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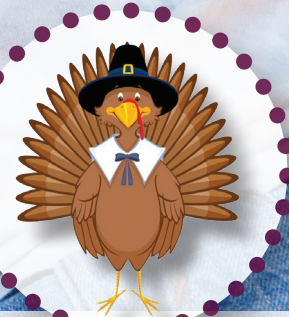
NOVEMBER 2023



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*plus*

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# Hello WIC



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!

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**DISTRIBUTION INQUIRIES**

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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.

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.

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Photos by Stacey Leigh Photography, Models: The McNabb Brothers  
L to R: Titus, 6 years old, Micah, 1 year old, Ezra, 3 years old

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**Help Provide Comfort for Kids Experiencing Foster Care**

*plus* Don't miss the **FUN**, the **FEATURES**, & the **FACTS!**



You Can Do It  
Slow-Roasted  
Holiday Turkey  
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Vaun Thygerson, Contributing Writer

During a recent trip through the car wash, I had a weird tug on my heart. I realized that I miss my messy car. I never thought the day would come where I would be sad that I didn't have to go to the vacuums because my car mats were free of debris; but here it was, I was skipping it. I am grateful that my kids are older and doing well enough to be making messes in their own cars because they sure did a number on mine throughout the years.

When they were younger, my car was a DISASTER

– all caps warranted! The floors were covered in cracker crumbs, the seats were sticky, and the windows had smears up and down them. It was always a fun guessing game as to what I would find squished in between the seats when I would put up the third row of my SUV. But, looking back now, I can laugh about it - at the time, not so much. With this month of gratitude, I feel very lucky to have so many fun memories of motherhood.

Another mom who feels blessed this season is featured this month in the article, **“Hello, Happy (De-termined) Mama: Jenny Frank shares her perspective on family, veterans and how every person can help,”** by Callie Collins. A mother, grandmother, and leading advocate for local veterans, Frank is Bakersfield College’s Manager of Veterans Services. To read all about her passion for her family and BC’s student veterans, **turn to page 12.**

This season is all about being grateful, so KCFM wanted to share some its top picks for books that will help you teach your children to be more appreciative.

Check out the article, **“It’s Time for Giving Thanks,” on page 16** to see some of our favorite books. From titles like “Llama Llama Gives Thanks” to “The Gratitude Tree,” Andrea Rose has hand-picked some of her favorite reads. The one that I can’t wait to get my hands on is the book titled, “Raising Grateful Kids in an Entitled World,” by Kristen Welch, with an endorsement from one of my favorite authors, Gary Chapman.

One thing most moms and dads can relate to is the dreaded homework session. In this month’s Humor at Home article, **“Homework Help: How Algebra Beat Me,” on page 22,** Julie Willis writes about how her daughter’s equations humbled her. She even reaches out to her friends via Facebook to help her and most of them get it wrong too. Thanks to two teacher friends, she has the answer for this problem, but then she has to solve the next one, which is converting the volume to cubic yards. Let the problem-solving quest continue.

This time of year, as we plan our time to come together to celebrate, remember that inclusion is part of the spirit of the season. In the article, **“Gathering with Empathy: 11 Ways to be Inclusive of Others All Year Long,”** Callie Collins writes about teaching our children to be caring individuals through listening and empathy. To read her tips, **turn to page 14.**

November is such a great month to find the time to appreciate all the big and little moments and people in your life. It’s funny how perspective changes with age; and some things you never thought were a blessing really were one – like a messy car. As Jay Shetty says, “There are so many things in the world that could be invisible to the material eye, and when you take a moment to stop, to pause, to be present and notice them – that’s gratitude.”



# FIND TOMMY TURKEY!



This one doesn't count.

Count the number of Tommy Turkeys you find throughout this issue, then submit your answer by noon on November 27th at <https://kern-countyfamily.secondstreetapp.com/Find-Tommy-Turkey-2023/> for your chance to win a:

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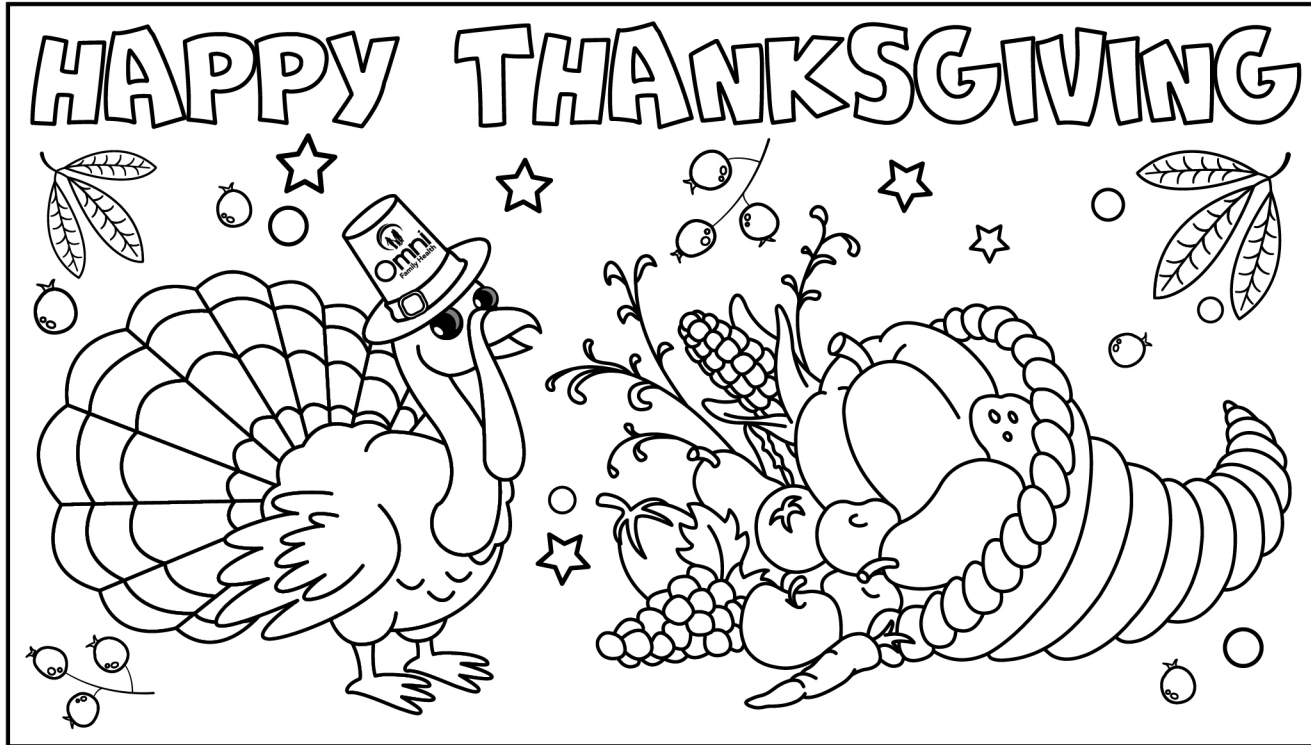
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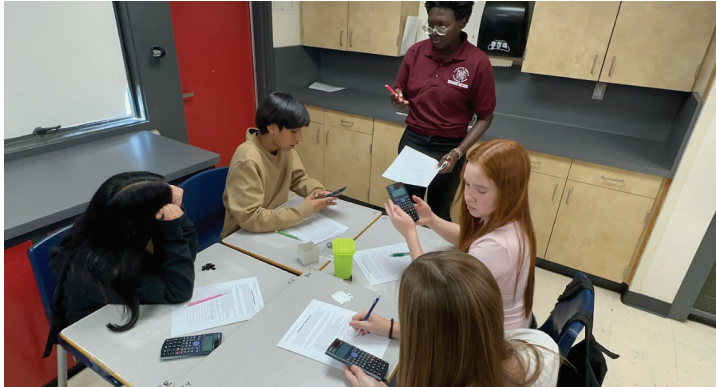
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## Independence High School Juniors Become Teachers for the Day



Juniors from Independence High School teach Lakeside School students about energy and its affect on society. Photo Courtesy of IHS

Forty-three juniors from Independence High School's Energy and Utilities Career Academy turned teachers for the day to share their passion for science with young learners at the Annual Energy Day at Lakeside School. These students shared their knowledge with hands-on activities and interactive lessons they developed that focus on petroleum, wind, solar, hydropower and the science of energy.

"Our overall goal is to try to teach the students what's in the textbook but then show them where else they can actually apply it and give them chances to take their textbook knowledge that they're acquiring in school and find a purpose to use it," says Aaron Jacobson, Energy Academy Coordinator.

The Energy and Utilities Career Academy has partnered with the Lakeside School for the past 10 years and is part of a three-year program that begins in the students' sophomore year. They learn about the energy sources and their impact on society.

## New Bullying Prevention Handbook Developed for Youth Sport Coaches



The U.S. Center for SafeSport (The Center) recently released its new Bullying Prevention Handbook, which is tailored to coaches of minor athletes, provides useful tools to create safe and inclusive sporting environments for all athletes.

The handbook's core themes focus on how to recognize, prevent, and respond to bullying behavior in order to create a positive environment.

"Youth sports should be fun and confidence-boosting, but bullying can seriously impact an athlete's physical and mental health," says Ju'Riese Colon, CEO, U.S. Center for SafeSport. "Using the Center's bullying prevention handbook, caring and engaged coaches can foster supportive environments to help athletes thrive on and off the field."

To download a copy of the handbook, please visit <https://eptool-kit.uscenterforsafesport.org/prevent-bullying/>.

## Celebrate Dia de los Muertos



After a three-year hiatus, it's time to come out and participate in Kern County Hispanic Chamber of Commerce's Dia de los Muertos event on Sunday, November 5 from 1 to 7 p.m. at the Kern County Fairgrounds. This day is a celebration of life, love, and death originated in Mexico but has also taken root in American culture. As part of the tradition, friends and families use this time to honor deceased loved ones by paying tribute to them with memorial altars that display their loved ones' favorite items.

"The family altars are works of art and can be observed and celebrated throughout the event," says Jay Tamsi, KCHCC President/CEO. "This cultural tradition continues to grow and unite family and friends across generations. It's really about everyone coming together and remembering the lives of many, but not in sadness, but in joy and happiness."

This event will include traditional Aztec dancing and blessing, live music, costume contest, mariachi performances, and much more. Pre-sale tickets are available online at [www.kchcc.org/ddlm](http://www.kchcc.org/ddlm) for \$8 or at the gate the day of the event for \$10, children ages 5 and under are free.

Altars and Ofrendas can be purchased by calling the KCHCC office at 661-633-5495 or email [amora@kchcc.org](mailto:amora@kchcc.org).



## Starbucks Opens First Bakersfield Community Store

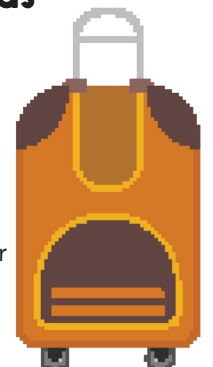
Starbucks recently dedicated its 34th Community Store, and first in Bakersfield located on 24th and L Streets. Officially opened in July and dedicated in October, this location will support local economic development and empower local youth. This store is not like other Starbucks stores in the area – through local hiring, partnerships with local nonprofits, diverse contractors and artists, and this store is dedicated to creating pathways for those facing barriers to opportunity.

For more information, please visit [www.starbucks.com](http://www.starbucks.com).

## Help Provide Comfort for Kids Experiencing Foster Care

Something often overlooked is how kids experiencing foster care secure their belongings. Most often these children are forced to use trash bags to transport their possessions. Bakersfield Christian High School students are working to solve this problem by hosting a Luggage Drive to benefit the 2,000 local children experiencing foster care. Organizers are collecting new or gently used luggage until December 1st. You can drop off luggage on the BCHS campus at 12775 Stockdale Hwy. in Bakersfield.

For information visit [www.bakersfieldchristian.com](http://www.bakersfieldchristian.com).





## CALM's 21st Holiday Lights Return as a Stroll-Thru Event Inside the Zoo

The California Living Museum (CALM) recently announced that the award-winning HolidayLights will be returning as a stroll-thru event in 2023. According to CALM Director Meg Maitland, based on community feedback, CALM felt it was time to bring the event back inside the zoo where guests can stroll through the grounds, enjoy delicious food and beverages from CALM's agency partner Teen Challenge; and ride the popular Candy Cane express train.

"This drive-thru format worked well for three years and allowed many guests to enjoy HolidayLights for the first time. With that said, the community overwhelmingly wants HolidayLights back inside the zoo" Maitland says.

"HolidayLights is a long-standing tradition that families look forward to, not to mention CALM's largest fundraiser," says Russell Bigler, Chair of the CALM Foundation. "While we enjoyed hosting Autumn-Nights last fall, we decided to put our energy into bringing HolidayLights back as a stroll-thru experience. We look forward to continuing this amazing Kern County tradition." HolidayLights will kick-off on Saturday, November 25 and run nightly through December 30, except on Christmas, from 5:30 to 9:30 p.m.

For more information visit [www.calmzoo.org](http://www.calmzoo.org).



Meg Maitland; CALM Director  
Photo by  
Stacey Leigh Photography

## Ten-year-old Artist Raises \$5000 for Boys & Girls Clubs of Kern County

Ten-year-old Mia sold her artwork for \$5000 at a recent fundraiser supporting the Boys & Girls Clubs of Kern County (BGCKC). At the Farm to Tableaux event, she donated her masterpiece, inspired by Picasso, to support art classes for youth and programs that enrich the lives of local children.

"As a celebration of the arts, Farm to Tableaux was a huge success with more guests, more entertaining opportunities, and more investment in our children. The fact that our children participate by painting their hearts out for this event and then donate their art in support of art lessons, supplies, and materials for themselves and other children is our best Farm to Tableaux outcome," says Zane Smith, BGCKC Executive Director. "We are so grateful for the generosity of our children to shine in the visual and performing arts."

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



Ten-year-old artist, Mia, on stage at the BGCKC's recent fundraiser where her Picasso-inspired painting sold for \$5,000.



**BOYS & GIRLS CLUBS**  
OF KERN COUNTY

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**GREAT FUTURES START HERE.** [www.bgckc.org](http://www.bgckc.org)



## Let's Talk Turkey!



Sure, there may be football and a parade on Thanksgiving, but true fans of the holiday know it's all about the food. Here are some facts you should know about your favorite Thanksgiving foods before sitting down to dinner.

Americans consume more than 45 million turkeys on Thanksgiving. (According to the US Poultry and Egg Association)

Half of all whole turkeys eaten in the U.S. are consumed on Thanksgiving Day.

Americans ate about 15 pounds of turkey per person in 2021, spread over the entire year. An average of one pound of that was consumed on Thanksgiving Day.

An average American may consume a whopping 4,500 calories and 229 grams of fat on Thanksgiving Day. (According to the US Calorie Control Council)

A typical adult needs to spend 10 hours at a steady pace on a treadmill to burn off an average Thanksgiving meal.



## New Partnership Will Provide Mental Health Support for California Children and Families

The California Department of Health Care Services (DHCS) has struck a deal to support the delivery of free behavioral and mental health services for more

than six million young kids (0-12 years of age) and their families.

The program, called BrightLife Kids, will offer access to free behavioral health care via video sessions and chats for parents, caregivers, and their kids to improve emotional well-being and resiliency. Included will be support and resources, such as interactive digital education and behavioral wellness exercises.

Brightline will help families find care for kids who need more support than coaching by connecting them to community mental health providers and resources. The program will begin in January 2024.

For more information, visit <https://www.hello-brightline.com/brightlifekids>.

## Go Teal for Alzheimer's Awareness Month

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it.

On November 3 you are encouraged to Light the World in Teal. Teal is the color of the Alzheimer's Foundation of America (AFA). AFA uses teal because it has been shown in color psychology studies to be a calming color. More than 800 structures around the world will "go teal". If you have access to an office building, campus, monument, or even your house, you can participate.

You can also wear teal and update your social media photo to help raise awareness. Use #WhyIGoTeal

Alzheimer's disease is a brain disorder that gets worse over time. The disease causes the brain to shrink and brain cells to eventually die. Alzheimer's disease is the most common cause of dementia — a gradual decline in memory, thinking, behavior and social skills.





# Movember

## Aims to Address Men's Health Issues

If you notice a number of men sporting mustaches in November, your eyes aren't deceiving you. While it's possible these gentlemen may be channeling their inner Tom Selleck it's more likely they're raising awareness for men's health issues. "Movember" encourages a greater understanding of diseases, such as prostate cancer, testicular cancer and men's suicide.

### TESTICULAR CANCER

According to the Urology Care Foundation, testicular cancer occurs when cells in the testicles grow to form a tumor. The Mayo Clinic says it can happen at any age, but testicular cancer occurs the most between the ages of 15 and 45. Testicular cancer can quickly spread outside of the testicle, but it is highly treatable even if it spreads. Those diagnosed early for testicular cancer have a 95 percent survival rate, according to The Movember Foundation.

### PROSTATE CANCER

Unlike testicular cancer, which affects a relatively small amount of men each year, prostate cancer is one of the most common types of cancer, indicates the Mayo Clinic. Oftentimes prostate cancers grow slowly and are confined to the prostate gland. Still, some types of prostate cancer are aggressive and can spread quickly. Catching prostate cancer in its early stages when it is localized greatly improves the odds that treatment will prove successful. The American Urological Association says ethnicity plays a role in prostate cancer, with African American men having a higher risk of the disease than men from other demograph-



ics. Men over the age of 55 as well as those who have a family history of prostate cancer face a higher risk as well.

Sometimes prostate cancer shows no symptoms. In other cases, dull pain in the lower pelvis, frequent urination, trouble passing urine, and blood in urine may be associated with prostate cancer. Some men never need to have any treatment other than active surveillance or watchful waiting, particularly if they are at advanced ages when a slow-growing prostate cancer is detected.

As with any health abnormalities, individuals should know their bodies and what is normal for them. If something doesn't feel right during self-examinations or if men recognize symptoms like urinary leakage, pain or urgency, they should visit their physicians immediately.

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Nov. 2 is National Men Cook Dinner Day. Here are some of our reader's answers.

# Q. What is the best dish your husband, father, son, brother or boyfriend cooks?

My husband makes a delicious pink pasta!  
-Samantha Tafoya

My boys, Koda and Kaden, barbecue great tri-tip and hamburgers!  
-Courtney Wright

Bear stroganoff.  
-Kristy Yowell

My Dad makes the best homemade biscuits and gravy!  
-Lyndsey Moritz

Julie Garcia

Bacon wrapped street hot dogs, perfect for a fast dinner and perfect for football season!



My husband can make really good shrimp cocktail. I heard it's really good, I don't eat seafood! He also makes the best turkey every year. He brines it for 2-3 days and it's the most juicy turkey you ever tasted.  
-Valerie Gonzalez

My husband loves to barbecue for the family. He makes the best grilled chicken and steak.  
-Andrea Morales

Kathy Hernandez

Cereal because he always almost burns down the house.



He makes anything amazing with dough! Pizza dough, pita bread, bagels, and more!  
-Corriu White

Clam chowder!  
-Terri Lundy

My husband makes the best ribs! Thanks, babe!  
-Valerie Rivas



Editor's Pick!

I feel lucky to have a spouse who loves to cook, especially since I don't. My husband, Scott, has always cooked a lot more than me in our 32 years of marriage. His specialties include grilling any kind of meat, especially salmon and steaks, jalapeno and cheddar bread, clam chowder, and he makes a mean spinach fruitata. What I love is that he likes to try new recipes and techniques he learns on YouTube from Algerian adventure eggs to grilled watermelon. But, the best part was during the pandemic when he honed his bread-making skills and we all loved it! There is nothing better than a warm piece of homemade bread and butter.

-Vaun Thygerson



Peggy Abrego

My dad cooked hamburgers every Saturday when we visited him. It was a special thing. My husband makes great food but he made a barbecue for me once that was truly amazing: New York steak, grilled on the BBQ grill veggies, I made a pasta salad. It's not the meal, it's the love that is good with it.



It's never a dull meal with him! My boyfriend is great at steaks on the grill to twice baked mashed potatoes spaghetti and more. I always order what he does.  
-Caillin Haviland

My husband is a really good cook. He makes everything from tortillas, chicken cacciatore, and even cake.  
-Shanelle Aguayo

My husband's best dish is his hometown's traditional green birria! I've never tasted anything like it.  
-Marylyn Hernandez

According to my friends, my Dad makes the best enchiladas, and I agree. Yum!  
-Angie Borbon

My son can make a mean spaghetti.  
-Megan Whaley

My husband recently made a chicken and pasta dinner for our family that was delicious!  
-Luz Garcia

My husband is a great cook. Deep pit, chicken, steak, ribs whatever he can cook it.  
-Lorraine Reza

Johnnie Lisuk

My husband makes an amazing chicken curry. He even makes a separate one for me, since I'm vegetarian. It's delicious!







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Determined

# Hello, Happy Mama: Jenny Frank

## Jenny shares her perspective on family, veterans and how every person can help



Photo courtesy of Jenny Frank and Family

Jenny Frank puts firsthand experience and empathy into action. Best known in Kern County as a leading advocate for local veterans, the Bakersfield native's official title at Bakersfield College is "Manager of Veterans Services and Programs." Her caring spirit shines at work and outside of it as a professional working to serve others, co-founder of a nonprofit, a mother and grandmother.

I'm always laughing at...

**My grandkids. They are some of the wittiest people I know.**

"The most important detail about me is the love I have for my children and grandchildren. Besides my love for family, I have an immense passion for helping the veterans of our community," said Jenny. "I constantly look for ways to help veterans, whether they are seeking resources or are in need of guidance to help them successfully transition from military to civilian life. I served in the Marine Corps and know how important it is to be able to connect to that part of myself and the available resources."

After traveling throughout her time of service with the Marine Corps, Jenny returned to Bakersfield in 1997. She was working as a county employee

when the housing market crash prompted a career shift with the Department of Veterans Affairs as a veteran outreach program specialist.

"The people we feel most comfortable with — and sometimes, the only people we can be around — is with other vets. Our goal is to help them transition from military service to civilian life," Jenny explained. "The military takes care of everything five

My best life advice so far is...

**Network. The people you meet can help build bridges.**

days a week. Everything is in that community, which is in a way, an island unto itself; it allows them to do their duty without thinking of how to fix life issues. When our veterans' transition to civilian life, families have to navigate how to get insurance, how to find a job and interview for it, how to get credit and so much more. They have to learn how to feel at home when they have not been at home."

Jenny describes her role helping veterans and their dependents as an honor. That willingness to find solutions continues beyond connecting the dots on higher education and extends to all that veterans need. In addition to her military service, Jenny's previous role focusing heavily on mental health and current role in higher education lend an informed perspective that characterizes her life, work and independent outreach efforts.

Along with her husband Ben Patten, she co-founded and continues to lead the Armed Forces Support Foundation in memory of a beloved friend, local veteran, community organizer and mentor, Vernon Valenzuela. A transcribed quote attributed to him ends every email she sends: "Never doubt



your ability to make a difference or the importance of your pursuit, we are not powerless unless we quit.”

“There is nothing better than seeing our student veterans complete their education and walk across the stage at commencement,” said Jenny. “Through the Armed Forces Support Foundation, we

The best book I've read lately is... I've audiobooked “Remember the Ramrods: An Army Brotherhood in War and Peace” by David Bellavia.

just do what we can. We find somebody who is the expert to help. Everyone is a volunteer. Our board is made up of people who strive for veterans and we keep putting on events to help and leverage the community’s support. Kern County is so veteran-centric and there is something every person can do to help.”

Jenny suggests friends and neighbors consider what they know how to do and share it with veterans.

“Ask what your piece of the puzzle is. If you have some piece of the puzzle, offer that in kind as a way to help. If not, become involved in organizations that are dedicated to helping,” said Jenny. When not working to aid veterans, Jenny can be found with her four grown children, all of whom live at home through happy circumstances: Kayla, 30, Emilee, 27, Bryson, 25, and Xander, 19. She is the proud grandmother of Taylor, 11, Karla, 7, and Carlos, 4.

“I am blessed beyond measure to have such a talented and loving family,” said Jenny. “It is always exciting to see what they are doing and be a part of their lives.”

Jenny has, without a doubt, made a tremendous impact in so many lives throughout Kern County.



## Comments From Jenny

**Q. We often talk with mothers in phases of life that can seem lonely or isolating, especially as they raise young children. What advice do you have for respite and renewal for women going through that phase of life?**

**A.** When our children are young, we are laser-focused on being good parents and meeting their needs. We regularly forget to take care of ourselves. It is easy to suggest that we take time to recharge our batteries, but it is very tough to accomplish. The best advice I can give is to meet yourself in the middle and get involved in activities that involve other parents. Activities like Girl Scouts, Boy Scouts, and PTA can all be

avenues to connect with other adults while actively parenting. It is important to build a community of peers who are facing the same challenges and victories as you so that you can share experiences.

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

**A.** Dual enrollment. This program allows students to earn college credits while still in high school. This is a great way for students to get a head start in college.

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

**A.** Choose your battles.

# Hello, Happy MAMA!

## ENTER TO WIN

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NOVEMBER 28th**



# 11 WAYS TO *be inclusive of others all year long*

The holidays remind us of the joy of gathering with those dear to us once more. Extending goodwill to others also feels timely and relevant at this time of year. The inclusion we are capable of, however, extends beyond special days. Change starts at home as the present generation of caring individuals raises tomorrow's community leaders.



## 01

### Extend Invitations Beyond Your Usual Circle

Go beyond your usual recipients when hosting. What parents of children with special needs want others to know but cannot always find the words to bring up is that they too would like to attend classmates' parties.



## 02

### Get To Know Your Neighbors

Knock on your neighbors' door and introduce yourself. Teach your children how to be neighborly, with treating others how you would wish to be treated.

## 03

### Reach Out To The Elderly

Dropping in at local retirement homes gives children an opportunity to find out about senior citizens' lives and legacies, in addition to providing cheer to those receiving young visitors.



## 04

### Find Diversity Near You

Meet others unlike your own family. Diversity makes our community stronger.



## 05

### Try Something New

Take up a new hobby or activity. Branch out and meet others in the process.

## 06

### Be Curious

Find polite ways to ask about others' culture. Children are the ultimate icebreaker; their questions may guide your own.



### Invite Someone To An Activity You Love

## 07

Introduce others to civic clubs or activities that matter to you; share what you enjoy.



# 08

## Keep Conversations Light

Leave margins in conversation for others' viewpoints. Avoid politics and religion.



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# 09

## Teach Empathy

Volunteer at causes that matter to you. Help children see others' lives and circumstances firsthand.

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# 10

## Be A Good Listener

Becoming more inclusive happens by understanding others, a by-product of listening with genuine interest.



**ARE YOU LOOKING FOR TOM TURKEY?**

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

**This one doesn't count either!**

**A BIG THANK YOU TO OUR CONTEST SPONSOR:**



# 11

## Consider Asking How To Help

Reach out to an organization serving a group in need of inclusion and ask to lend a welcoming hand.

**"Whatever affects one directly, affects all indirectly"**  
*~Martin Luther King Jr.*



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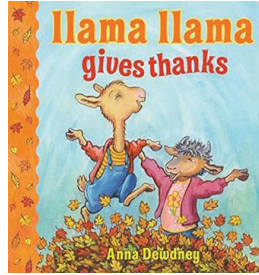
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## It's Time For Giving *Thanks!*

Of course, Thanksgiving is a time to offer thanks for life's many blessings. But have you talked turkey with your kids about what it means to be grateful? Here are a few of our favorite books that encourage gratitude:



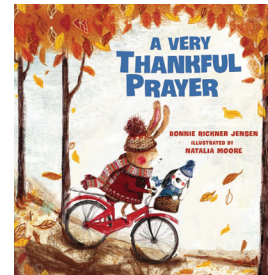
### Llama Llama Gives Thanks

By Anna Dewdney  
\$5.67; Ages 0-3  
Publisher: Viking Books for Young Readers  
Amazon.com  
The ever-popular Llama Llama gets ready for Thanksgiving with fall colors, tasty treats, the comforts of family told, of course, in rhyme!



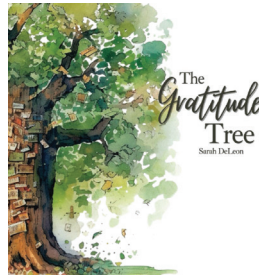
### Five Little Thank You's

By Cindy Jin & Dawn M. Cardona  
\$7.45; Ages 0-3  
Publisher: Little Simon  
Amazon.com  
Shaped like a handprint turkey, this adorable book uses rhyme to offer thanks at Thanksgiving.



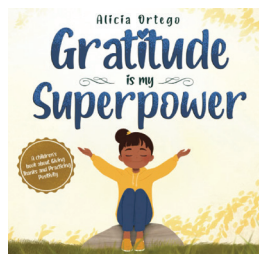
### A Very Thankful Prayer

By Bonnie Rickner Jensen & Natalia Moore  
\$8.99; Ages 0-5  
Publisher: Tommy Nelson  
Faithgateway.com  
There's much to be thankful for and adorable animals lead your little one into thanking God for the many blessings.



### The Gratitude Tree

By Sarah DeLeon  
\$9.99; Ages 3-5  
Publisher: Independently published  
Amazon.com  
Follow Emma as she learns the value of appreciation and gratitude in this endearing tale. Colorful illustrations accompany a story that teaches empathy and gratefulness to preschoolers.



### Gratitude Is My Superpower

By Alicia Ortego  
\$11.68; Ages 5-10  
Publisher: Independently published  
Amazon.com  
Help teach your children to be grateful for the little things in life with the help of Little Betsy and a magic stone. Some editions of this book come with a gratitude journal to help them practice daily gratitude.



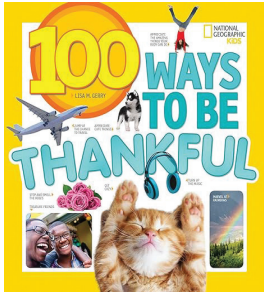


## The Gratitude Jar

By Katrina Liu & Bella Ansori  
\$12.99; Ages 5-12  
Publisher: Lychee Press  
Amazon.com



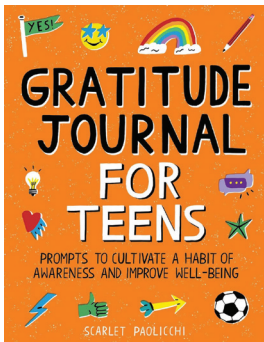
Mina was feeling sorry for herself. She always seemed to notice the good things that others had but she didn't. One day, her family decided to make a gratitude jar and she soon discovers the power of appreciation.



## 100 Ways To Be Thankful

By Lisa M. Gerry  
\$9.99; Ages 8-12  
Publisher: National Geographic for Kids  
Amazon.com

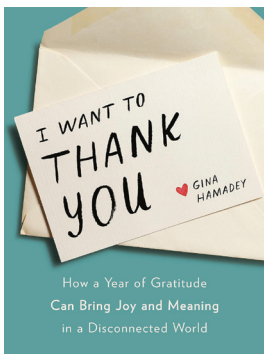
Kids can discover 100 creative ways to express gratitude for all that's good in their lives. This NatGeo book is packed with positive thoughts, practical ideas and take-action prompts, plus examples of ways to give back.



## Gratitude Journal For Teens

By Scarlet Paolicchi  
\$11.99; Ages 12-18  
Publisher: Rockridge Press  
Amazon.com

Studies show being grateful can lead to better school performance, improved self-esteem, healthier relationship and overall happiness. Through its writing prompts, this journal can help manage negative thoughts and bring positive thoughts to top-of-mind.



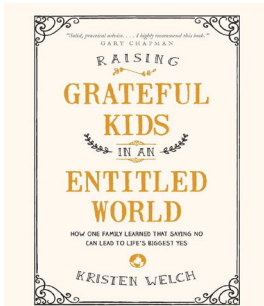
## I Want to Thank You: How a Year of Gratitude Can Bring Joy & Meaning in a Disconnected World

By Gina Hamadey  
\$12.69; Ages 18+  
Publisher: TarcherPerigee  
Amazon.com  
Hamadey realized social media was painting a depressing picture in her life, so she set out on a year of writing notes to encourage others.

For Adults:

## Raising Grateful Kids in an Entitled World: How One Family Learned That Saying No Can Lead to Life's Biggest Yes

By Kristen Welch  
\$12.99; Ages: 18+  
Publisher: Tyndale Momentum  
Amazon.com  
This one's for the moms, dads, grandparents and guardians out there!



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cover feature by Mary Ostrowski .....

# PLAY- GROUND POLITICS

**GIVING KIDS TOOLS TO  
SOLVE THEIR OWN PROBELMS**

**Playground politics usually involve a spat among kids that often escalates, but goes unresolved, when adults step in. Here are some tips for helping kids solve their own problems. It's natural to step in to solve a child's problem, particularly when they're young. But to what extent? What happens when we continue to solve problems for children without helping them learn to do it for themselves?**

Photo by Stacey Leigh



## SCENARIO:

Two children play happily in the living room. You hear them chatting and hear the clickety-clack of magna tiles sticking together. These two are architects constructing the finest towers in all the land – whose building will be taller? Then Cameron takes the last square tile out of Jordan’s hands. You hear Jordan wail, “That’s mine!”

Your instinct is to step in and solve the problem. “Cameron, Jordan was playing with that square magna tile. You can play with it next.”

The response is quick and decisive. The children are mollified, and they are safe. That’s all that matters, right? Maybe not.

## PROBLEM:

The problem with consistently stepping in and handling conflict for children is that they don’t learn strategies for depending on their own judgment. They don’t learn how to speak up for themselves. It may not seem like that big a deal when they’re little, but if an adult is always there to intervene and solve their problems as kids, how will they develop the confidence to know they even can resolve their own conflicts?

We’re seeing real-time ramifications of this out in the world. Lee is faced with an uncomfortable situation at lacrosse camp. He missed the first couple of practices due to a family emergency so when he starts, the other kids already know each other and have begun to create a bond. They laugh easily with each other and choose Lee last for teams. Lee feels left out. His mom says something to the coach about it at the end of camp one day. A few of the other kids hear and make a joke

behind Lee’s back about being a “Mommy’s boy.” Now he feels even more uncomfortable. The next morning, Lee wakes up with a stomachache and asks his mom if he can stay home. “I don’t feel good,” he complains. Lee ends up missing the rest of lacrosse camp.

Penny really likes this boy, Tom, in her class. Tom likes Penny too. They talk at school sometimes, but mostly they text and Snapchat. Weeks go by and the more they get to know each other, the more they realize how much they have in common. Trust is building and they’re both happy. Then one of Penny’s friends tells Penny she saw Tom at the mall with another girl. The friend didn’t know who the girl was but said they laughed a lot and seemed to know each other well. Penny feels uncertain and hurt. Who is this girl?

The more she thinks about it, the more betrayed she feels. When she sees Tom at lunch, she avoids him and sits in the middle of a group of friends instead of sitting with him. When he texts her, she responds with just a few words. She continues to avoid him in school, and eventually she stops responding to his texts all together, ghosting him.

When you don’t know how to handle a conflict, or don’t feel confident you can figure it out, the problem becomes scary; something to avoid. The thing is, we all know problems don’t just go away.

## SOLUTION:

The Rolling Stones famously sang, “You can’t always get what you want ...” True story! In an age of instant gratification, we’re too often bent out of shape if things

don’t go our way. But the song doesn’t end there. The next lines are, “But if you try sometimes, you just might find, you get what you need.” Regardless of age, what we all need in times of conflict is resolution of some sort. Moreover, we need to know how to take action towards resolving the conflict in the first place – whether we get what we want or not.

Don’t mistake me. When children are young, they need help from a trusted adult to take care of their problems. However, it makes sense that adult intervention must evolve over time. We want adult intervention to shift from problem-solver to coach to trusted supporter. After all, raising children to be confident, resilient and independent thinkers and problem-solvers is the goal, isn’t it?

Like most things worth doing, we get the most out of intervening for children when we do it with intent. You may be thinking, “Well of course. I intend to help my child solve his problem.” What if, instead, the thought process was, “I intend to help my child solve his own problem.” There’s just one additional word in that second sentence, but it makes all the difference. The intention has shifted away from you taking action and towards your child taking action.

Remember Cameron and Jordan? Cameron took the last magna tile out of Jordan’s hand just as Jordan was getting ready to use it for his own tower. Instead of telling Cameron to give it back, you could try the following:

You: “Jordan, I see you are upset. What is the problem?”

Child: “He took my piece!”

Continued on page 20 →



Continued from page 19 .....

You: “What do you want?”

Child: “I want it back!”

You: “What action could you take to help Cameron understand why you want the tile back?”

Jordan could grab the tile back from Cameron. He could explain he was preparing to use it for his tower and ask for it back. There are a variety of outcomes. Your role is to help Jordan identify his problem and find a way to communicate it so he can take action to get what he needs.

The point is not whether he gets the magna tile back. The point is that you empowered Jordan to tackle the problem himself.

This example may seem small, but it illustrates how to create a foundation for a more crucial lifelong skill: having difficult conversations to resolve conflict.

Janey missed a project deadline at school resulting in a failing grade. You could say, “Janey, I’m going to call your teacher to get an extension. Sit down and we’ll do that project together now!” Asking for an extension is a good idea – if Janey is the one who makes the request. The teacher may or may not grant the extension, but one thing is for sure. If she doesn’t ask, the answer is already no. (Side note to state the obvious: if Janey is repeatedly missing deadlines, receiving an extension is an unlikely outcome.)

Speaking up is hard! Coaching Janey ahead of time by role-playing how the conversation could go will help her 1) build the courage to speak to her teacher, 2) articulate why she missed the deadline in the first place, and 3) be prepared to respond appropriately whether her teacher says yes or no to the extension. She may not get what she wants,

but you have empowered her to at least take action towards a final solution.

## PATTERN:

Do you see the pattern? You start off holding children accountable to small actions and slowly build them up to taking bigger actions – on their own. They’re never too old to start! Whether your child is dealing with a friendship issue at school or faced with a greater problem that requires them to take a risk and possibly even fail, creating opportunities to coach them in solving their own problems enables them to communicate and advocate for themselves.

Don’t wait for a problem to arise, practice the following steps when things are going well. Create a possible scenario or review one that has happened in the past and discuss how your child could address it.

## STEPS:

1. Identify the problem.
2. Consider different outcomes.
3. Action: Do you need to talk to someone or do something?

By using these steps, you’re strengthening their ability to problem solve in difficult situations because you’re providing repeated examples for your child to archive in their memories for a later date. You’re normalizing having hard conversations and providing strategies to resolve conflict – not avoid it.

**The result? A child who grows up to be a confident, resilient, and independent thinker and problem solver. That’s a win for everyone!**

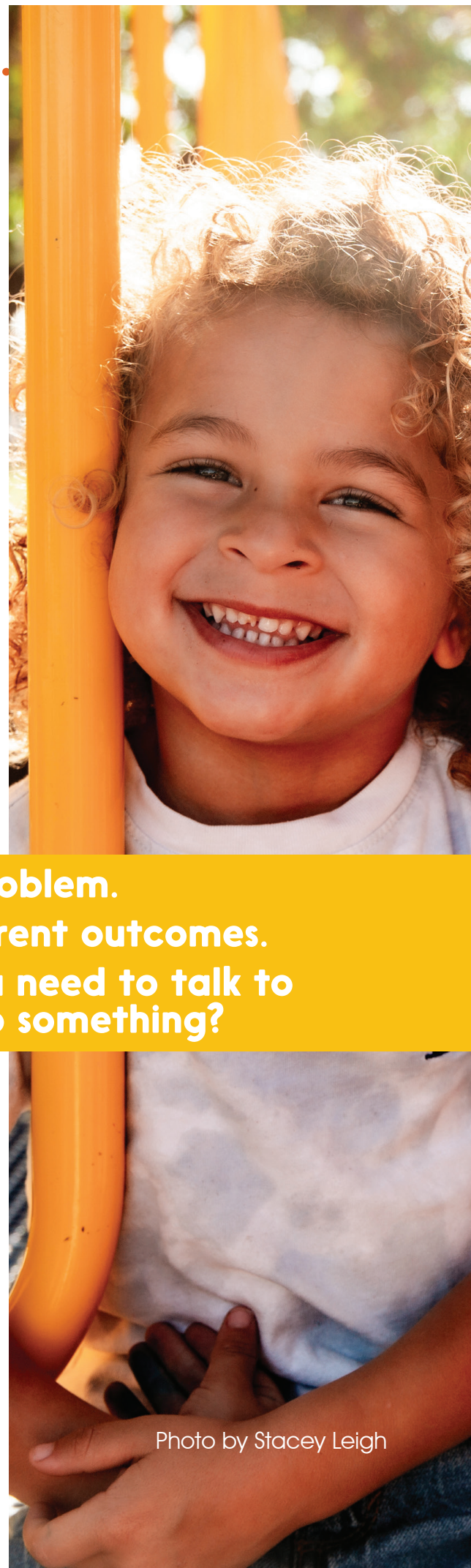


Photo by Stacey Leigh



you can do it! .....



# HOLIDAY Turkey

Side dishes abound on Thanksgiving dinner tables, but turkey still takes center stage. That reality can put some pressure on hosts tasked with preparing the meal for their family and friends. Unlike some other dishes that require a laundry list of ingredients and lots of prep work, turkey is a relatively hands-off main course. However, home cooks know a dried out turkey is not on anyone's holiday wish list. Slow cooking can help to avoid such a result. This recipe for "Holiday Turkey," courtesy Andrew Schloss' "Cooking Slow" (Chronicle Books), calls for slow cooking the bird. Such an approach should result in a delicious and mouth-watering main course that satisfies anyone who's anxious to sit down at the Thanksgiving dinner table this year.

## Slow-Roasted Holiday Turkey

### Ingredients:

- 1 fresh turkey, about 15 pounds, preferably free-range
- 1 tablespoon olive oil
- 1 quart apple cider
- 2 teaspoons dried poultry seasoning
- Coarse sea salt and freshly ground black pepper

### Directions:

Remove the giblets from the turkey and discard (or save for another use). Rinse the turkey inside and out and pat dry with paper towels. Rub it all over with salt and pepper.

Refrigerate, uncovered, for at least 12 hours and up to 24 hours. During that time, the surface of the turkey will become visibly dry and the skin will tighten; this encourages a nice crisp skin on the finished bird. Remove the turkey from the refrigerator 1 hour before you plan to start roasting. Preheat the oven to 450 F. Put the turkey on a rack set in a large, flameproof roasting pan. Drizzle the oil over the top.

Roast for 1 hour. Reduce the oven temperature to 175 F. Pour the cider into the roasting pan and sprinkle the poultry seasoning in the liquid. Continue roasting until an instant-read thermometer inserted into the thickest part of a thigh (but not touching bone) registers to 170 F.

Transfer the turkey to a carving board, tent loosely with aluminum foil, and let rest for about 15 minutes (see tip). Meanwhile, skim the fat from the surface of the liquid in the pan. Put the roasting pan over two burners and bring the pan drippings to a boil over high heat. Cook until the juices reduce and thicken slightly, enough to coat a spoon, about 10 minutes. Taste for seasoning. Carve the turkey and serve with cider pan juices.

**Resting tip:** Slow-roasted meats need far less resting time (pretty much none) than those that are traditionally roasted. The reason for resting meat that has been roasted at a high temperature is to allow juices that have collected in the cooler center time to migrate back into the dryer (hotter) exterior sections after it comes out of the oven. Because slow-roasted meats are cooked evenly and a temperature that keeps most of the juices in place, a resting period is largely unnecessary. A brief resting time does allow the meat to become a little firmer as it cools, making it easier to carve.




# THANKSGIVING

## 2023

The following items are available for order on Wednesday, November 22nd.

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- Red Velvet Cupcakes Cream Cheese Frosting
- Pumpkin Cupcakes Cream Cheese Filling
- Triple Chocolate Cupcakes Dubash Filled
- Champagne Cupcakes
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### PIES:

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### BREAD:

- Dutch Toast - 24 oz
- Holland Dutch
- 100% Wheat
- Cinnamon

### LOAF CAKES:

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- Pumpkin Loaf
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# Homework Help

## How Algebra Beat Me

I have been humbled.

Trying to help my daughter with algebra.

This is not easy for me to admit.

I can make up all kinds of excuses: It has been over thirty years since I took algebra. They teach math differently these days. My child's textbook doesn't explain it right. My kid had been sick and missed that lecture.

While these all may be true, the problem does not ask, "Why can't you solve this?" On the contrary, it asks, "Use the surface area with the correct number of significant digits—" and I'm lost. Significant digits? Have I ever heard of that?

So I google "significant digits," and google does its best to explain that significant digits are all whole numbers plus zeros if they're place holders and not to the left of the first numerical digit to the left of the decimal point or right of the last numerical digit to the right of the decimal point (um, I think).

So scrap google. Skip to the next part of the problem: "...find the surface area of the box in meters. Round to the nearest tenth."

Only I don't know if I round to the nearest tenth as I'm doing the problem (nope, it turns out it only works when I round to the nearest hundredth) or wait until I'm done and then round (yes, but I HAVE to round to the hundredths place as I go, or the answer is wrong).

As if that's not exhausting enough (are you even still following me?), the surface area has been given. In square feet. But it turns out, converting feet to meters is NOT the same as converting SQUARE feet to SQUARE meters. (This I feel like I may have known that at one time. Not that I often need to convert square feet to square meters, but I'm all about the practicality of math, and I can at least IMAGINE a time when I MIGHT be in a foreign country, like any country besides the US, and I MIGHT need to find out how much material I need to buy for some construction project, painting project, or gift wrapping project, and maybe I'm having a hard time visualizing how much that is in a measurement I'm familiar with.)

And so, after getting a gazillion wrong answers, I finally reach out to my math teacher friends. I get seven (SEVEN!!!) friends to help me via facebook messenger. Simultaneously. And I'm feeling rather hopeful.

Until five of them get the answer wrong.

I find it a little disturbing that five out of seven teachers cannot do this problem (although I do know enough about math to realize that my sample size is too small to make any generalizations about the lack of math geniuses among my teacher friends.)

Of the two teachers who are right, each has a different way of solving the problem (both of which require that rounding-to-the-hundredth thing). One says convert the height, length, and width of the original box to meters before solving for the surface area. That makes sense to me. (The other one loses me converting square feet to square meters.)

I am SO excited about this minor victory and cannot WAIT to show my daughter how to do it.

She gets it in an instant.

And then asks me about converting the volume to cubic yards. And I am like, "Who measures anything in cubic yards?! What is this, sand?" Pause. Deep breath. "Just convert first; then solve for volume. You'll be fine."

As for me, I give up.

Final score:  
Algebra: one.  
Me: zero.







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EVERY DAY

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We wish you and your loved ones a wonderful Thanksgiving and many blessings.



# 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 2

#### Dia De Los Muertos Celebration

Art from across Mexico, live performances, costumes and booths. This free event is open to the public. Come and show off your best costume.  
5 PM - 7:30 PM  
Shafter Library & Learning Center  
236 James St. Shafter, CA  
661.746.5055  
[www.shafterlearning.com](http://www.shafterlearning.com)

### November 2

#### National Men Make Dinner Day

Check out this month's Readers Respond for some of the best man made dishes! See page 10.



### November 3

#### World Ballet Series: Cinderella

A part of the World Ballet Series, Cinderella is performed live by a multinational cast of 40 professional ballet dancers gathered to

bring the most celebrated fairy tale to life.  
6 PM - 11 PM  
The Historic Bakersfield Fox Theater  
2001 H St. Bakersfield, CA  
661.324.1369

### November 3

#### Children First Literacy Gala

Celebrate the power of words and the joy of reading. Proceeds from this event benefit the Children First Literacy Program.  
6:30 PM - 10 PM  
Seven Oaks Country Club  
2000 Grand Lakes Ave Bakersfield, CA  
<https://childrenfirstbakersfield.org/>



### November 4

#### Trees & Wildlife: Behind the Scenes at CALM

For \$25, you will be treated to a California Native Trees & Animals Walking Tour, breakfast at the new event venue The Willows, a Wonderful Wildlife Care Clinic tour, early zoo admission, and unlimited train rides.  
7:30 AM  
California Living Museum  
10500 Alfred Harrell Hwy  
Bakersfield, CA  
661.872.2256 [www.calmzoo.org](http://www.calmzoo.org)



### November 4

#### Holiday Market

Find great gifts along with yummy home baked-goods! 30+ vendors!

9 AM - 1 PM  
Christ's Church of the Valley  
13701 Stockdale Hwy. Bakersfield, CA  
661.588.2268  
<https://ccvbak.com/>

### November 4

#### Bakersfield ZERO Prostate Cancer Run/Walk

This race raises funds and awareness for patients, caregivers, survivors, and physicians who are active in the fight against prostate cancer.

7:30 AM  
California State University Bakersfield - Outdoor Amphitheater  
9001 Stockdale Hwy Bakersfield, CA  
202.303.3110  
[run@zerocancer.org](mailto:run@zerocancer.org)



### November 4

#### Great Classics: Bakersfield Symphony

Bakersfield Symphony's Great Classics concert on opens with Bologne's Symphony No. 1.  
6:30 PM - 8:30 PM  
Tickets: \$35-\$60  
Mechanics Bank Theater  
1001 Truxtun Ave Bakersfield, CA  
661.323.7928  
<https://www.bsonow.org/>



### November 4

#### BVM Patio Sale Fundraiser

Find special gifts and unique finds for your home. All proceeds go to support museum programs and exhibits.  
9 AM - 3 PM  
Buena Vista Museum of Natural History  
2018 Chester Ave Bakersfield, CA  
661.324.6350  
[www.buenavistamuseum.org/](http://www.buenavistamuseum.org/)

### November 4

#### 4th Annual Autism Gala "Roaring 20's" Gatsby!

The Kern Autism Network, Inc. celebrates its 27th Anniversary by hosting the 4th Annual Autism Gala "Roaring 20's". Enjoy a Gatsby-themed atmosphere with a formal dinner, music, dancing and a silent auction.  
5 PM - 11 PM  
Bakersfield Country Club  
4200 Country Club Dr Bakersfield, CA  
[www.kernautism.org](http://www.kernautism.org)

### November 5

#### A Day in the Wild West

Experience the wild west! Bank Robbery, gun fights, pan for gold, & games for kids.  
9 AM - 2 PM  
Kern County Museum  
3801 Chester Ave Bakersfield, CA  
<https://kerncountymuseum.org/>



## November 5



### DAYLIGHT SAVING TIME ENDS

## November 9

### 8th Annual Grillin' & Brewin' Event

The annual event benefits JJ's Legacy, a local non-profit dedicated to raising awareness about organ donation.

5 PM

The Iron Lily Venue  
424 24th St. Bakersfield, CA  
661.428.2364

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



## November 11

### Veterans Day Parade

Bring out the family and honor our local veterans at the annual Veterans Day Parade sponsored by the American Legion, Post 26.

10 AM

Downtown Bakersfield  
Route begins at 22nd & L Streets

## November 11



### College Rodeo Night

Kern County Student athletes in the National Intercollegiate Rodeo Association will compete in a range of rodeo disciplines.

6:30 PM

Kern County Fairgrounds  
Grandstands Arena  
1142 S P St Bakersfield, CA

## November 11

### Switchfoot in Concert

The Beautiful Letdown Tour with Special Guest Ben Goldsmith.

8 PM

The Historic Bakersfield Fox Theater  
2001 H St Bakersfield, CA  
661.324.1369

## November 13-17

### National Young Readers Week

Get cozy and check out our November book recommendations on page 16.



## November 16

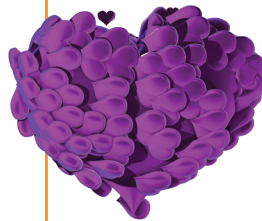
### Food Trucks at the Fairgrounds

Bring the family & enjoy a night with all your favorite local food trucks in one spot!

5 PM – 9 PM

Kern County Fairgrounds  
1142 South P St Bakersfield, CA  
<https://www.kerncountyfair.com/events/2023/food-trucks-at-the-fair>

## November 17



### A Heart Never Forgets Gala

ADAKC presents its annual Gala featuring a concert by singer/songwriter Jay Allen. Proceeds

benefit the Alzheimer's Disease Association of Kern County.

6 PM

The Crystal Palace  
2800 Buck Owens Blvd Bakersfield, CA  
661.665.8871  
[www.adakc.org](http://www.adakc.org)

## November 18

### Teddy Bear 5K Run & Walk

United Way of Kern County is hosting its 2nd Annual Teddy Bear 5k Run and Walk. Proceeds from the event will go towards supporting both their teddy bear drive and providing books to children throughout Kern County.

9 AM 5K Starts

9:05 AM 1-Mile Walk Starts

The Park at River Walk  
11298 Stockdale Hwy Bakersfield, CA  
661.834.1820

<https://uwkern.org/>



## November 18

### Olive Knolls Church 31st Annual Craft Fair

Come shop more than 80 vendor booths. Breakfast and lunch are available for purchase.

8 AM – 3 PM

Olive Knolls Church  
6201 Fruitvale Ave Bakersfield, CA  
661.399.3303  
[www.oliveknolls.com](http://www.oliveknolls.com)

## November 18

### One Night of Tina: A Tina Turner Tribute Show

Celebrating the iconic career and indomitable spirit of the legendary Tina Turner, this unforgettable live performance will leave audiences filled with the spirit of rock 'n' roll.

6:30 AM – 11 PM

The Historic Bakersfield Fox Theater  
2001 H St Bakersfield, CA  
661.324.1369  
<http://thebakersfieldfox.com/>





CONTINUED

KERN COUNTY FAMILY MAGAZINE

daily happenings

THE BEST LOCAL CALENDAR OF EVENTS!

November 18 & 19



**Bakersfield Comic Con**

Attendees can meet a variety of special guests from television and film, the comic book world and beyond. There will also be dozens of vendors and artists with collectibles, toys, memorabilia and original art.  
10 AM – 5 PM  
Kern County Fairgrounds  
1142 South P St Bakersfield, CA  
661.829.2962  
<https://bakersfieldcomiccon.com/>

November 20

**Lindsey Stirling "Snow Waltz Tour"**

Electronic violinist, dancer, and artist Lindsey Stirling will perform a beautifully nostalgic holiday show.  
8 PM  
Mechanics Bank Arena  
1001 Truxtun Ave Bakersfield, CA  
661.852.7301  
[www.citientertainment.com](http://www.citientertainment.com)

November 23



November 24

**30th Annual Tree Lighting Ceremony**

Come celebrate 30 years of this beloved holiday event! This year Marty McFly and his DeLorean from Back to the Future will be on hand for the festivities!  
4pm  
Town & Country Village Shopping Center  
8200 Stockdale Hwy  
Bakersfield, CA  
[townandcountryvillage@gmail.com](mailto:townandcountryvillage@gmail.com)

November 24



**Holiday Pet Parade**

Show off your furry friends at this annual holiday event! Meet in front of Village Pet Market. Pets must be leashed at all times. Pre-Registration by email is required. Costumes encouraged!  
Town & Country Village Shopping Center  
8200 Stockdale Hwy  
Bakersfield, CA  
[townandcountryvillage@gmail.com](mailto:townandcountryvillage@gmail.com)

November 25

**Bakersfield Condors Game - Teddy Bear Toss**

Bring two new stuffed animals to throw on the ice after the Condors score their first goal. The bears will be donated to the United Way of Kern County.  
7 PM  
Mechanics Bank Arena  
1001 Truxtun Ave  
Bakersfield, CA  
[bakersfieldcondors.com/](http://bakersfieldcondors.com/)



November 26

**Artists Sunday**

Falling between Black Friday and Cyber Monday, this event is on the holiday schedule to encourage gifts that are artistic in nature. From visual to performance art, a gift to friends and family that encompasses one or more of these media can be heartfelt and appreciated. Plus it supports the artistic community.  
<http://www.artistsunday.com/>



November 27



November 28

**Light Up a Life**

For the past 28 years, Hoffmann Hospice has marked the beginning of the holiday season with the annual Light Up a Life event. The celebration is an opportunity to pause to celebrate the memory of loved ones who have passed away.  
6:30 PM  
The Marketplace  
9000 Ming Ave Bakersfield, CA  
[www.hoffmannhospice.org](http://www.hoffmannhospice.org)

November 30

**Christmas with C.S. Lewis**

This special event will transport you to a realm of wonder and imagination this Christmas.  
7:30 PM  
The Historic Bakersfield Fox Theater  
2001 H St. Bakersfield, CA  
[www.thebakersfieldfox.com](http://www.thebakersfieldfox.com)



# ONGOING HAPPENINGS

## 3rd Saturday of the Month

### Community Outreach Free Food Giveaway

This is a FREE community event offering free food and other resources to folks in and around Kern County.

**10 AM – 12 PM**

**The Rock Church**

**1400 Norris Road Bakersfield, CA**

**661.587.7625**

**melbanetubb@gmail.com**

## Through November 22nd

### Baby Bounce

The 2nd and 4th Wednesday of every month. Bring your babies for fun stories, songs, and rhymes.

**5 PM – 6 PM**

**Beale Memorial Branch Library**

**701 Truxtun Ave Bakersfield, CA**

## Mondays through December 18

### Chess Club

Learn chess and practice new tactics and strategies.

**4 PM – 5 PM**

**Baker Branch Library**

**1400 Baker St. Bakersfield, CA**

**661.861.2390**

**info@kernlibrary.org**



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# Worship Guide

## FEEDING OTHERS

**“Give us this day our daily bread...” Matthew 6:11 ESV**

This is a well-known request from the Lord’s Prayer for God to provide for our basic needs for the day. But what kind of “daily bread” do we need? Physical food, for sure. Sadly, millions of people, even in our own nation, suffer from food insecurity. Whenever we eat, it is an opportunity to remember those in need and to do our part to feed and help them. But we also need “emotional food.” We long to be connected, heard, valued, and to belong. So powerful is this need that some baby animals have been observed choosing to be touched rather than to be fed. Many people are starved for this kind of food, and we can feed them as we give them our time to listen and come alongside them with encouragement and love. Above all else, though, we need “spiritual food.” We were created with a need for something more than this world can give, a spiritual hunger that only God can satisfy as we come to Him in worship and prayer. As we enter a holiday season of food and feasting, may we remember to be attentive to the fullness of the daily bread we need. But may we also remember that God tends to answer that well-known prayer through people. Hungry people are all around us. May we give of ourselves and be the answer to their prayers as we feed them with daily bread.

by FR. KARL E. DIETZE,  
Rector/Head Pastor, Trinity Anglican Church

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(1 block East of Mohawk St.)  
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## EVENTS & FACILITIES

**RANCHO RIO EVENTS**

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**There is hope.**

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**PAGE 30**

# ACTIVITY CORNER ANSWERS

**CROSSWORD**

**Across**


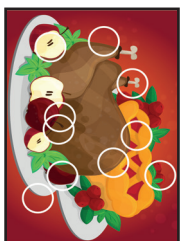
- Reviewed
- Author
- Nebraska
- Picture

**Down**

- Reading
- War
- Octant
- Relate

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**KERN AUTISM NETWORK, INC.**

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

**Happy Thanksgiving**

Parent Support Group-Wednesday, November 8th.  
Chess Club for Teens & Adults Saturday, November 18th at 11 a.m.  
Father's Virtual Autism Support Group Saturday, November 18th @ 2:30 p.m.

To attend all events register at **Eventbrite@Kernautism.org**

Office will be closed week of Thanksgiving for Holiday

**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
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- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com  
2200 Oak Street, Annex Building

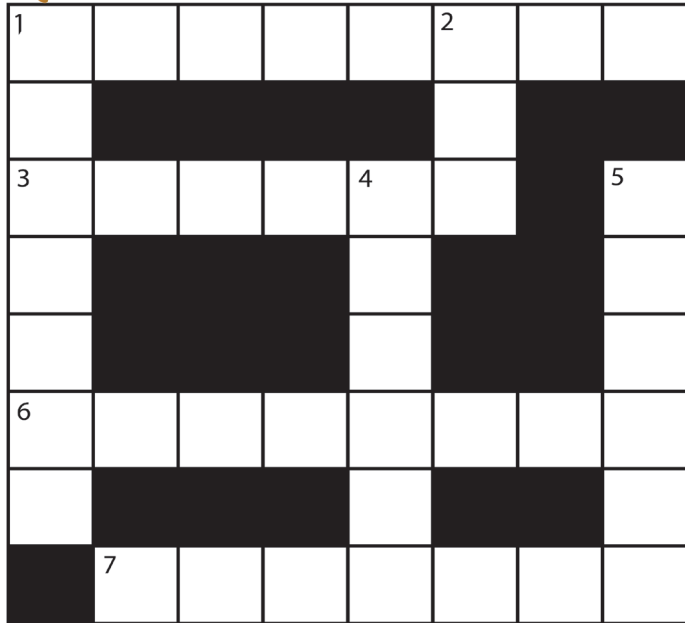




# NOVEMBER ACTIVITY CORNER

puzzle answers on page 28

## Crossword



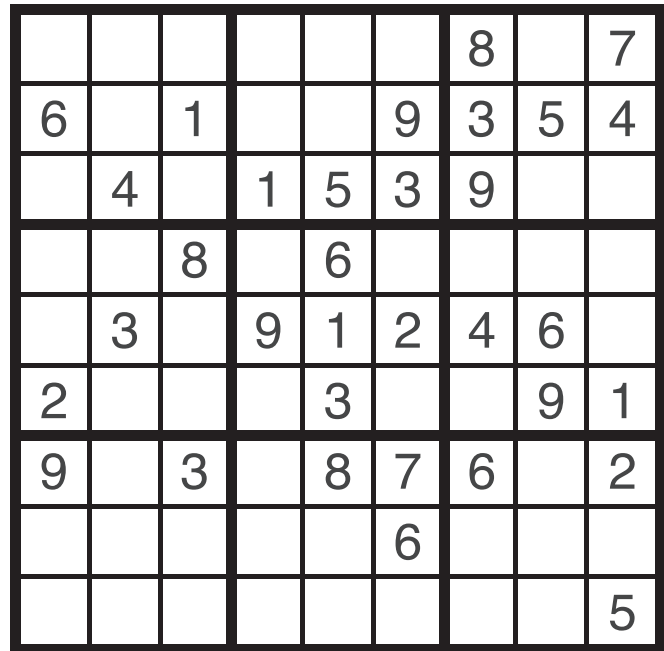
### ACROSS

1. Looked over
3. Writer of a book
6. Great Plains state
7. Illustration

### DOWN

1. Enjoying a book
2. Armed conflict
4. Navigation tool
5. Make or show a connection to

## 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 10 difference in the pictures below.  
Can you find them all?





# NOVEMBER ACTIVITY CORNER



puzzle answers on page 28

## Turkey Day Word Search

Presented by Pacific Ag Rentals

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

APPLE PIE  
BISCUITS  
BRINE  
CASSEROLE  
CIDER

CORNBREAD  
CORNUCOPIA  
DINNER  
ENTERTAIN  
FAMILY

FRIENDS  
FULL  
GRACIOUS  
GRATITUDE  
GRAVY

GREEN BEANS  
HOLIDAY  
MEAL  
OVEN  
SOUP

STUFFING  
THANKSGIVING  
TURKEY  
YAMS





Living in the now,  
preparing for the future



For many of us, our goals in life remain constant: financial independence and providing for family. The choices you make today can impact these long-term goals.

Saving for education expenses, for example, is one way you can provide for your children. You may also have long-term goals for yourself, such as saving to maintain your financial independence during retirement years. Striking a balance between saving for these goals and allocating money for daily expenses can be challenging, but you can make some smart decisions today to help plan for both your child's education and your retirement.

**Learn how you can redefine your education and retirement savings strategy. Call or visit today.**



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