



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

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Trunk or Treat,  
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# BOO!

## HALLOWEEN IS HERE!





I hope more women put their **health first.**

-Valerie Mendiburu

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**ON THE COVER:** Pirate Emmett Grassi, 9, Buzz Lightyear Maverick Huntington, 6, Jessie, Everly Huntington, 3, Princess Eleanor Castro, 7. **PHOTOS BY STACEY LEIGH PHOTOGRAPHY**

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HELLO HAPPY MAMA!

**Encouraging Mama**



CONTEST!

**Find Jack and Win!**

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**Vaun Thygerson**  
CONTRIBUTING WRITER

October is my favorite month of the year for many reasons: crisp air, football season, pumpkin everything, my birthday, and of course, my number-one holiday, Halloween. Since I can remember I have loved everything spooky and scary and thanks to my obsession, all three of my kids love it too. My youngest son has taken a specific interest in all things Michael Myers and loves to dress up like the character. He even found a way to mash up his love of the movie Hal-

loween and his love of music to DJ at Halloween parties in this iconic costume. Since grade school, my youngest son has been a DJ for hire and has been the life of many parties.

Last year, he was able to DJ as Michael Myers at the Kern County Sheriff's National Night Out/Trick or Treat event. I worried the costume would be too scary for the children coming to trick or treat, but a Deputy Sheriff assured him it was okay to dress that way. In fact, that night he was treated like a rock star and had a line of children wanting to take their picture with him. They asked him to DJ again at this year's event on Thursday, October 17th at Stramler Park from 5 to 8 p.m. He's super excited to be part of such a fun night again!

Over the years with my son's DJ gigs, I have had to play tour manager, driver, and roadie, all jobs that I love; but I can't even begin to calculate the hours spent in a car driving him around. Most moms can relate to the inevitable chauffer job that comes with kids, and Julie Willis writes about it in her Humor at Home article, "Power Outage Panic: Looking for Electricity" on page 18. She writes about how much time she spent driving her daugh-

ter around town looking for electricity for her laptop during a power outage.

As a mom Taxi, one of my favorite parts was the conversations that I'd have with my kids when in the car. Sometimes, it really was the best place to talk, especially if something was weighing heavily on our minds. In the article, "Tough Topics: Five Ways to Start a Conversation," on page 20, Callie Collins gives some great advice on how to talk with your children about some of the scary things going on in the world. One of her tips include finding a neutral space, which is why I think the car was always a safe zone.

This month's Readers Respond, KCFM asked, "Does Homework Help or Harm Students?" To read the answers submitted by our readers, turn to page 10. The responses range from adds stress to can be beneficial in moderation and everything in between.

In honor of October as Breast Cancer Awareness month, special thanks to Stana Bright, who is featured in the article, "Hello, Happy (Encouraging) Mama: Stana Bright shares her story as a three-time breast cancer survivor, local champion for early detection" On page 12, Callie Collins writes about how early detection and monthly self-breast exams can save lives and this local mother and grandmother is proof of it.

October is such a magical month to celebrate Fall and Halloween. Whether you are dressing up as Wednesday Addams or Beetlejuice or Wolverine, this season is full of fantasy and lots of candy! If you're looking for something fun and safe for your kiddos, come say "Hi" to me and my son, dressed up as Michael Myers jamming out at the turntable on Thursday, October 17th.

Happy Halloween!!! BE SAFE!

# FIND JACK O' LANTERN!

This one doesn't count!



Count the number of Jacks you find in this issue, then submit your answer by

**OCTOBER 29<sup>TH</sup>**

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If you're comparing health plans this Open Enrollment, consider the advantages of a plan that connects you to Dignity Health Medical Group, which is part of the Dignity Health Medical Network (formerly GEMCare). You'll have access to high-quality, compassionate primary and specialty care providers, along with urgent care, radiology and lab services throughout Kern and Tulare counties. And, you'll be supported by three nationally recognized Bakersfield acute care hospitals should you need them. Learn more about the Dignity Health difference and the plans we accept at [dignityhealth.org/bakersfield/enroll](https://dignityhealth.org/bakersfield/enroll).

**Hello humankindness®**





PHOTO COURTESY KERN.ORG

### Bakersfield Student Leaders Stand Against Drug Use at Annual Conference



Kern County Behavioral Health and Recovery Services (KERNBHRS) recently held its annual Drug-Free Youth Summit where more than 250 youth leaders from 24 schools across Kern County came together to stand against drugs. These student representatives not only worked on strategies to help combat drug and alcohol use, but also plan impactful activities for Red Ribbon Week, held October 23 through 31, with the theme “Life is a Movie, Film Drug Free.”

The Summit’s keynote speaker, NASA Special Agent David Daniels-Watanabe, motivated students to lead with resilience and vision. The attendees also worked together to learn tools to help prevent substance abuse and plan drug-free initiatives in their own schools.

**For more information on Red Ribbon week, visit [www.redribbon.org](http://www.redribbon.org). To read more about the Summit visit [www.news.kern.org](http://www.news.kern.org).**

### Goat Yoga at Cherry Acres

What’s better than a refreshing yoga class in the morning? A goat yoga class. Every Saturday in October, you can have a unique, outdoor goat yoga experience at a local pumpkin patch. At Cherry Acres, 4011 Wegis Avenue, Bakersfield, Goat Yoga class led by instructor Reyna Carreno will be from 8 to 9 a.m. on the following Saturdays: October, 5, 12, 19 and 26.



**Reservations are required for goat yoga and can be made on the pumpkin patch’s website [www.cherry-acres.com](http://www.cherry-acres.com). The website also details fun family events and special classes that will be held during the season.**

### CSUB Students Receive Hispanic Excellence Scholarships

California State University Bakersfield students receive \$52,000 in scholarships at a recent ceremony. The Hispanic Excellence Scholarship Fund recently awarded approximately 30 students from low-income backgrounds \$2,000 each to help pay for college.

CSUB President Emeritus Tomas A. Arciniega established the Hispanic Excellence Scholarship in 1984 to increase college access for underrepresented students who have demonstrated academic excellence and leadership potential. Since its inception, \$3.1 million has been awarded to about 1,800 recipients.

**For more information, please visit [www.news.csub.edu](http://www.news.csub.edu).**



PHOTO COURTESY CSUB

### The Open Door Network’s Art Installation Revealed

The Open Door Network recently announced the reveal of the “The Butterfly Collection,” a 16-piece art installation created and donated by the young artists, Adoniah (8) and Kosta (10) Hronis, which will transform the hallways of the main office that supports clients engaged in therapy services. The young Hronis artists have created this collection that features a series of thought-provoking artwork exploring themes of hope, renewal, and community. Through a blend of vibrant colors, textures, and multimedia elements, the installation aims to reflect the journey of individuals supported by The Open Door Network services.

“The Butterfly Collection’ is a testament to the impact that art-work can have on transforming a space and those overcoming adversity. These young artists have showcased in their amazing pieces the enduring spirit of resilience within the clients we serve within our doors,” says Lauren Skidmore, CEO of The Open Door Network. “We were honored that the Hronis family partnered with us to transform a space that clients visit daily. Before just blank walls wrapped around the halls where clients come for therapy services, now we can offer hope and encouragement as they walk in for services.”

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



KCSO's Annual Trunk -or-Treat is always a community favorite.

## Kern County Sheriff's Office Holds National Night Out-Trunk or Treat

Kern County Sheriff's Office (KCSO) will hold its annual National Night Out-Trunk or Treat event at Stamler Park, Bakersfield on Thursday, October 17 from 5 to 8 p.m. The event will include a trunk or treat with deputies, demonstrations from specialized units, free game, a tour of air support, and a petting zoo.

The National Night Out campaign is a national event that aims to build community partnerships and make citizens more comfortable with local police departments.

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

## Kern Economic Development Foundation Wins International Economic Development Award



Kern Economic Development Foundation (KEDF) was recently awarded the 2024 Excellence in Economic Development award from the International Economic Development Council (IEDC). This recognition was given due to KEDF's exemplary work in the Talent & Retention category.

The talent retention and workforce quality initiative, Kern Intern Connections (KIC Starting Careers), pairs recent graduates from the Kern High School District's STEM-based and work-ready programs with the region's employers for paid internship opportunities. Critical KICK supporters include Bank of America, which contributed \$100,000 to fund internships, and Chevron which provided transportation stipends for the interns. Other program sponsors include: PG&E, Bank of the Sierra, and Tri Counties Bank.

"Kern Intern Connections is a vital part of Kern Economic Development Foundation's mission to prepare the workforce, particularly in STEM-based careers," says Christina Scrivner, KEDF Chair. "Receiving the Excellence in Economic Development award from the IDEC honors the intentional efforts of our community partners and team."

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



# HAPPY HALLOWEEN

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

**Smith's Bakery Buena Vista in Sully's Chevron**  
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**Smith's Bakery Marketplace**  
4700 Coffee Rd.  
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# Debunking Breast Cancer Myths



**October is Breast Cancer Awareness Month** and while many women have an adequate understanding about their own risk for the disease, certain myths surrounding breast cancer persist. Such myths can lead to unsafe outcomes that jeopardize women's health. Here are a few of the most common misconceptions about breast cancer.

**Myth: MRIs are more effective than mammograms.**

The National Breast Cancer Coalition notes that no evidence exists to support the assertion that a magnetic resonance imaging exam is a more effective screening test for breast cancer than a mammogram. An MRI can be an effective diagnostic tool when doctors suspect something is wrong. However, the NBCC advises against using MRI to screen for breast cancer since it is more likely to yield a false-positive result than

a mammogram. Indeed, the National Breast Cancer Foundation identifies mammography as the gold standard for the early detection of breast cancer.

**Myth: Breast size and breast cancer risk are connected.**

This myth typically suggests breast cancer is more common in women with large breasts. The NBCF notes there is no connection between breast size and breast cancer risk. Breast density, not size, may be associated with a greater risk for breast cancer. Dense breast tissue refers to the ways breast tissue appears on a mammogram. Women with dense breasts are at higher risk for breast cancer because the dense tissue makes screening for the disease more difficult.

**Myth: Most breast cancer patients have a family history of the disease.**

The NBCC notes that roughly 15 to 20 percent of women diagnosed with breast cancer report a family history of the disease. Assuming only those with a family history are vulnerable to breast cancer gives women with no such background a false sense of security, which may discourage them from taking measures to lower their risk.

**Myth: All breast lumps are cancerous.**

The NBCF indicates only a small percentage of breast lumps end up being cancerous. Lumps should never be ignored and should be reported to a physician immediately. But it's important to avoid jumping to conclusions after finding a breast lump. A clinical breast exam can determine what's behind the lump, and women who discover a lump should remain calm until such an exam is conducted.



## Avocado Advantage

Eating about 2 slices of avocado daily can lower diabetes risk for women by 24 percent, as written in Medical News Today. Avocados are high in fiber, vitamins, minerals, phytonutrients and healthy fats, which stabilize blood sugar. Try using avocado instead of mayo on your sandwiches.



## How to Recognize Cyberbullying

More than half of US teens have been bullied or harassed online. Despite the high number of occurrences cyberbullying isn't always easy to spot.

Cyberbullying refers to the use of electronic communication to bully a person, typically by sending intimidating and/or threatening messages. These messages may be sent in various ways, including through apps or via social media platforms.

Young people may exhibit their own unique symptoms if they're being victimized by cyberbullies. Parents can look for these signs and take action if they suspect their children are being cyberbullied.

- A child becomes upset, sad or angry during or after being online or using their phone.
- A child withdraws from family or friends.
- A child expresses reluctance or refuses to participate in activities previously enjoyed.
- A child has an unexplained decline in grades.
- A child refuses to go to school or expresses anger or dissatisfaction with a specific class or school in general.
- A child increasingly reports symptoms of illness for which he or she wants to stay at home.
- A child shows signs of depression or sadness.

**More information about how to respond to cyberbullying and prevent its recurrence is available at [www.StopBullying.gov](http://www.StopBullying.gov).**



## Is Parenting Harmful to Your Health?

If you're a parent, you know how tough a job it can be- and the US surgeon general agrees. Dr. Vivek Murthy is warning that parenting can be harmful for your mental health because mothers and fathers face dangerous levels of stress.

Dr. Murthy says he is blessed to be a father of two, but notes how difficult he finds parenting for himself and others. Being a dad is both the "toughest and most rewarding" job he's ever had, Murthy said.

"The stresses parents and caregivers have today are being passed to children in direct and indirect ways, impacting families and communities across America," he said.

In a recent advisory, Murthy said 41 percent of parents say most days they are so stressed they can't function, and 48 percent say their stress is completely overwhelming compared to other adults.

Murthy argued that parents today are facing different challenges from older

generations, including social media, an increasing youth mental health crisis and the "epidemic of loneliness" that impacts younger people and their parents.

He also said the cultural norms should support parents talking more openly about their challenges.

"The work of raising a child is work, no less valuable than the work performed in a paid job and of an extraordinary value when it comes to the impact on the future of society," Murthy said.

## The Two Ages That Shape Our Bodies

A recent study is providing new insight into the way we age. Rather than aging being a gradual process, the human body actually experiences two dramatic bursts of aging at a molecular level. The first at the age of 44, and then again at 60. The study, published in the journal Nature Aging, analyzed over 135,000 types of molecules affected by aging in 108 adults aged 25 to 75. These

molecules were tracked for age-related changes every three to six months.

For people in their mid-40s, the study detailed significant changes in molecules related to alcohol, caffeine and fat metabolism, heart disease and skin and muscle. For those in their mid-60s, significant changes were seen in molecules related to carbohydrate and caffeine metabolism, immune regulation,

kidney function and heart disease, as well as in skin and muscles.

Researchers say finding patterns like these can help with the diagnosis and prevention of diseases and can be used to improve health-care management and the well-being of aging populations. They advise making lifestyle changes such as drinking less alcohol and exercising more when nearing your 40s and 60s.

# You + Us = a better day!



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TODAY!**

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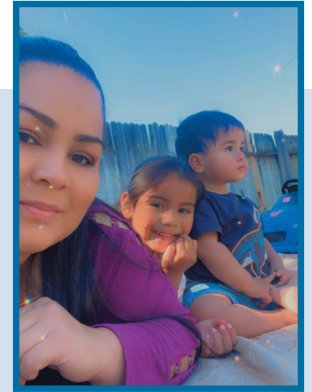
## Q. Does homework really help students learn and reinforce classroom concepts or does it contribute to added stress?

As the new school gets underway, debate in the parenting community over homework continues. Some educators, experts and parents agree homework can be a negative source of undue stress while others believe it is necessary to reinforce classroom concepts. It has been eliminated in many districts, but others continue to assign work outside of class. We asked our readers to share their opinions.



Added stress. Some parents don't know how to help and can just confuse the kid even more.

- Amber Henson



Yes, homework helps students however in moderation. It enforces responsibility.

- Leticia Noyola

I love bonding with my kids by helping them with schoolwork. A moderate amount of homework is helpful. However, when there's too much, it tends to affect the quality of our family life.

- Nina Ha

Even though it can be stressful, I think it helps. I believe practicing something is an important part of learning.

- Ruth Miles



I think it only becomes stressful when you let your children have a bad attitude about doing it. There's always going to be things in life that we don't like to do, but they have to be done.

- Regina Galvez



I think if it's short and focused, homework really helps, but if it requires too much time then it's just stressful.

- Ariana Martin

A small amount of homework that is reviewed later in class can be beneficial.

- Denise Alatorre



Homework is incredibly beneficial to learning and retention, but in appropriate amounts. What is appropriate - only the teacher can know based on the student's comprehension.

- Susan Holland





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# HELLO, HAPPY ENCOURAGING MAMA

Stana Bright shares her story as a three-time breast cancer survivor, local champion for early detection

October is Breast Cancer Awareness Month, an observance highlighting the importance of screening, early detection and hope for a cure. For survivors like Stana Bright, however, that message is relevant all year long. “The awareness aspect is wonderful but for a breast cancer survivor, every month is Breast Cancer Awareness Month. It becomes a constant in your life once you’ve had cancer,” said Stana. “That publicity and awareness in October is an especially helpful reminder for all women to take care of their breast health and get screened, which may possibly save your life.”

A longtime area resident, the California native is married to her husband, Larry; the couple has two grown children and three grandchildren. Their children were 11 and 14 when Stana was diagnosed after a mammogram following a routine annual physical at age 40. Although she had passed a mammogram the year before without incident, follow-up a year later was recommended and she was found to have breast cancer.

“I’m really a rule-follower and when my doctor suggested the second mammogram, they found something that wasn’t there the first time,” she explained. “I was so happy I had gone in and done that so the cancer could be detected.”

Stana took a leave of absence from her classified position in the Fruitvale school district to have surgery and be treated with chemotherapy for a year. She was then carefully followed by her oncologist.

A self-exam revealed a lump Stana found 17 years later. She was also treated with chemotherapy but diagnostic testing later revealed a third breast cancer diagnosis for which she was treated with radiation.

“I am an advocate for using all the screening methods because if I hadn’t done all of those things, who knows,”



Stana manning the information table at a Links for Life event. PHOTOS COURTESY OF LARRY AND STANA BRIGHT

she said. “You have to be an advocate for yourself. Even though you’re busy with your children and their activities, you have to go in and have that done. It really doesn’t take that much time.”

Stana has witnessed strides made in support as well as awareness in recent decades, as volunteers like her have shared their experience and made resources possible.

“When I was first diagnosed 33 years ago, breast cancer wasn’t a thing people routinely heard about. I knew no one who had it or had survived,” she said. “After cancer treatment that first time, I was asked by women who were forming Links for Life to come and speak to them because they wanted to see what was needed in the community.”

The American Cancer Society now lists breast cancer as the most common cancer in American women, with the

average chance of a woman developing it in her lifetime at an estimated 13% overall. More than 4 million women in the U.S. are being treated for or have survived breast cancer, it reports. Although rare, men can also have breast cancer.

Links for Life, a local nonprofit dedicated to promoting awareness, sharing resources and creating services for patients and survivors, was founded in 1992. Stana has been a faithful volunteer since the beginning. The organization’s wig boutique came about as part of what she recommended as something previously missing in the area for women going through treatment.

“Losing your hair is like losing your identity,” she explained. “Women walk out of our boutique or any other like it, they leave with a smile on their face and a confidence that wasn’t there when they went in.”

Stana has led a Links for Life support group for more than 30 years.

“New patients especially are yearning to talk with others who have been through breast cancer. Family and friends are wonderful but they want to talk to women who have actually gone through it. You need to talk to other women about it,” said Stana. “I became very involved with Links for Life because I felt like I needed to give back. If I could help people walk through this experience by sharing my own, I knew that’s what I should do.”

In addition to five and 10-year survivors groups as well as a Spanish language group, a separate group for the recently diagnosed focuses on shared experiences as women go through treatment. Since the pandemic, the group has stayed virtual, which allows participants to be present on days they have treatment or are otherwise feeling unwell; many have young children they can care for at the same time during the Zoom sessions. The virtual aspect of the group also serves those who are immunosuppressed.

Support groups are available through Links for Life without charge. All funding garnered from grants and donations stays in the Kern County area to help local patients and their families. A variety of services are available, including a program to help those without insurance or whose insurance will not cover the cost of a mammogram; with a doctor’s order, Links for Life can aid in making the mammogram possible.

“There are a lot of tears but a lot of smiles too,” said Stana. “It’s that mutual recognition of ‘I see other women going

through what I’m going through.”

Although not technically a support group, coordinated social opportunities are also available for husbands and partners to find camaraderie with one another.

Among other services, Links for Life also offers a nutrition and grocery card program made possible through grant funding. A \$100 gift card to a local grocery store is available for any breast cancer survivor once diagnosed who participates by meeting with a registered dietitian in person or via Zoom. Patients can receive up to four \$100 gift cards during their treatment.

“Meeting needs during a critical time is what Links for Life is all about,” said Stana. “Help is available but that awareness is key because it leads to better outcomes. Women are so often involved in caring for others but we need them to care for themselves so they can be here for themselves and for their loved ones.”



### THREE QUESTIONS WITH STANA BRIGHT

**Q. What did the experience of surviving breast cancer help you to learn or better understand overall?**

You need to be your own advocate. Many times, we do see young women who might feel that something is not right and they are told “You’re too young for breast cancer” but they persist in finding out. Make sure that you take care of yourself.

**Q. Are there other helpful organizations**

### Fill-in-the-blank questions

**I’m always laughing at:** The things my grandchildren say and do.

**The first thing I do when I wake up in the morning is:** Check my phone.

**Today, the strangest thing in my purse is:** A to-go bag from lunch yesterday that I forgot to put in the refrigerator.

**My favorite food is:** Mediterranean food.

**My favorite dessert is:** Berry pie.

**In my pantry, you will always find:** Too many things, as my kids always tell me.

**Before I go out, I always make sure I have:** My phone, my wallet and my keys.

**The best book I’ve read lately is:** “The Women” by Kristin Hannah

**So far, my best life advice is:** Enjoy life. You never know what is going to happen but it’s better to enjoy the journey.

### in Kern County that our readers should know about to support breast cancer awareness?

Check with your preferred health system for diagnostic tests available. If you need treatment, all of the centers seem to have some type of program for their survivors. The Kern County Cancer Foundation also provides some financial support for those who cannot afford their treatment.

**Q. What is your public health PSA?**

Get screened and be an advocate for yourself.

**Find out more about links for life at <https://linksforlife.org/>.**

## Hello Happy Mama!

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# It's time to harvest a cozy book for reading season

**BEFORE WE CARVE JACK-O'-LANTERNS**, we've got to harvest them from the pumpkin patch! Whether you call it "fall" or "autumn" or "harvest season," there's so many great things about this time of year! Here are our favorite reads about this time of year to capture the essence of a good book and enjoying a cozy reading session.



## Pumpkin Patch Blessings

By Kim Washburn and Jacqueline East  
\$10.19; Ages: 0-6  
Zonderkidz

Amazon.com

Head to the pumpkin patch for beautiful illustrations, an adorable rhyme and lesson in gratitude.



## The Berenstain Bears' Harvest Festival

By Mike Berenstain  
\$4.19; Ages 4-6  
Publisher: Zonderkidz  
Amazon.com

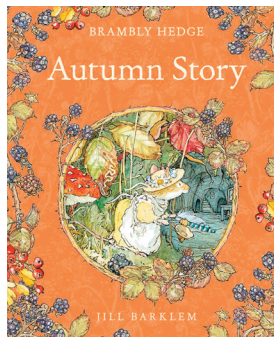
The beloved Berenstain bears participate in the Chapel in the Woods' Harvest Festival where they pick fruit, enjoy a hayride and venture into the pumpkin patch—all while learning about the blessings of the fall harvest season and giving thanks to God.



## It's Harvest Time

By Katarah Jordan  
\$17.32; Ages: 8-10  
Bright Communications LLC  
Amazon.com

Meet the Bees, an African-American family, as they transform their backyard into a garden oasis. As the harvest season approaches, the family shares their crops with friends and neighbors.



## Autumn Story

By Jill Barklem  
\$9.99; Ages 0-5  
Harper Collins Children's Books  
Amazon.com

In the tiny world of Brambly Hedge, all the mice are getting ready

for the harvest season. But as the sun goes down, one mouse is lost in the woods. Will she find her way home?



## Fall Harvest Fun

By Martha E. H. Rustad and Amanda Enright  
\$9.99; Ages 5-8  
Publisher: Lerner Publishing Group  
Amazon.com

Kids will learn how food is grown, harvested and celebrated through engaging text, fun facts and questions.

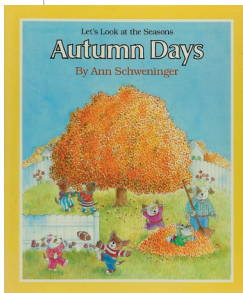


## Wicked Harvest

By Karen MacInerney  
\$11.99; Teen-adult  
Independently published  
Amazon.com

This Dewberry Farm Mystery brings murder to an Oktoberfest celebration. Home-steader Lucy Resnick discovers her pumpkin

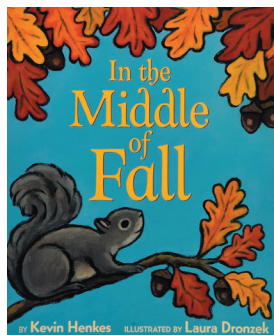
patch is blighted and a local brewery owner turns up dead. Coincidence? Maybe not!



## Autumn Days

By Ann Schweninger  
\$17.99; Ages 6-8  
Viking Juvenile  
Amazon.com

It's autumn and there's so much to do! A dog family figures out how to handle all that nature brings to fall.

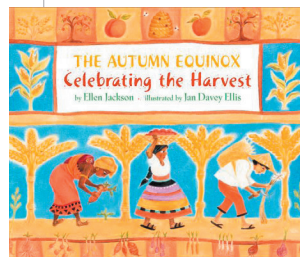


## In the Middle of Fall

By Kevin Henkes and Laura Dronzek  
\$7.99; Ages 2-5  
Greenwillow Books  
Amazon.com

Popular

award-winning children's author Kevin Henkes ("Lilly's Purple Plastic Purse" and "Owen") penned this tale about the beauty of the fall season—with a little help of beautiful illustrations.



## The Autumn Equinox: Celebrating the Harvest

By Ellen B. Jackson and Jan Davey Ellis  
\$12.69; Ages: 7-9

Millbrook Press  
Amazon.com

Harvest is a time for celebration and this book shows the significance of some of the celebrations around the world and shows how they are celebrated



## From Harvest to Home: Seasonal Activities, Inspired Fall Décor and Cozy Recipes for Fall

By Alicia Tenise Chew and Tom McGovern  
\$24.95; Adult  
Publisher: Chronicle Books  
Amazon.com

This coffee table-style book offers beautiful photography to guide you through a cozy fall season. You'll find activities, décor projects, recipes, lifestyle and party-planning tips.



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PHOTO BY STACEY LEIGH PHOTOGRAPHY

# Ghoulishly Good Tips for Safe Trick-or-Treating

**H**alloween is enjoyed by people of all ages, but few get a bigger kick out of the holiday than children.

There are costumes to be worn, time spent with friends and the opportunity to collect free candy and other treats.

Although Halloween can be a fun time, the Children's Safety Network warns that it's also a time when accidents can happen. According to the CSN, the most dangerous day for child pedestrians is Halloween, with two times as many child pedestrians dying on Halloween compared to other days. It is essential to prioritize safety on Halloween, and following these guidelines can help.

These are some safety strategies designed to keep Halloween fun and incident-free this year. And remember ALL candy and other treats should be inspected by an adult before it is eaten.

**Make sure costumes are short and avoid masks that obstruct vision.** Costumes that drag on the floor are tripping hazards and masks can make it hard to see peripherally, which can lead to injury. Be sure that costumes do not cover the feet or drag on the ground and avoid masks that compromise vision.

**Test out makeup beforehand.** All makeup used for costumes should be tested for allergic reactions prior to use. Heed the

warnings on packaging and avoid putting makeup too close to the eyes or lips.

**Improve visibility.** It's important to be seen while trick-or-treating, and that can be achieved by making sure costumes and trick-or-treat bags feature reflective tape. Trick-or-treaters also can carry flashlights or glow sticks to improve visibility, and stick to areas with streetlights if going out after dark.

**Stay on the sidewalk.** Whenever possible, trick-or-treaters should stick to the sidewalks and avoid walking on the roads. This may not always be possible in neighborhoods without sidewalks, where parents and youngsters must be especially careful.

**Trick-or-treat in groups.** Children are safer in numbers due to the increased visibility of a crowd and because, if something happens, others can call for help. Parents can use their discretion on what age they feel is mature enough to let children go out alone. Until then, children should be accompanied by adults.

**Keep pets locked away.** Animals can become skittish when there are many people loitering outside of homes or ringing doorbells. Keep pets in a quiet room away from the action to prevent them from getting loose, injured or scared enough to bite or scratch someone.



## Witchy Popcorn Balls

(8 Popcorn Balls)

### INGREDIENTS

16 chocolate wafer cookies	Green food color (optional)
Nonstick cooking spray	3/4 cup chocolate chips
3 quarts popped popcorn	Licorice strings
4 tablespoons (1/2 stick) butter or margarine	8 chocolate ice cream cones
3 cups miniature marshmallows	Orange sugar sprinkles, placed in small dish
3 tablespoons (1/2 of 3-ounce box) lime gelatin mix	Jellybeans
	Candy corns

### DIRECTIONS

Spread sheet of waxed or parchment paper over work surface and place wafer cookies on it. Spray large mixing bowl with nonstick cooking spray and place popcorn inside.

In medium saucepan over low heat, melt butter. Stir in marshmallows and gelatin powder until marshmallows are melted and mixture is smooth. Adjust color with 1-2 drops food color, if desired. Pour mixture over popcorn and mix until coated.

Spray hands with nonstick cooking spray and press firmly to form into eight balls. Place balls on eight wafer cookies. Press candy decorations into popcorn balls to form "eyes," "nose" and "mouth."

In small, microwave-safe bowl, heat chocolate chips, covered, 10 seconds. Stir to aid melting. Repeat as needed until chocolate is melted and smooth.

Spoon about 1/2 teaspoon melted chocolate on top of each popcorn ball. Press licorice strings into chocolate to form "hair."

Dip cone edges into melted chocolate then orange sugar sprinkles. Place on remaining wafer cookies to form "witches' hats." Place hats on popcorn balls. Allow chocolate to set about 45 minutes before serving.

Serve or seal individually in plastic wrap.





stacey leigh  
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# Power Outage Panic: Looking for Electricity

**W**hen my kids were little and the power would go out, they would scream with delight and run around the house with flashlights, sliding on the tile floors in their footed pajamas.

The last time the power went out, my high schooler screamed all right. But it was not with delight. She was in a panic.

Because, you see, now a power outage is a life-changing event, necessitating driving somewhere with power and internet. (I try not to wax nostalgic about the days when homework did not necessitate wifi.)

“Mooooo-ooooom!” She screamed.

I was already at her door, asking her if she wanted to go to Starbucks or Grandma’s house.

She is 14, so she picked Starbucks. (And before you think that is unfair to Grandma, please be assured that Grandma is the one who got her hooked on Starbucks in the first place.)

I get it. Starbucks is closer. Also, they have Starbucks drinks.

And food.

So she packed up her laptop and a backpack full of books, and we hit the road.

Well, this particular power outage happened to happen during a grass fire that was affecting our immediate area, so when we turned off our street, heading toward the Starbucks on Comanche Drive, we were almost immediately blocked by emergency vehicles and had to turn around and head toward the Mt. Vernon Starbucks.

Only, it turns out that the Mt. Vernon Starbucks does not have electrical outlets. (And electricity, you may remember, was the entire point of leaving the house in the first place.)

It just so happens that my daughter’s



laptop battery has a four-minute lifespan, so we headed to the Bakersfield College library in search of electrical outlets and wifi (but not before ordering a coffee, a sandwich, and a pastry—for her—and an ice water for me).

As we were about to pull into the Bakersfield College parking lot, we got a call from my husband who told us that the power had come back on, so we headed all the way home instead.

Only, when we got there, he confessed that the internet was down. So we got back in the car and headed back toward the Bakersfield College library. (No words were exchanged. Maybe words were thought. Maybe even expressed telepathically. But no actual words were spoken. Like with actual sound.)

As we were driving back to BC, I suggested to my daughter that she

check the library hours on her phone, and it turned out that they were closed. So she called Grandma, who said, “Come on over,” which we did. Only, by the time we got there, we had already spent two hours driving around, and it was getting dark already.

So she did her work and we went home and the fire had been put out and there was power and internet at home and we all went to bed and everything was ok again.

Until the next afternoon when we lost power again. (I wish I were making this up.)

This time I looked at my husband and said something (and not just in my mind but out loud). “Do you think it might be your turn to take Overachiever Child to a Place with Electricity?”

And he did.



# WE LOVE IT!

By Leslie Carroll

**ANY HOME CHEF APPRECIATES** kitchen gifts! Whether their specialty is making a PB&J or creating a multi-course meal worthy of a Michelin star, they are sure to appreciate these useful products that make whipping up a dish more fun.

## American Kitchen Stainless Steel Pots & Pans

American Kitchen cookware is made with over 100 years of craftsmanship in Wisconsin. With direct-to-consumer pricing, American Kitchen offers the highest quality cookware without the markups. Each piece in their collection is meticulously designed to help you bring out the best in your favorite holiday dishes. [www.americankitchen.com](http://www.americankitchen.com)



## GoodCook Pro Veggie Dicer

Cut meal prep time in half with the GoodCook PRO Veggie Dicer. Easier to use than a knife, the dicer includes an airtight lid for safe storage, with an easy-pour opening when it's time to use the prepped foods. Chop fruit, vegetables, nuts, herbs, meats, etc. to make finely chopped salsas, soups, dips, purees, and more! [www.walmart.com](http://www.walmart.com), \$17.97

## The GoodCook Pro Soak and Strain Bowl

This product features a 2-in-1 design that allows you to first soak your food with water, then attach the strainer feature to quickly drain the water. The 3-quart bowl can be used for various other uses in the kitchen without the strainer as well. Flip the strainer into the bowl for small compact storage. [www.walmart.com](http://www.walmart.com), \$9.97



## Lansinoh HotTea Mama

Caffeine-free wellness teas designed to support women through pregnancy, childbirth, and breastfeeding. The collection includes three tasty flavors: Morning Rescue Pregnancy Tea, Final Push Raspberry Leaf Tea, and Milk's Up Lactation Tea. [www.lansinoh.com](http://www.lansinoh.com), \$14.99 each.



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# It's a Scary World: 5 Ways to Start a Talk

1

## Choose a neutral setting

Think back to the best conversations you had with your parents and mentors. More than likely, they did not all take place in formal sit-down sessions. A neutral setting can help reduce tension. Talking in the car or over a meal may be more comfortable.

2

## Ask what your child has heard

Start the conversation by listening more than talking. Beginning with a simple "I'm worried about this topic. What have you heard about that lately?" can give your child space to share what they already know and related feelings or assumptions. Addressing those can be key during the conversation.



3

## Frame the message in safety

Quell anxiety by leading with the safety measures already in place at your child's school or within the community. List the ways prevention is established currently. Be realistic and admit that adverse events could happen; there is always a possibility of something going wrong but strategies are in place to deal with that unlikely situation. Name the helpers: we have outstanding heroes in the adults they already know, teachers, firefighters, doctors and police officers. All are here to help us and the adults are in control.

4

## Emphasize what we can each do

Showing ways we can all help prevention methods is key but keep it age appropriate. If faith is part of your household dynamic, prayer could be mentioned. Practical steps like telling an adult when something is wrong or calling 9-1-1 can be items for review. Also remind your child that we must all help one another; use the opportunity to talk through inclusion, bullying and how to be kind. Remind your child that every person has the ability to be kind.

5

## End the conversation with an open door policy

Let your child know talking about these topics is always okay. Give more options to contact you: bringing up fears with a note or by text may work for older children but other ways, like leaving a stuffed animal on your chair, may serve as a signal from younger kids that they need you to come and find them for a chat.



# AFTERSCHOOL PROGRAM

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661-325-3730

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661-845-4253

[BGCKC.ORG/AFTERSCHOOLPROGRAM](http://BGCKC.ORG/AFTERSCHOOLPROGRAM)



# 2024 Holiday Run Series

## TURKEY DAY RUN

**Turkey Day Run**  
**Thanksgiving Morning Run!**  
**November 28th**



**MONSTER MASH DASH**  
**Monster Mash Dash**  
**Halloween Run!**  
**October 27th**

## Jingle Bell Run

**Jingle Bell Run**  
**for Toys for Tots!**  
**December 21st**



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[www.BakersfieldClassicEvents.com](http://www.BakersfieldClassicEvents.com)

## OCTOBER

### National Breast Cancer Awareness Month

## OCTOBER 3

### VIPink The Breast Event of the Year

Enjoy a special fashion show, delicious food and sip mocktails! Shop local jewelry, clothing boutiques and take advantage of offers on beauty services.

**5:30 - 8 p.m.**

Adventist Health AIS  
Cancer Center  
2620 Chester Ave.  
Bakersfield, CA  
<https://kern.give.adventisthealth.org/event/vipink/>

### Annual Galactic Gala

The annual fundraising event that benefits Bakersfield Ronald McDonald House.

**5:30 p.m.**

Bakersfield Country Club  
4200 Country Club  
Bakersfield, CA  
<https://rmhsc.org/chapter/events/>

## OCTOBER 5

### 6th Annual Oktoberfest Brews for Books

Oktoberfest will feature a beer garden, yard games, and Oktoberfest-themed food! Attendees will have the chance to participate in a costume contest, win amazing gifts, and enjoy a night out with friends while contributing to further our efforts at addressing literacy deficits throughout Kern County.

**5:30 p.m.**

Junior League of Bakersfield  
Community House  
1928 19th St.  
Bakersfield, CA  
[www.jlbakersfield.org/oktoberfest](http://www.jlbakersfield.org/oktoberfest)

### Cultura Fest 2024

Cultura Fest, a free community event celebrating Hispanic/LatinX traditions in Kern County! Immerse yourself in the vibrant cultures that make our community unique.



**12 - 9 p.m.**

Beach Park  
3400 21st St.  
Bakersfield, CA  
[www.raicesofkern.org/culturafest](http://www.raicesofkern.org/culturafest)

### M.A.R.E. Diamonds & Denim Gala

Join us for an evening of elegance and casual charm as we come together to celebrate compassion, empowerment, and the transforming power of M.A.R.E.'s therapeutic equine programs.

**5:30 p.m.**

M.A.R.E. Riding Center  
18200 Johnson Rd.  
Bakersfield, CA  
[www.mareridingcenter.com/](http://www.mareridingcenter.com/)

### The Villas at Scenic River Craft and Vendor Show

Rain or Shine, we are inside the clubhouse! Come shop local vendors and crafters!

**10 a.m. - 3 p.m.**

Villas At Scenic River  
4015 Scenic River Ln.  
Bakersfield, CA  
[www.visitbakersfield.com/events/october-craft-and-vendor-show-3/](http://www.visitbakersfield.com/events/october-craft-and-vendor-show-3/)

## OCTOBER 5 & 12

### Walk Through History: Tomo-Kahni State Historic Park Tours

California State Parks invites you to embark on a unique

guided tour of Tomo-Kahni State Historic Park this fall. For a limited time starting mid-September, guests can visit this historic Native American village site, view ancient rock art, and immerse themselves in the history, sacred lore, and living culture of the Kawaiisu people.

**8:30 a.m.**

Tomo-Kahni State Historic Park  
310 S. Green St.  
Tehachapi, CA  
[www.tehachapiapplefestival.com/](http://www.tehachapiapplefestival.com/)

## OCTOBER 10TH

### Veteran's Stand Down

The Kern County Veterans Stand Down traditionally takes place on the second Thursday in October. It is a day set aside for veterans to relax and enjoy quick linkage to the many services available to them in one convenient outdoor location. Admission is free and available to veterans and their dependents only—that means homeless veterans, too!

**8 a.m. - 3 p.m.**

Stramler Park  
4003 Chester Ave.  
Bakersfield, CA

### Taft College Cougar Cookout

Taft College Foundation invites you to honor our veterans and community at the

14th Annual Cougar Cookout.

**5 - 8 p.m.**

Taft College  
29 Cougar Court  
Taft, CA  
[www.facebook.com/TheTaftCollegeFoundation](http://www.facebook.com/TheTaftCollegeFoundation)

## OCTOBER 11

### BGC Artfest 2024 "A Masterpiece in the Making"

Guests will enjoy appetizers, drinks, and refreshments during the "Stroll & Savor," bid on children's artwork in the "Young Artists' Masterpiece Gallery," watch live performances by the Club members, participate in silent and live auctions, enjoy a sit-down dinner, and enjoy larger-than-life art displays of "Masterpieces on a Grand Scale," where they can capture photo mementos of this special event.

**6 to 10 p.m.**

Vista Del Lago Estate  
15329 South H St.  
Bakersfield, CA  
[www.bgckc.org/artfest](http://www.bgckc.org/artfest)

### Stage Fright Clothing Spooky Street Fair

Join Us for Bakersfield's most hauntingly delightful event of the year - the Spooky Street Fair on 19th St! Prepare yourself for a night filled with spine-tingling excitement, ghoulish treats, and eerie

# THE BEST LOCAL CALENDAR OF EVENTS!

This calendar is edited for space. For details about these events or other activities, please visit [kerncountyfamily.com](http://kerncountyfamily.com)



## WALK FOR A CAUSE HAPPENINGS

### OCTOBER 5

#### H.E.A.R.T.S

#### Connection's Heroes 4 HEARTS & Buddy Walk

Celebrate all children & adults who have a disability by participating in our walk. Start a team or come as a family. HE.A.R.T.S. Connection is hosting its annual Hearts 4 Hero's Walk. There will be children's activities, merchandise vendors, informational vendors, raffle baskets, and food will be available for purchase.

**10 a.m. - 2 p.m.**

Yokuts Park  
4200 Empire Dr.  
Bakersfield, CA  
[www.eventbrite.com/e/heros-for-hearts-walk-2024-tickets-939582906767](http://www.eventbrite.com/e/heros-for-hearts-walk-2024-tickets-939582906767)

#### Lace'n It Up 5K & 1 Mile Celebration Walk

Kick off Paint the Town Pink! and Breast Cancer Awareness Month at our annual Lace'n It Up 5K Fun Run & 1 Mile Celebration Walk! This year's event is set to be our biggest yet — featuring special survivor recognition, local vendors, food & drink, music, raffle prizes, and more!

**7 a.m.**

The Park at Riverwalk  
11298 Stockdale Hwy.  
Bakersfield, CA  
<https://runsignup.com/Race/Info/CA/Bakersfield/LaceniUp5kRunWalk>

#### NAMI Walks 2024

Come walk in support of local mental health programs.

**9 a.m. - 12 p.m.**

Bakersfield College  
1801 Panorama Dr.

Bakersfield, CA  
[www.namiwalks.org/kerncounty/](http://www.namiwalks.org/kerncounty/)

#### Walk for A Million Dreams

Join us for a day filled with inspiration, empowerment, and celebration. Together, we can walk towards a future where every individual with Down syndrome is valued, included, and given the opportunity to achieve their dreams.

**7 a.m. - 3 p.m.**

Stramler Park  
4003 Chester Ave.  
Bakersfield, CA  
[kerncdsn.org/walk-for-a-million-dreams/](http://kerncdsn.org/walk-for-a-million-dreams/)

### OCTOBER 12

#### CASA Superhero Run

Gather the family and come dressed as your favorite superhero for CASA's Superhero Run! This annual event features superhero guest appearances, mascot dance-off, costume contests, vendor booths, raffle prizes, music, food, and more! Individuals, families, and teams can help "give a child a voice" by signing up for the 2K, 5K, or 10K.

**8 a.m. - 1 p.m.**

The Park at Riverwalk  
11298 Stockdale Hwy.  
Bakersfield, CA  
<https://kerncasa.org/superhero-run/>

#### KC Veterans Silkies Hike

This event will be a veteran's opportunity to find that camaraderie that has been missing since their separation from service. This

event is to raise awareness while also helping combat Veteran suicide. If you are a veteran or know a veteran, please join us. It's a positive atmosphere.

**9 a.m.**

Crusader Brewing  
5880 District Blvd. STE 18  
Bakersfield, CA  
[www.facebook.com/people/Kern-County-Veterans-Silkies-Hike/100064576336469/](http://www.facebook.com/people/Kern-County-Veterans-Silkies-Hike/100064576336469/)

#### 7th Annual Running with the Angels 5K Run & Walk

Honoring Angel Babies gone too soon while raising awareness for pregnancy and infant loss. All proceeds will be donated to the Noel Alexandria Foundation to continue to provide free educational, emotional, and financial resources to families who have been affected by pregnancy and infant loss.

**7 a.m. - 12 p.m.**

Yokuts Park  
4200 Empire Dr.  
Bakersfield, CA  
[www.kernfoundation.org/event/7th-annual-running-with-the-angels-5k-runwalk/](http://www.kernfoundation.org/event/7th-annual-running-with-the-angels-5k-runwalk/)

#### 1st Annual North Kern Cancer Run & Walk Festival

Gather your friends, family and coworkers and join us for the 2024 North Kern Cancer Run/Walk and Festival at - Pioneer Elementary School! This exciting challenge allows you to raise funds and awareness for those battling cancer all while having fun!

**8 a.m. - 12 p.m.**

Pioneer Elementary School

1001 Hiatt Ave.  
Delano, CA  
[runsignup.com/Race/CA/Delano/NorthKernCancerRunWalkandFestival](http://runsignup.com/Race/CA/Delano/NorthKernCancerRunWalkandFestival)

### OCTOBER 26

#### 2024 Kern County Heart and Stroke Walk

The Heart and Stroke Walk has always been a great way to get moving while socializing with friends, family and co-workers leading up to and on the day of the event. 5K with a Survivor Loop available.

**8 a.m.**

Bakersfield College  
1801 Panorama Dr.  
Bakersfield, CA  
[www2.heart.org/site/TR/HeartWalk/WSA](http://www2.heart.org/site/TR/HeartWalk/WSA)

### OCTOBER 27



#### Bakersfield Monster Mash Dash 5K, Walk, & Little Monster Dash

This Halloween-themed annual race is an event that you won't want to miss and we guarantee you will experience a spooktacular fun time! Wear a Costume and be in our Costume Contest! Largest Group Award! 1st race in the Holiday Run Series!

**8 a.m.**

The Park at Riverwalk  
11298 Stockdale Hwy.  
Bakersfield, CA  
<https://bakersfieldclassicevents.com/>

# KERN COUNTY FAMILY MAGAZINE DAILY HAPPENINGS

entertainment that's perfect for ghosts and goblins of all ages! 100+ Vendors, food, costume contest, and live music!

**4 to 10 p.m.**

Stage Fright Clothing

1438 19th St.

Bakersfield, CA

<https://stagefrightclothing.com/>

## OCTOBER 11-13

### Bakersfield Greek Food Festival

This time-honored and cherished Bakersfield tradition has grown from a small one-night gathering to a cultural extravaganza you are experiencing today. Our food service lines have short wait times to allow more time for all of you to enjoy the wonderful food and music.

**Fri: 4 -10 p.m.**

**Sat & Sun: 11 a.m. - 4 p.m.**

St. George Greek

Orthodox Church

401 Truxtun Ave.

Bakersfield, CA

[www.visitbakersfield.com/events/bakersfield-greek-food-festival/](http://www.visitbakersfield.com/events/bakersfield-greek-food-festival/)

### Tehachapi Apple Festival

Tehachapi Apple Festival is two days of "Appie Goodness" and is featuring tons of new apple related items and food. The festival is fun for everyone in the family including a great "Kidzone," with inflatables. Other fun kid-related activities include balloon car races, carnival games, corn hole contests, golf putting,



Hearts 4 Heros & Buddy Walk happens on October 5 celebrating children and adults with disabilities.

face painting, and the carnival will be in town.

**Fri: Apple Festival Carnival Begins**

**Sat & Sun: 10 a.m. - 10 p.m.**

Centennial Plaza

110 S. Green St.

Tehachapi, CA

[www.tehachapiapplefestival.com/contact.html](http://www.tehachapiapplefestival.com/contact.html)

## OCTOBER 11-12

### Civic Dance Center Presents Hansel & Gretel: The Crone's Coven

Get ready for spine-tingling enchantment with Hansel & Gretel: The Crone's Coven! Join us for a hauntingly beautiful performance as we bring the classic fairy tale to life with thrilling, spooky twists. Don't miss your chance to witness this captivating ballet—secure your tickets at Civic Dance Center now and celebrate Spooky Season with bewitching artistry and eerie elegance!

**Fri: 7:30 p.m.**

**Sat: 2 p.m.**

Shafter High School

Fred L. Starr Performing

Arts Center

526 Mannel Ave.

Shafter, CA

[www.cividdancecenter.com/](http://www.cividdancecenter.com/)

## OCTOBER 11 -13

### Disney On Ice: Mickey's Search Party

Join Mickey Mouse and his friends at Disney On Ice presents Mickey's Search Party, an adventure filled with world-class skating, high-flying acrobatics, and unexpected stunts!

**Fri.: 7 p.m.**

**Sat: 11 a.m., 3 p.m. & 7 p.m.**

**Sun: 1 p.m. & 5 p.m.**

Mechanics Bank Arena

1001 Truxtun Ave.

Bakersfield, CA

[www.mechanicsbankarena.com/event/disney-on-ice%3A-mickeys-search-party/76/](http://www.mechanicsbankarena.com/event/disney-on-ice%3A-mickeys-search-party/76/)

## OCTOBER 12

### NOR Fall Festival

Celebrate the season at our joyful Fall Festival! Indulge in delicious snacks, bounce around in our fun filled bounce houses, and enjoy our carnival-themed games. This event is packed with activities and entertainment for all ages, promising an unforgettable day of laughter and excitement. Bring your family and friends to experience the magic of autumn and create cherished memories together. Join us for a day of community, fun, and festive cheer!

**2 - 5 p.m.**

North Meadows Park

3300 McCray St.

Bakersfield, CA

[www.norfun.org/2024-10-12-nor-fall-festival](http://www.norfun.org/2024-10-12-nor-fall-festival)

## OCTOBER 12

### 9th Annual Evening with an American Hero: One Night with Delta Force

9th Annual Evening with an American Hero! Mark your calendars for an unforgettable evening! We invite you to join us for an inspiring night dedicated to honoring our nation's Heroes and supporting Veteran programs, including dinner, music, raffles, and more!

**5 p.m.**

[www.instagram.com/woundedheroesfund/](http://www.instagram.com/woundedheroesfund/)

### Bakersfield Brunch Fest

Bakersfield Brunch Fest will host over 1,500 attendees and will feature bottomless brunch bites from over 20 local chefs and restaurants, a variety of beverage bars, a souvenir glass, and an overall fun day of brunch and beverage sampling.

**11 a.m. - 3 p.m.**

Stramler Park

4003 Chester Ave.

Bakersfield, CA

[www.bakersfieldbrunchfest.com/info](http://www.bakersfieldbrunchfest.com/info)

### 3rd Annual No Sister Left Behind "Women Awakening to Wellness" Conference

Our 3rd Annual "Awakening to Wellness" Conference on Saturday, October 12, 2024 is one you don't want to miss! Our afternoon Guest Speaker is Judge Gloria Cannon, the first Black Female Judge in Kern County and Professor Kim Watkin will be our morning speaker, "The Many Facets and Faces of Depression".

**8 a.m. - 2 p.m.**

Bakersfield Marriot





# THE BEST LOCAL CALENDAR OF EVENTS!

This calendar is edited for space. For details about these events or other activities, please visit [kerncountyfamily.com](https://kerncountyfamily.com)

801 Truxtun Ave.  
Bakersfield, CA  
<https://nosisterleftbehind2.org/events>

## The Bakersfield Soul Food Festival

Come taste the best soul food that Bakersfield has to offer! The festival promises authentic soul food, live music, games and a vibrant and lively atmosphere! Live Music! Senior Activities! Food Vendors! Family-Friendly Activities!

**3 - 9 p.m.**  
Noble Park  
700 South P. St.  
Bakersfield, CA 93304  
[www.facebook.com/djnent3soul/](http://www.facebook.com/djnent3soul/)

## OCTOBER 16- 20

### Boo at the Zoo

Halloween themed event featuring games and prizes, festive decorations, zoo animals, and costumes are highly encouraged!

California Living Museum  
10500 Alfred Harrell Hwy.  
Bakersfield, CA  
<https://calmzoo.org/>

## OCTOBER 17

### Concerts @ the Marketplace

FREE CONCERT! Coming at you with a Taste of Flavors & Soul by THE AKOUSTIKS.

**7 - 9 p.m.**  
The Marketplace  
9000 Ming Ave.  
Bakersfield, CA  
[www.themarketplacebakersfield.com/event/Concerts-at-The-Marketplace/2145562227/](http://www.themarketplacebakersfield.com/event/Concerts-at-The-Marketplace/2145562227/)

### KCSO National Night Out-Trunk or Treat

The event will include a trunk or treat with deputies, demonstrations from specialized units, free games, a tour of air support, and a petting zoo.

**5 - 8 p.m.**  
Stramler Park  
4003 Chester Ave.  
Bakersfield, CA  
[www.kernsheriff.org/Events](http://www.kernsheriff.org/Events)



### Kid's Spooky Costume Party

Get ready for a SPOOK-tacular night of fun! Join us for a family-friendly dance party and costume contest, featuring DJ Shoyer spinning the best tracks to get you moving! Fuel up for the fun: Enjoy delicious food and some of our local vendors. Come dressed in your best costume for a night of thrills, chills, and laughs. We can't wait to see you there!

**5 - 8 p.m.**  
Jerry's Pizza & Pub  
1817 Chester Ave.  
Bakersfield, CA  
[www.facebook.com/jerrypizzapub/](http://www.facebook.com/jerrypizzapub/)

## OCTOBER 18

### National Mammography Day

### Toast & Taste Event

Experience a culinary journey crafted by Chef Erik Dandee of the Avalon Hotel Group. Inspired by the finest local ingredients and his extensive seed-to-table expertise, Chef Dandee has created a menu that promises to delight. Purchase your ticket today and be part of

something truly special.

**6 - 8:30 p.m.**  
Buena Vista Edible Schoolyard  
6520 Buena Vista Rd.  
Bakersfield, CA  
[www.eventbrite.com/e/toast-taste-2024-tickets](http://www.eventbrite.com/e/toast-taste-2024-tickets)

### CSUB's 80's Neon Nights Party in the Park

It's an opportunity for alumni and pals to reconnect at what will be the 27th anniversary of this community-favorite shindig. So, break out those hoverboards and leg warmers and get ready to dance.

**6 - 9:30 p.m.**  
CSUB Alumni Park  
9001 Stockdale Hwy.  
Bakersfield, CA  
[www.csub.edu/alumni/party-park](http://www.csub.edu/alumni/party-park)

## OCTOBER 19

### League of Dreams Tailored & Chic Event

Tailored & Chic—our most stylish event of the year! Don't miss out on an unforgettable evening benefiting League of Dreams. Secure yours today and be part of a night filled with fashion, fun, and philanthropy.

**5:30 p.m.**  
Terra Bella Villa  
Bakersfield, CA  
[kayla@ourleagueofdreams.com](mailto:kayla@ourleagueofdreams.com)

### Bakersfield College Alumni BBQ

Festivities will be non-stop with guests being treated to live performances featuring some of BC's most talented groups, including jazz, drum-line, and choir performers. Community vendors will provide a range of interactive activities for the entire family to enjoy, while a beer garden will be available for guests 21 and over!

**2 - 5 p.m.**  
Bakersfield College  
1801 Panorama Dr.  
Bakersfield, CA  
<https://supportbc.org/alumnibbq/>

### Pumpkins & Pizza Event

Come show off your creative skills and enjoy a spook-tacular time with us! We can't wait to see your pumpkin creations! Enjoy our delicious pizza and drinks while you create your masterpiece! All ages are welcome!

**1 - 4 p.m.**  
Jerry's Pizza & Pub  
1817 Chester Ave.  
Bakersfield, CA  
[www.facebook.com/jerrypizzapub/](http://www.facebook.com/jerrypizzapub/)

## OCTOBER 19 & 20

### Via Arté Italian Street Painting Festival

Bakersfield Museum of Art's 26th annual Via Arté Italian Street Painting Festival has become a beloved local tradition; thousands of visitors from all over California flock to watch as hundreds of artists transform the pavement of The Marketplace into stunning works of art.

**9 a.m. - 8 p.m.**  
The Marketplace  
9000 Ming Ave.  
Bakersfield, CA  
[www.viaartebakersfield.com/schedule](http://www.viaartebakersfield.com/schedule)

### 2nd Annual Howl-O-Ween Event

Wind Wolves Howl-o-ween!!! Like all our programs, this



event is family-friendly and FREE to participants! We hope to grow Howl-o-ween into a seasonal tradition for Kern families, encouraging kids and adults to celebrate fall outdoors and learn more about the strange and chilling creatures that live in their backyards.

Wind Wolves Preserve  
16019 Maricopa Hwy.  
Bakersfield, CA  
<https://wildlandsconservancy.org/>

## OCTOBER 23

### Josh Gates LIVE! An Evening of Ghosts, Monsters, and Tales of Adventure

Join explorer, author, and intrepid investigator Josh Gates from Discovery Channel's smash-hit series, Expedition

Unknown and Syfy's Destination Truth for a spooktacular evening of adventure! Josh will share lore and legends from his most spine-tingling expeditions.

**7 p.m.**  
Bakersfield Fox Theater  
2001 H Street  
Bakersfield, CA  
<http://thebakersfieldfox.com/>

## OCTOBER 24

### Concerts @ the Marketplace

FREE CONCERT! Some of the Best in Classics and 90's Alternative Rock with MIXED SIGNALS

**7 - 9 p.m.**  
The Marketplace  
9000 Ming Ave.  
Bakersfield, CA  
[www.themarketplacebakersfield.com/event/Concerts-at-The-Marketplace/2145562227/](http://www.themarketplacebakersfield.com/event/Concerts-at-The-Marketplace/2145562227/)

### BPD Hal-LAW-ecen Event

FREE Event! Costumes are encouraged for all, but adults should remember that they can only wear costumes without a mask. BPD reminds parents that candy is for kids only.

**4 - 8 p.m.**  
Bakersfield Police Department  
1601 Truxtun Ave.  
Bakersfield, CA  
[www.facebook.com/BakersfieldPolice/](http://www.facebook.com/BakersfieldPolice/)

## OCTOBER 25

### Movies in the Park: The Nightmare Before Christmas

Movies will begin at dusk.

Bring your picnic gear, lawn chairs, blankets, and enjoy a movie with family and friends! Refreshments available for purchase. Free event to the public!

**6 - 9 p.m.**  
Silver Creek Park  
7011 Harris Rd.  
Bakersfield, CA  
[www.bakersfieldcity.us/298/Activities](http://www.bakersfieldcity.us/298/Activities)

### Links for Life: Hot Pink Celebration

Join us for an unforgettable evening filled with inspiration, empowerment, and fun as we celebrate survivors, raise awareness, and support a cause that's close to our hearts. Don't miss out on this incredible event! Grab your tickets now and let's make a difference together. Voted Bakersfield's FAVORITE event of 2024, this year's celebration promises to be even bigger and better! Get ready for an unforgettable night of fun, inspiration, and hope.

**6 p.m.**  
Luigi's Warehouse  
725 E 19th St.  
Bakersfield, CA 93305  
<https://linksforlife.org/>

## OCTOBER 26

### 3G Activities Trunk-or-Treat

Don't miss our Trunk-or-Treat taking place on October 26th! There will be face painting, pumpkin carving, a photo booth, and more! Our mission is to provide a safe place for families to celebrate the holiday a bit early and help families get costumes for

their children.

**12 - 5 p.m.**  
Sanders Park  
3300 Palm St.  
Bakersfield, CA  
[www.instagram.com/3g\\_activities/](http://www.instagram.com/3g_activities/)

## OCTOBER 30

### 2nd Annual Trunk or Treat @ Calvary Chapel Bakersfield

Join us for our Second Annual Trunk or Treat at Calvary Chapel Bakersfield! We'll have food, music, games, and Bible-themed cars for a night of safe and fun trick-or-treating! Don't forget to invite a friend or two - everyone is welcome! Let's make this a night to remember!

**5 - 7 p.m.**  
Cavalry Chapel Bakerfield  
6501 Schirra Ct.  
Bakersfield, CA  
<https://ccbakersfield.com/>

## OCTOBER 30 & 31

### Kern County Museum Safe Halloween Event

Join us for Trick or Treating, Laser Tag, Bounce House bouncing, DJ & Dancing! Picture Opportunities in the museum's Pioneer Village!

**5 - 9 p.m.**  
Kern County Museum  
3801 Chester Ave.  
Bakersfield, CA  
<https://kerncountymuseum.org/safe-halloween/>



## OCTOBER 31

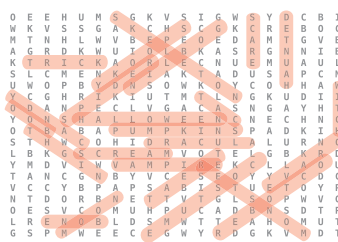
Halloween!

# ACTIVITY CORNER ANSWERS

ACTIVITY CORNER: PAGES 30-31

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

- CROSSWORD**
- 1. Decay
  - 2. Core
  - 3. On
  - 4. Teeth
  - 5. MD
  - 6. Narrow
  - 7. Tests
  - 8. SR
  - 9. Straw
  - 10. Flossing



WORD SEARCH SPONSORED BY:



## ONGOING EVENTS

OCTOBER 11-  
NOVEMBER 2

### Scare Valley & Halloweenville 2024

Family Fun just got better. Whether you want to pick out a pumpkin, take a ride on her Haunted Hayride, play Ghosts versus Ghouls Laser



Tag, Shoot Splatter Balls in Zed Heads versus Zombies, or Bounce in Casper's Zone, Halloweenville is sure to have something fun for everyone.

Scare Valley is a brutal new scare experience! Scare Valley is located at the Kern County Fair Grounds inside of Halloweenville. (Due to the graphic nature of some of the scenes, we do not recommend this experience for children 12 and under.)

Kern County Fairgrounds  
1142 P. St.  
Bakersfield, CA  
[www.scarevalley.com/](http://www.scarevalley.com/)

OCTOBER 1 – 31

### Banducci's Family Pumpkin Patch

Every October for the last 20 + years, The Banducci Family has helped families decorate for the fall and create many fond memories. We are a family farm that shares a beautiful harvest of pumpkins, gourds, and a cornfield maze.

**Mon.-Fri.:** 10 a.m. - 8 p.m.  
**Saturday:** 9 a.m. - 8 p.m.  
**Sunday:** 10 a.m. - 6 p.m.  
**Halloween:** 10 a.m. - 4 p.m.

Banducci's Family  
Pumpkin Patch  
10747 Taft Hwy  
Bakersfield, CA  
[www.instagram.com/banduccispumpkinpatch/](http://www.instagram.com/banduccispumpkinpatch/)

### The Great Bakersfield Pumpkin Patch @ Murray Family Farms

The Pumpkin Patch Returns! For October our farm will transform into a Fall Harvest experience filled with Games, Rides, Photo Ops, Food, and more. Join us and create memories to last a lifetime.

**Mon. - Thurs.:** 2 - 9 p.m.  
**Fri. - Sun.:** 1 - 10 p.m.

Murray Family Farms  
6700 General Beale Rd.,  
Bakersfield, CA  
[www.murrayfamilyfarms.org](http://www.murrayfamilyfarms.org)

NOW THROUGH  
OCTOBER 30TH

### Cherry Acres Pumpkin Patch

Explore our charming pumpkin patch and get lost in Cherry Acres' vibrant sunflowers. Immerse yourself in the beauty of nature as you wander through our fields and pick the perfect pumpkins for your fall decor.

Cherry Acres  
4011 Wegis Ave.  
Bakersfield, CA  
[www.cherry-acres.com/](http://www.cherry-acres.com/)

### Cherry Acres Spooky Maze

Get ready to be spooked! Our scary maze is back and open every Friday & Saturday from 7-9 pm, starting September 27th until October 30th. Please note that we will be closed on Halloween. Don't miss out on the fun! All tickets can be bought at the front desk!

**Friday & Saturday 7 - 9 p.m.**  
Cherry Acres  
4011 Wegis Ave.,  
Bakersfield, CA  
[www.cherry-acres.com/](http://www.cherry-acres.com/)

### RECURRING EVENTS

**Saturdays:** F Street Farmers Market: 7:45 a.m. - 12 p.m.  
**Saturdays:** River Lakes Farmers Market: 9 a.m. - 1 p.m.  
**Sundays:** Haggin Oaks Farmers Market: 9 a.m. - 2 p.m.

# Worship Guide

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KAXL

## Forgiveness: The Essential Component of a Christian life

If someone asked you to put together a car from scratch, you would start thinking about the very basic elements of what makes a car a car. Tires, motor, body, seats, steering wheel are all a part of the finished product. Without those things you just don't have a car!

If someone asked to you build a Christian, you would start with very much the same procedure. Maybe you would run to Galatians 5:22-23 to start off just to make sure that you got the very basics in place. Without those things you just don't have a Christian!

There is one essential thing that you just cannot miss, you absolutely need to add forgiveness. In Ephesians 4:32 Paul says "Be kind and loving to each other. Forgive each other in the same way that God forgave you in Christ". Paul isn't asking us just to throw forgiveness into life as an accessory. It is an essential! And he sets the standard as high as it can go! Forgive in the same way God has forgiven you!

Don't put it off! The words "I forgive you" can be just as powerful as "I love you!"

By Jon Engen



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**Miscellaneous**

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www.HARMONYROADBAKERSFIELD.com

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

**KERN AUTISM NETWORK, INC.**  
"Kern Autism Network Inc. provides support, awareness, information and education to families and the public throughout Kern County"

**Happy Halloween!**

Autism Seminar Series "Dyslexia & Irlen Syndrome" Wednesday, October 2nd register via [www.kernautism.org](http://www.kernautism.org)  
Chess Club for Teens Sunday, Oct. 13th, 3 p.m. @2200 Oak Street. Register: [www.kernautism.org](http://www.kernautism.org)  
Parent Support Group Meeting Wednesday, Oct. 16th, 6 p.m. @2200 Oak Street. Register: [www.kernautism.org](http://www.kernautism.org)  
Female Support Group Thursday, Oct. 17th contact our office for details.  
Father Virtual Autism Support Group Saturday, Oct. 19th, 2:30 p.m. Register: [www.kernautism.org](http://www.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
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

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

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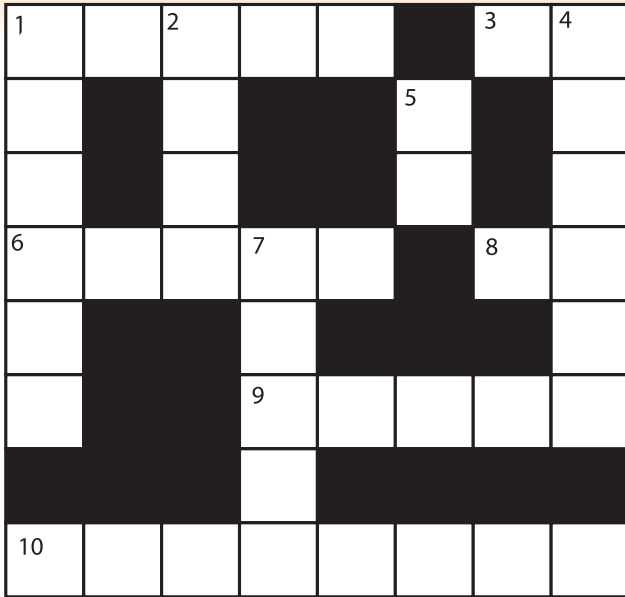
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# OCTOBER ACTIVITY CORNER

## Crossword



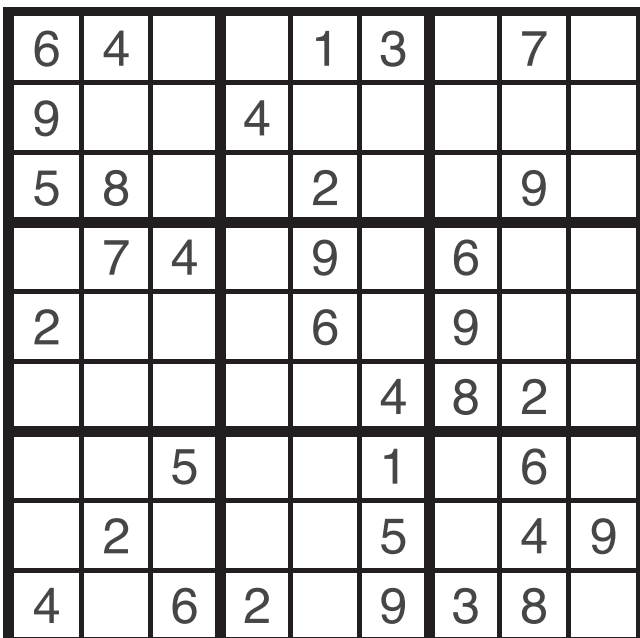
### ACROSS

1. Process of rotting
3. Opposite of "off"
6. They chew food
8. Older than Jr.
9. Use to drink a beverage
10. Cleaning in between teeth

### DOWN

1. Relating to the teeth
2. Maintain or tend to
4. Thin or tight
5. Doctor's suffix
7. Examinations

## Sudoku



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?

### The Pumpkin is, in Fact, a Fruit

It's a member of the gourd family, which also includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini.



# OCTOBER ACTIVITY CORNER

**PUZZLE ANSWERS**  
PAGE 26

## HALLOWEEN WORD SEARCH

PRESENTED BY PACIFIC AG RENTALS

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

- |         |           |          |          |         |
|---------|-----------|----------|----------|---------|
| BONE    | DRACULA   | MONSTER  | SCARE    | TREAT   |
| BOO     | GOBLIN    | MOON     | SCREAM   | TRICK   |
| CANDY   | GRAVE     | NIGHT    | SKELETON | VAMPIRE |
| CAT     | HALLOWEEN | OCTOBER  | SPIDER   | WITCH   |
| COSTUME | HAUNTED   | PUMPKINS | SPOOKY   |         |



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