers by joining forces for the 7th annual Books in Motion®: DANCE + LITERACY (BIM). After two years of virtual presentations throughout the pandemic, BIM returned in person, with programming that allowed children to experience the magic of a book brought to life through an artistic performance. To further enhance learning, children learned a short dance that coincided with the book's theme and created a craft to promote role playing. Each child received a free book. Books included titles like "Good Night Hawaii" by Adam Gamble, "Cha Cha Chimps" by Julia Durango, and "Rainbow Fish" by Marcus Pfister.

Bringing books to life and getting kids moving was the mission of eight contracted Kern County dance organizations that coordinated efforts to offer special performances: The Bakersfield City Ballet, McLaughlin Dance Collective, Spotlight Dance Academy, Spotlight Academy of the Arts, Aloha Entertainment, DAT Krew, DANCENATION and Heather Benes and the East Kern Ragtag Revels. Their efforts culminated in 27 performances at 15 library locations. Programming took place in cities throughout Kern County, including Bakersfield, Delano, Shafter, Tehachapi, and East Kern's cities, from Boron and California City to Mojave, Rosamond, and Ridgecrest.

With the success of this summer's program more than 7,000 children have participated in the program since 2017, with nearly 4,000 books given away to emerging young readers. With its emphasis on literacy and movement, Books in Motion follows the Stories & Stethoscopes prescription.

Stories & Stethoscopes focuses on teaching children the benefits of a healthy lifestyle, from healthy eating to physical wellness and is a wonderful way to inspire, encourage and advance literacy in pre-K through elementary age children. Sponsored by a generous donation from Adventist Health Medical Staff Kern County, the program takes place throughout Kern County.



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



**FAMILY  
LITERACY  
PROGRAM**

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

## Stories & Stethoscopes HEALTHY TIPS FOR A SAFE THANKSGIVING!



**Bibsy Cabunoc**, CDM, CFPP  
Director | Nutrition Services  
Adventist Health Delano Regional  
Medical Center

### Turkey Safety

Turkey can be thawed for up to three days in the refrigerator or the same day under running water. The water must stay cold, though, about 70° F. Depending on the time available, cook the turkey at 250° to 350° F for six to eight hours or until done. Using a food thermometer is essential for this meal. Insert it close to, but not touching, the thigh bone. If it reads 180° F in the thigh and 170° F in the breast, it's done and ready to serve. The lower temperature equals more juice and tenderness and also longer cooking times. Slow cookers work great too for smaller birds.

### On Thanksgiving Day

- Be sure to check with guests about allergies, including nuts and dairy, before you start cooking.
- Eat breakfast! Don't eat your Thanksgiving meal on an empty stomach.
- Stay hydrated. Limit alcohol intake, which may lead to eating more.
- Small portions are recommended if you want to try everything served. Pace yourself. Savor each bite and take a moment to give thanks. Remember pie is coming.
- Once the food is on the serving table, there is a two-hour grace period for food safety. After the second hour, food is subject to pathogen growth, meaning eating it could lead to foodborne illnesses.

### Feeding Pets

Unseasoned, cooked turkey may be fine if you have fed it to them in the past. Don't introduce new foods to them on this day. Veterinary offices are usually closed on Thanksgiving, so better to be safe.

### The Day After Thanksgiving

Stay active by going for a walk in the morning. The temperature could be just right, and the falling leaves will be inspirational.

Safely enjoy leftovers. Cut turkey into small portions before putting it away. Place in shallow containers for up to four days. For leftovers, be sure meat reaches 165° F for at least 15 seconds. Use a thermometer.



# 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](https://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 \$4,279/mo

## **Clinica Sierra Vista WIC**

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