



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

JANUARY 2024

2024 PRIVATE
EDUCATION GUIDE

of **The ABCs
of choosing
a school**

PAGE 18

BATH SAFETY *for* YOUR BABY

PAGE 12

plus

11 WAYS TO HAVE FUN WHILE SAVING MONEY PAGE 14 • TEN BOOKS ABOUT SNOW PAGE 16
KEEP YOUR MIND AND BODY ACTIVE PAGE 25 • WHAT'S ON YOUR 2024 BUCKET LIST? PAGE 8



NICOTINE: TASTES LIKE CANDY, WORKS LIKE POISON.

Nicotine hides in flavored tobacco. When used by teens, it can harm parts of the brain responsible for attention and learning.

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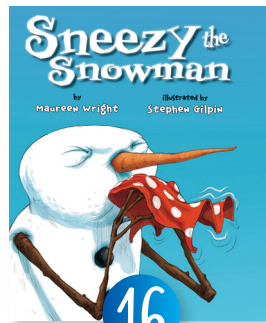
MEMBERS OF



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Tub safety for Baby

PHOTO COURTESY STACEY LEIGH PHOTOGRAPHY.



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Shafter Comic Con
and other cool things to do this month



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COVER PHOTO: SHUTTERSTOCK

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Vaun Thygerson
CONTRIBUTING WRITER

Every year when the clock strikes midnight on December 31st and the New Year begins, we start a clean slate complete with new resolutions and plans for a happier and healthier year that is more productive than the previous one. Every year I set the same goals, and obviously, I don't succeed as I have to re-set them over and over, and some years, in defiance, I resolve not to make any resolutions. So, this year, I am making one

resolution: ONE that I know I can keep and will make my life better. I am giving myself a bedtime. I need more sleep, and more importantly, I need more discipline to make myself go to bed at a decent hour. It's like being stuck in that toddler phase where I do everything in my power to avoid going to bed.

Always known as a "night owl," my late-night tendencies came in handy when my kids were tweens because I was always the mom of the group that would do the late pick up for parties and events. But, the proverbial party is over and it's time for me to be an adult. My friend Cheryl (@eatreal_w_lollygirl) always posts about how sleeping 7-8 hours per night is as important to our bodies as eating a balanced diet and exercising. In fact, her posts are what got me to re-evaluate my sleeping habits. I know I can do this to be a healthier version of me!

In addition to revamping your family's lifestyle, the New Year can be a time to analyze your family's budget for better monetary outcomes. In the article, "11 Ways to Have Fun While Saving

Money," Callie Collins writes about how to save money while making it fun instead of perceiving it as a chore. Some of her tips include spending more family time together on walks and cooking at home instead of eating out or going to the gym. She has a lot of good ideas that you can check out on **page 14**.

With a healthier body and more money in the bank, you can make 2024 a year to check off another item on your bucket list. KCFM asked its readers what they want to add to their life goals in the article, "Readers Respond: Bucket List Topics," on **page 8**.

In her monthly article, Callie Collins features a Bakersfield native with a personal commitment to the community in the article, "Hello, Happy (Caring) Mama: Elaine Moore Shares her Perspective on Parenting and the Bigger Picture." With a full busy schedule as a Deputy Chief Probation Officer with the Youth Services Bureau of Kern County Probation, she has learned how to show empathy and compassion to the children and families she serves as well as her own. To read all about her and her unique perspective, turn to **page 10**.

January is such a fun month to start anew and try to change those pesky habits that we know aren't the best for us. I know getting enough sleep is just one of the many things I need to work on, but I think it's a good place to start – baby steps.



HERE'S TO 2024!

Have a very Happy New Year!

BOYS & GIRLS CLUBS
OF KERN COUNTY

AFTER SCHOOL PROGRAM

2023/2024 School Year

Armstrong Youth Center
801 Niles Street
Bakersfield, CA 93305
661-325-3730

Transportation Available

Lamont Club
8301 Segreue Road
Lamont, CA 93241
661-845-4253

Transportation Available

Stockdale Club
5207 Young Street, Ste. 200
Bakersfield, CA 93311
661-663-8733

Transportation Available

Suburu Club
7315 Harris Road
Bakersfield, CA 93313
661-205-1909

Homework Assistance, Performing Arts, Fine Arts, Sports, Tech Center, Snacks, Field Trips, Teen Program, and More!
Community Connection Accepted



New Year, New Family Fun Events

It's that time of year again to break out a brand-new calendar and a New Year. You can find all kinds of family-friendly events to do around town by turning to the "Happenings" section on page 24, or visiting our website's calendar. If you are an organizer and want to market your event, please visit www.kerncountyfamily.com to add it to our digital calendar. Some fun activities are even printed in the magazine for all of Kern County to see.

Kern County Department of Human Services Lamont Offices Moves to New Location

The Kern County Department of Human Services Lamont office moves to its new location at 10215 Stobaugh Street, Lamont, made official with a recent ribbon-cutting ceremony. The Department of Human Services' core purpose is "to care for and enrich the lives of children, families, and individuals in our community. The previous office located at 8300 Segrue is permanently closed.

For more information about its services, please visit www.kchds.org. Its office staff can assist individuals with health care options, as well as resource information about benefits available through www.benefitscal.com.

Kern High School District Police Department Welcomes New K9 Officer



PHOTO COURTESY KERN HIGH SCHOOL DISTRICT

The Kern High School District (KHSD) Police Department is excited to announce its newest four-legged recruit, Enzo, a two-year-old Labrador specially trained in fire-arm detection. Enzo and his handler, Officer Earnest were recently introduced by the KHSD Chief of Police at a special commissioning ceremony where he highlighted the

valuable contributions Enzo will make to the safety of KHSD.

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

Tejon Indian Tribe Breaks Ground on Hard Rock Hotel & Casino in Kern County

The Tejon Indian Tribe, in partnership with Hard Rock International, breaks ground on Hard Rock Hotel & Casino in Kern County. Located less than 15 miles south of Bakersfield, the project will be the first resort hotel and casino in Kern County and will be built in two phases. Hard Rock Tejon will bring numerous benefits to the region including increased tourism and the creation of approximately 5,000 jobs.

The first phase will consist of approximately a 150,000 square-foot casino featuring 3,000 slot machines, 48 table games, and multiple food and beverage venues including the renowned Hard Rock Café. This phase is scheduled to open in 22 months. Phase II will include a 400-room hotel, 2,800 seat Hard Rock Live event center, additional casino space, restaurants, pool, fitness facility and spa.

For more information, visit casino.hardrock.com/tejon.



PHOTO COURTESY BAKERSFIELD CITY SCHOOL DISTRICT

Chipman Junior High Unveils New Futsal Court

The Los Angeles Football Club (LAFC), the LAFC Foundation, and Chevron recently celebrated the official unveiling of the new futsal court at Chipman Junior High School at 2905 Eissler Street, Bakersfield. This court will mark the third futsal court Chevron has completed in partnership with LAFC and the LAFC Foundation in Kern County, and the sixth in total. In addition to the court, Chevron presented the school updated soccer equipment and supplies to enhance students' playing experience on the newly refurbished floor. The new futsal court enhances school options for physical fitness, free play programming during regular school hours, and provides more after-school opportunities.

"We are proud of the positive impact LAFC, the LAFC Foundation, and our great partners at Chevron have accomplished together in the community," says LAFC Co-President & CBO Larry Freedman. "The futsal courts are more than just a place to play. They provide young athletes and the greater community access to a safe space to come together and create connections through the world's game. We look forward to continuing to work with Chevron to deliver more of these transformational spaces to communities throughout Southern California."

For more information, please visit www.lafc.com.

Roll up your Sleeve and Save a Life

Did you know that every two seconds someone in the United States needs blood? Or that winter months make it extremely difficult to collect the necessary amount of blood needed to supply hospitals? This January, the American Red Cross celebrates National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors. A donation doesn't take a long time, but impacts many. It is estimate that 43,000 pints of donated blood are used each day in the U.S. and Canada. To find out more about how you can donate blood visit the Houchin Community Blood Bank Website at www.hcbb.com.



Celebrate a Breakfast Staple



Oatmeal is an affordable, delicious and nutritious way to start the day and it is also a versatile ingredient for cooking and baking favorite recipes. Additionally, oatmeal is heart-healthy — helping to naturally reduce blood

cholesterol levels. National Oatmeal Month is the perfect time to enjoy oatmeal as a cereal or in the scores of different recipes that call for it. In addition to food products, oatmeal is widely used in skin care products, including facials and bath additives.

Get Organized This Month!

Getting organized is one of the top New Year's resolutions. Research shows that people waste as much as an hour a day, on average, looking for things they've misplaced. That means that many waste as much as 15 days every year because of disorganization. Get Organized Month is an opportunity to streamline one's life, create more time, lower stress and increase profit. Tackling organizational projects is not something that only goes on at home. Use the opportunity to promote the benefits of organizing workplaces and school offices, as well, for greater productivity.



Get Moving! Too Much Sitting Could Affect Your Health

Many adults have jobs that require them to be sedentary for large parts of the day. But prioritizing physical activity—even in small amounts—can make a positive difference in overall well-being. New research published in the European Heart Journal, indicates that replacing sitting with a few minutes of moderate-intensity exercise each day can significantly improve your heart health. On the other hand, researchers found that sitting for long periods of time can negatively impact your heart and increase your risk of death. Researchers found that people who spend more than 12 hours a day sitting have a 38% increased risk of death if they don't get at least 22 minutes of exercise each day. While there is no conclusive evidence on how much time you can spend sitting each day without being negatively impacted experts urge you to sit for as little as possible.

Cervical Cancer Awareness Month

Despite thousands of women being diagnosed with cervical cancer each year, this type of cancer may not be as well known among female cancers. However, education about cervical cancer is vital, because the disease is entirely preventable with proper testing and vaccinations. Pap tests and HPV screenings, as well as HPV vaccinations during teenage years may effectively help prevent cervical cancer from forming and spreading to others. Throughout January, women and men can get the facts about cervical cancer and cervical health in general, and women can use this as an opportunity to schedule a wellness checkup with their gynecologists.



Dr. Steven Bloomberg Named New Kern CCD Chancellor



PHOTO COURTESY KERN COMMUNITY COLLEGE DISTRICT

The Kern Community College District (Kern CCD) Board of Trustees recently announced the selection of Dr. Steven Bloomberg to serve as Kern CCD's next Chancellor to lead the three-college district including Bakersfield College, Cerro Coso Community College, and Porterville College.

Kern CCD is renowned as one of the premier community college districts in the state and nationally. Dr. Bloomberg has expertise in areas that will help Kern CCD continue to be preeminent and

lead the work that has positioned the District's successes.

"I am honored to build upon the great legacy of the Kern Community College District and look forward to working with faculty, staff, administration at the colleges and the district office to plan for the future," says Dr. Bloomberg.

"I am grateful to the Kern CCD Board of Trustees for this opportunity and am ready to go to work."

KCSOS Launches Education News and Information Website

The Kern County Superintendent of Schools (KCSOS) office recently debuted EdConnect, a news and information website focusing on Kern County public education. The site, news.kern.org, was established as a venue to better connect Kern County's 46 school districts, charter schools, and KCSOS programs with the larger community.

"There are so many positive things happening at our local schools," says Rob Meszaros, KCSOS director of communications. "Our goal with this new initiative is to celebrate the people and programs that make Kern's public education system so special."

Stories will include regular highlights about student and staff achievements, updates on new programs and services, and results from student events and competitions, among much more. Community members may suggest story ideas by emailing communications@kern.org or completing a tip line on the website.



You + Us = a better day!



KEEP YOUR MEDI-CAL. RENEW TODAY!

1-800-391-2000 • kernfamilyhealthcare.com

Q. What one bucket list item do you think people should do in 2024?

The new year is the perfect time to reflect on what you want to accomplish this year and write your annual bucket list. We asked our readers to suggest what items should make more to-do lists of dreams and goals. A selection of their answers is included below.

Alma Garcia

Make it a priority to be kind to each other, that does not cost any money.



Everyone should ride bikes in the bike path out to Enos Lane, especially when there's water out there! A secret Bakersfield gift!

- *Meghan Underwood*

Nina Ha

Skydiving is such a rush! If not, the polar bear plunge at McMurtrey's is another fun bucket item.



Make peace with someone that you have spoken to because you never know if you will ever see them again!

- *Christine Gonzalez*

Stand between the border separating two states, then they'll be stepping in two places at once.

- *Maria Medrano*

Karissa Rodman

Live more and stress less. Do more self care.



Take some time to learn about different mental health conditions and why having a positive mindset is good for your overall health. Focus on mental health and self-care.

- *Yadira Cadena*

Samantha Medina

Take a family trip to Disneyland!



Have a family weekend with as many members of the family as possible. Camp, picnic, or staycation. Life is short and quality time with your family is priceless.

- *Nicole Taylor*

See Death Valley — so beautiful as the sun sets and rises.

- *Maggie Cushine*

Visit a foreign country. - *Audrey Boyle*

Emily Getts

Go electronics-free for a full day.



WIC Offers Breastfeeding Support!

The Women, Infants, and Children (WIC) Nutrition Program provides healthy foods, nutrition tips, breastfeeding support, health care referrals and community information.

Infants Grow Healthy with Breastfeeding



When you choose to breastfeed, you can get food for up to one year!

Here are some ways WIC Supports Breastfeeding:

- Provides ideas on how your family and friends can support you
- One-on-one support from a peer counselor or lactation specialist to help meet your breastfeeding goals
- Tips for a healthy supply of breastmilk for your baby
- Provides a variety of breast pumps best suited for your needs

Pregnant, postpartum, working families including military, migrant and foster families with infants and children up to 5 years of age, are encouraged to apply.

Did you know?

Moms who breastfeed are less likely to have postpartum depression or develop diabetes, certain types of cancer, and heart disease.

Breastfeeding Myths vs. Facts

MYTH

It's normal for breastfeeding to hurt.

FACT

It is not normal for breastfeeding to hurt. If breastfeeding hurts, contact your local WIC agency and ask to speak to a Breastfeeding Expert.

MYTH

You should separate a newborn and birthing parent to allow the birthing parent to rest.

FACT

Studies show that skin-to-skin contact after birth helps to regulate the baby's heart rate and breathing, as well as stimulates the release of hormones to support breastfeeding.

MYTH

You shouldn't breastfeed if you're sick.

FACT

Most parents can usually continue to breastfeed even when they are sick. The antibodies your body makes are passed to your baby during breastfeeding. These antibodies help your baby fight off illness.

Source: www.unicef.org/parenting/food-nutrition/14-myths-about-breastfeeding



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Left to right: Gianna Moore, Olivia Landis, Elaine Moore, Ryker Moore, Francis Moore

KAREN LUNNON PHOTOGRAPHY

Hello, Happy (Caring) Mama: Elaine Moore shares her perspective on parenting and the bigger picture

Deputy Chief Probation Officer Elaine Moore with the Youth Services Bureau of Kern County Probation stands out for her personal commitment to the community. While caring is an important part of her professional role when it comes to local children and families, that sense of responsibility does not end with each shift.

“I love my job but there is so much negative that has to do with children at

times. Of course, I can refer others to resources and we can have collaborative meetings with agency partners to share information but when I go home at night, my work and the people I have seen still impact me,” said Moore. “I pray for the children, our families and our world. I am strong in my Catholic faith and lean into that during difficult seasons in life.”

The Bakersfield native, who graduated from Highland High School, holds a

degree in psychology with a minor in religious studies from California State University, Bakersfield. Moore has worked for the department since age 18; she described her present role as a combination of a police officer and a social worker, with equal parts accountability and opportunity.

“We have the ability to provide individuals who are ready for change with treatment services, community resources and mentorship to break cycles and empower them to make better choices in their lives,” said Moore. “We have both of those roles: an accountability role and an opportunity role. I oversee the Youth Services Bureau, which covers everything youth-related. I oversee all three of our youth facilities, youth supervision, Juvenile Court investigations, the Bridges Career Development Academy and our out of custody evidence-based treatment unit. I truly enjoy my job and feel we are making a positive impact on our clients, their families, and the community. It is gratifying to see progress but in the meantime, I find myself thinking about others long after the workday has ended.”

Moore goes home to a full house as well, with three children at home.

“We are a blended family. My husband has four adult children and I have a 17-year-old daughter. Together, we have two littles, a boy, age 8, and a girl, age 7. We also have seven grandchildren,” she explained. “My husband works for St. Vincent De Paul Homeless Center and we are crazy busy. We manage to balance work, school, activities, sports, homework, showers and spending fun time together as a family. While we don’t always have a home-cooked meal, we do always have dinner together at the table.”

Working together as a team characterizes the couple’s approach to parenting.

“We absolutely share 100% of the responsibility of getting everyone everywhere they need to be,” said Moore. “I have to work every day not to be hard on myself. All three of my children are enjoying their activities and staying active, with karate for each and then baseball for our soon and cheer for our daughter. I was really bothered by not being able to

have a homemade meal on the table every night but when I think about it, what matters is everyone is healthy and happy.”

3 QUESTIONS WITH ELAINE MOORE

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. I have felt very overwhelmed, unsure and like I couldn't find my footing. I think as mothers, there's a natural instinct to provide care to others and sometimes we overlook ourselves. Something I always tell myself is "put your mask on first" words of wisdom from the pre-flight instructions on an airplane. If I'm not taking care of myself, I cannot take care of anyone else. Getting adequate sleep, eating healthy foods and exercise are important but I also find that sometimes we need a little more. I also see a therapist regularly to ensure I remain in an emotionally healthy place for my family and myself. Normalizing mental health treatment is a very important message I want to share with others. Part of putting that mask on is asking for help when you need it. There is no need to feel

ashamed or afraid. We all need help from time to time.

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

A. We have amazing resources in Kern County and agencies working together to create a safer environment for everyone and provide services to those in need. We truly have individuals and organizations who work every single day to make sure families in our community have their needs met. We are blessed for sure.

Q. What is your parenting PSA?

A. Yelling over spilled juice. As a younger mom, I would get upset when the juice was spilled or a mess was made. I was in such a different place in life when I had my youngest child nearly 10 years after my first. I realized, rather than getting upset, it was an important teaching moment. Take responsibility for your actions and clean up your mess. I really tried to focus on helping them understand that it is okay to make mistakes as long as we take ownership of them, learn from them, get stronger and make it right. Children are so much more likely to tell you about what's wrong when the relationship is better.

Fill-in-the-blank questions

I'm always laughing at: The silly inside jokes I have with my oldest daughter.



The first thing I do when I wake up in the morning is: Say a quick prayer of gratitude.

Today, the strangest thing in my purse is: A baby tooth wrapped in plastic wrap (the tooth fairy must have snuck it in there).

My favorite food is: My mom's homemade macaroni and cheese.

My favorite dessert is: Skittles.

In my pantry, you will always find: chips.

Before I go out, I always make sure I have: My reading glasses.

My favorite music group is: Pearl Jam.

The best book I've read lately is: "And Then There Were None" by Agatha Christie.

So far, my best life advice is: Tough times just last for a season; you cannot let those times crush your spirit. You have to remember that it is only a season that will pass in time. Keep your head up, take care of yourself and be the light inside the darkness.

Hello Happy Mama!

Enter to win a Woom2 Bicycle and Helmet!

Enter by noon, January 23

TO ENTER GO TO:
kerncountyfamily.secondstreetapp.com/January-2024-contest/



Woom2 Bicycle (retails for \$399) • Woom Kids' Helmet (retails for \$69.90)



One-year-old Sam takes a bath in the sink.

PHOTO COURTESY STACEY LEIGH PHOTOGRAPHY.

Scrub-A-Dub-Dub!

Keep your kids safe in the tub

Depending on your child's age and stage, you might have a love-hate relationship with bath time. Whether you get cheers or tears from your kids when it's time to get clean, taking a bath is a necessity. But the bathroom can also be a dangerous place. January is National Bath Safety Month, the perfect time to focus on how to minimize harm and hazards when it's time to splash.

Longtime Bakersfield Pediatrician Dr. Kaye Sykes-McCloskey says it's not uncommon for us to forget to take proper precautions while in the bathroom.

"Bath safety is something you need to be prepared for and cautious of especially as a first time parent," says Dr. Sykes-McCloskey. "I would recommend getting as much education as you can before the baby arrives."

Water Temperature

One of the biggest risks associated with bath time is scald injuries from hot water. Babies and toddlers have extra sensitive skin that can burn at a lower temperature than that of adults. This is why it's important to test the water temperature before you place them in the bath. One

way is to dip your wrist or elbow into the water.

"Every mother and grandmother I know stuck their elbow in the bath to test the water temperature. Its tradition, and probably the best way until you start to get a feel for what is too hot," says Dr. Sykes-McCloskey.

Beyond the elbow test, you can invest in a water thermometer which provides a precise reading. Experts recommend a range of 98.6°F to 100.4°F for little ones.

Drowning Danger

Drowning accidents can happen in an instant. According to the American Academy of Pediatrics an estimated 87 children die each year from drownings at home. Two-thirds of these incidents took place in the bath. That's why experts urge you to never leave your young child alone near water.

"Children can slip under the water without making a sound, and drowning can happen very quickly," says Dr. Sykes-McCloskey. "That's why it's so important not to let yourself get distracted when they are in the tub and never

Make Bath Time Safer with these important tools

Skip Hop Moby Safety Bath Spout Cover

Make bath time bump-free and fun for baby with Moby, the blue whale. The sleek design includes an adjustable strap that fits snugly on most tub spouts, and a tail that's also a handy hook, so Moby can hang around when bathtime's done. \$9.99, www.amazon.com

Duck Tub Tattoo Bathtub Safety Treads (Set of 5)

Help prevent slips and falls with these peel and stick adhesive bath treads. Designed to provide reliable slip resistance in tubs, showers and other slippery spots, these friendly duck tub tattoos will help keep your child safe and smiling, bath after bath. \$9.70, www.wayfair.com

The Original Gorilla Grip Shower and Bathtub Mat

This patented design includes and powerful suction grip and is designed to securely stay in place. It also includes hundreds of suction cups that effectively help secure the mat to your tub or shower floor. \$22.99, www.amazon.com

Child Safety Magnetic Cabinet Locks

The child safety cabinet locks work on thick cupboard, cabinet or drawers keeping your curious child away from drawers and cabinets filled with dangerous tools or chemicals and giving you peace of mind. \$17.95, www.amazon.com

Otteroo MINI

Otteroo baby float is an inflatable neck device that keeps the head above the water while the body is immersed, making bath time extra relaxing for baby. MINI is for babies starting at 2 weeks old (6 - 18lbs). Otteroo urges you to always stay within arm's reach of your baby while using this product. \$29.95, www.otteroo.com.



SEE COVER FEATURE, PAGE15



Celebrating 45 years of caring for your family



Se Habla Español!

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Accepting New Patients

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11 WAYS to have fun while saving money

JANUARY IS THE MONTH when a hard look at finances often prompts household budget discussions. Making changes a challenge rather than a chore is a good first step. Here are 11 ways to start saving today without losing momentum.

1

Swap out a meal

Go beyond the brown bag lunch. Get creative with coffee from home, make a salad or purchase a heat-and-eat meal from your supermarket frozen section.



4

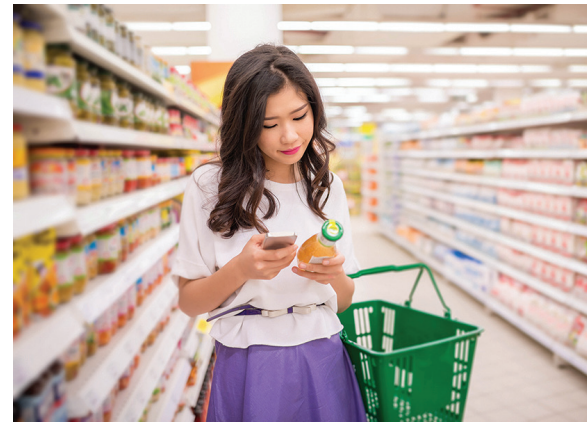
Cook together

Enjoy time together in the kitchen and save by skipping dinner out.

5

Try generic brands

Comparing brand name products versus generics can be a fun way to save; you might be surprised by the better finds and your wallet will thank you.



2

Trade in your gym membership

With more than 300 days of sunshine according to the City of Bakersfield's statistics, we live in the perfect area to exercise outdoors.



6

Look for online coupons

Try RetailMeNot codes and other in-browser options. Finding the savings can be a rewarding challenge.



7

Try receipt-scanning apps

Save with percentages off and also scan receipts to make extra cash. Your household's youngest members may find it particularly fun to use apps like Fetch and iBotta.



3

Plan nights in

Trade a date night out for a night in with an indoor picnic or movie at home.



8

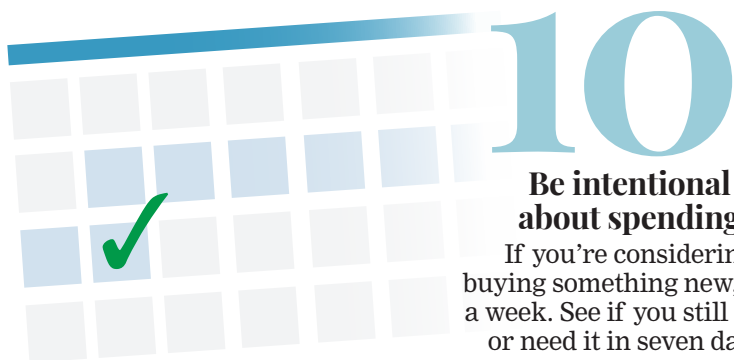
Check your subscriptions

Cut any unnecessary services and use technology to make sure you're not double-paying on duplicate accounts.

9

Find free family fun

Our online calendar and website feature many free or low-cost community events each month for the whole family.



10

Be intentional about spending

If you're considering buying something new, wait a week. See if you still want or need it in seven days.

11

Use time instead of money

When it comes to spending time with children, that's another form of currency; kids spell love "t-i-m-e," which doesn't always require spending a significant amount to have a good time. Enjoy books, puzzles and games you already own. It'll be more memorable to have the time together than anything you could have purchased.



"Bath safety is something you need to be prepared for and cautious of especially as a first time parent."

DR. SYKES-McCLOSKEY

ever leave a young child alone. I also tell parents to drain the tub while you are drying your child. Do not leave the room until the bath is empty."

Dr. Sykes-McCloskey says to minimize distractions make sure to gather all necessary items- soap, shampoo, toys, towels- and place them within reach before putting your child in the bath. Children may be left to bathe unsupervised beginning at 6 years old, but experts caution you to use your parental judgment because you know your child best.

Slips and Falls

The smooth surface of the bathtub can quickly become a slipping hazard when combined with soapy water. One of the ways to minimize the danger of accidental slips and falls is to invest in the right tools. Experts advise that you secure a slip-resistant plastic mat that suctions to the bottom of the tub or consider non-slip stickers stick directly to the tub's surface and offer added grip without covering the entire tub. Be sure the throw rug outside the tub does not slide when stepped on. Also, consider installing a grab bar for kids to hold onto when stepping in and out of the bath.

Medicine and Toiletry Storage

To prevent accidental poisonings or injuries keep medicine and toiletries out of reach of small children. Bath products, with their vibrant colors and fun packaging can be mistaken for toys or even something edible. Store these items in locked cabinets or on a high shelf that is out of reach of children. Dr. Sykes-McCloskey also recommends purchasing a lock for your toilet seat.

"Toddlers are by nature very curious and may try to explore the toilet, which can be dangerous if they accidentally fall in or get stuck. Toilet seat locks can help prevent these accidents by making it more difficult for children to access."

Dr. Sykes- McCloskey says a good rule of thumb is to keep the bathroom doors closed at all times, so the kids can't get in and get in to trouble.

Emergency Preparedness

Accidents can happen, despite your best precautions. Be prepared before an urgent situation occurs by keeping emergency numbers handy, be aware of the nearest medical facilities, and know basic first-aid.

"Every mother and father should be comfortable in infant and child CPR," says Dr. Sykes-McCloskey. "Do your best to be prepared for the possibilities that you aren't even thinking about."

Remember that preparation and awareness are key to ensuring that bath time is full of fun and free from risks. We wish you happy splashy in the year ahead!



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KCFM *Recommends* By Andrea Rose

Make it a SNOW DAY!

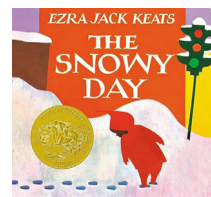
If it's winter, there must be SNOW! OK, maybe not in most of The Golden State. But that doesn't mean we can't dream of the white stuff — and read about it! Grab a soft blanket and a cup of hot cocoa and get cozy while reading about winter's awesome fluffy precipitation! **Here are our best picks:**



A Day in the Snow

By Eric Carle
\$6.38; Ages 0-3
Publisher: World of Eric Carle
Amazon.com

You know what happens during the summer to “The Very Hungry Caterpillar” but do you know what happens in the winter? Find out in this easy-to-flip tab book by beloved author/illustrator Eric Carle.



The Snowy Day

By Ezra Jack Keats
\$5.86; Ages 0-5
Publisher: Viking Books for Young Readers
Amazon.com

Caldecott Medal award winner.

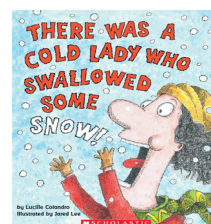
This board book captures the magic and wonder of winter's first snowfall. Keat's picture book is a



What is Snow?

By Katie Daynes
\$14.84; Ages 2-6
Publisher: EDC Publishing
Amazon.com

Part of the series “Very First Questions & Answers,” this board book includes more than 30 flaps that guide little ones in discovering the answers to important questions about the white stuff.



There Was a Cold Lady Who Swallowed Some Snow!

By Lucille Colandro & Jared Lee
\$5.34; Ages 2-6
Publisher: Scholastic Inc.
Amazon.com

If you like the story about the lady who swallowed a fly, you'll love this wintry twist! “There was a cold lady who swallowed some snow. I don't know why she swallowed some snow. Perhaps you know!”



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★ 2023 SILVER ★
Award Winner
Design & Editorial Awards Competition

THANK YOU KERN COUNTY!

We appreciate our contributors and readers.

We are proud to announce that we won national editorial and design awards in 2023!

We look forward to serving our community in 2024 and plan to make it the best year yet!

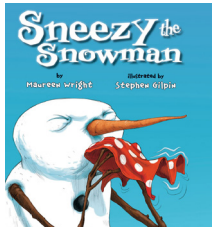


PARENTING MEDIA ASSOCIATION
★ 2023 BRONZE ★
Award Winner
Design & Editorial Awards Competition

WANT TO LEARN MORE?

Scan the code or visit kerncountyfamily.com





Sneezy the Snowman

By Maureen Wright & Stephen Gilpin
\$6.79; Ages 3-6
Publisher: Two Lions
Amazon.com

Sneezy is a snowman who wants to warm up. He tries all kinds of techniques you wouldn't expect a snowman to do!

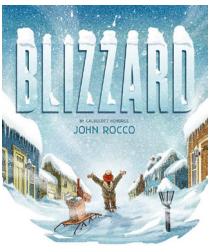


The Story of Snow:

The Science of Winter's Wonder

By Mark Cassino & Jon Nelson
\$6.69; Ages 5-8
Publisher: Chronicle Books
Thriftbooks.com

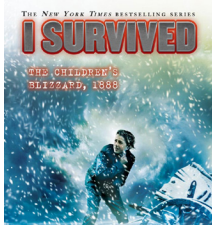
This is a great book for early readers. Kids can learn all about the science of snow, from how snow crystals form to the differing shapes. Perfect for reading with or without snow falling outside!



Blizzard

By John Rocco
\$15.82; Ages 5-10
Publisher: Little, Brown Books for Young Readers
Amazon.com

For all those parents and grandparents who have regaled their children and grandchildren with stories of a big blizzard "when they were kids," here's proof! Based on the Blizzard of 1978, which brought 53 inches of snow to Rhode Island, this book tells the story of a winter storm.



I Survived the Children's Blizzard 1888

By Lauren Tarshis
\$12.16; Ages 8-12
Publisher: Thorndike Striving Reader
Amazon.com

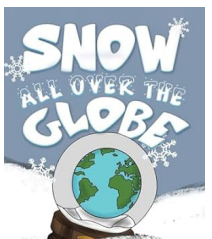
Eleven-year-old John Hale has already survived one nasty Dakota winter, but he hasn't seen anything yet. The latest installment of the New York Times bestselling "I Survived" series tackles the Blizzard of 1888.



Of Sorcery & Snow (The Ever Afters Book 3)

By Shelby Bach
\$13.45; Ages 8-12
Publisher: Simon & Schuster Books for Young Readers
Amazon.com

The middle school years at Life at Ever After way too familiar for Rory. And then she meets the Snow Queen.



Snow All Over the Globe

By Shelley Harwayne & Ben Harwayne
\$10.95; Ages 10-18
Publisher: Austin Macauley
Amazon.com

Even if there is no snow, you can find snow magic in a snow globe. In this book, the author and her grandson pay tribute to snow globes—and

teach a thing or two about them along the way! You'll probably want to start your own collection after reading this book.

24TH ANNUAL KERN COUNTY

Teacher Recruitment Fair

Sat., Feb. 3, 2024 • 8 a.m. – 12:00 p.m.

Larry E. Reider Education Center
2000 K Street, Bakersfield

2024-2025 Anticipated Positions

- Multiple Subject
- Single Subject
- Special Education
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- School Nurse

Online pre-registration deadline: February 1, 2024. Onsite registration: February 3, 2024, at 11:00 a.m.

<https://kern.org/trf/>
Pre-registered applicants will be admitted to the event at their scheduled times. Non-registered attendees should arrive at 11:00 a.m. Admittance will be determined by occupancy at 11:30 a.m.



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The ABCs of choosing a school

By ANDREA ROSE

As a parent, you probably considered several options before choosing which crib your child would sleep in each night. And you surely studied the features of a few car seats that would safely protect your baby in transit.

But you may not have thought about the different options for where your child will spend about 1,000 hours each year.

In California, you have a variety of educational choices for your elementary school-aged child—traditional public schools, public charter schools, public magnet schools, private schools, online learning, homeschooling, micro-schooling and mix-and-match learning—in fact, the choices can be overwhelming!

Here's a study guide for choosing the right fit for your learner:

TRADITIONAL PUBLIC SCHOOL

By the time your child turns 5, you'll want to consider enrolling them in kindergarten at your neighborhood elementary school. California's 5,857 public elementary schools are managed by elected school officials and funded by taxpayers. According to the state Department of Education, California spends about \$14,000 per student each year. Public schools are free to attend, but curriculum, mission, culture and extracurricular opportunities vary from district to district.

Questions to ask: Can I choose which school my child attends? What is the student/teacher ratio? What is grading system do you use? What opportunities for extracurricular activities are available? What services are available should my child need them? What transportation is provided?

PUBLIC CHARTER SCHOOL

Since 1994, California has had an option for public charter school and today, there are more than 1,000 statewide. Public charter schools are similar to traditional public schools in that they are tuition free and typically don't have requirements for admission. What sets them apart is that they usually have a specific focus or mission and the flexibility in learning methods and programs.

Questions to ask: What is your specialty/mission? What benefits do you provide for my student's school career? What is expected of me as a parent? What is the student/teacher ratio? What services are available should my child need additional support?

HOMESCHOOL OPPORTUNITIES

The state Department of Education regulates parent-education of children. All homeschool families must be registered and parents/guardians are required to teach courses commonly found in public schools and families are held accountable for learning milestones. There are a variety of grassroots homes-



chool networks that offer parent-to-parent support, but it is a huge commitment and requires discipline.

Questions to ask: What is required of my student (standardized tests)? What is required of me as a parent? What accountability is necessary? Can my child participate in public school sports programs?

MAGNET SCHOOLS

Magnet schools are public schools that focus on a specific area of study—science, performing arts or career-focused. Admission is limited and usually competitive. The state Department of Education provides guidance to school districts on such programs and schools, but doesn't offer special funding for the programs. These schools are attractive to students who are passionate about a particular program or curriculum (such as the arts or STEM). This year, there were 400 magnet schools statewide, according to the department of education.

Questions to ask: What is your focus? What benefits can you provide my student? Do you partner with other institutions to provide student development? How structured is the learning? What is the cost?

PRIVATE/PAROCHIAL/COMMUNITY DAY SCHOOLS

When it comes to alternatives to public school, there's a plethora of choices for a private education—but it comes with a cost. Private school tuition averages between \$15,000 and \$20,000 per year. Some schools may offer private scholarships, but they are few and far between. The benefits of a private school can be found in curriculum or learning environment and student/teacher ratio. Some private high schools may offer study-abroad or early college admission programs. Those op-

SEE ABCs, PAGE 20



YOUR FUTURE IS LOOKING BRIGHT

2024 Kern County Family Private Education Guide

Each January, we bring you a collection of some of the top Kern County Private Education options.

Get a leg up on the 2024/25 school year, and contact the schools directly for enrollment information.

Trinity Preschool at Belcourt

11300 Campus Park Dr., Bakersfield, CA 93311
661-282-5252
trinitybakersfield.com/trinity-preschool



We at Trinity Preschool are committed to the children of our community and look forward to serving your little ones. Our staff has a combined experience of over one hundred years in preschool formation. We believe kids need a loving and nurturing environment where they can feel secure and flourish. Our kindergarten readiness curriculum also emphasizes character formation with a spiritual component. LIC: 153810005

Providence Classical Academy

4500 Rosedale Lane
Bakersfield, CA 93314
661-381-1503
bakersfieldclassical.co



PROVIDENCE CLASSICAL ACADEMY

Education for the glory of God and the freedom of man

Providence Classical Academy may be new to town, but our curriculum and our methods are time-tested and traditional.

Classical Christian Education

is a movement to recover the traditional goals, content, and methods of education. The mission of Providence Classical Academy is to provide the children entrusted to its care with an education that forms godly, virtuous, self-governing men and women. Full-time day school is available for grades Pre-K through 8th. Additionally, we offer our Homeschool Enrichment Program on Fridays and Homeschool Resource Program for more classical homeschool support.

We invite you to learn more about our school by attending a school tour. Visit us at bakersfieldclassical.com or contact us at office@bakersfieldclassical.com.



PROVIDENCE CLASSICAL ACADEMY



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

www.BakersfieldClassical.com





Garces Memorial High School

2800 Loma Linda Dr.
Bakersfield, CA 93305
(661)327-2578

Noel Leon, Principal



Hello all prospective parents! Here at Garces Memorial High School we strive to provide a school environment that allows students to be fulfilled in and out of the classroom. As a Catholic school we are rooted in our Faith. Catholic education gives students an opportunity to excel academically and be college and career ready. It provides students the opportunity to grow as service-minded individuals, who can reflect and develop their moral compass in a safe and supportive environment to become the person God created them to be. Garces students have a

rich educational experience through faith formation including weekly mass, opportunities for adoration and confession with our Chaplain, Father David, and retreat opportunities every year. We have a vibrant student life with multiple clubs and activities throughout the year. Our academic expectations, paired with our academic support programs, help our students prepare for college and career. More importantly, we foster our students to grow as compassionate, service-minded individuals motivated to give back to the community. I look forward to welcoming you and your student to our community to grow in our four pillars: Knowledge, Faith, Compassion and Justice.



ABCs FROM PAGE 18

portunities should be factored into the cost of tuition.

Questions to ask: What benefits do you provide my student? Are there extracurricular learning, athletic or art programs available? What is the student/teacher ratio? What is the typical classroom environment? What are the discipline guidelines? What is the cost? Is there a waiting list?

VIRTUAL SCHOOL

California has more than two dozen online charter schools that offer virtual learning opportunities. Some are more regionally-focused than others, which could suit families in specific communities by offering field trips and meet-ups. The challenge for many families with virtual learning is that it usually requires some daily oversight by parents or guardians.

Questions to ask: Who provides the technology? What is the cost? What is my student's responsibility? Who holds my student accountable and how? What is my responsibility as a parent? If my student needs additional help, what resources are available?

Families considering education options have resources available both through the California Department of Education (www.cde.ca.gov). January is National School Choice Week and there is additional information for parents on the website Schoolchoiceweek.com.



Ready to be a Garces Ram?

Now accepting applications for the 2024-25 school year.
Go to www.garces.org or call our Admissions Office at 661-327-2578 ext. 118

Voted Best Private School



We asked some of our faculty one simple question...*Why Garces?* Scan the QR code to watch the video of their responses.



Founded on Faith + Rooted in Tradition + Growing in Excellence

St John Vianney Academy

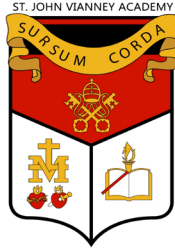
1800 Bedford Way
Bakersfield, CA 93308

At St John Vianney Academy, we strive to empower children by giving them the gifts of faith, reason, and virtue. We believe this is best done by employing the classical method of education. The beauty of classical education is that children learn how to think, and not what to think. Our teachers are trained to approach learning by recognizing that there are natural and progressive stages in child development. Our children will become adept at applying the tools of learning to any subject - mastering new information in sometimes half the time of their peers.

This develops confidence in personal ability because now the person knows how to learn. Ultimately, this creates a life-long desire and love for learning.

In Catholic classical education, school subjects are regarded as disciplines or categories of creation which can be integrated and related back to God. Do we observe that the Creator is a God of order and intention? Does math, science, languages, music and the fine arts - using logic, reason, and order ultimately reflect the beauty of the created world and universe? How do we fit into the scheme of creation, and what is our relationship with the Creator?

Seeking answers to these questions, observing goodness, and practicing the faith require community. SJVA provides an environment rich in the encouragement of the formation of



good conscience and a moral compass. Our teachers are not only classically trained, but also, are themselves, people of faith. They themselves are seekers of truth, virtue, and joy. Our community supports ideals which are beneficial for the family and society as a whole. We provide a place for learning and practicing virtue - a place for gaining a clear understanding of the beauty and traditions of the faith.

With this strong foundation, our children are on the path to becoming responsible adults with passion and ability for glorifying our Creator - which is afterall, what we were made to do! Would you like to find out more about what we can offer you and your family?

Please contact Program Director Teresa Grimm for more information at 661-477-8840.

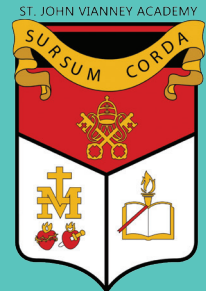
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www.trinitybakersfield.com
LIC # 153810005

St. John Vianney Academy Bakersfield

Seeking the Good, the True, and the Beautiful every day
We are currently accepting applications for grade Pre-K thru 12.



Visit our website stjohnvianneyacademy.com or
call **661-477-8840** to find out more about our program.

Catholic Classical Education



Legacy Christian Academy

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

**Paula Cowan: Administrator/
Head of School**



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

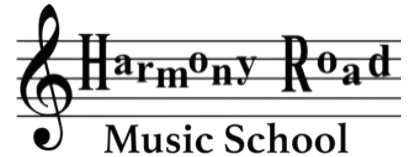
Legacy advances students in their areas of giftedness while supporting any learning challenges. We believe all children can thrive in the University-Model . Legacy Christian Academy utilizes professional educators partnering with parents to provide a distinctive, Christ-centered education. K-12 students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

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

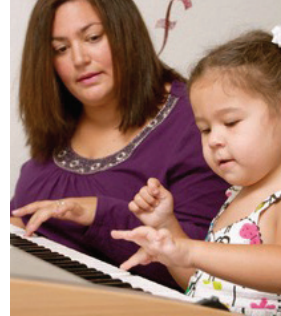
Harmony Road Music School

5381 Truxtun Ave.
Bakersfield, CA 93309
661-665-8228

harmonyroadbakersfield.co



Harmony Road Music School offers group piano classes for children of all ages. Music & movement classes are for little



ones ages 16m- 4 yrs. and include movement, singing, playing with rhythm instruments, finger games, rocking/cuddling songs, activities with balls, scarves, and hoops, and keyboard introduction. A parent participates in each class.

Group piano classes are for children beginning age 5 and include singing, solfege, ear training, note reading, rhythm and keyboard ensembles, and eventually composing and improvisation. Recitals are twice yearly. A parent participates in all classes. Advancing students have the opportunity to participate in adjudicated events such as Guild, Federation, Jazz/Pop Festival, and much more!

Our new winter semester begins mid-January. Check out our website for the complete schedule.



PARTNERING WITH PARENTS TO DISCIPLE COLLEGE-WORTHY CHRIST FOLLOWERS FOR A LIFETIME OF LEADERSHIP.



Chase the chill away with hot soup

Few things beat a hot meal on a cold day. Try this recipe for Tortilla Soup, when you are looking for the perfect cozy meal. Recipe Courtesy: "The Complete Mexican, South American & Caribbean Cookbook" by Jane Milton, Jenni Fleetwood and Marina Filippelli.

Tortilla Soup

(Serves 4)

INGREDIENTS

- | | |
|---------------------------------------------------|---------------------------------------|
| 4 corn tortillas, freshly made or a few days old | 1 14-ounce can plum tomatoes, drained |
| 1 tablespoon vegetable oil, plus extra for frying | 4 cups chicken stock |
| 1 small onion, finely chopped | Small bunch cilantro |
| 2 garlic cloves, crushed | Salt and ground black pepper |

INSTRUCTIONS

Using a sharp knife, cut each tortilla into 4 or 5 strips, each measuring about 3/4 inches wide.

Pour vegetable oil to a depth of 3/4 inch into a heavy frying pan. Heat until a small piece of tortilla, added to the oil, floats on the top and bubbles at the edges.

Add a few tortilla strips to the hot oil and fry for a few minutes, until crisp and golden brown all over, turning them occasionally. Remove with a slotted spoon and drain on a double layer of paper towels. Cook the remaining tortilla strips in the same way.

Heat the 1 tablespoon vegetable oil in a large, heavy pan. Add the chopped onion and garlic and cook over medium heat for 2 to 3 minutes, stirring constantly with a wooden spatula, until the onion is soft and translucent. Do not let the garlic turn brown or it will give the soup a bitter taste.

Chop the tomatoes using a large, sharp knife and add them to the onion mixture in the pan. Pour in the chicken stock and stir well. Bring to a boil, then lower the heat and let simmer for about 10 minutes, until the liquid has reduced slightly.

Chop the cilantro. Add to the soup, reserving a little to use as a garnish. Season to taste.

Place a few of the crisp tortilla pieces in the bottom of four warmed soup bowls. Ladle the soup on top. Sprinkle each portion with the reserved chopped cilantro and serve.

Happy New Year from Our Family to Yours

9425 Rosedale Hwy. Bakersfield, CA 93312 (661) 587-8437 Takeout & Delivery		6801 White Ln. Bakersfield, CA 93309 (661) 847-9955 Takeout & Delivery Drive-Thru Open
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Time for a new vehicle or maybe not

The day I turned 35, it occurred to me that maybe I might want to have a baby.

And from that point, everything is pretty-much a blur because, you know, you don't want to dilly-dally when you're in your thirties and trying for your first child.

So what I'm saying is... we did not PREPARE for a baby.

We had two big dogs and just sort of hoped they would be cool with babies. And I had a newish Honda Civic. I kept them. The Civic as well as the dogs.

There have been moments when I wished I had gotten a van. Mostly when I was trying to buckle toddlers and infants into car seats without hitting the car in the next space with my door. I pined for the sliding door and the extra space for strollers.

Later, the pandemic helped me realize I could just skip the car and order everything on instacart and amazon. But when I got back to toting kids to school and activities, I thought, "Well, now that the kids are big, maybe I don't need a van. Maybe all I need is some extra legroom in the back seat."

Yes, I was ready to turn my Civic in for an Accord.

This felt huge.

Remember those Accords in the 80s with the flip-up lights and velvety upholstery? I got to ride in one once in high school. It even had a "car phone." (That is, in fact, how old I am. This is what happens when you have babies in your late thirties. You are truly, noticeably from a different generation than all the other moms.)

Yeah, so it turns out that Accords don't look like that any more. It has been a long time since I bought a car.

So I did what any reasonable person with a reasonable amount of reasonableness would do: I researched "sedans with the most leg room in the back seat."

And then I texted my brother (who is in the car insurance business and surely would know something about reliability and safety—and maybe even leg room): "I'm thinking of the Accord or maybe the Lexus SE 350."

He texted me back: "Just go test drive the Rivian." Only he must have been using talk-to-text because it came out, "just go test drive the Arabian," and—after I realized he was not talking about a horse—I was like, "You know I can't even park Darren's pick-up, right?"

The Rivian has 8 seats and looks like a spaceship. We are a family of 4. Even if each kid brings a friend AND we take all of our pets AND luggage for a month, we don't need eight seats.

The Rivian is an electric SUV. I'm telling you this in case you didn't know. Although you probably did know. I did not. (I was



still picturing a horse.)

For the price of the Rivian, I could buy the Lexus AND the Accord. Not to mention, I could fit all my stuff in one or the other, AND park it. In one parking space. Without going over the line. On the first attempt.

"But," my brother said, "Matt Damon and Ben Affleck like the Rivian." (Um...?)

Yes, well, they could buy the Rivian, the Accord, AND the Lexus—and have a place to keep them all with room to spare. My neighborhood was built in the 60s when people did not super-size their cars. The driveways are so short that our neighbors with Outbacks just barely fit their vehicles in their driveways.

All of which led me to the great conclusion that (drumroll) the Civic has a few more miles in it.

WE LOVE IT!

By Leslie Carroll

Baby, its cold outside! It can be challenging to come up with fun activities to fill your time during the chilly, winter months. Check out these ideas to help keep your mind and body active.

Woom2 Bicycle

The woom 2 provides kids three and up a seamless transition from a balance bike to a pedal bike without training wheels. At 12.3 lbs, the woom 2 is one of the world's lightest pedal bikes. In no time, kids intuitively learn the skills they need to ride: balancing, resting their feet, and pedaling. \$299, www.woom.com



Scentco Air Dough Bucket

Air Dough is a Super Lightweight, Unscented, Non-Toxic, Gluten-Free, Modeling compound that stimulates creativity and play based learning for Ages 3+. Air Dough can help kids amplify their critical thinking ability, confidence and educational development. \$24.99, www.amazon.com/Air-Dough-Non-Toxic-Accessories-Educational/



The Very Hungry Caterpillar

Rainbow Picnic Game from Briarpatch

Briarpatch's The Very Hungry Caterpillar Rainbow Picnic Game helps young children practice color recognition, patience, gross-motor skills and vocabulary. A perfect game for screen-free fun and preschool children Ages 3+. \$16.99, www.amazon.com/Briarpatch-Hungry-Caterpillar-Rainbow-Picnic



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Worship Guide

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New Beginnings

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3:5-6 NIV

January is a good time to reflect on how we should live our lives and how we might become better persons, not only because the calendar tells us that it's a new year, but also because we can finally slow down a bit after the hustle and bustle of the holidays. Take some time to reflect on what worked well last year. Continue those long-term projects that you were working on last year such as your education or maintaining your health and sobriety. But take an honest look at what didn't go well last year and consider whether you might revisit those areas of your life in a different way. Perhaps you struggled with diet or exercise last year and would like to revisit those areas with a different plan. Maybe a personal trainer would help you stay focused on these things. Sometimes simply having a logbook or diary to keep track of your progress can help. And don't forget to put God and your spiritual well-being at the center of your plans for the coming year. When we put God first everything else tends to fall into place, and if you are truly trying to do God's will throughout the year, whatever else happens will be seen through the lens of being part of God's plan for us. Finally, if spiritual growth is one of our goals for this year—and it should be—we should realize that growth and comfort rarely occur together. - Christopher Simon



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NEW YEAR
2024**



PHOTO COURTESY BAKERSFIELDCITY.US

JANUARY 1

Polar Bear Plunge

Make a splash in 2024 by jumping into the icy water or going down the water slide.

11 a.m.

McMurtry Aquatic Center
1325 Q Street, Bakersfield, CA
661-852-7430
bakersfieldswim.us

JANUARY 2-4



PHOTO COURTESY BAKERSFIELD MUSEUM OF ART

Winter Break Art Workshops

Keep your young artists engaged during winter break! All sessions are inspired by and feature study of our current exhibitions. All course materials are included.

TIMES VARY

Bakersfield Museum of Art
1930 Art Street, Bakersfield, CA
661-323-7219
www.bmoa.org

JANUARY 3

Bakersfield Condors Game

Come cheer on the Condors on home ice!



6:30 p.m.

Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA

www.bakersfieldcondors.com/schedule/schedule-list/

JANUARY 4

CSUB Men's Basketball Game

Come cheer on the Roadrunners on their home court!



7 p.m.

CSUB Icardo Center
9001 Stockdale Hwy
Bakersfield, CA

www.gorunners.com/sports/mens-basketball/schedule



JANUARY 5

Shafter Comic Con

5 - 7 p.m.

Shafter Library & Learning Center
236 James Street
Shafter, CA
www.shafter-learning.com/events/2024/1/5/shafters-comic-con

JANUARY 6

Family Day!

All day, All ages, 2 adults and up to 6 kids only \$20

10 a.m. - 4 p.m.

Buena Vista Museum of Natural History
2018 Chester Avenue
Bakersfield, CA
Bakersfield Museum of Art

JANUARY 8

National Bubble Bath Day!

Check out our story on page 12 to learn more about bath safety.

JANUARY 13

Rio Bravo Rumble 5K

It's once again time to lace up your shoes for the 2024 Rio Bravo Rumble.

9 a.m.

Rio Bravo Ranch
<https://www.eventbrite.com/e/2024-rio-bravo-rumble-tickets>



JANUARY 13

Bakersfield Condors Game

Come cheer on the Condors on home ice!



7 p.m.

Mechanics Bank Arena
1001 Truxtun Avenue
Bakersfield, CA

www.bakersfieldcondors.com/schedule/schedule-list/



JANUARY 15

Martin Luther King, Jr. Day

JANUARY 14

Wind Wolves Preserve Nature Hike

Get outdoors and hike 2 miles on San Emigdio Canyon Trail. Recommended for ages 6 and up (no strollers). Check in is at 9:45 am at the Crossing Parking Lot.

10 a.m. - noon

Wind Wolves Preserve
16019 Hwy 166
Maricopa, CA
(661) 858-1115

JANUARY 18

CSUB Men's Basketball Game

Come cheer on the Roadrunners on their home court!



7 p.m.

CSUB Icardo Center
9001 Stockdale Hwy
Bakersfield, CA

www.gorunners.com/sports/mens-basketball/schedule

JANUARY 20

• Bakersfield Condors Game

Come cheer on the Condors on home ice!



7 p.m.

Mechanics Bank Arena
1001 Truxtun Avenue
Bakersfield, CA

www.bakersfieldcondors.com/schedule/schedule-list/

• CSUB Men's Basketball Game

Come cheer on the Roadrunners on their home court!



7 p.m.

CSUB Icardo Center
9001 Stockdale Hwy
Bakersfield, CA

www.gorunners.com/sports/mens-basketball/schedule

THE BEST LOCAL CALENDAR OF EVENTS!

This calendar has been edited for space. For more details about these events or activities not listed please visit kerncountyfamily.com



JANUARY 24

ADAKC Cinnamon Roll Drive

Pick up your tin of hot Hodel's cinnamon rolls and support the mission of ADAKC. 6am until sold out! To preorder call (661) 665-8871

Compassion Corner
2120 L Street
Bakersfield, CA 93301

JANUARY 25

Light a Candle for a Loved One

If you've experienced the loss of a loved one due to an overdose or addiction-related crime, if someone you care about is currently fighting addiction, or if you've successfully overcome addiction yourself, we invite you to join us at Light a Candle for a Loved One.

This event provides an opportunity to connect with local support services, listen to personal accounts of how addiction has affected others in our community, and take part in a transformative candlelight vigil walk around the lake at River Walk Park.

6 - 8 p.m.

The Park at River Walk
11298 Stockdale Hwy
Bakersfield, CA 93311
(661) 489-5952
info@befinallyfree.org



JANUARY 26

The Peking Acrobats

THE PEKING ACROBATS® have re-defined audience perceptions of Chinese acrobatics. They perform daring maneuvers atop a precarious pagoda of chairs and display their technical prowess at such arts as trick-cycling, precision tumbling, juggling, somersaulting, and gymnastics. They push the limits of human ability, defying gravity with amazing displays of contortion, flexibility, and control.

6:30 - 10 p.m.

Admission: \$24 / \$30 / \$36 / \$42
The Historic Bakersfield Fox Theater
2001 H Street, Bakersfield, CA 93301
(661) 324-1369 | info@thebakersfieldfox.com



TOM MEINHOLD PHOTOGRAPHY

JANUARY 27

Outsiders Nation Art in the Park

Free art in the park event with an art supply and warm clothing giveaway. Free food and drinks, music, and art pop-ups for the kids.

10 a.m. - noon

N. Beardsley Park
901 Airport Dr.
2 - 4 p.m.
Jefferson Park
801 Bernard St
Bakersfield, CA 93305
(323) 681-2081
stevin@outsidersnation.org

ONGOING EVENTS

DECEMBER 26- JANUARY 8

Christmas Tree Recycling

Kern County Public Works' 2023 Christmas Tree Recycling Program provides residents an opportunity to recycle one of their most cherished holiday centerpieces – their Christmas tree! You can recycle your tree at various County and partnering locations to prevent trees from being illegally dumped or improperly recycled in the residential green waste container. Don't forget to remove all ornaments, bulbs, lights, decorations, and plastic or metal tree stands before dropping off your Christmas tree. No flocked trees.

To find a drop off location near you visit www.kernpublicworks.com/services/solid-waste/recycling/christmas-tree-recycling-program.

JANUARY 6-27

Riverlakes Farmers Market

Come shop local produce and homemade craft items every Saturday in January.

9 a.m. - 1 p.m.

3825 Riverlakes Dr.
Bakersfield, CA 93312



JANUARY 7-28

Haggin Oaks Farmers Market

Dozens of local vendors will be on site every Sunday offering fresh, local produce and more!

9 a.m. - 2 p.m.

8800 Ming Ave.
Bakersfield, CA 93311

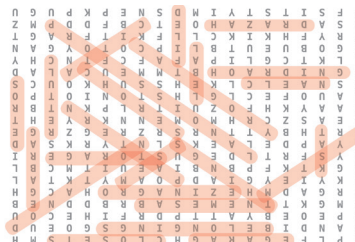
PAGES
30-31

ACTIVITY CORNER ANSWERS

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

CROSSWORD

- ACROSS
- DOWN
- 1. Reading
- 2. Lamps
- 3. Gladiola
- 4. Depicted
- 5. Taco
- 6. Novella
- 7. Trail



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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 New Year!

Parent Support Group - Wednesday, January 10th at 6 p.m.
Chess Club for Teens & Adults Saturday, January 20th at 11 a.m.
Father's Virtual Autism Support Group Saturday, January 20th at 2:30 p.m.

To attend all events register at 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

SERVICES OFFERED:

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
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- Evening & Weekend Phone support

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

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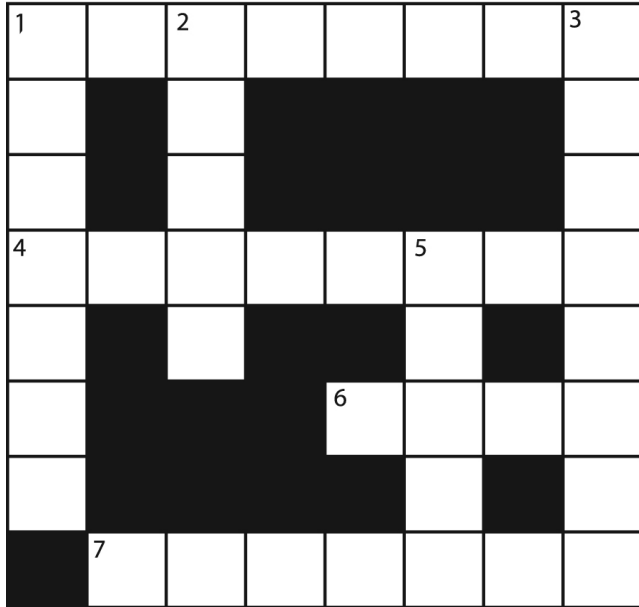
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GENERAC

JANUARY ACTIVITY CORNER

puzzle answers on page 27

Crossword



ACROSS

1. Resting
4. Represented
6. Food enjoyed on Tuesday
7. Short novel

DOWN

1. Enjoying a book
2. Illumination providers
3. Type of flower
5. Path

Sudoku

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

Level: Beginner

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

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



DID YOU KNOW?

January is National Skating Month.

Roller skating uses 80% of your body's muscles and burns up to 650 calories an hour!



JANUARY ACTIVITY CORNER

Organizing Word Search

Presented by Pacific Ag Rentals

puzzle answers on page 27

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

- | | | | | |
|------------|----------|----------|--------------|---------|
| ATTIC | CLEAN | GARAGE | MESS | STORAGE |
| BASEMENT | CLOSETS | GARBAGE | ORGANIZE | SYSTEM |
| BELONGINGS | CLUTTER | HAZARD | PATTERN | TASK |
| CATEGORY | DONATION | HOARDING | PROFESSIONAL | THINGS |
| CHORES | FILED | LABEL | SORTED | |



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- How the right asset allocation can help you work toward your long-term goals



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