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

October 2023

FOOD TRUCK **FAVORITES** Pg. 10



FIND JACK **CONTEST** Pg. 4

HOWL-O-WEEN **FUN for** *Furry* **FRIENDS** Pg. 20

plus

trendy costumes for 2023 *pg 19* hello, happy mama: Meg Maitland *pg 12*
fun & spooky books *pg 16* can't miss seasonal community events *pg 24*

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OWNER/PUBLISHER

Lisajo Peterson Radon

EDITOR Lisajo Peterson Radon

ART DIRECTOR Ginger Lynch

COPY EDITOR Leslie Carroll

**CALENDAR & INSTAGRAM
COORDINATOR**
Leslie Carroll

SOCIAL MEDIA COORDINATOR
Callie Collins

CONTRIBUTING WRITERS

Leslie Carroll, Callie Collins,
Andrea Rose, Vaun Thyngerson,
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



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Hello, Happy Mama Meg Maitland

Photos by Stacey Leigh Photography

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Vaun Thygerson, Contributing Writer

When most people find out how much I love horror movies, they are usually shocked. I don't think I give off a dark vibe, because in my life I am all pink and bling. I was just as excited to see the Barbie movie as I am about seeing Saw X - doesn't make any sense, right?

Social media has taught me that I am not alone in this paradoxical obsession. I saw a video of a cute little girl at her pink, glittery Barbie-themed birthday party when Michael Meyers from Halloween appeared

rather than a princess. She stops and looks at him, with what I thought looked like shock or fear, but then runs and hugs him as if he was Barbie herself. This amazing mom had mashed it up to be a Barbie-horror-theme party. This was me! I was this little girl and it made me so happy to realize there are others like me.

When I saw a local business, Forged with Ink, showing a shirt that mocked Mean Girls with Jason, Ghostface, Michael, and Freddy sitting at a table wearing pink costumes, with the famous quote, "On Wednesdays we wear pink," I knew it would be perfect for this year's Halloween attire. It will go perfectly with my purplish earrings that feature Ghostface saying, "Call me!"

Whether you like Barbie or Michael, or both, one thing most people can agree on is how much they love to find a good food truck. Kern County has seen an increase of food trucks and with the season of festivals and fairs, KCFM wanted to know our readers' local favorites. In the article, "Readers Respond," on page 10, you can read about all the fun places you can take your families this Fall for a tasty bite.

Halloween brings with it all kinds of spooky fun and a lot of sugary treats. In the article, "11 Ways to Curb Cravings for Sweets and Other Unhealthy Foods," Callie Collins writes about ways to be a little healthier this Holiday season. Her tips

range from keeping less junk in your house and stocking your pantry with healthy alternatives. To read the rest of the tips, **turn to page 14.**

My favorite part of this spooky holiday is the chance to dress up. I will find any excuse I can to get decked out, especially if it involves coordinating outfits. I'm not the only one who wants to play dress up. In Julie Willis's Humor at Home article, "Mom with Girls: Let's Play Dress Up," on page 22, she writes about how she dreamed how life with girls would be with all the glamour of manicures, pedicures, and fancy lunches dressed to the nines. Turns out her two girls take after their mama and would rather play in the dirt, run races, and cut their nails short. But, the best part is that together, with their mom, they can play hard and have fun.

This month you can read all about an amazing local mom in the article, "Hello, Happy (Peaceful) Mama: Meg Maitland shares her love of nature and living in Kern County and what inspires her sense of CALM," on page 12. As the Director of California Living Museum (CALM) since 2020, Maitland enjoys sharing her love of nature and animals with the community. CALM is celebrating its 40th year and Maitland says it's the perfect time to come out for a visit.

This Halloween I'm all for the scary and fun costumes; and themed t-shirts. I also love all the food that goes along with it from the Reese's pumpkins to caramel apples to anything cinnamon flavored. Unpopular opinion: I don't love food pumpkin-flavored, but I love candles pumpkin-scented. Again - such a paradox!

Fall is a such perfect time to get into the Holiday season and gear up for my favorite time of year: sweater weather. If you see me out and about in my Mean Girls-inspired Halloween sweatshirt, say "Hello!"



Have a Fabulous Halloween and Stay Safe!

FIND JACK-O-LANTERN CONTEST!

This one doesn't count!

Count the number of Jacks you find throughout this issue, then submit your answer by Noon on **October 26th** at

<https://kerncountyfamily.secondstreetapp.com/Find-Jack-2023/>

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League of Dreams Announces New Executive Director

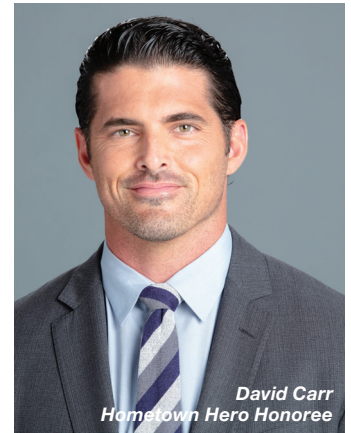
The League of Dreams recently announced Kayla Nelson as its new Executive Director. Nelson honed her development skills during her time at the Boys & Girls Clubs of Kern County, where she spent several years supporting Kern's youth and managing major fundraising efforts. After a brief stint in the financial industry, Nelson is back in the non-profit sector serving her community. A CSUB alum and mother, Nelson knows the importance of family, love, and support. She is committed to making a positive impact for League of Dreams' athletes and parents, and ensuring every child has the chance to play.



Kayla Nelson
Executive Director
League of Dreams

David Carr Honored as Hometown Hero

The Bakersfield Police Activities League will honor David Carr as the league's 2023 Hometown Hero this month at their annual Hometown Heroes BPAL Benefit Dinner and Auction.



David Carr
Hometown Hero Honoree

"David Carr is an NFL Network Analyst, Super Bowl Champion, #1 Overall NFL Draft Pick, and Type 1 Diabetic Advocate. David has deep roots in the Central Valley and is passionate about educating and expanding opportunities for healthcare access and youth sports," said a representative from BPAL.

The event will take place Thursday, Oct. 12 at Luigi's Warehouse.

The BPAL Youth Center provides a safe haven for underprivileged youth to participate in many after-school and summer programs, including boys' and girls' social development, tutoring, community service, boxing and basketball.

Veterans Honored at New Plaza



Del Oro High School's Cheer Team, Arvin High School's Future Farmers of America (FFA), and South High School's Market Dance team, along with other volunteers, wrapped trees with pink ribbons at the Historic Union Cemetery to remember and celebrate cancer fighters and survivors. The Trees of Honor aim to increase cancer and healthcare awareness while honoring those who have lost their battle and those who continue to fight.

For more information, please visit www.kernhigh.org.

KHSD Entrepreneurship Resource Centers Pilot Wharton Entrepreneurship Game



Photo courtesy KHSD

Students at the Career Technical Education Center (CTEC) Entrepreneurship Resource Centers (ERC) program have etched their names in history as the first cohort in the United States to embark on an entrepreneurial adventure- piloting the Wharton Interactive Entrepreneurship Simulation Game. Developed for MBA students at the renowned Wharton School

of the University of Pennsylvania, this simulation game redefines entrepreneurship education.

Over an exciting 12-week journey, five teams, each comprised of five students, immersed themselves in the Wharton Entrepreneurship Simulation Game. The game provides students with the experience of running a high-growth startup. According to Wharton Interactive, the game is a multisession game that requires a commitment of 15-20 hours. Participants work in teams to run a startup, tackling the challenges of leading a successful business. Throughout the game, students work through adaptive storylines to sell their products, conduct business experiments, pitch their visions to potential investors, hire employees, navigate financial landscapes, and explore business models.



Kevin McCarthy,
US Speaker of the House, (R) Bakersfield

Bakersfield College Honors Veterans at Ribbon Cutting Ceremony

Bakersfield College recently celebrated veterans of all eras with its ribbon cutting ceremony of the highly anticipated Veterans Plaza, located in the center of BC's Panorama campus.

This event honored the bravery and sacrifice of veterans who have served the nation and especially recognized those who decide to attend BC following their return home and the transition to civilian life.

Among the distinguished guests present at the event was Speaker of the House, Congressman Kevin McCarthy, Kern Community College District Trustees, Romeo Agbalog, Kay Meek Nan Gomez-Heitzebert, Yovanni Jimenez, and Christina Scriver, Kern County Supervisors Jeff Flores and Leticia Perez, Mayor Karen Goh, and more.

Jenny Frank, BC's Manager of Veteran's Services says, "BC's Veterans Plaza is intended to not only instill a sense of connection and belonging for the veterans who visit this space, but to inspire them to continue to seek to be their best selves through education and transition."

The community is invited to visit this new space, which is adorned with beautifully landscaped grounds, benches for students, and monuments dedicated to each of the military branches.



Dr. Michael Zulfa
Photo courtesy KHSD

KHSD Board of Trustees Announce New Superintendent

Kern High School District (KHSD) Board of Trustees recently appointed Dr. Michael Zulfa as the 22nd KHSD Superintendent, effective February 1, 2024. The vacancy was created by the retirement of Superintendent Dr. Bryon Schaefer, who has served as the Superintendent for the past nine years and 38 years in the KHSD.

Dr. Zulfa is a highly esteemed educator with 30 years in education, including a 25-year career with KHSD. An alumnus of West High School, he began his education journey as a teacher at Garces Memorial High School and then on to teaching at South High School. Over the years, Dr. Zulfa took on increasingly important roles within the District, including serving as the Dean of Instruction at South High School in 2003 and the Assistant Principal of Instruction at Foothill High School in 2005.

In 2009, Dr. Zulfa became Principal of South High School, and in 2011 he was appointed Associate Superintendent of Human Resources, and most recently, Associate Superintendent of Business in 2021.

"I feel truly blessed and humbled to be chosen to lead this remarkable district. Having devoted my professional life to student success, I expect us to work with the district partners to ensure all of our students have the support they need for future success," says Dr. Zulfa.

Bakersfield College's Jazz Studies Releases Original Music



Bakersfield College's Jazz Studies Program, under the direction of Professor Kris Tiner, has announced the release of the program's first-ever physical release of original music, entitled Big Bang. The all-new compact disc features 13 original compositions from students in the BC Jazz Studies program, which were recorded over the past two years in the music lab at BC's Edward Simonsen Performing Arts Center. **For more information, please visit www.bcjazz.org.**

Via Arté Italian Street Painting Festival



Bakersfield Museum of Art's annual Via Arté Italian Street Painting Festival has become a Bakersfield tradition, bringing together the community and the visual arts since 1998. The Marketplace becomes a gallery of amazing chalk masterpieces on October 21 and 22 from 9 a.m. to 8 p.m.

Hundreds of children (and adults) participate each year in the Via Bambino area, showcasing their talents and trying their hand at the ancient art of street painting. **For more information, please visit, www.viaartebakersfield.com.**



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Night Owls May Have Greater Risk of Diabetes than Early Birds

The results of a new health study may have you considering an earlier bedtime. Researchers from Brigham and Women's Hospital found that people who naturally prefer to stay up late are more likely to have poor lifestyle habits and have an increased risk of developing Type 2 diabetes.

Being a night owl isn't about staying up late to party. It's about having a natural body clock that is genetically set to stay up late. That means night owls are wired differently from people who seem to nod off at an early hour.

The report published in the *Annals of Internal Medicine* analyzed data from more than 60,000 female nurses. The results revealed that night owls were more likely to consume unhealthy diets, to exercise less, to have a higher body mass index, to sleep fewer hours and to smoke cigarettes than the early birds. Night owls were also 19% more likely to develop diabetes as a result of their unhealthy nighttime routines.

The new research is the latest evidence to show that being a so-called evening chronotype — or feeling more energetic at night — can be hazardous to your health. Previous research has linked being a night owl to obesity and heart disease.

US Poverty Rate Jumped in 2022, Child Poverty More than Doubled



The share of Americans, particularly children, in poverty rose significantly last year. According to newly released data by the US Census Bureau, the poverty rate in the United States increased for the first time in 13 years.

Some 12.4% of children were in poverty last year, up from a record low of 5.2% the year before. It was the largest jump in child poverty since the Supplemental Poverty Measure began in 2009.

The measure takes into account certain non-cash government assistance, tax credits and needed expenses — addressing a major flaw in the official poverty rate, economists say.

The expiration of pandemic programs, including refundable tax credits and stimulus payments, at the start of 2022, led to an increase in the SPM over the official poverty rate, the census reported. The official poverty rate of 11.5% was not statistically different than the prior two years.



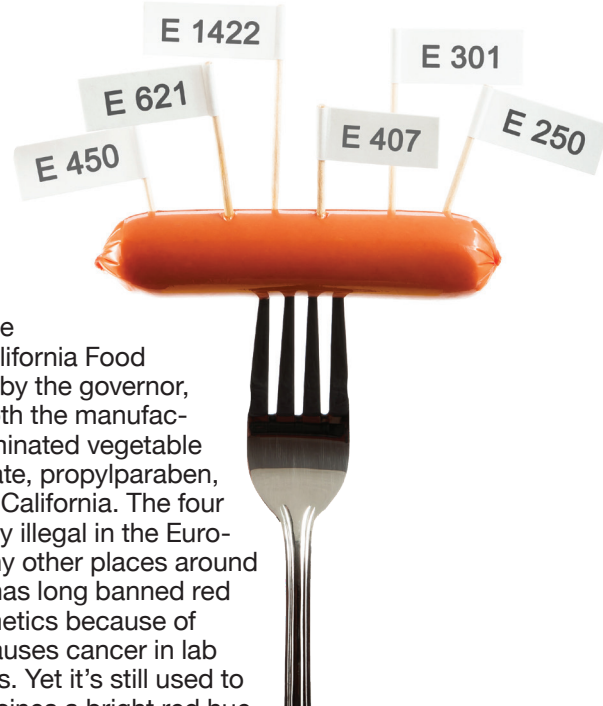
Ineffective Ingredient Could Make Dayquil, Sudafed and Other Medicines Disappear from Store Shelves

An advisory panel of the Food and Drug Administration found that virtually all over-the-counter decongestants simply don't work. The FDA panel determined that phenylephrine — the active ingredient in Sudafed, Benadryl, Robitussin, and other popular decongestants — is nearly useless at reducing nasal congestion. The panel's ruling might soon lead to these oral products being pulled off store shelves nationwide.

The Consumer Healthcare Products Association maintains that phenylephrine is effective and that the FDA's guidance could have significant "negative unintended consequences." Pulling drugs like Sudafed from store shelves would make it harder for consumers to treat mild illnesses, according to the industry trade group. Though the findings of the FDA advisory panel are nonbinding, the FDA usually sides with the panel, which may lead to oral phenylephrine products being removed from store shelves in the near future.

California Passes First Bill in US to Ban Potentially Harmful Additives in Food

It's found in everything from candy to fruit cups, but if California lawmakers get their way red dye No.3 will no longer be allowed in your food.



State lawmakers have voted to pass the California Food Safety Act. If signed by the governor, the bill would ban both the manufacture and sale of brominated vegetable oil, potassium bromate, propylparaben, and red dye No. 3 in California. The four chemicals are already illegal in the European Union and many other places around the world. The FDA has long banned red dye No. 3 from cosmetics because of studies showing it causes cancer in lab animals in high doses. Yet it's still used to give foods and medicines a bright red hue. Studies have indicated that artificial food dyes are associated with behavioral problems in children, including hyperactivity.

If it is enacted, it would mark the first time that a state has banned food additives that are permitted by the Food and Drug Administration. The bill will go into effect in 2027.

Healthy Habits That Could Help Women Reduce Their Breast Cancer Risk

Every day, more than 700 women in the U.S. are diagnosed with breast cancer. October is National Breast Cancer Awareness Month, a time dedicated to raising awareness about the disease. This year experts are urging women to adopt a physically active lifestyle which can help reduce their risk for breast cancer.

1. Avoid alcohol.

The American Cancer Society reports that alcohol consumption is a clear risk factor for breast cancer. Risk increases with the amount of alcohol a woman consumes. For example, a woman who consumes one alcoholic drink per day has a 7 to 10 percent higher risk of getting breast cancer than a woman who abstains from alcohol. Drinking two to three drinks per day could increase risk by around 20 percent.

2. Establish and maintain a healthy weight.

Being overweight or obese increases breast cancer risk, particularly among postmenopausal women. According to the ACS, after menopause women get most of their estrogen from fat tissue. Fat tissue increases estrogen levels in the body, which in turn increases a woman's risk for breast cancer. Elevated levels of insulin in the body, which is common among individuals who are overweight, also has been linked to higher breast cancer risk.

3. Maintain a physically active lifestyle.

A sedentary lifestyle increases a person's risk for various conditions and diseases. Women who live such a lifestyle are



at elevated risk for breast cancer. The ACS notes that sedentary behavior such as sitting, lying down, watching television, or engaging with screen-based forms of entertainment that do not require physical activity can increase breast cancer risk, especially for women who spend most of their work day sitting down. A more physically active lifestyle that includes routine exercise can help women reduce their breast cancer risk.

4. Adopt a nutritious diet.

Eating right is another way for women to reduce their breast cancer risk. Vegetables, fiber-rich legumes such as beans and peas, fruits across the color spectrum, and whole grains are some components of a healthy, nutrient-rich diet that can help lower breast cancer risk. Women also can avoid certain foods

Though there's no guaranteed way to prevent breast cancer, women can embrace various healthy habits to lower their risk for the disease.

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Q. What is your favorite local food truck?

Local food trucks have expanded throughout Kern County over the past decade. We always want to know what brings families out to festivals, fairs and just for a bite to eat. We asked our readers to share their favorite food trucks. Here's a selection of their answers.



"Get It Twisted"

-Breanna Westenbroek



"Fat Dragon Teppanyaki "

-Kathy Gillis



"I absolutely swear by Mariscos Las Cazuelitas! They make my heart happy."

-Angelina McRoberts

"SoCal Tamal"

-Biana Gutierrez



"Bakersfield Smash Burgers "

-Jason Dodson

"Mr. Clamato "

-Alma Nevarez

"Devorame Mexican Grill"

-Krystal Wood

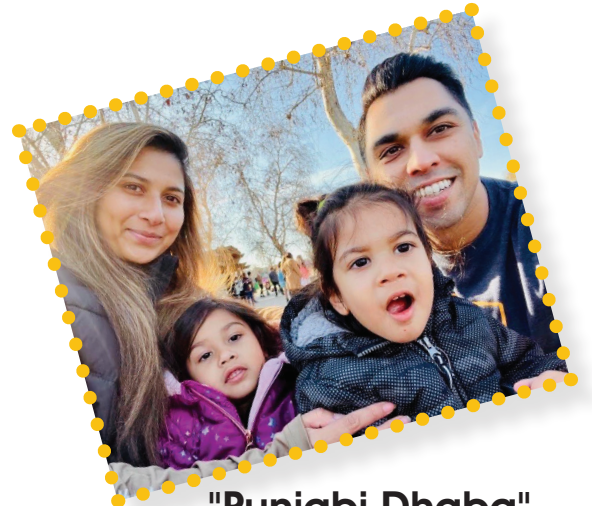


"Pita Paradise"

-Kassandra Lathem

"Buckys Hot Chicken"

-Julie Lau



"Babmokja"

-Sylvia Johnson

"Los 3 Plebes Baked Potatoes and Roasted Corn in Delano"

-Linda Hernandez

"Punjabi Dhaba"

-Ann Thomas



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Peaceful

Hello, Happy Mama: Meg Maitland

Meg shares her love of nature and living in Kern County and what inspires her sense of CALM



Photo courtesy of Jason & Meg Maitland

Meg Maitland knows where she finds peace: in nature. That love of flora, fauna and outdoor experiences contributed to her candidacy as director of California Living Museum (CALM), a role she has held since 2020.

“Nature is how I get revived as a human,” she explained.

Meg earned her degree in biology with a concentration in zoology at the University of California, Stanislaus. Originally from

Kern County, she graduated from Bakersfield Christian High in 2008.

“We moved from Lake Isabella when I was 13,” she said. “That experience at a Christian high school was imperative. My parents also encouraged me and allowed me to have the interests that I do. They encouraged me to pursue the degrees that I wanted and gave me the space to do that, which is really the most important piece. They also encouraged hard work. My parents were always very supportive and just a phone call away.”

Meg found herself working with at-risk youth in Texas and then Colorado, bringing teens and nature together. She later became a hoofstock curator at a ranch in Georgia overseeing more than 300 animals before becoming a tourism photographer.

“A position became available at CALM and my Mom sent it to me in case I wanted to come home,” said Meg.

Home turned out to be just what Meg and her husband, Jason, would find back in Bakersfield as they soon welcomed a baby.

“Jason and I have been together for 10 years, married five. He is my rock. That man is such a blessing. I am so blessed to have him. We have done all of our adventures together,” said Meg. “He was able to be a stay-at-home dad and takes such good care of our home and our child.”

My best life advice so far is...

Accept every adventure because you never know where God is leading you.

Postpartum recovery is an important topic women in particular are focusing on as part of communal conversations with doctors and each other. Meg’s experience with a birth that did not go to a plan and a sudden C-section, in addition to the new demands of motherhood, gave her a lot to reflect on in the fourth trimester, the newly defined 12 weeks after birth that have recently been formally recognized as a particularly vulnerable period of adjustment and healing.

“Every day, my husband would make me go outside for 15 minutes and sit in the sun. I took the baby sometimes, other times I didn’t but I had a moment where I wasn’t being touched or pulled on or nursed on. I felt centered and I could remember that I’m still here regardless of what my body went through. Those 15 minutes gave myself time to have thoughts of my own. Getting my vitamin D and having intentional time outside was a game-changer for me,” said Meg.

She also recognizes the positive role of finding balance with the help of others and the community.

“We all go through those emotions, whether it’s with going back to work or having a changed daily dynamic. Some days it’s easier, some days it’s really hard,” said Meg. “Finding a balance is important. We as women can lean into each other but we don’t do that often enough because we don’t want to feel like we are giving too much advice or imposing but we need

I’m always laughing at...

My ability to run into the objects that have literally been in the same place forever: door-frames, tables and other solid pieces.

each other. It's such a beautiful community that we have in Kern County."

CALM is a sure fit into Meg's vision of local outdoor beauty firmly rooted in the community.

The best book I've read lately is...
"Aggressively Happy" by Joy Marie Clarkson

"We are celebrating our 40th year, so it's an excellent time to visit. CALM has been a staple in Kern County for family fun for those four decades, having gone through a lot of changes and growth. I see it as a community hub with plants and animals," she said.

More than 20,000 students visit the venue each year through school events, a connection that highlights its status as a department of Kern County Superintendent of Schools. STEM (science, technology, engineering and math) camps are offered on-site throughout the school year and a variety of events for family fun are planned for this fall.

"People sometimes have a misperception about the animals at CALM. They may expect to see giraffes, lions, elephants like a traditional zoo but we're here to appreciate

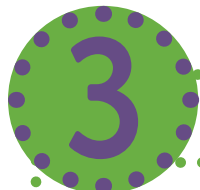


Meg at CALM
Photo by Stacey Leigh Photography

native wildlife. It's about the importance of native plants and animals," said Meg.

"My main goal since starting at CALM is to have an open gate policy, with space to run around and unplug, put phones away and let your children be themselves. I hope CALM will always be a place for family traditions, community events and wildlife education. Come and see for yourself this fall."

Find out more about CALM and watch for fall fun updates at <https://calmzoo.org/>.



Comments From Meg Maitland

Q. Do you have any hidden talents?

A. I have the ability to learn new languages surprisingly well. I have learned ASL (American Sign Language) and Spanish. I also have a weird knack for cooking Indian and ethnic foods that I do not have for American foods.

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

A. In addition to CALM, there are so many fun outdoor spaces like

Hart Park as well as indoor play places and venues like Kern County Museum and Buena Vista Museum.

Q. What is your parenting PSA?

A. Let your kids be kids. Let them make messes and be loud. Go on adventures. Remember with everything your child is seeing that it's the first time for them. For you, it's a stick. For them, it's a magic wand or a sword. Don't exchange your child's wonder for practicality.

Hello, Happy MAMA!

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FULL DETAILS ON ENTRY PAGE
**Enter by 12PM on
OCTOBER 26th**

11 WAYS TO

curb cravings for sweets and other unhealthy foods

With the holidays on the horizon, now is the time to implement new strategies to curb cravings for unhealthy foods. First among those holidays is, of course, Halloween, with its hallmark of sugary treats. Getting children and adults too to move on can make an important difference.



01 Bring Less Home

As with any dietary change, your battle starts at the grocery store. Buy fewer undesirable foods.



03 Set Standards

Don't be shy about letting others know the rules for your family. If school, playdates or parties are the issue, send food with your child or mention it on the RSVP, in official paperwork or where it's most effective.



02 Discuss Expectations

Let your children know about the intentional effort to cut sugar, saturated fat or other problematic ingredients. Explain why in an age-appropriate way that sets up good habits for life.

04 Regulate Sleep

According to a recent study from the National Institutes of Health, sleep-deprived people are more than 55% more likely to become obese. Make sure sleeping eight hours is part of your family's routine.



05 Be Mindful About Portions

Keep portion sizes in check. Measure and serve. Avoid leaving boxes open and accessible, eating in front of a screen or being complacent about overeating.



06 Add More Protein

Increasing protein has been shown to reduce cravings. Add a serving to each meal.



07

Don't Skip Meals

Breakfast, lunch and dinner are all important. Skipping meals can lead to the tendency to overeat later or indulge in unhealthy snacks when you're famished.

08 Take Your Time

Part of overeating around the holidays comes from the concept that these favorite dishes only come around periodically. Know it's fine to make dishes more often throughout the year so they're not a novelty and take your time eating them when they come around.



09

Allow for Opportunities to Eat What You Love

Enjoy food in moderation. Plan your meals to make allowances for less healthy options.

10 Buy Alternatives

Keep your home stocked with items that support your food goals for easy access.



11

Talk With Your Doctor

If you or your child continue to have cravings after months of eating differently, get bloodwork done. An underlying health condition may be the true culprit.

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NOV 17
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KCFM Recommends by Andrea Rose

Spooky Stories for Halloween!

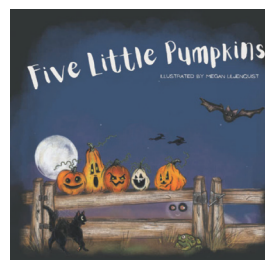
Bonfires, carving pumpkins and spooky stories—they are all a part of a fun Halloween season. Whether you share a scary story passed down from generations or page through a good read to spin a yarn, grab a blanket and start a spooky reading tradition. Here are a few of our favorite spooky stories:



Babies Love Halloween

By Scarlett Wing
 \$6.00; Ages 0-2
 Publisher: Cottage Door Press
 Amazon.com

This lift-a-flap board book starts your infant out with all the Halloween basics. The rhyming story and flaps will engage even the youngest child.



Five Little Pumpkins

By Megan Liljenquist
 \$6.28; Ages 1-4
 Publisher: Independently published
 Amazon.com

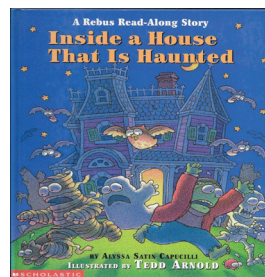
There are many versions, but it's the illustrations in this version that we like. The rhyming lyrics are easy to memorize with just the right amount of spooky imagery!



Goodnight Goon!

By Michael Rex
 \$6.28; Ages 1-4
 Publisher: G.P. Putnam's Sons Books for Young Readers
 Amazon.com

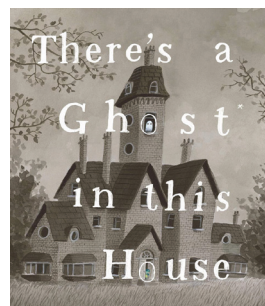
This Halloween parody book takes bedtime into a cold tomb with a black lagoon with two slimy claws and a couple of jaws and a skull and a shoe and a pot full of goo!



Inside a House That Is Haunted

By Alyssa Satin Capucilli and Tedd Arnold
 \$5.50; Ages 3-8
 Publisher: Scholastic
 Amazon.com

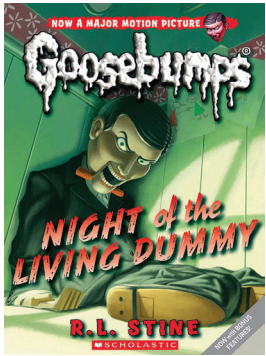
The rebus read-along story in which the spider, ghost, cat and other inhabitants of a haunted house wake up and startle each other. It's a classic, adorable read!



There's a Ghost in This House

By Oliver Jeffers
 \$15.91; Ages 3-7
 Publisher: Philomel Books
 Amazon.com

This unique picture book features interactive, transparent pages as it tells the story of a girl who lives in a haunted house—although she has never seen a ghost. Help her search!



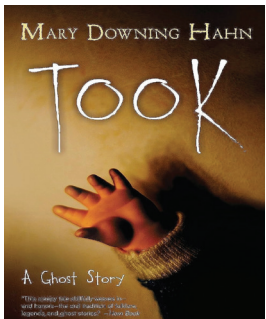
Goosebumps: Night of the Living Dummy

By R.L. Stine
\$6.52; Ages 7-10
Publisher: Scholastic
Amazon.com
Slappy is a ventriloquist's dummy discovered by a girl named Lindy. But when weird things—evil things—begin to happen, is Slappy to blame or is something more sinister going on?



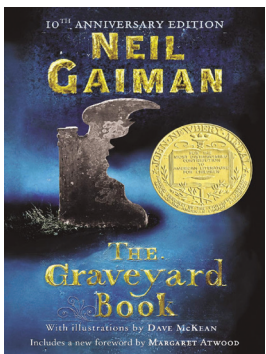
The Book of Chaos

By Jessica Renwick
\$11.99; Ages 8-12
Publisher: Starfell Press
Amazon.com
Fable Nuthatch has magical powers, but the 12-year-old must hide it from the world. When a unusual book lands in her lap and her cousin vanishes into its pages, she follows, landing in an enchanted forest filled with interesting people and mythical creatures.



Took: A Ghost Story

By Mary Downing Hahn
\$7.99; Ages: 9-11
Publisher: Clarion Books
Amazon.com
Daniel doesn't believe the woods behind his new home are haunted by an evil witch and her terrifying beast—until his little sister disappears.



The Graveyard Book

By Neil Gaiman & Dave McKean
\$10.99; Ages: 10-12
Publisher: HarperCollins
Amazon.com
The only book to win both the Newbery and Carnegie medals. It's the tale of Nobody Owens, a boy who would be completely normal if he didn't live in a graveyard, being raised by ghosts, with a guardian who belongs to neither the world of the living nor the dead.



The Woods Are Always Watching

By Stephanie Perkins
\$9.58; Ages 14-17
Publisher: Dutton Books
Amazon.com
Best friends Neena and Josie spent high school as outsiders and now are about to set off to college. They take a three-day hike into the woods straight into a new nightmare.



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halloween



*Get Your
Pet Ready
For Halloween*

*Popular
Costumes for
2023!*



*Sink Your Teeth into
this Fall Dessert*

POPULAR *halloween* COSTUMES FOR 2023!

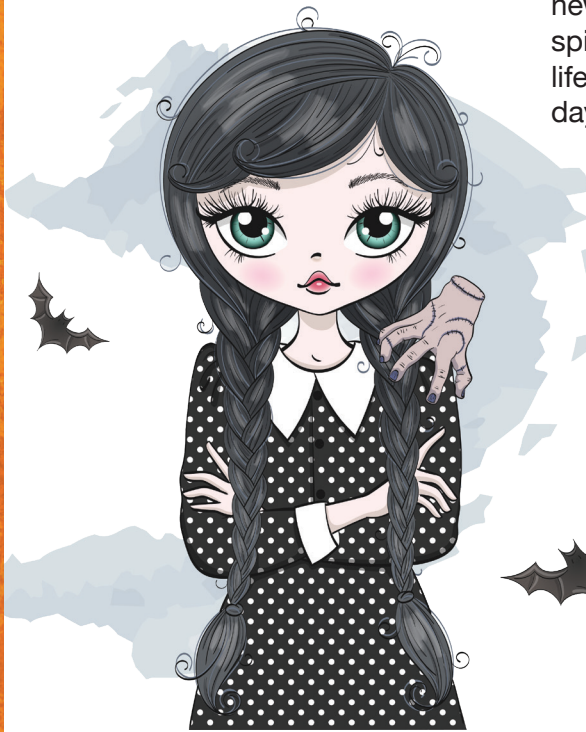
Costumes and candy are synonymous with Halloween. Individuals may spend weeks or months trying to come up with the perfect costumes for their trick-or-treating excursions or Halloween parties.

Many children and adults also enjoy costume themes, in which they dress up to coordinate with others in their group. There is always a steady selection of classic costumes that appeal to Halloween revelers, including vampires, cats, witches, and pirates. But one only need look to pop culture to come up with costumes unique to a particular year or era.

The following are some costume ideas that figure to be wildly popular in 2023.

- **Barbie®:** Due to the release of the mid-summer motion picture "Barbie," starring Margot Robbie as the titular character and Ryan Gosling as "Ken," there are bound to be many pink-clad trick-or-treaters traveling through neighborhoods this fall. Barbie always has had an impressive wardrobe, so fans of the film can dress up in any of her signature looks.

- **Wednesday Addams:** Fans took to the inspiring new Addams Family spinoff that explores life through Wednesday's eyes. With her signature black frocks and pig-tails, it doesn't take much to look like this macabre teen.



- **Creed:** Rocky's boxing spin-off series "Creed" gave fans its latest installment

with "Creed III" in 2023. The boxing champ dons all-white or all-red color schemes in this movie, and fans may want to emulate that in their costumes.



- **Geralt of Rivia:** "The Witcher" fandom is widespread, and viewers were treated to another season of the Netflix series this summer. This is the final season with Henry Cavill in the titular role (Liam Hemsworth is reportedly set to take over), so fans may be inspired to dress the part for Halloween this year.

- **Jigsaw:** "Saw X" will be released on October 27, and the Jigsaw Killer might be a choice for those looking to instill fear around the neighborhood.

- **Ariel:** Disney has reinvented many of its popular animated classics into live-action retellings, and "The Little Mermaid" took its turn this year. Life is more fun under the sea, so costumes for Ariel the mermaid and her underwater friends and foes figure to be popular.

- **Nepo Baby:** The phrase "Nepo Baby" grew wings this year with the spotlight placed on many celebrity kids whose rise to fame may have been pushed along by their successful parents. All it takes is a pair of jeans and plain white T-shirt with "Nepo Baby" on the front to pull off this look.

- **Ted Lasso:** The main character from the Apple TV series potentially has made his last appearance on the pitch, as the most recent season, which premiered in March, is rumored to be the show's last. Nevertheless, Lasso's goofy, down-to-earth-isms and unique look will live on through those who wear his signature mustache, jacket and visor.

Halloween costumes run the gamut of classics and pop culture references. This year people are bound to see some common threads in neighborhoods across the country.

Halloween feature continues on page 20

GET YOUR PET READY FOR *halloween!*

Dressing up for Halloween is one of the more enjoyable ways to celebrate the spooky season. Pet owners often choose to include their companion animals in Halloween festivities. Data from a 2022 PetSmart national survey unveiled that more than 75 percent of pet parents planned to dress their pets up for Halloween and other fall occasions. Some city-dwelling individuals even planned to match their pet's fall attire to their own.

In 2019, the National Retail Federation estimated Americans would spend \$490 million on pet costumes in 2020, which was more than double the figure spent around a decade prior.

Rubies, the largest manufacturer of pet costumes in the U.S. and Europe, shared these statistics in 2022, many of which will stay consistent this year.

-Vermont, New Hampshire, South Dakota, Utah, and Maine are the states most likely to dress up their pets.



• A pumpkin, hot dog and bat are the three most popular pet costumes. Star Wars-themed costumes also favorites year after year.

There are plenty of costumes, clothing designed for pets, but not all of them are recommended by humane organizations or vets.

Those who choose to include pets in Halloween festivities should keep these tips in mind when selecting costumes.

Fry Doggie courtesy of Stacy Payne

• **Can your pet move properly?** Check to see if the clothing item is sized appropriately so that it is not restrictive. Make sure the pet can walk properly, jump, groom, and relieve itself. Do not leave pets in costumes for too long, as they may affect the animal's ability to control body temperature.



• **Is your pet stressed?** Look for behaviors that may indicate the pet is stressed by wearing the costume. Pets feeling anxious may groom excessively or make more noise than usual. Dogs may pant a lot or yawn. If a pet is pawing or pulling at the costume, it might be making the animal uncomfortable. Dogs tend to be more tolerant of costumes than cats, though each pet is unique.

• **Can body language be relayed?** Pets use body language to communicate with other animals. Costumes could interfere with that ability. If the pet will be wearing the costume indoors and not in proximity to other animals, it may be fine. Pets who will be walking outdoors and come into contact with other companion animals might act differently and other animals may act aggressively when faced with a pet in a costume.

• **Is it safe?** Choose costumes that do not impede the pet's vision or its ability to walk. Select materials that are fire-retardant and nontoxic.

Pet costumes are quite popular on Halloween, and pet parents can have fun celebrating while also keeping pets' comfort and safety in mind.



you can do it! Courtesy of Culinary.net



Not *One* Crumb Left!

Apple orchards, apple picking and apple desserts all scream fall. Glowing with bright yellows and reds, apples are juicy and more than ready to be used in your favorite fall recipes. If you're looking for something sweet and full of texture that can turn your taste buds upside down, look no further.

Make your next fall festivity or holiday gathering just a little sweeter for all. Spice things up then cool things down. This dessert does it all in just one bite. Find more recipes for the fall season and holiday fun at Culinary.net.

Spiced Apple Crumble

Filling:

- 6 medium Honeycrisp apples, peeled and cubed
- 1 tablespoon white flour
- 1/2 cup white sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 2 lemons, juice only

Topping:

- 1 cup quick oats
- 1 cup white flour
- 1/2 cup light brown sugar
- 1/2 cup dark brown sugar
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon powder
- 1/2 cup unsalted butter, melted
- 1/8 teaspoon salt
- vanilla ice cream (optional)

Directions:

Preheat oven to 350 F.

To make filling: In medium bowl, add apples, flour, sugar, cinnamon, cloves and lemon juice. Toss to evenly coat. Spread evenly in 8-by-8-inch baking dish.

To make topping: In medium bowl, add oats, flour, brown sugars, baking powder, cinnamon, melted butter and salt. Fork mixture to create crumbles. Pour crumble topping on top.

Bake 30-40 minutes, or until golden brown. Let stand 10 minutes before serving. **Serves 6-8 people. Serve warm with vanilla ice cream.**

TEHACHAPI APPLE FESTIVAL

October 14th: 10a - 5p &
October 15th: 10a - 4p
Green St. in Tehachapi

Family fun for everyone. Music, kids games, bounce houses, food, drinks & live events, including apple bobbing, street maze, marionette show, aerial silk show, line dancing demo & lessons, 100's of vendors, & more.

Pie Eating & Apple Drop on Saturday
Pie Baking & Vintage Trailer Show on Sunday

RioTinto **BHE RENEWABLES** **Terra-Gon Power, LLC** **Adventist Health Tehachapi Valley** **VALLEY STRONG**
TEHACHAPI HEALTH CENTER **Loop Community Newspaper** **WM WATER MANAGEMENT**

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Details on page 4!



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Mom With Girls...



...let's play dress-up

It probably does not come as any surprise that when I was pregnant, people would ask me if I wanted a boy or a girl. "It doesn't matter," I would say.

Confession? I never admitted this to anyone, not even myself, but secretly, deep down, I wanted a girl. I wanted to dress her up in cute clothes and braid her hair and take her shopping and out to lunch and to get her nails done.

I didn't particularly like dressing up or shopping myself. And I never fussed over nails or make-up. I just thought it would be fun to do for someone else. I probably thought that I could sort of enjoy it vicariously without actually having to put on the uncomfortable clothes or worry about breaking a nail.

I got my wish. Two girls. We have been going out to lunch since they were big enough to eat. The days of dressing them up have passed, but I got to enjoy years of choosing adorable clothes and shoes without a fight. They no longer let me touch their hair, but I did get to do some French braids when they were little. I am fulfilled.

They are at the age now where I am expecting them to want to go shopping and get haircuts and mani/pedis. Instead, they like to play in the dirt and have running races. And being the supportive mom that I am, of course, I'm always like, "OK, if that's what you want, let's do that." While I secretly die a little inside because I just want to sip iced tea on the patio at that crepe place downtown.

They will go with me to the crepe restaurant, but just as often they choose Chick-fil-A. (Nothing against Chick-fil-A. I love those waffle fries myself.)

I did talk them into a mani/pedi once before an important event. They

hated it. It tickled. It took too long. The polish started chipping off within a day.

One girl is forever cutting her nails too short and complaining of ingrown nails. The other is forever complaining that her friends at school won't race her because the girls are wearing heels and the boys won't race a girl.

And I'm thinking, "Who raised these kids? How did they turn out like this? Why are we not watching "The Gilmore Girls" and having spa days?"

And yet. I trim my nails close. I was a Jiffy Lube technician in college. I played basketball at my own wedding. In my wedding gown. And dress shoes.

I do not own make-up, high heels, sunglasses, perfume, or nail polish. I have never actually seen an episode of "The Gilmore Girls." I once tried a tanning salon (this was in the early 90s when people did that sort of thing), but I left right away; I had panicked in the tanning bed because I could not stop thinking that it looked like a coffin.

But right now, I just want to go shopping. I want to buy them clothes and shoes and accessories and make-up and perfume and nail polish.

But they mostly just get dirty and sweaty. They play hard and have fun. And then I have the Herculean task of trying to talk them into taking showers.

And I remember that they are kids, not dolls. Kids who take after me more than I could have imagined.



Pumpkin Masters World of Eric Carle - Pumpkin Glowing Peg Lights Kit



This kit includes all you need to create colorful patterns with tap in peg lights that will illuminate once your pumpkin is lit. Also included are stickers to complete the three designs. Ideal for young children to get involved this Halloween season. Adult supervision required, not for children under 2 years. \$17.96, www.amazon.com

Halloween Smencils - Scented Pencils



Unique scented stationery that brings quality fun to any arts, crafts, or homework activity; and is a great teaching incentive for kids in school. Scents include: Cherry, Pumpkin, Candy Apple, Plum, and Blueberry \$8.99, www.amazon.com

SPOOKTACULAR PRIZE PACKAGE GIVEAWAY!



Enter to Win All These Items in the October Hello, Happy Mama Contest!

Little Unicorn Cotton Muslin Swaddle Blanket - Cats and Cauldrons



Featuring hand-painted prints, this versatile swaddle is an everyday essential. Crafted in lightweight and breathable cotton muslin, ideal for swaddling, nursing, cuddling and more. \$19.00, www.littleunicorn.com

Old World Christmas - Trick or Treat Ornament



Celebrate the spooktacular spirit of Halloween with Old World Christmas Halloween ornaments! These intricately designed ornaments capture the magic and mischief of the season. \$21.99, www.oldworldchristmas.com

When it comes to Halloween, kids are usually focused on one thing: the candy. But if you want to give them something that won't give them a sugar rush there are plenty of Halloween toys and gifts that will put them in a spooky mood.

Little Me Halloween Pajama Set

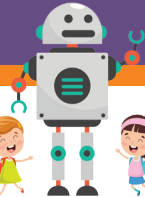


Trick or treat and right to sleep! These snug-fitting two-piece pajamas are crafted in premium cotton for your sleepy little pumpkin. \$30, www.littleme.com

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



October 3

National Night Out 2023

Come check out displays from local first responders, meet your BPD staff. This event is FREE to attend and fun for the whole family!
6 PM - 9 PM
Yokuts Park
4200 Empire Drive Bakersfield, CA

October 4

Galactic Gala

The annual fundraising event benefits the Bakersfield Ronald McDonald House.
5:30 PM - 9 PM
Bakersfield Country Club
4200 Country Club Dr. Bakersfield, CA
661-437-4130

October 4



Brett Young "Dance with You Tour"

California country star Brett Young performs in Bakersfield. Tickets start at \$45.
6:30 PM
Dignity Health Amphitheatre: Park at River Walk
11200 Stockdale Highway
Bakersfield, CA

October 5

13th Annual Taft College Foundation Cougar Cookout

Les Clark, Jr. and Les Clark III receive the 2023 Community Spirit Award
5 PM - 8:30 PM
Taft College
29 Cougar Court Taft, CA
<https://ct-test-web.taftcollege.edu/events/2023/10/cougar-cookout.php>



October 7

NAMI Walks 2023

Come walk in support of local mental health programs.
9 AM - 12 PM
Yokuts Park
4200 Empire Dr.
Bakersfield, CA
<https://namikerncounty.org>



October 7

MARE Diamonds and Denim Gala

Festivities include Equine Red Carpet, catered dinner, live and silent auctions. Proceeds benefit M.A.R.E.'s equine-assisted therapies and activities for children, adults, and veterans with physical, cognitive, and emotional challenges.
MARE Riding Center
18200 Johnson Rd. Bakersfield, CA
<https://www.mareringcenter.com/diamonds-denim>



October 12

Kern County Veteran's Stand Down

This event brings over 100 services to one area with the goal of making those services more accessible to veterans who need support.
8 AM - 3 PM
Stramler Park
3805 Chester Ave. Bakersfield, CA

October 13

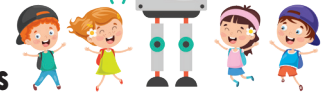
Beach Boys in Concert!

American legends The Beach Boys make their triumphant return to Bakersfield!
7:30 PM
Dignity Health Amphitheatre
11200 Stockdale Hwy Bakersfield, CA
www.axs.com

October 13

Robots 4 Tots

Children will work together crafting their own robot to take home using recycled materials and craft materials. Enjoy this FUN Robot activity day for FREE! Registration is required.
10:30 AM - 1 PM
Riverview Community Center
401 Willow Dr. Bakersfield, CA
661-392-2020
<https://www.norfun.org/2023-10-13-robots-4-tots>



October 13-15

Disney on Ice - Into the Magic

Into The Magic takes families on a high-sea adventure as Moana sets sail on a life-changing quest to save her island with help from the demigod Maui.
Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA

October 14

Discounted CPR & First Aid Classes

Thanks to a grant from First 5 Kern low-cost pediatric CPR/AED and first aid courses will be offered to parents, grandparents, expectant parents, and childcare providers of children 5 and under. Pre-registration is required in person at McMurtrey Aquatic Center.
8 AM - 1 PM
Community House
2020 R Street
Bakersfield, CA
www.bakersfieldparks.us



FALL



October 14

6th Annual NOR Fall Festival

Celebrate the changing of the seasons! Come enjoy a kids' zone with carnival games, bounce houses, vendor booths, and so much more. The day ends with a movie in the park. Free lunch for the first 200 guests.
2 PM – 5 PM
Almondale Park
5501 Verdugo Ln. Bakersfield, CA
www.norfun.org

October 14

Bakersfield Brunch Fest

Bottomless brunch bites from over 20 local chefs and restaurants, and a variety of beverage bars. A 21yrs & over event.
11 AM – 3 PM
Stramler Park
3805 Chester Ave Bakersfield, CA
www.bakersfieldbrunchfest.com/

October 14 & 15



Tehachapi Apple Festival

The 2023 Tehachapi Apple Festival is two days of "Applie Goodness" featuring tons of new apple related items and food.

Saturday 10 AM – 5 PM

Sunday 10 AM – 4 PM

Centennial Plaza
110 S. Green St. Tehachapi, CA
www.tehachapiapplefestival.com/

October 15

2023 Village Flea

Vintage Furniture, Artisan Products, Art, & More! \$5 admission, 12 & Under Free
8 AM – 3 PM
Kern County Museum
3801 Chester Ave Bakersfield, CA
kerncountymuseum.org/village-flea/

October 18

Wonderful Wednesday

Find all things antique and vintage! Art-work, collectibles, glasswork and more. Special guest: Aliza McCracken.
10 AM – 6 PM
Discovery Shop American Cancer Society
5420 California Ave. Bakersfield, CA

October 18-22

Boo at the Zoo

Halloween themed event features spooktacular games and prizes, festive decorations, and zoo animals enjoying their own treat-filled jack-o'-lanterns. Children are encouraged to come in costume.
California Living Museum
10500 Alfred Harrell Hwy Bakersfield, CA
<https://calmzoo.org/events/>



October 20

Jordan Davis in Concert

Tickets start at \$30.
7:30 PM
Mechanics Bank Arena
1001 Truxtun Ave. Bakersfield, CA
www.mechanicsbankarena.com

October 20

2023 CSUB Alumni Party in the Park

This annual event benefits its scholarship & mentoring programs.
6 PM - 9:30 PM
California State University, Bakersfield
9001 Stockdale Hwy Bakersfield, CA
<https://events.csub.edu/e/2023-alumni-party-in-the-park>



October 21 & 22

HOWL-O-WEEN Event

Wind Wolves Preserve is hosting its first-ever Howl-O-Ween - a family-friendly event that is sure to unleash spooktacular fun!
Wind Wolves Preserve
16019 Maricopa Hwy
Bakersfield, CA
661-858-1115
wildlandsconservancy.org



October 21

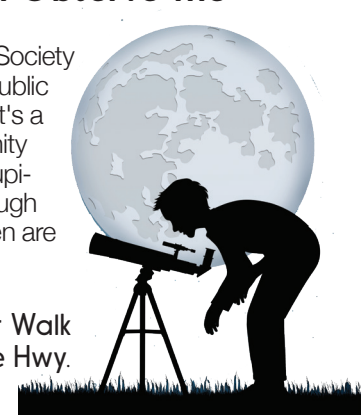
Bakersfield College Alumni BBQ

BBQ, beer garden, live music and more! Tickets are \$25 and include dinner and entrance to the BC homecoming football game.
1 PM – 5 PM
Bakersfield College
1801 Panorama Dr
Bakersfield, CA
<https://supportbc.org/rene-gade-promenade/>

October 21

International Observe the Moon Night

Kern Astronomical Society is hosting a FREE public telescope viewing. It's a wonderful opportunity to see the Moon, Jupiter, and Saturn through a telescope. Children are welcome!
7 PM – 10 PM
The Park at River Walk
11200 Stockdale Hwy.
Bakersfield, CA
661-832-0712



CONTINUED

KERN COUNTY FAMILY MAGAZINE

daily happenings

THE BEST LOCAL CALENDAR OF EVENTS!



October 21

2nd Annual Festival del Mariachi

This event is for everyone, whether you're a seasoned mariachi aficionado or just discovering the magic. Don't miss the Cultural

Fest before the show featuring folkloric dancers, food, music, art, and more!
7 PM

The Historic Fox Theater
2001 H Street Bakersfield, CA
www.thebakersfieldfox.com

October 21

Cultural Festival 2023

This FREE community event includes Folkloric Ballet, Youth Mariachi, a variety of food and drinks, and more! Presented by United Way of Kern County.
2 PM – 6 PM
H & 20th Streets Bakersfield, CA
661-834-1820



October 21

5th Annual Oktoberfest Brews for Books

Junior League of Bakersfield Community House
1928 19th St. Bakersfield, CA
www.jlbakersfield.org/Oktoberfest

October 21 & 22

Via Arte Italian Street Painting Festival

Artists unlock their imaginations and turn the parking lot of the Marketplace into a gallery of chalk masterpieces.
9 AM – 8 PM
The Marketplace Bakersfield
9000 Ming Ave. Bakersfield, CA
www.viaartebakersfield.com/

October 27

Movies in the Park

Bring your picnic gear, lawn chair and blankets. Refreshments are available. Movie begins at dusk.

6 PM – 9 PM
Silver Creek Park
7011 Harris Rd
Bakersfield, CA
661-326-3866



October 27

Links for Life Hot Pink Celebration

Celebrate Breast Cancer Awareness Month! Entertainment, silent & live auctions, inspiring stories, and more! Put on your boldest shade of PINK as we honor survivors, support fighters, and raise awareness for breast cancer.
6 PM

Luigi's Warehouse
725 East 19th Bakersfield, CA
661-322-5601
https://linksforlife.org/linksevents/

October 28

CASA of Kern County Superhero Fun Run

Join forces with your favorite heroes and villains at this run/walk in support of abused and neglected children.
8 AM

The Park at Riverwalk
11200 Stockdale Hwy
Bakersfield, CA
661-631-2272
www.kerncasa.org



October 28

1st Annual Patty's Safe Trunk and Treat

The event will feature a night full of family fun, free candy, a costume contest, and child ID kits.

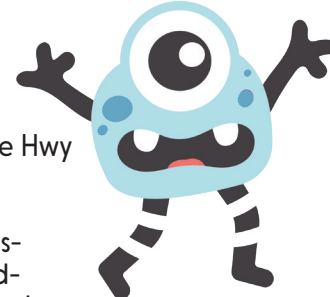
4 PM – 9 PM
West Coast Tire & Auto Center
3723 Auburn St. Bakersfield, CA

October 29

Monster Mash Dash

The annual walk/run is open to all ages. Costumes are encouraged! Proceeds from this event go towards 'Make A Wish' Foundation.

8:30 AM
The Park at River Walk
11200 Stockdale Hwy
Bakersfield, CA
runsignup.com/
Race/CA/Bakersfield/Bakersfield-MonsterMashDash



October 30 & 31

Safe Halloween Event

Trick or Treat in Pioneer Village
5 PM – 9 PM
Kern County Museum
3801 Chester Ave. Bakersfield, CA
kerncountymuseum.org/safe-halloween/

October 31

Trick or Treat in Town & Country Village

Free family event! Come trick or treat at the shops in Town & Country Village.
4 PM – 5:30 PM
Town & Country Village
8200 Stockdale Hwy
Bakersfield, CA



ONGOING HAPPENINGS

October 1-31

2023 OCTOBER FUN FEST

This annual event features a pumpkin patch, sunflower maze, bounce pillow, and more.

Murray Family Farms
6700 General Beale Road
Bakersfield, CA
www.murrayfamilyfarms.org

October 2-30

CHERRY ACRES PUMPKIN PATCH

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https://www.cherry-acres.com/

October 6-31

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ACTIVITY CORNER ANSWERS

PAGE 30

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

CROSSWORD

- Across**
1. Sheepish
 5. Restrain
 6. Book
 7. Ghost
- Down**
1. Scary
 2. Ebbs
 3. Pours Out
 4. Haunting
 6. Boo

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Register via Eventbrite at kernautism.org
Chess Club for Teens & Adults Saturday, October 21st at 11 a.m.
Register via Eventbrite at kernautism.org
Father's Virtual Autism Support Group
Saturday, October 21st @ 3:30 p.m.
Register via Eventbrite @ kernautism.org

EARLY SIGNS OF AUTISM:

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

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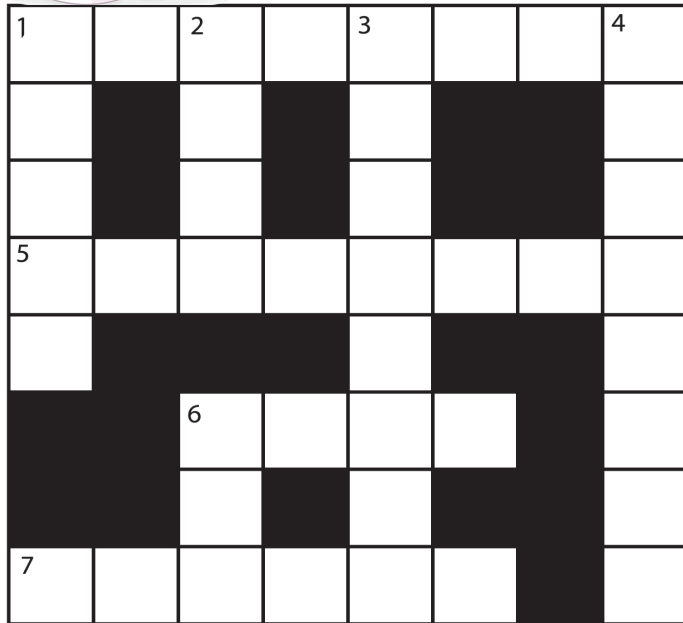




OCTOBER ACTIVITY CORNER

puzzle answers on page 28

Crossword



ACROSS

- Showing a lack of self-confidence
- Hold back
- Reading material
- Specters

DOWN

- Frightening
- _____ and flows
- Spills from vessel
- Ghost visiting a location
- What a ghost says

Sudoku

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

Level: Beginner

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

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



DID YOU KNOW?

October is National Animal Safety & Protection Month. You should be careful to keep all Halloween candy out of the reach of pets. In particular, chocolate and sugar-free sweeteners can be lethal for dogs and cats.





OCTOBER ACTIVITY CORNER

puzzle answers on page 28

Animal Welfare Word Search

Presented by Pacific Ag Rentals

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

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