



kern county Family m a g a z i n e

FEBRUARY 2024

KEEPING *it* REAL

11 ways to give
a compliment

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Feeling foggy?

Mom brain
explained

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BRUSHING UP

DENTAL HYGIENE TIPS *for kids*

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Tuesday - Thursday

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Bakersfield, CA 93309

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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 200 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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Vaun Thygerson
CONTRIBUTING WRITER

ON THE 22ND OF THIS MONTH, I will reach a Mama Milestone where all my children will have entered the world of adulthood. My baby, whose fluorescent, white-blond hair was the talk of the delivery room when he was born, will be turning 18 years old. And, in seven short months, he will be leaving the nest. He's committed to play collegiate lacrosse at the University of St. Mary in Kansas. This Mama heart is tender and can't believe the time has come where all

my children are grown(ish). It sounds so clichéd to admit it, but it really does seem like just yesterday they were toddlers, or at the very least tweens.

Years ago, I remember when my youngest was having a particularly spectacular tantrum at Target and an older mom told me I would miss these days. At that time, I couldn't fathom it. Anyone who knew my kids when they were little can attest to the fact that my boys especially were active and constantly challenging the status quo — running, jumping, eating, spilling, laughing, climbing, and destroying everything.

No matter what mischief they got into, I might not have liked in the moment, but looking back, I am so thankful for all their rambunctiousness. I've loved all moments of being their mom, except maybe the middle of the night feedings during their newborn phases. Those sleepless nights were a lot! That's why when I read Julie Willis's Humor at Home article, "**In Awe of Nature: Eat. Sleep. Lose Weight.**" I was excited to learn that when pregnant Mama bears hibernate they wake up only long enough to give birth and then go back to sleep letting their cubs figure out how to nurse on their own. She also writes about how

fascinating bears are when they are fueling up to hibernating — eating 180,000 calories each day. These fat, happy bears are on to something. Turn to page 24, to read all about these amazing animals.

This month with all the red hearts, valentines, chocolate, and flowers, it's fun to express love and adoration to those in your lives. KCFM asked our readers, "**What is a love song that you will never forget?**" Their answers, on page 10, range from oldies to country to classics. I thought about what I would have picked, and being the 80s gal that I am, I would have to choose Bonnie Tyler's "Total Eclipse of the Heart."

That one is absolute perfection and so fun to sing along!

Another way to make someone feel loved this month is by giving them a sincere compliment. Learning this subtle form of communication can be tricky for children. In the article, "**11 Ways to Teach Your Kids to Give a Compliment,**" on page 22, Callie Collins writes about how important it is to be confident, smile, and look people in the eye when expressing these flattering remarks. She also says to make sure the compliments are authentic and really given from the heart.

My sentimental nature makes me happy to celebrate love and express gratitude for my family and friends this month, especially as I now see my babies all turning into these amazing adults. Life was hectic when they were little, and it's still just as fun, but different in so many ways. I am thankful for all the stages, but I secretly do miss the crazy Target runs every now and then. In a full-circle moment, I see these young moms wrangling their energetic toddlers, and I think to myself, "You don't realize it now, but you're gonna miss this!"

Happy Valentine's Day!

BOYS & GIRLS CLUBS OF KERN COUNTY

AFTER SCHOOL PROGRAM

2023/2024 School Year

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Bakersfield, CA 93305
661-325-3730
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Stockdale Club
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Bakersfield, CA 93311
661-663-8733
Transportation Available

Lamont Club
8301 Segreue Road
Lamont, CA 93241
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Transportation Available

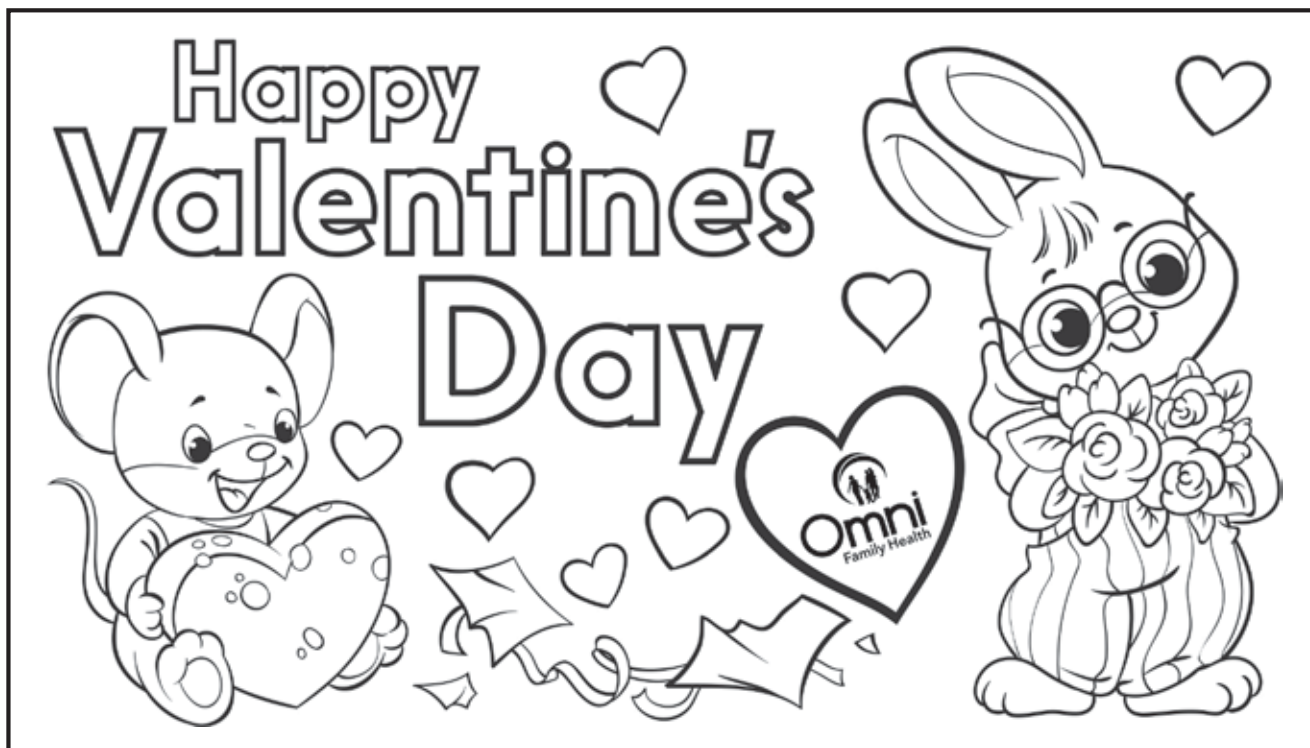
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NATIONAL GEOGRAPHIC PHOTOARK

PHOTOS COURTESY CALM

Local CALM Animals Join National Geographic Photo Ark

Internationally celebrated photographer and conservationist Joel Sartore's creation, the National Geographic Photo Ark, features portraits of CALM animals as part of its 15,000 at-risk



species he's already documented. He is on track to reach his goal of photographing 20,000 species living in the world's zoos, aquariums, and wildlife sanctuaries. Through his decades-long project, Sartore aims

to inspire action through education and help save wildlife by supporting on-the-ground conservation efforts.

During his visit to CALM, he photographed Nubbins, the Antelope ground squirrel; Pocky, the pocket mouse; Tula, the deer mouse; Tina, the American porcupine; Wrong Way, the scrub jay; and Juniper and Beatrix, two mule deer.

For more information and to view the local animals' photos, visit www.news.kern.org. And, for a more complete photo spread of this impressive project, visit www.joelsartore.com/photo-ark.

Night to Shine's Unforgettable Prom

Tim Tebow's Foundation presents its 10th annual Night to Shine, an unforgettable prom experience for people with special needs ages 14 and older, on Friday, February 9 from 6 to 9 p.m. at Crossroads Christian Fellowship, 2500 Fairfax Road, Bakersfield. Every guest enters the complimentary event on a red carpet wearing a tiara or a crown complete with a warm welcome from friendly crowd and paparazzi.

Once inside, guests not only spend the night dancing, but experience hair and makeup stations, shoe shiners, corsages and boutonnieres, karaoke, a catered dinner, and a respite room for parents and caretakers.

For more information, visit www.nighttoshineccf.org.

Impact Skate Shop Makes Generous Donation to Open Door Network

Impact Skate Shop recently made a generous donation to Open Door Network, a family homeless shelter in Kern County that supports victims of domestic violence, sexual assault, and human trafficking. The donation of 270 pairs of skate shoes and 400-plus articles of clothing, including stylish pants and tees, helps send a powerful message of inclusion and care as well as fulfill a crucial need, says Lauren Skidmore, CEO of Open Door Network.

"We at Impact Skate are more than just a business; we're part of this community," says Billy Bryan, owner of Impact Skate Shop. "It's our privilege to contribute and make a positive impact in the lives of these young individuals. We hope our contribution brings not just comfort but also a sense of belonging and joy during the Holiday Season."

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



Impact Skate Shop's generous donation to Open Door Network helps put smiles on children's faces. PHOTO COURTESY OF OPEN DOOR NETWORK

Celebrate Bakersfield's 126th Birthday



Last month Bakersfield turned 126 years old and what better way to celebrate this city's unique charm than with a **Family Fun Pass**. Log onto www.visitbakersfield.com

and click on the Things to Do tab to find this mobile exclusive passport that offers deals and discounts at all participating businesses. Your pass is instantly delivered via text or email and you'll have access to the best of Bakersfield at your fingertips. Some participating businesses include Bakersfield Community Theatre, Esports Center, BMOA, Buena Vista Museum of Natural History & Science, CALM, Murray Farms, and many more.

Burrowes Appointed as New Director of Kern County Behavioral Health and Recovery Services

Alison Burrowes was recently appointed as the new Director of Kern County Behavioral Health and Recovery Services (Kern BHRS) by the Kern County Board of Supervisors. She has worked at Kern BHRS for 22 years, beginning as a Recovery Specialist in 2002, and then serving in various supervisory roles throughout her career, including interim directory since mid-October.

"I am incredibly grateful for this appointment, and excited to have the opportunity to lead the Behavioral Health Department into the future," says Burrowes. "I look forward to working with the Board of Supervisors, department staff and our community partners to continue to support the health of our community. I'm very proud of the work the Behavioral Health Department does serving our community, and it is a sincere privilege to lead."



Alison Burrowes recently appointed as Director of Kern BHRS.
COURTESY OF KHRS

KCSOS Hosts County's Largest Teacher Recruitment Event



Kern County Superintendent of Schools
Office of John G. Mendiburu, Ed.D. — Advocates For Children

Kern County Superintendent of Schools (KCSOS) hosts the 24th annual Kern County Teacher Recruitment Fair, the

largest in the county, on Saturday, February 3 from 8 a.m. to 12 p.m. to the Larry E. Reider Education Center, 2000 K Street, Bakersfield. Attendees should be fully credentialed, intern-eligible, and have a bachelor's degree, or higher to see what positions or anticipated future openings may be available in the 2024-2025 school year.

Districts want to meet individuals who qualify for the following positions: multiple subject teachers, single subject teachers, special education teachers, speech pathologists, school nurses, and occupational therapists. Additionally, several school districts are recruiting Career Technical Education (CTE) teachers.

For more information and pre-registration, visit <https://trf.kern.org>.



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SMITH'S BAKERIES
SULLY'S GRAND ISLAND
11400 Ming Ave.
661-663-8611

SMITH'S BAKERIES
COUNTRYSIDE @ THE VILLAGE
CA-178
661-855-7000

SMITH'S BAKERIES
WHITE OAKS PLAZA
6401 White Ln. #103
661-834-1916

SMITH'S BAKERIES
SULLY'S BUENA VISTA
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661-885-6024

SMITH'S BAKERIES
BROOKSIDE MARKET
4700 Coffee Rd.
661-588-2070

SMITH'S BAKERIES
Sully's Stockdale
250 Coffee
661-885-9705

SMITH'S BAKERIES
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8803 Camino Media
661-654-0858

Laissez les bons temps rouler!

"Let the Good Times Roll!"



BRUSHING UP

How to get kids more engaged in their dental health

DENTAL HEALTH SHOULD BE A PRIORITY at any age, and is especially important for children. February is National Children’s Dental Health Month the perfect time stress the importance of regular dental care.

Parents know that getting children — especially young ones — to care for their teeth in the correct manner may require some help and then reinforcement throughout the developmental years. However, there are ways to make dental care a more engaging activity for youngsters.

1. Use plaque-disclosing tablets

Show children just where they may need to direct more brushing effort with plaque-disclosing tablets. These tablets use food-grade coloring in them, which

sticks to areas with plaque accumulation. After chewing the tablets and the child smiles, he or she will see the spots where efforts need to be ramped up.

2. Flavored toothpastes and mouthwashes

Mint reigns supreme in oral health products as the dominant flavor, but not all children are enamored with that flavor. Most oral care products geared toward the younger set come in different flavors like bubble gum and berry. Kids can take active roles in their oral health by choosing the flavored products they prefer to use.

3. Electronic toothbrushes

Children may enjoy using electronic toothbrushes because they are easy to maneuver and can even seem like a toy.

According to the Cleveland Clinic, electric toothbrushes generally are considered more effective at removing plaque and keeping teeth clean.

4. Make it a competition

Children love games and healthy competition between peers and siblings. Offer a prize (non-sugary, of course) to children who brush and floss daily for the required times. Extra points can be awarded for every dental wellness check that comes back with a glowing report.

5. Make smart food choices

Engage children in lessons and choices about which foods are good for oral health and which may be poor. Sticky foods or those with a lot of sugary content should only be occasional treats.

A new toothpaste could help adults with peanut allergies

Scientists have developed a new toothpaste that shows potential to prevent severe allergic reactions in adults with peanut allergies.

An early-stage clinical trial tested whether adults with peanut allergies could safely brush their teeth with the toothpaste, which contains trace amounts of peanut protein. The hope is that introducing small amounts of peanuts to the body over time will help the immune system get used to the allergen and reduce severe reactions.

The toothpaste, which doesn’t yet have a commercial name, is a product from biotechnology company Intrommune Therapeutics. When people brush their teeth with it, the peanut protein gets absorbed into their mouth. Over time, immune cells in the mouth should become desensitized to the allergen and people’s reactions to peanuts could become less severe.



Reclaim your rhythm during American Heart Month

February is American Heart Month, a time to pay special attention to understanding, preventing and treating heart disease.

More than 874,000 Americans died of cardiovascular disease in 2019, according to the American Heart Association. This February, the 58th American Heart Month, the AHA is urging people

all over the country to “reclaim your rhythm.” The AHA is encouraging people to reclaim control of their mental and physical well-being.

Here are just a few examples of how you can reclaim your health:

- Doing at least 150 minutes of moderate-intensity physical activity a week.
- Eating healthy
- Not smoking or vaping
- Maintaining a healthy weight
- Controlling blood sugar, cholesterol and blood pressure
- Getting regular checkups
- Finding ways to relax and ease your mind, such as meditation

The first Friday of American Heart Month, Feb. 4, is also National Wear Red Day as part of the AHA’s Go Red for Women initiative.



How cherries benefit your body

Indulge in the sweet and juicy goodness of cherries all month long during National Cherry Month!

Cherries benefit the body in various ways. Nutritious and delicious, cherries may find their way into even more people's diets once people recognize the many ways cherries can improve overall health.

Cherries and blood sugar: The American Diabetes Association notes that cherries can help people with diabetes control their blood sugar levels. Cherries have a low glycemic index and can help anyone living with diabetes manage their blood sugar more easily.

Cherries and inflammation: Cherries are rich in antioxidants, which means they boast similar anti-inflammatory properties to fruits such as blueberries. Vitamin A, vitamin C and vitamin E are antioxidants present in cherries, and the Cleveland Clinic notes that one study found that consuming 45 cherries per day

can reduce inflammation brought on by free radicals.

Cherries and sleep: The Sleep Foundation reports that studies have found that consuming tart cherry juice can promote a better, more restful night's sleep. Tart cherries are a rarity in that they are one of only a handful of natural food sources of melatonin, a hormone that is secreted at certain times of day to facilitate the transition to sleep.

Cherries and arthritis and gout: The Arthritis Foundation® reports that studies have found that cherries may help to alleviate joint pain in people with osteoarthritis and lower the risk of flare-ups in individuals with gout.

Fruit Stripe Gum discontinued after more than 50 years



Fruit Stripe Gum, known for its bold colors and zebra mascot, is being discontinued after 50 years on the market. Ferrara Candy Company confirmed that it's discontinuing the gum which has been tickling taste buds since 1969. Fruit Stripe came in five flavors — Wet n' Wild Melon, Cherry, Lemon, Orange, and Peach Smash — and was striped in appropriately matching colors. Each stick contained a temporary tattoo of mascot Yipes the Zebra.

You + Us = a better day!



KEEP YOUR MEDI-CAL. RENEW TODAY!

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Q. What is a love song that you will never forget?

February is unofficially dedicated to love and friendship. We asked to readers to share a favorite unforgettable love song. Below is a selection of their answers



Sandra Cervantes
"Take Me Out"
by Carrie Underwood



"It's Your Love"
by Tim McGraw.
- *Amanda Pomato*

"Something" by The Beatles - *Brian Hughes*

"All Of Me" by John Legend
- *Elizabeth Bailon*



"Amazed" by Lonestar.
Mine and my husband's song.
- *Charmagne Scott*



"Better Together"
by Jack Johnson
- *Gabriela Figueroa*

"Stand by Me" by Ben E. King - *Araceli Hurley*

"Ribbon in the Sky"
by Stevie Wonder
- *Anna Boss*

"The Love Song by the Cure"
- *Jason Dodson*

"You Had me at Hello"
by Kenny Chesney
Ariana Martin



"Oh Honey" by Delegation - *Barbi Barboza*

Peter Gabriel's version of the Magnetic Fields' "The Book of Love," which is incredibly heartwarming and speaks of a love for the ages.

- *Chrystal Sheppard*

Give One More Thing to Smile About:

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Mommy Brain Effect:

There's a Good Reason

After you had your baby, did you feel like your brain went to mush? Between exhaustion, stress, and hormonal changes, so many women feel like their brain is not working anymore and that they can't remember one minute to the next. Well, it turns out that this forgetfulness associated with "Mommy Brain" may actually have a necessary scientific function.

A study published in the journal *Neuron* found that forgetfulness (for anyone, not just moms) could be caused by a safety mechanism in the brain designed to make sure we are not overloaded by too much information. Our brain is set up to flush out unnecessary memories in order to help us survive and thrive.

The two researchers who conducted the study at the University of Toronto in Canada explain that our memory is not for us to convey the most accurate information. Instead, it is meant to help us make smart decisions using the information provided to us. We need our brain to forget irrelevant details so that we can focus on the most useful information that aids in our decision-making every day.

The researchers came to this assessment after reviewing several previously published papers analyzing different approaches about memory. Some of these studies looked at the neurobiology of remembering, or persistence, while others looked at the neurobiology of forgetting, or transience. They found lots of evidence that there are parts of our brain developed to promote memory loss, which are different from those that store information. One study, for example, involved scientists who trained mice to find a water maze. The maze location was moved, and then some of the mice were given a drug to help them forget where the original maze was. The mice who forgot the first round of training located the new maze more quickly.

This new research suggests how a certain level of forgetfulness is designed to make us smarter. The point of memory is to guide us in making decisions—not to remember every detail of every event we experience. The brain actually spends energy causing us to forget information by generating new neurons that overwrite the old ones. As it turns out, memory is not supposed to act like a video recorder, but instead like a list of rules that help us make better decisions. It is productive for us if we forget outdated, irrelevant information that might confuse us or lead us in the wrong direction.

In the report, the researchers outlined two key reasons why we need to forget information. First, it helps us adjust to new



PEXEL

situations by letting go of past memories that we no longer need to hang on to. Forgetting old information allows us to be more efficient in our lives. Second, it keeps us from generalizing past events to make decisions about new ones. Our brains tend to forget memories of things that happened (episodic memories) more quickly than general knowledge (semantic memories). If we are trying to make decisions and our brain is constantly bringing up details of multiple conflicting memories, it makes it very difficult for us to make choices. Overall, the brain's goal is to forget everything except those instances that really stand out. This is an amazing process shaped by evolution to help us survive.

The researchers also think the amount of forgetting we do could depend on our environment. The faster pace of change causes a faster pace of forgetting information. This is fascinating given our current world filled with tweets, Facebook feeds, and 24/7 news cycles. Think about all the parenting articles you read as a new mom. The more you read, the less you will actually retain. Based on this research, you will only remember the really critical information that you need to help your child.

So, what does this all mean? Although you may be frustrated that your memory is not as sharp as it once was and overwhelmed by the abundance of information being thrown at you on a daily basis, your brain is naturally filtering out the information that you truly need to care for your child. Our instincts are taking over so that you can be prepared to quickly react and make decisions as challenges come up.

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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PHOTOS COURTESY JANELLE CAPRA

Left to right: Pete and Janelle Capra and Country Music Singer Jay Allen attend the ADAKC Heart Never Forgets Gala at the Buck Owens Crystal Palace.

Be Present with Your Time

Hello mamma!

It's been a minute since I last wrote to you. First, let me start by saying, "Happy 2024!" I always love a new year with a fresh start, blank page (all 366 pages with leap year) and it's also my birth-month. If you recall from previous articles, I choose a word every year to be my metric, my intention for the year ahead. This year my word is Present. I was inspired to choose this word after meeting singer,

songwriter and Alzheimer's advocate, Jay Allen. He released a song titled, "No Present like the Time" that really resonated with me. So in 2024, I want to choose to be more present in my time...the time I spend with my family, friends and work.

Speaking of work, I was honored to accept the role of President and CEO of the Greater Bakersfield Chamber of Commerce. Talk about a new year with a new chapter! I have been a fan and

cheerleader for the Chamber for decades. I love to play matchmaker connecting and collaborating with local businesses, supporting local non-profits and advocating for causes and issues that are important to our community.

I have been blessed to serve Kern County in many roles over the past two decades. After all, I am a Bakersfield story...a graduate from BHS (Go Drillers!), Bakersfield College and California State University,

Bakersfield. I interned with local media where I landed my first job out of college, worked as Director for Children's Miracle Network at Bakersfield Memorial Hospital, launched my own PR firm, and through my mother's Alzheimer's journey, I was led to serve as Executive Director for

Let's keep this conversation going. Do you have a word for the year? Email me: jcapra@bakochochamber.com

ADAKC. And the most important title that I will ever hold, Mom to my three amazing humans who are now 22, 18 and 11 years old (talk

about no present like the time!). I share this with you all in the hopes to empower YOU to choose to be "present" in your life.

It is the real gift.

If you are at all like me, sometimes uncertain, a little scared or even doubt your abilities...my advice to you is...

Do it anyway!

We can do new things.

We can do hard things.

We can do scary things.

And, most importantly, we can do things that help us show up as our best selves to serve our community in new ways.

After the final panel interview for this new job, I was driving across town and noticed a grasshopper on my windshield. It stayed on my windshield from Chester Avenue all the way to the Town & Country Center. When I parked, the grasshopper was still there! I immediately went to my phone to search the meaning behind a grasshopper and this is what I read, *"When the grasshopper appears to us we are being asked to take a leap of faith and jump forward into a specific area of life without fear."*

Yeah, I know! Powerful. And, it was the exact message that I needed to propel me forward in this new chapter and new season in my life. So, I ask you...what area of your life do you need to take a leap of faith? Is it your career? Motherhood? Friendships? Hobby? Side Hustle?

There truly is no present like the time to believe in YOUR dreams and go for it. I believe in YOU!

The Chamber plays a vital role in the economic vitality and vibrancy of our community. I'm excited to serve our members and grow programs to build a better Bakersfield, together. If you're interested in learning more about all the benefits that come with Chamber membership, please reach out to me.



Janelle Capra, New President Bakersfield Chamber of Commerce

Hello Happy Mama!

Enter to win some Self Care at Happy Whole You Wellness Center!

(\$333 value of services)

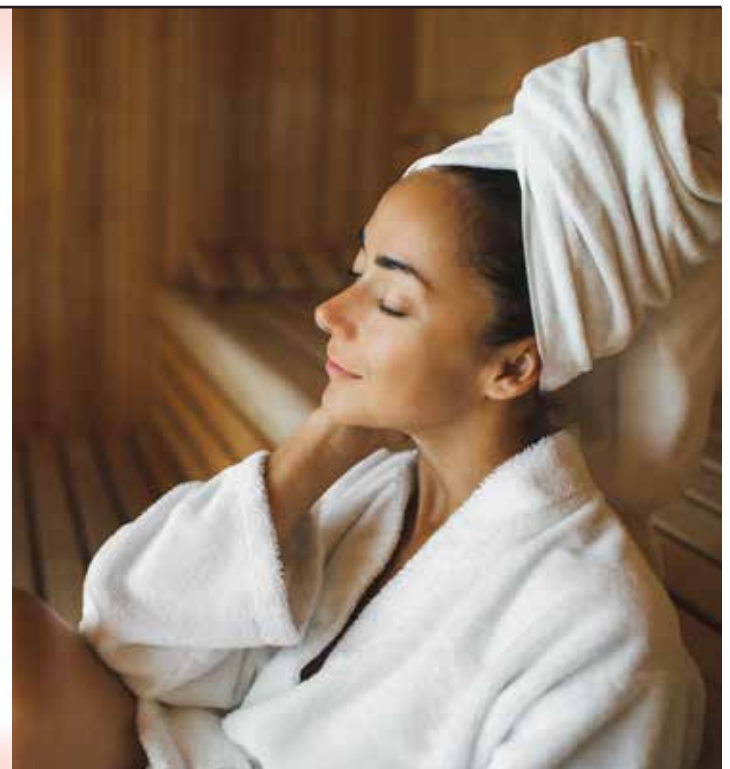
Please enjoy some Self Care at one of Janelle Capra's favorite wellness centers in downtown Bakersfield, Happy Whole You Wellness Center — \$333 value of a variety of services including Bemer · Detox Pod · Ao Scan · Mindset & Energy Coaching and Steam Rooms.



Enter by noon, February 20

TO ENTER GO TO:

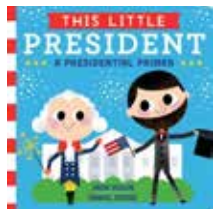
<https://kerncountyfamily.secondstreetapp.com/February-Hello-Happy-Mama-Contest-2/>



How Well Do You Know Our Founding Fathers?

We have celebrated our nation's First President, George Washington, with a day of honor each February since 1879. Today, the third Monday of the month is set aside to honor Washington, Abraham Lincoln and others.

Here are a few of our favorite books that recognize our great leaders:



This Little President: A Presidential Primer

By Joan Holub and Daniel Roode
\$7.99; Ages 0-3
Publisher: Little Simon
Amazon.com

Ten of our nation's most memorable presidents are featured in this adorable board book. You can read your little one facts about history in rhyme.



The Story of Presidents

By the editors of Silver Dolphin Books
\$8.83; Ages 0-5
Publisher: Silver Dolphin Books
Amazon.com

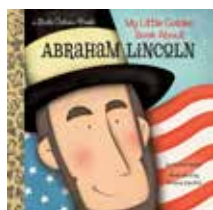
Even the littlest learners can enjoy a history lesson with this informative book that features 14 American presidents — from George Washington to Joe Biden. Children will learn about the positive impacts of our nation's leaders and what it means to be Commander in Chief. This board book makes a great addition to a little one's first library.



My Little Golden Book About George Washington

By Lori Haskins Houran and Viviana Garofoli
\$5.99; Ages 3-6
Publisher: Golden Books
Amazon.com

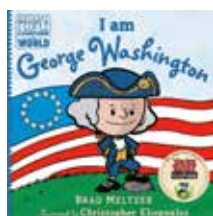
With its bright artwork and simple words, this is the perfect book to introduce preschoolers to our first president.



My Little Golden Book About Abraham Lincoln

By Bonnie Bader and Viviana Garofoli
\$5.99; Ages 3-6
Publisher: Golden Books
Amazon.com

Introduce your preschooler to the tallest American president with this story. Little ones will learn about how Lincoln had a love of reading—and which holiday Lincoln scheduled.



I Am George Washington

By Brad Meltzer and Christopher Eliopoulos
\$13.20; Ages 5-7
Publisher: Rocky Pond Books
Amazon.com

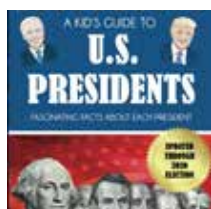
The first president of the United States has a fascinating story to tell, from his childhood to the founding of a new nation. Kids will find a timeline of key events and photos and illustrations to draw them into history. Part of the 32-book series Ordinary People Change the World, which also includes "I Am Abraham Lincoln."



The Story of Abraham Lincoln: A Biography Book for New Readers

By Carla Jablonski
\$6.23; Ages 6-9
Publisher: Rockridge Press
Amazon.com

The 16th president of the United States was a hard-working kid who believed in freedom and equality. He went on to end slavery. The book includes a visual timeline that shows how Lincoln grew into a world leader.



A Kid's Guide to U.S. Presidents: Fascinating Facts About Each President

By Dylanna Press
\$13.99; Ages 8-14
Publisher: Dylanna Publishing Inc.
Barnesandnoble.com

Through full-color illustrations, this book shows the impact each president has had on the country. Each section includes biographical information including party affiliation, first ladies and little-known facts.



Kid Presidents: Tales of Childhood From America's Presidents

By David Stabler
\$13.95; Ages 9-12
Publisher: Quirk Books
www.nationalarchivesstore.org

This book shows that presidents aren't superheroes—they had regular problems growing up just like other kids. Kid Presidents tells their stories with cartoon illustrations and fun trivia.



Presidents of the United States of America: A History of America's Leaders

By Franklin Taylor
\$14.99; Ages 12-adult
Publisher: Independently Published
Amazon.com

This easy-to-read book is chock full of information about American presidents from 1789 to present day. From nicknames to scandals, you'll find fascinating history you probably didn't know before.



Smithsonian: The Presidents Visual Encyclopedia

By DK
\$10.62; Ages 10 to adult
Publisher: DK Children
Amazon.com

Filled with more than 150 pages of visual timelines, this book offers famous speeches, major events and notable first ladies. It's a great introduction to presidential history.

Valentine's Day is just around the corner!

From Valentine's celebrations to a romantic date night, there are plenty of ways to celebrate love. There are so many delicious recipes to let the unofficial fruit of the holiday (strawberries) shine, and we have come up with some romantic desserts that are perfect for a cozy date night, or to share with a group of friends this Valentine's Day.



Chocolate-Dipped Strawberries

(36 strawberries)

INGREDIENTS

2 lbs. strawberries
1/3 cup each semisweet, milk, and white chocolate chips
Finely chopped toasted almonds or pistachios optional

INSTRUCTIONS

Line large baking sheet with waxed paper. Rinse strawberries and pat dry with paper towels.
Melt chocolate according to package directions. Holding strawberry by stem end, dip into chocolate to cover about three-fourths of berry; dip into nuts, if desired, and lay on baking sheet. Repeat with remaining strawberries, chocolate and nuts. Refrigerate until chocolate is set. Makes about 9 servings (4 strawberries per serving)

FOR DOUBLE AND TRIPLE DIPPED STRAWBERRIES

After first coating of chocolate is set, dip into contrasting chocolate, leaving part of the first chocolate exposed. Repeat with third chocolate, if you wish, allowing each layer to set between dips.

TO DRIZZLE STRAWBERRIES WITH CHOCOLATE

Microwave chocolate in small plastic bag until melted; squeeze into one corner of bag. Lay strawberries on a baking sheet. With scissors, cut a small hole in corner of bag, and move back and forth over strawberries, squeezing bag gently. Or, drizzle contrasting chocolate over strawberries that have been dipped. Refrigerate until set.

Notes: Microwave melting times vary with amount of chocolate and wattage of your oven. Chocolate amounts are approximate; amount needed depends on size of strawberries, and whether or not they are single, double, triple-dipped or drizzled.



Mini Strawberry & Chocolate Party Cakes

(12 mini cakes)

INGREDIENTS

Butter for greasing pans	1 1/2 cups powdered sugar more or less as necessary
2 cups diced strawberries	1/2 tsp strawberry extract
1 15.25 oz strawberry cake mix, prepared to package directions	2 12 oz packages semi-sweet chocolate chips, divided
1 15.25 oz chocolate cake mix, prepared to package directions	12 medium strawberries sliced, for garnish
1 8 oz package cream cheese	
4 tbsp unsalted butter at room temperature	

INSTRUCTIONS

Preheat oven to 325 degrees F. Grease two large-sized muffin pans with butter and set aside.
Place diced strawberries in a small saucepan over medium-high heat, stirring constantly until berries start to bubble, about 3 minutes. Reduce heat to medium-low and simmer, stirring occasionally, until very thick, about 20 minutes. Remove from heat and set aside to cool.
Prepare strawberry cake according to package directions. Pour batter into one of the muffin pans. Bake until a toothpick inserted into the center comes out clean, about 20 minutes and let cool.
Prepare chocolate cake according to package directions. Pour batter into the remaining muffin pan. Bake until a toothpick inserted into the center comes out clean, about 20 minutes and let cool.
Meanwhile, place thickened strawberries in the bowl of an electric mixer fitted with a whisk attachment. Add cream cheese and butter, mixing until smooth and creamy. Add powdered sugar 1/2 cup at a time, beating between additions until all sugar has been added and mixture is thick and smooth. Cover and refrigerate for 40 minutes.
While cakes are still in the muffin tins, slice off the domed tops. Remove cakes from muffin tins and slice each cake into two layers. Place the slightly larger layers (these will be the cake bottoms) on a sheet of wax paper.
Spread strawberry mixture thickly over the bottoms. Cover with remaining layers of cake. Each cake will have both a chocolate and a strawberry layer.
Place 1/3 cup of the chocolate chips aside for garnishing.
Place remaining chocolate chips in a microwave safe bowl and heat on high at 30 second intervals, stirring between each interval, until chocolate has melted and is very smooth. Pour over tops of cakes, letting drip down the sides. Let set for 20 minutes at cool room temperature, if serving right away. Or, refrigerate until ready to serve. Cakes can be refrigerated for up to 24 hours.
Garnish tops of cakes with slices of strawberries and reserved chocolate chips before serving.



Building Bridges

How to Communicate and Connect with Your Child's Teacher

Do you feel intimidated when you think of talking with your child's teacher? What if your child complains about problems with his or her teacher? What do you do then?

I'm a parent and a teacher, so I've been on both sides of the teacher's desk. Here are some tips to help you communicate and connect with your child's teacher so that all involved can have an amazing school year.

Meet and greet the teacher.

Teachers like to meet parents at the beginning of the school year so that if

a problem does occur, a teacher's first encounter with a parent isn't a call about misbehavior or academic struggles. If your school hosts a Back-to-School Night in the days before school starts, make it a priority to attend. Introduce yourself and show your support for the teacher. There will probably be several parents waiting to meet the teacher, so you may not be able to have a lengthy discussion, but making this initial contact helps break the ice.

Be involved.

One of the best ways to get to know

your child's teacher is to be involved with the school and classroom. When school starts, let the teacher know if you can volunteer. Because the beginning of school is a busy time for teachers, wait the first couple of weeks until the class is settled in, and then contact the teacher and ask "How can I help?"

If you can't volunteer during the day offer to organize donations or supplies for projects by setting up a parent sign-up list online. Ask if you can cut out items the teacher has laminated or track down

SEE BRIDGES, PAGE 20

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BRIDGES FROM PAGE 18

supplies for a lesson and send in with your child. Come to after-school events, school productions and parent-teacher conferences so that you are visible and can touch bases with your child's teacher.

If your career is related to something your child's class is studying, offer to come in or videoconference and answer questions. Many employers build in time for employees to volunteer in schools so they don't have to take time off from work.

Keep communications open and positive.

Teachers welcome questions and concerns and are proactive. As a teacher, I would much rather know about a problem early so that I can deal with it in the best way for all concerned. Your child's teacher should be open to your questions and suggestions, so don't be too intimidated to ask.

Keep up with written teacher notes, permission slips, report cards and any other written communications the teacher sends home. Sending a quick response to the teacher's requests makes the teacher's job easier.

Remember to keep communications positive. If you have concerns or think the teacher has dealt unfairly with your child, don't dash off a negative note and send it first thing in the morning. For sensitive conversations, call and set up a time to meet after school.

Of course, encouraging notes brighten a teacher's day!

Get to know the teacher's digital platform. Familiarize yourself with your child's teacher's digital platform if he or she has one. Make sure the teacher has your email and other contact information so you do not miss any electronic notifications about your child's class. Tap into free trainings or tutorial videos about the digital tools the teacher uses. Investing time at the beginning will pay off throughout the school year.

Try to understand both sides.

Teachers have a lot to manage in their

classrooms, and with several students to supervise, sometimes they make mistakes or don't see every problem. Your child may think something happened in class that wasn't fair, and it's easy as parents to react emotionally and blame the teacher. But support the teacher as much as possible while you gather information about what happened. Try to help your child see the teacher's point of view, and talk about how people can have differences and still work together to succeed.

Advocate for your child.

Don't be afraid to speak up if a problem in your child's class becomes pervasive. If your child's grades start to slip, he or she is continually unhappy or you suspect your child is being bullied by a classmate, work with the teacher to devise a plan to help.

Make a change as a last resort.

Sometimes children have personality conflicts with their teachers. This actually offers an opportunity for growth if teachers and students can work together in a respectful and productive manner. After all, this is what children will need to be able to do when they grow up. But if problems persist, it may be time to request a conference with the teacher and an administrator. Discussing your options with a school counselor or administrator may help you navigate a tough year.

Understand that teachers are human.

Most of the teachers I know are caring individuals who want to make a difference in the lives of the children they teach. Often, they are parents too, and although it is hard to imagine, at one time they were students who lived through awkward growth spurts, problems with peers, lost homework and braces. They understand what parents and kids are going through, and they strive to build a positive connection between school and home.

Janeen Lewis is a teacher, writer and mom to Andrew and Gracie. She has been published in several parenting publications across the country, and in *Chicken Soup for the Soul: Teacher Tales*.

How to be an A+ chaperone

During the year your child's class will more than likely take a field trip. Teachers really appreciate the help of parents when they venture outside school grounds with a group of students, and this is a great way to get to know your child's teacher better. Here are seven quick tips to help you be an ace chaperone.

1 Show up on time so you can get information from the teacher and meet your group.

2 If possible, take a picture of your group so that if someone becomes separated, you know what they are wearing and can show the picture to other helping adults.

3 Learn the names of all the students in your group, and encourage them to pay attention, be on task and stay together.

4 If a child is consistently ignoring the rules, alert the teacher.

5 Take head counts often, especially after bathroom breaks and lunch.

6 Keep your cell phone with you at all times. Get the teacher's number and numbers of other parent chaperones so that you can stay in contact if you split up.

7 Remember you are there to help the teacher and students foremost. While you should model participation and have a positive attitude about the trip, don't slip away to that new exhibit you've been dying to see and leave your group.





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11 WAYS to teach your kids to give a compliment

KNOWING HOW TO TALK WITH OTHERS, especially in social situations, can be challenging at any age. Teaching children how to speak kindly to others is a tall order for parents, especially in households where communication doesn't come naturally. Giving a compliment can be an easy introduction to conversations with others but doing so sincerely and well is an art.



1

Focus on the truth

Compliments that are genuine are best received.

2

Help children focus on others

Remove distractions in social situations like screens or headphones.

3

Start with a name

Encourage children to learn others' names and start a compliment with addressing the person by their proper title.

4

Speak up

Learning to speak clearly and loud enough to be heard is an important part of conversation. Delivering a compliment can be done one-on-one but the awkwardness of the moment intensifies if the speaker has to repeat themselves.

5

Smile and make eye contact

Nonverbal communication is also important. Children may not realize the value of being personable.

6

Don't be too personal

Don't make it weird. Focus on socially acceptable topics.

7

Keep it short

Encourage your child to deliver a compliment by pointing out what is unique about the characteristic in question.



8

Practice with your child

Let them see you give compliments to others. Modeling is the best way to make good communication skills stick.

Give grace

Like all people, some children are better communicators than others. Allow them to try their skills in low pressure situations.

9

Teach course correction

If a conversation isn't going well, children will need to know how to pivot.

10

Plan for alternatives

A card, sticky note or text message are also acceptable methods of communicating a compliment.

11

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In Awe of Nature: Eat. Sleep. Lose Weight.

My kids have been laughing at me. I recently learned that when brown bears are getting ready for hibernation, they eat a lot and get really fat. And yes, that is probably common knowledge. But I recently read an article that told just HOW MUCH they eat and just HOW FAT they get. And it occurred to me that there was no possible scenario in which I could have imagined what it means that bears get fat before they hibernate.

My kids think it is hilarious that I am so excited about fat bears.

But how can you not be excited? Apparently, some brown bears can eat up to forty sockeye salmon a day at up to 4,500 calories apiece.

I don't think I knew that one fish could contain 4,500 calories.

And at forty fish a day, those bears are eating 180,000 calories. A day. Every day. For months.

The truly amazing thing here is not that I was impressed with this data but that my kids were not.

You gotta respect an animal that can

eat that much. There is a NAME for the state their brain and body go into that allows them to not feel full (hyperphagia), so they can just eat and eat and eat. Imagine going to a buffet and staying there all day, eating one 4,000 calorie double cheeseburger after another, and the waiter offers to bring the check, and you're like, "Nah. I'm good. I got this hyperphagia thing going. I'll take another plate, though."

I mentioned one day at dinner that maybe we should go to Alaska someday, and my kids were like, "Why, Mom? So you can see fat bears?" as if that were a bad thing. What could be bad about seeing those fat, happy bears? (Because let's face it: If you were eating 180,000 calories a day and not feeling stuffed, wouldn't you be happy?) But the best part about being a female brown bear has got to be the hibernation. They have their babies WHILE THEY HIBERNATE.

They wake up to give birth and then go back to sleep. For months. Moms, imagine it: You have your baby and then you just SLEEP for MONTHS without being bothered. The babies just kind of hang

out, snuggle, nurse, sleep. This is the most amazing, brilliant, beautiful thing I can imagine. You give birth. Then you sleep. You just SLEEP.

If I had slept like a bear for the first few months of my children's lives, I could tell you this: I would have been a lot happier when I did get up and have to start behaving like a mom.

We humans have it all wrong: We labor for hours or even days, then give birth, then we are exhausted, and we must wake up every two hours to feed our offspring. Things would be so much easier if the babies would just cuddle up, sleep, and figure out the whole nursing thing on their own.

And imagine this: An adult female brown bear might weigh around 600 pounds when she enters her den to hibernate. When she walks out of the den in the spring, she's down to about 400 pounds. It would be like taking a long nap and waking up sixteen sizes smaller.

Next time someone asks me what kind of animal I want to be, I won't hesitate for one second. Brown bear. Hands down.



WE LOVE IT!

By Leslie Carroll

Spread the love this Valentine's Day with these sweet toys that are sure to make kids smile!



Canal Toys Slime Shaker 3-pack

Make your own custom slime! Just add water and shake. Surprise figurines inside. Best for ages 6 years and up. \$12.99, amazon.com.



Warm Pals

Warm Pals are the cutest warmable/coolable plushes that are perfect for all ages. Each Warm Pal can be warmed in the microwave for 60-90 seconds, providing relaxation as baby toys, infant toys, & companions for all ages. Or, pop them in the freezer for an instant cooling pad. \$25.95, amazon.com



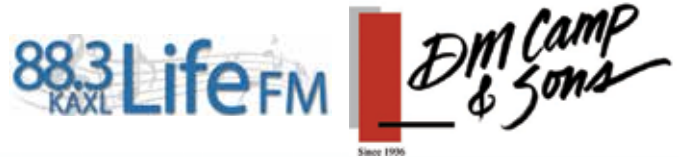
Scentco Scented Gifts

Scentco has you covered with gourmet scented gifts this Valentine's Day, including a strawberry-scented Sweetheart Heart Plush, a "Cutie Fruities" Sketch & Sniff Scented sketch-pad, and Valentine's Day themed smencils that make great classroom gifts. Prices range from \$6.99 to \$16.99, amazon.com



Worship Guide

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Give Generously

"Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver." 2 Corinthians 9:6-7 NIV

I was "convicted" recently of a serious moral failing by a story I saw in a social media post. The story was about someone who haggles over 50 cents at a farmer's market with a poor vendor trying to sell a dozen eggs, but then goes to a fancy restaurant and is happy to give a generous tip there. The point of the story is that we are often stingy with the poor and generous to the rich. I have done this myself, trying to get the homeless man who sells newspapers to make me a bargain but having no qualms about giving generously to those who don't need it. We sometimes think that to impress those who have a lot we need to give them something grand but that we can impress the poor with pocket change. That sort of thinking should be reversed, that is, we ought to give something grand to the poor folks who are struggling to make ends meet and give our pocket change to the wealthy. Or even better, convince the wealthy to give generously to the poor. I recently met someone who was "blessed" with a car by a generous family member. The fact that he couldn't keep the car running was a testimony to his impoverished state and the fact that the car was an older car, but it helped him for a time to keep his job. We should be as generous as we can to those who need the most, and not worry too much about those who really don't need our help. - Christopher Simon



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FEBRUARY 1

Los Lonely Boys Concert

Grammy award-winning trio Los Lonely Boys perform live in concert.

6:30 p.m.

The Historic Bakersfield Fox Theater, 2001 H Street, Bakersfield, CA 93301
www.thebakersfieldfox.com

FEBRUARY 2



Groundhog Day

27th Annual Father-Daughter Valentine Dance

It's time again for the 27th Annual Father-Daughter Valentine Dance. Girls of all ages are encouraged to bring their dad, grand-dad, uncle, or other significant male in their life to celebrate this special relationship. Tickets: \$12 per person in advance or \$20 at the door.

6 - 9 p.m.

First Presbyterian Church, 1705 17th Street, Bakersfield, CA 93301
 661-325-9419
<https://fpbchurch.com/>

First Friday Artwalk

Highlight the vibrant creativity of downtown Bakersfield. Walk showcases artists, poets, galleries and vendors.

5 - 9 p.m.

Brickyard Downtown, 18th & N Streets, Bakersfield, CA 93301

FEBRUARY 3

Bob Marley Birthday Jamdown

Mento Buru will be paying musical tribute to the king of reggae for what would have been his 79th birthday! \$5 Admission! All Ages!

6 p.m.

Temblor Brewing Co., 3200 Buck Owens Blvd, Bakersfield, CA 93308
 (661) 489-4855

24th Annual Kern County Teacher Recruitment Fair

Hosted by the Superintendent of Schools. You are invited to come and apply for anticipated positions for the 2024-2025 school year.

8 a.m. - noon

Larry E. Reider Education Center
 2000 K Street, Bakersfield, CA
www.kern.org/trf/

PBR Pendleton Whisky Velocity Tour

The Velocity Tour brings the excitement and top-levels of cowboy talent that fans have come to expect from the sport.



7 p.m.

Mechanics Bank Arena, 1001 Truxtun Avenue, Bakersfield, CA 93301
www.axs.com

FEBRUARY 9

Brad Williams Comedy Tour



Brad Williams is one of the most in-demand comedians working today.

6 p.m.

The Historic Bakersfield Fox Theater,
 2001 H Street,
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(661) 324-1369
www.thebakersfieldfox.com

FEBRUARY 10

Bakersfield Fit Fest 2024

Get ready to unleash the power within you at the 4th Annual Bakersfield Fit Fest, the ultimate celebration of health and fitness in Kern County! Tickets \$10. Kids 12 and under free.

10 a.m. - 4 p.m.

Kern County Fairgrounds, 1142 South P Street, Bakersfield, CA
www.bakersfieldfitfest.com

Family Matinee Concert: The Conductor's Spellbook

Join Bakersfield Symphony for a fun, interactive program that the whole family will enjoy. Be sure to arrive early for the performance to enjoy the lobby festivities, including free desserts and children's craft project.

2 - 3:15 p.m.

Mechanics Bank Theater, 1001 Truxtun Ave., Bakersfield, CA 93301
 (661) 323-7928
www.axs.com

FEBRUARY 10 & 11

Bakersfield Brick Convention

Brick Convention is billed as the greatest Lego fan event on earth! It brings all of the creative fun of LEGO® building together in one activity- and entertainment-packed family event for children of all ages.

Kern County Fairgrounds, 1142 S P St, Bakersfield, CA 93307
<https://www.brickconvention.com/bakersfield>



FEBRUARY 13 & 14

Paw Patrol Live! Heroes Unite

Calling all good citizens! It's time for an exciting live adventure with The PAW Patrol. Admission: \$25 - \$140

6 p.m.

Mechanics Bank Theater
 1001 Truxtun Avenue,
 Bakersfield, CA 93301
www.axs.com



FEBRUARY 14

Happy Valentine's Day!

FEBRUARY 15

Bert Kreischer Tops off World Tour

Bert Kreischer is one of the top grossing stand-up comics in the business, and most recently, star of a major motion picture.

7 p.m.

Mechanics Bank Arena, 1001 Truxtun Ave., Bakersfield, CA 93301
www.axs.com

FEBRUARY 16

BENISE – FIESTA!

Emmy Award Winning Spanish Guitar and Dance Spectacular!

6:30 - 10:30 p.m.

The Historic Bakersfield Fox Theater, 2001 H Street, Bakersfield, CA 93301
 (661) 324-1369
www.thebakersfieldfox.com

Harlem Globetrotters Tour 2024

Don't miss your chance to be a part of the world-famous Harlem Globetrotters global tour as they take the court with moments of extreme basketball innovation and unparalleled fan FUN!

7 - 9 p.m.

Mechanics Bank Arena, 1001 Truxtun Avenue, Bakersfield, CA 93301
www.axs.com

THE BEST LOCAL CALENDAR OF EVENTS!

This calendar is edited for space. For details about these events or other activities, please visit kerncountyfamily.com

FEBRUARY 16-19

67th Annual Whiskey Flat Days

Go back in time to the Wild West when Kernville was settled by ranchers, trappers and gold miners. Experience four days of fun for the entire family! Downtown Kernville, 11021 Kernville Rd., Kernville, CA www.whiskeyflatdays.com

FEBRUARY 18

Whose Live Anyway?

The current cast members of the Emmy-nominated TV show Whose Line Is It Anyway? present their new improv tour. Admission: \$45 / \$55 **6 - 10 p.m.**

The Historic Bakersfield Fox Theater, 2001 H Street, Bakersfield, CA 93301 (661) 324-1369 www.thebakersfieldfox.com

FEBRUARY 19

Presidents' Day

FEBRUARY 20

Colter Wall - Little Songs Tour

Come hear the traditional sounds of musician Colter Wall.

8 p.m.
Mechanics Bank Theater, 1001 Truxtun Ave., Bakersfield, CA 93301 www.axs.com

FEBRUARY 22

The Black Jacket Symphony Presents Journey's "Escape"

A recreation of Journey's iconic album live in its entirety plus a full set of Journey's greatest hits. Admission: \$35 / \$40

7 - 10:30 p.m.
The Historic Bakersfield Fox Theater, 2001 H Street, Bakersfield, CA 93301 (661) 324-1369 www.thebakersfieldfox.com

FEBRUARY 22

Night of Community

Grab a girlfriend for this fun girl's night out with Christian comedian Amy Barnes. Admission: \$10

6 - 8 p.m.
Valley Baptist Church, 5500 Olive Drive, Bakersfield, CA 93308 (661) 387-6353 women@valleybaptist.org

FEBRUARY 23

NOR Daddy Daughter Dance

Step back in time to the raddest era of all — the '80s! Have a totally tubular time at the Daddy Daughter Dance. \$60 for Dad and first daughter and \$25 for each additional daughter(s). No tickets will be sold at the door.

6 - 8 p.m.
Riverlakes Community Center, 3825 Riverlakes Drive, Bakersfield, CA 93312 www.norfun.org



FEBRUARY 23-25

37th Annual Bakersfield Home & Garden Show

Hundreds of home improvement, landscaping and remodeling products and services will be offered at exclusive prices.

10 a.m. - 5 p.m.
Kern County Fairgrounds, 1142 South P Street, Bakersfield, CA www.kerncountyfair.com

FEBRUARY 27

STOMP

The eight-member troupe uses everything but conventional percussion instruments — matchboxes, wooden poles, brooms, garbage cans — to fill the stage with magnificent rhythms. Admission: \$25 - \$65

7:30 - 9 p.m.
Mechanics Bank Theater, 1001 Truxtun Avenue, Bakersfield, CA 93301 www.axs.com



ONGOING EVENTS

EVERY TUESDAY

Open Arms Support Group

Grief support for those who have experienced a miscarriage, still birth or sudden infant loss.

5:30 - 6:30 p.m.
Hoffmann Hospice, 4325 Buena Vista Road, Bakersfield, CA (661) 410-1010 www.hoffmannhospice.org

EVERY WEDNESDAY

Sewing Club

Learn to sew different kinds of projects!

4 - 5 p.m.
Buttonwillow Branch Library, 101 N. Main Street, Buttonwillow, CA 93206

SECOND TUESDAY OF THE MONTH

Smitten Kids

Come listen to songs and stories on the downtown patio. Free event for families.

9 a.m.
Smitten Cafe, 909 18th Street, Bakersfield, CA 93301 (661) 843-7305 www.cafesmitten.com

EVERY SATURDAY

Riverlakes Farmers Market

Come shop local produce and home-made craft items.

9 a.m. - 1 p.m.
3825 Riverlakes Dr., Bakersfield, CA 93312

EVERY SUNDAY

Haggin Oaks Farmers Market

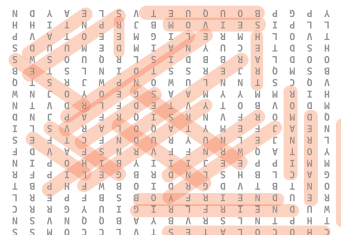
Dozens of local vendors offering fresh, local produce and more!

9 a.m. - 2 p.m.
8800 Ming Ave., Bakersfield, CA 93311

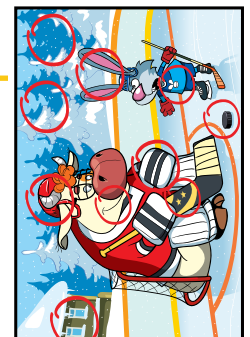
ACTIVITY CORNER ANSWERS ACTIVITY CORNER: PAGES 30-31

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

- CROSSWORD**
- ACROSS
 - 1. Sunlight
 - 2. Love birds
 - 3. Go too far
 - 4. TM
 - 5. Dove
 - 6. Birds
 - 7. Infer
 - 8. Feeder
 - DOWN
 - 1. Seeds



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



Happy Valentine's Day!

Parent Support Group - Wednesday, February 7th at 6 p.m.
 Fun, Social LEGO Workshop for Autistic Children - Disney theme
 Saturday February 10th.
 Chess Club for Teens & Adults Saturday, February 17th at 11 a.m.
 Father's Virtual Autism Support Group Saturday, February 17th 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:

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 2200 Oak Street, Annex Building



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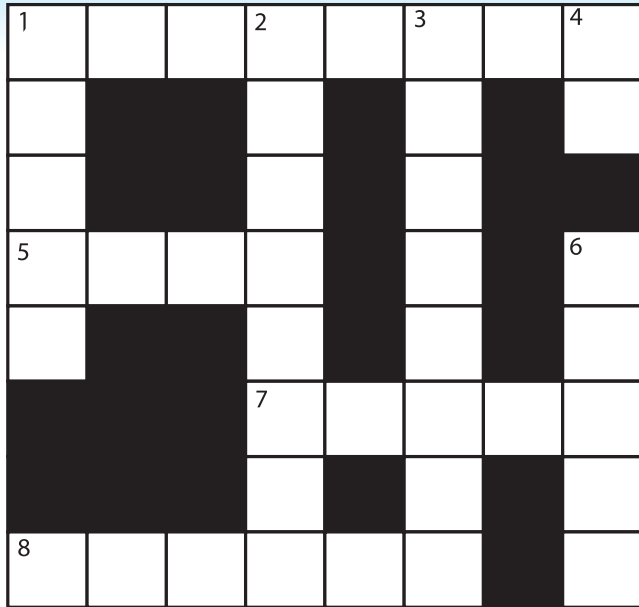
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FEBRUARY ACTIVITY CORNER

Crossword



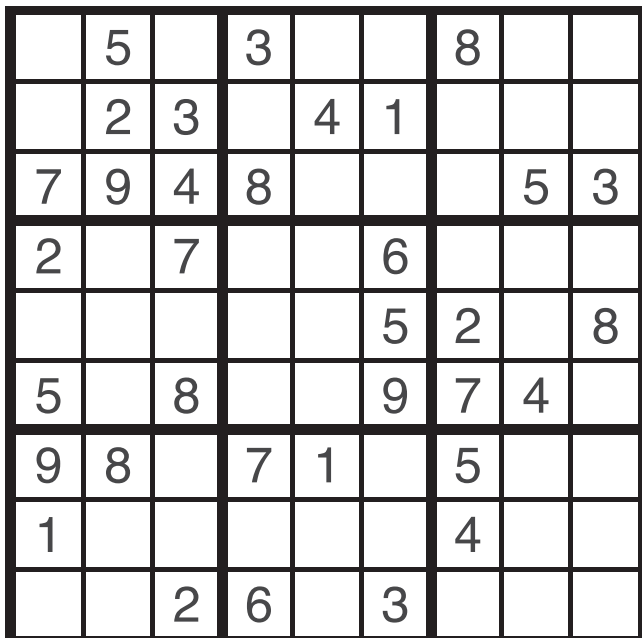
ACROSS

1. Natural illumination
5. White bird
7. Determine from evidence
8. Dispenses seeds

DOWN

1. Plant's units of reproduction
2. Cuddly bird
3. Push past limits
4. Trademark (abbr.)
6. Winged animals

Sudoku



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



DID YOU KNOW?



The first Heart-shaped chocolate boxes appeared for Valentine's Day in 1861. Chocolate company Cadbury had the idea. The logic went that, in addition to a sweet gift, the recipient would also end up with a reusable decorative box.

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!

FEBRUARY ACTIVITY CORNER

PUZZLE ANSWERS
PAGE 27

Sweethearts Word Search

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

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|------------|----------|------------|--------------|-----------|
| BOUQUET | DATE | GIFTS | LOVING | ROMANTIC |
| BOYFRIEND | DINNER | GIRLFRIEND | MOVIES | ROSES |
| CARDS | ENAMORED | HEART | PROPOSAL | SPOUSE |
| CELEBRATE | FEBRUARY | JEWELRY | RED | VALENTINE |
| CHOCOLATES | GESTURE | LOVE | RELATIONSHIP | |





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