



kern county Family

FREE

magazine



Stuffing!

The Must Have for Your Dinner
PAGE 17

5 Ways to Honor Veterans

PAGE 20

Find Tommy Turkey!
PAGE 4



Happy Thanksgiving

Dr. Kam pictured ringing the bell to commemorate finishing treatment.

Early detection of prostate cancer starts **here**

Prostate cancer survivor Dr. Randall Kam is raising awareness, one race at a time.

Early detection can save lives, and we're proud to share stories like Dr. Randall Kam's to inspire action. In 2014, Tehachapi dentist Dr. Randall Kam was diagnosed with stage 4 prostate cancer after a routine screening. Despite his diagnosis, Dr. Kam has run six marathons during treatment, using his platform to encourage others to get checked. For nearly nine years, he's worked with experts at the AIS Cancer Center to manage his cancer while staying active and positive. "Life is good — it's really worth living," says Dr. Kam.



Scan the QR code to take a prostate cancer assessment or visit
AISCancerCenter.org/Prostate



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MEMBERS OF



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ON THE COVER: Lani Cahill, husband Shaun, and their daughters, Ainsley (left) and Callie (right). **COURTESY LANI CAHILL**

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FEATURE

New Holiday Classic

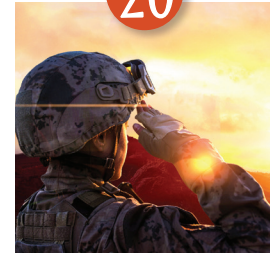


CONTEST!

Find Tommy Turkey!

Turn the page >>>

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5 WAYS

Honoring Veterans

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Vaun Thygerson
CONTRIBUTING WRITER

This month marks a special milestone for my family; we have lived in Bakersfield (in the same house) for 20 years! When my husband and I first moved here we planned on staying three to five years, and somehow, in the blink of an eye, 20 years flew by and it's become our home. Even though I grew up in Idaho, Bakersfield is the place I have lived the longest. We moved here from Fresno with two kids in tow - a six-year-old and a one-year-old. And then we added another.

Bakersfield has been the perfect place to raise a family. All three of my children excelled and graduated from Liberty High School. Our family became connected to the community through sports, nonprofits, bunco groups, MOPS, jobs, and so many fundraising opportunities. Bakersfield has to be one of the most generous cities I have ever experienced. People really take care of each other here. My heart is full of gratitude for this place and all the people that helped me raise my babies to be on successful paths. It really does take a village, and I am thankful for mine.

A heart of gratitude is definitely one that is practiced through service and kindness. As moms we try to remind our children how much they have to be thankful for, especially during this time of year. KCFM wanted to know what our readers thoughts on this topic, so we published some of your feedback in the article, "Readers Respond: How are You Teaching Gratitude and Kindness?" on page 10. Most of the responses featured acts of service, being mindful, and looking for ways to help those in need.

Veterans Day is a special opportunity to honor and thank those who have sacrificed so much to protect our freedom. Callie

Collins writes in the article, "Five Ways to Honor Veterans," on page 20, to reach out to local Veterans organizations to see what ways we can help. Her other tips include a more personalized approach where you take time to listen. My 96-year-old father is a retired Air Force veteran and I know that his favorite pastime is to recount stories about the service to younger generations; so find someone to listen to where you can learn from them about a bygone era.

This month's happy mama has a unique position where she works with California Cadet Corps. In the article, "Hello, Happy (Service) Mama - Lani Cahill," on page 12, Callie Collins writes about Lani's passion for youth and military service. As a daughter of a retired Air Force Colonel, Lani loves helping these cadets learn the necessary traits to become tomorrow's leaders. With her husband Shaun, and two daughters, her family is making a difference in this community.

One fun way to spend time together this Holiday Season is through the magic of make believe. In Julie Willis's Humor at Home article, "Dragon's Homemade Sword: A Fairy Tale for Older Children," she likes to tell stories to her children where their antics and personalities are described using fire-breathing dragons, swords, knights, battles, and beautiful princesses. To read her most recent harrowing tale, turn to page 18.

Twenty years living here went by so fast. Although there are too many memories to recount, the one thing that always stayed the same through all this time was support from the Bakersfield community and its acts of kindness. We are lucky to have such a special place to call home. This Thanksgiving I am grateful for so much, including the KCFM readers who are always so supportive.

Happy Turkey Day!

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PHOTO COURTESY CAPK

Bakersfield College Renegade Nexus Pantry Awarded Gold Certification

Bakersfield College's Renegade Nexus Pantry was recently awarded the Gold Certification from Leah's Pantry for excelling in the program. The pantry has been helping meet BC's students, staff, and faculty's needs since 2009 as a client choice opportunity where participants get to choose their items.

With the help of CalFresh Healthy Living (CFHL) and the Nutrition Pantry Program (NPP), BC now has three locations: the main campus, Delano Campus, and a snack station at the Wasco Campus, which serves an average of 1200 people per month.

Caitlin Davidson, BC's Basic Needs Program Manager, is proud to have created a sustainable measure that will give participants lifelong healthy habits. "It doesn't just end with the visit to the pantry," she says. "Our goal is to connect our students, staff, and faculty to more sustainable support as well and I think the Nutrition Pantry Program helps us to do that. Because it's about those lessons on how to implement more nutritious foods and take those lessons throughout their life."

For more information, please visit www.bakersfieldcollege.edu.

Grand Opening for Heritage Park Improvements



PHOTO COURTESY ALLY TRIOLO

Kern County recently celebrated the completion of construction for the Heritage Park Beautification and Enhancement project located at 8636 Bernard Street, Bakersfield. The park was upgraded thanks to a \$4.2 million grant through the Clean California Local Grant Program.

This funding provided new lighted walking paths, lighting at the existing skate park, a lighted and shaded group picnic pavilion, soccer field renovation, amphitheater improvements, shaded play structures, new restroom, mural wall, updated irrigation and 68 new trees. **For more information, please visit www.kerncounty.com.**

Kern County Program Supports Displaced Oil and Gas Workers

Kern County now supports these workers through a state-funded program distributed by Employers' Training Resources (ETR). More than \$1.2 million dollars from the State of California Employment Development Department and the California Labor and Workforce Development Agency have been allocated to Kern County to the workers whose career opportunities are shifting due to changes in California's energy industry.

ETR plans to serve nearly 750 Kern County residents, with the help of various employers and partner agencies. These services include but are not limited to vocational training, on-the-job training, certificated programs, and other job search assistance.

To access this program's services, please call 661-742-2217 or visit www.employerstrainingresource.com.

Kern Community Foundation Awards \$8,000 Grant to Kern River Conservancy Post- Borel Fire Response

Floods can be devastating after fires, and this funding will help residents prepare for increased risks of rain runoff and flooding in burn-scarred areas. Kern River Foundation (KRC) will work with local authorities and residents to identify high-risk areas and provide essential supplies to protect homes. They will also organize volunteers to restore natural landscapes to improve drainage and the risk of mudslides.

Made possible by the Disaster Relief, Recovery, and Resilience Fund at the League of California Community Foundations through Kern Community Foundation, it is part of a broader effort by Kern Community Foundation and its partners, who have contributed \$41,650 in direct relief and recovery for the Borel Fire.

To learn more about the Borel Fire Relief Fund, contact Kern Community Foundation at 661.325.5346 or info@kernfoundation.org. Donations can be made at kernfoundation.org/borel.

Dr. Vernon B. Harper Jr. Appointed CSUB President



PHOTO COURTESY CSUB

The California State University (CSU) Board of Trustees has appointed Dr. Vernon B. Harper Jr. to serve as the sixth president of California State University, Bakersfield. Dr. Harper has been serving as the university's interim president since December 31 following the retirement of President Lynnette Zelezny.

"I am honored and humbled to be entrusted to continue the stewardship of this extraordinary university that has had such a transformational impact on so many families across our region," says Dr. Harper. "I'm thrilled to carry forward our

student-centered work and strengthen partnerships across the university and throughout the region that will allow the CSUB community to reach new heights."

During his tenure as interim president, Dr. Harper has launched a number of initiatives that support increased access and student success, including the middle and high school pre-admit program, making CSUB the first-choice destination for an increasing number of Kern County high school graduates. He also launched the Umoja Black Student Success Transfer Program in partnership with Bakersfield College to support student success; and CSUB will open its Black Students Success Center in the coming months.

Prior to his position as interim president, Dr. Harper served in several leadership roles at CSUB, starting in 2016, including as provost and vice president for Academic Affairs, Associate Vice President of the same division, and Dean of Academic Programs. He is also a professor of communications.

Teenage Artist Raises \$5,000 for Boys & Girls Clubs of Kern County



PHOTO COURTESY BGCKC

Fourteen-year-old Brenner sold her unique masterpiece, "The Musician," for \$5,000 at Boys & Girls Clubs of Kern County's recent ArtFest. As a member of the club for three years, Brenner worked for nearly four months to create this piece inspired by Art-deco artist Tamara de Lempicka. Using colored pencils on delicate Bristol paper, Brenner's donated artwork showcases rich textures, violent hues, and a true dedication to her craft. Her donation will help support art classes for youth and programs that enrich the lives of local children.

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



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2024

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<p>PIES:</p> <ul style="list-style-type: none"> Berry • Cherry • Pumpkin • Mince Pecan Pie: <i>Special Order Only</i> Lemon Meringue: <i>Special Order Only</i> Chocolate Meringue: <i>Special Order Only</i> Chocolate Whip Cream: <i>Special Order Only</i> 	<p>DINNER ROLLS:</p> <ul style="list-style-type: none"> Butter Rolls Holland Dutch Potato Rolls White Wheat Brown & Serve: <i>Special Order Only</i> 	



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What you should know about Alzheimer's Disease



The National Institutes of Health reports that incidences of Alzheimer's disease and other dementia increased by roughly 148 percent between 1990 and 2019. Currently, more than 55 million people across the globe are living with dementia. Alzheimer's disease (AD) is the most widely recognized form of dementia.

Are Alzheimer's and Dementia one and the same?

No. Dementia is an umbrella term that refers to various conditions that the National Institute on Aging notes affect a person's ability to think, reason and remember.

What distinguishes Alzheimer's disease from other forms of Dementia?

The David Geffen School of Medicine at the University of California reports that Alzheimer's is characterized by progressive memory loss and cognitive decline. In addition, AD affects the part of the brain associated with learning first, so individuals with the condition often exhibit difficulty remembering in the early stages of the disease.

Are there other early signs of AD?

The NIA notes there are some additional early signs of AD, but also points out that different people exhibit different early signs of the disease. Some early signs may include:

- Decline in ability to find the right words
- Vision/spatial issues
- Mild cognitive impairment: This can include losing things often, forgetting to go to appointments, and struggling to come up with words.

What causes Alzheimer's disease?

The causes of Alzheimer's remain a mystery, though research is ongoing and medical professionals have connected some dots. For example, the NIA notes that the presence of the genetic condition Down syndrome increases a person's risk of developing AD. That supports the notion that some cases of AD are caused by a genetic component, which scientists believe may also explain cases of early-onset dementia. The NIA notes that research also indicates late-onset Alzheimer's, which is typically diagnosed in individuals in their mid-60s, is linked to age-related changes in the brain that occur over several decades.

Is there a cure for Alzheimer's disease?

No. There is no cure for Alzheimer's disease, and the NIA notes that no scientific evidence exists to support claims that various supplements or products like coconut oil can cure or delay the onset of AD.

Movember® changes the face of men's health

The Movember® movement is helping men grow their courage, not just their facial hair. Studies have found that men often don't talk about their health because of cultural attitudes, fear or pride. This can negatively impact their health. The Movember® movement encourages men to take an active role in their health by growing a mustache for the month of November. Since its inception in 2003 it has funded more than 1,320 men's health projects around the world, including changing the way health services reach and support men.

Travis Garone and Luke Slattery devised the idea for Movember® in their native city of Melbourne, Australia. Since mustaches had all but disappeared from men's grooming trends at the time, the two friends felt that growing a mustache would be a way to spark conversation. Thirty men took up the challenge to promote men's health in the initial Movember® effort. Today, Movember® has expanded exponentially and internationally.

The main focus of Movember® - beyond growing a mustache - involves significant issues affecting men: mental health and suicide prevention, prostate cancer and testicular cancer. Participants are urged to be more physically active and host fundraising events to raise awareness.

Movember® is a chance for men to make doctor's appointments and discuss issues like prostate health. In fact, the Prostate Cancer Foundation is an official beneficiary partner with Movember® for their U.S. campaign. To date, Movember® has donated \$56 million to support innovative prostate cancer research.

Go Nuts! It's National Peanut Butter Lovers Month

Whether you put a spoonful in your smoothie or simply spread it on toast, peanut butter is a tasty staple in many people's diets.

Peanut butter is an ancient food that can be traced to the Incas and Aztecs. More recently, Canadian chemist Marcellus Gilmore Edson



invented peanut butter around 1890, by milling roasted peanuts between two heated surfaces. Dr. John Harvey Kellogg, the creator of Kellogg's cereal, patented a process for making peanut butter from raw peanuts in 1895.

Peanut butter is a staple in the United States, where 94% of households consume it regularly. The

average American eats about six pounds of peanut butter products each year. The American Heart Association considers peanut butter to be a good source of healthy fats. It also contains fiber, which can help with heart health, and digestion. The healthiest form of peanut butter is one in which no added ingredients are in the spread. That means only peanuts that are roasted and then processed into a paste.

8 ways to avoid holiday weight gain

It's often called "the most wonderful time of the year", but the holiday season can also be "the most stressful time of the year" for people who are trying to stay healthy and watch their weight.

Weight gain during the holiday season is quite common. According to research published in the Journal of Obesity, the average weight gain during the holidays is anywhere from 0.8 pounds to just under 2 pounds.

Though the holiday season can be food-centric, it is possible to avoid gaining weight. Here are a few tips:

1. Eat protein in the morning. A high-protein breakfast can keep blood sugar more stable throughout the day and help control appetite. This can curb snacking as well as over-indulgence later in the day during holiday meals.

2. Keep a consistent schedule. Just because it's the holiday season doesn't mean schedules should go out the window. Stick to structured mealtimes



and your usual exercise routine even amid all the celebrating.

3. Use smaller plates. It's possible to fool yourself into thinking you ate more if you fill up a small plate rather than a large one. This can keep your portion sizes more within reason.

4. Curtail the cocktails. Many people enjoy more alcoholic drinks during the holiday season than they do at other times of the year. But alcoholic beverages can be high in calories, especially mixed drinks and traditional egg nog. If you choose to drink, stick to clear liquors with club soda in moderation.

5. Load up on a protein-laden snack. An hour before heading out for a holiday party or meal, enjoy a protein-rich shake

or yogurt to allow for more self-control later on.

6. Eat strategically. Fill up on vegetables, whole grains and other less calorie-dense foods. Go sparingly with the foods you know are historically less healthy, including fried offerings or cream-based dishes.

7. Manage stress effectively. Although the holiday season is a festive time of year, it also can be stressful. Many people cope with stress by eating comfort foods, which can contribute to weight gain. Alleviate stress through exercise, meditation, talking with friends or a therapist, or taking other measures that do not involve food or drinks.

8. Take the focus off food. Whenever possible, build holiday-related activities around something other than food. For example, replace family baking sessions with some homemade wreath-making.

Weight gain doesn't have to be a part of the holiday season. By being mindful of behaviors, it's possible to enjoy the season and still maintain health.

You + Us = a better day!



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Q. How have you taught your kids to be grateful or to do random acts of kindness?

NOVEMBER IS NATIONAL GRATITUDE MONTH and the week of Nov. 13 is recognized as World Kindness Week. Now is the perfect time to help children learn to be grateful and kind. There is so much to be thankful for and kindness is welcome year-round in communities everywhere. We asked our readers to share some of the ways they have taught their children to be grateful and kind. A selection of their answers is shared below.



I have taught my kids to always see what they can do to help someone in need even if it's just a friendly "hello."

- Angelina Munoz

Instead of asking them "How was your day at school," I ask them "Who have you helped today?" because I want them to remember that it is important to think of others first and that their actions as a person can make a positive impact in the world.

We have taken our kids out to feed the homeless and their pets twice a year, lead by example and show them how "paying it forward" impacts people in our community.

- Caitlin Haviland - Lindsey Panick



Remind them of all the blessings they have that others may not. And the biggest thing is teaching them the love of Jesus and to walk with grace and love like He did.

- Kathy Hernandez



God created everyone with unique abilities, talents and gifts. By teaching them to say kind words, we highlight those unique attributes.

- Berenice Solis

I have my children hold the door for others when entering a store.

- Erika Velazquez



I taught my kids to be kind to others and when other kids are being bullied at school, to help them and become a friend for them. I have taught them to give to others. I have told them that they have to be grateful every day for simple things, just to wake up every morning and have food on our table.

- Diana Cerritos



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HELLO, HAPPY SERVICE MAMA

Lani Cahill, MAJ, is dedicated to today's youth and tomorrow's leaders. She has lived and worked in Kern County for more than 30 years, a psychology graduate of the University of California, Riverside. That foundation would prove instrumental in better understanding youth, the focus of her professional endeavors.

Always active in Kern County, Lani remained involved at her children's schools as a stay-at-home parent for 18 years, with roles helping out at Parks and Recreation programs in addition to substituting for Rosedale. She had already worked locally in people-centered organizations, including Health and Human Services, neighboring counties' Child Protective Services and Employers' Training Resource, when a friend who had retired from the Army contacted her to say she could be paid for work similar to what she was already doing as a volunteer.

Lani accepted a support officer position with California Cadet Corps, a civilian entity authorized by the National Guard, in 2018. She was later promoted to brigade advisor, a position she still holds, visiting schools with California Cadet Corps units' programs to ensure they have everything needed to be successful throughout the Central Valley. With California Cadet Corps, Lani also oversees administrative functions at Camp San Luis Obispo two weekends each month for drill and training weekends for staff and/or cadets.

California Cadet Corps offers its program opportunities to more than 5,000 cadets statewide at participating schools, in grades 4 through 11 and at Porterville Military Academy. Founded in 1911 prior to ROTC, the program is unique to California, a facet of the state's military history, one of the most significant contributors of trained American personnel in World War II.

Many students' participation counts as an elective or PE credit.

"We focus on leadership and building the



Lani Cahill and her daughter Ainsley working for California Cadet Corps. PHOTOS COURTESY OF LANI CAHILL

character of the person," Lani explained. "We only get about 10% of participants going into the military. It's not necessarily a path for students who see the military in their future but rather, any leadership role, including teachers, civic leaders and outstanding members of their community, wherever life takes them."

The daughter of a retired Air Force Colonel who served in Vietnam and Korea, Lani did not serve in the military but she did participate in the Air Force Youth program, Civil Air Patrol, beginning in 1987 at age 14, and later in college, Army ROTC.

Students from diverse backgrounds are part of California Cadet Corps, across the income spectrum.

"They can access field trips, track days and summer camps, with the option to get scholarships, where they can learn about important professions, like medics, firefighters and lifeguards," she said.

Student exchanges have recently been established with India, New Zealand and the United Kingdom.

The program is always looking for community participation; it is staffed by adult volunteers in addition to some paid positions.

Lani and her husband, Shaun, are the parents of two daughters. Ainsley, 21, has been involved with Civil Air Patrol since age 12; she also became a sergeant as an adult member of California Cadet Corps, where she serves as a youth mentor. She studies psychology with an emphasis in animal behavior at the University of Arizona, a two-time intern in the Navy's Marine Mammal Program. Callie, 18, plays volleyball at Ventura College, where she is a freshman. Shaun has been volunteering with Bakersfield Police Department for more than three decades and is a reserve with the Kern County Sheriff's Office; he can often be found in that capacity at Lake Ming on the weekends.



Lani Cahill, husband Shaun, and their daughters, Ainsley (left) and Callie (right).

THREE QUESTIONS WITH LANI CAHILL

Q. November's Veterans Day observance reminds us of the many ways veterans serve our community. What would you like the public to better understand about the veterans?

Respect for everyone around you transcends time and generations. We should always stand up, turn to the flag, show that respect to our veterans but especially on a holiday like that.

At California Cadet Corps, we also partner with veterans organizations. Many of our older veterans need to see the joy of youth. It's a great opportunity for kids to be with the older generation who have been in our military. So many members of past generation just want their story heard and young people are often interested in hearing war stories, life stories and life advice.

Parents can also ask school administrators to partner with California Cadet Corps. Civil Air Patrol for ages 12 to 21 also meets once a week. Work with administration to run these programs as after-school opportunities or in class. Email lani.cahill@cacadets.org for more information.

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

Kern County features a rich history of culture, with a huge community of

Fill-in-the-blank questions:

I'm always laughing at: Animals, the antics of our dogs and cats to get our attention.

The first thing I do when I wake up in the morning is: Drink the coffee my husband brought to me.

My favorite dessert is: Peanut butter and chocolate ice cream from Baskin Robbins.

In my pantry, you will always find: Lots of food, enough to feed an army; ask any one of my friends. I am always ready to make a meal.

My favorite musical genre is: '80s and '90s country music.

The best books I've read lately are: "The Lost English Girl" and "A Traitor in Whitehall" by Julia Kelly.

So far, my best life advice is: Have a friend group because you always need a network of people to lean on.

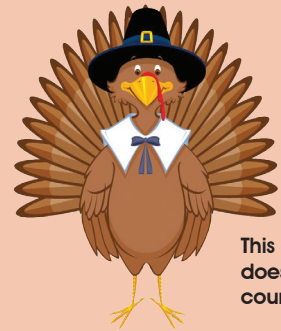
Basque, Greek and hispanic communities. I would encourage families to attend food and culture events. Even if you're not affiliated with those groups, they enlighten people to different cultures.

Q. What is your parenting PSA?

Stop and listen to everybody's children. Be an ear. Listen. They have so much to say.

FIND TOMMY TURKEY CONTEST!

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NOVEMBER 25TH

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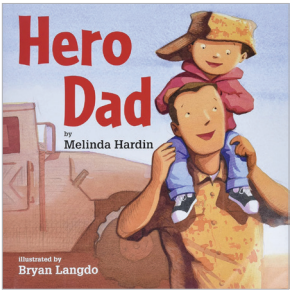


TO ENTER GO TO:

<https://kerncountyfamily.secondstreetapp.com/Find-Tommy-Turkey-contest-2024-sponsored-by-Motor-City/>

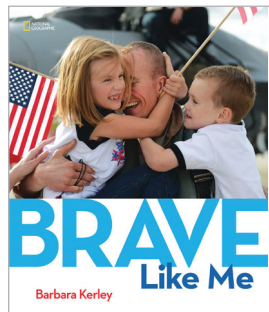
Honor Those Who Serve with These Reads

IN NOVEMBER, WE CELEBRATE VETERANS DAY, a day when we honor America's service men and women for their patriotism, love of country and willingness to sacrifice for our nation. Here are a few books to share with the children in your life to help them celebrate November 11.



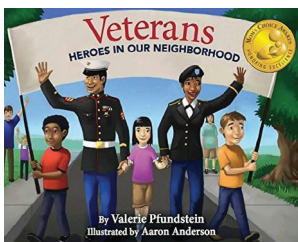
Hero Dad
By Melinda Hardin and Bryan Langdo
\$6.99; Ages 2-5
Publisher: Two Lions
Amazon.com
Not all superheroes wear capes!

Some wear boots, drive tanks and fight to make the world a safer place! (Also available in "Hero Mom.")



Brave Like Me
By Barbara Kerley
\$13.98; Ages 3-5
Publisher: National Geographic
Amazon.com
When a parent is serving

overseas he or she must be brave—but so, too, must the children waiting at home. This book tells the story of children whose parents are serving a tour of duty, discusses deployment and separation anxiety and delves into the meaning of bravery.

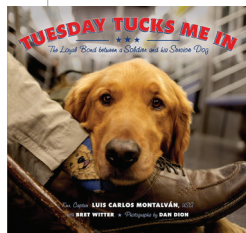


Veterans: Heroes in Our Neighborhood
By Valerie Pfundstein and Aaron Anderson
\$12.04; Ages 3-6
Publisher: Cardinal Publishers Group
Amazon.com

This rhyming picture book encourages the appreciation of those who serve our nation. Author Valerie Pfundstein also penned "Why America Matters" with Dr. Ben Carson.

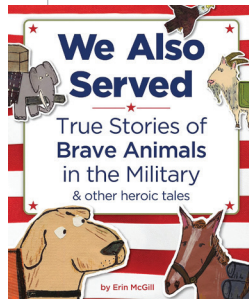


Rolling Thunder
By Kate Messner and Greg Ruth
\$21.49; Ages 3-8
Publisher: Scholastic Press
Amazon.com
The Rolling Thunder Ride to Washington, D.C., honors those who served and this lyrical story honors our American heroes.



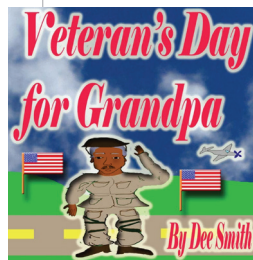
Tuesday Tucks Me In
By Luis Carlos Montalván
\$16.18; Ages 3-8
Publisher: Roaring Brook Press
Amazon.com

This adorable book tells the story of a service dog during his typical day of adventure. Told from the perspective of Tuesday, the dog.



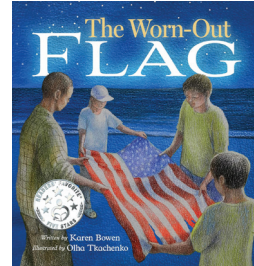
We Also Served: Amazing True Stories of Brave Military Animals
By Erin McGill
\$18.99; Ages 4-8
Publisher: Sourcebooks Explore
Amazon.com

Hear the stories of the brave and loyal animals throughout history who have made a contribution to military success.



Veteran's Day for Grandpa: A Picture Book for Children
By Dee Smith
\$15.99; Ages 5-6
Publisher: Dee Smith
Celebrating veterans

is what Veterans Day is all about, but it can be more meaningful when the veteran is grandpa!



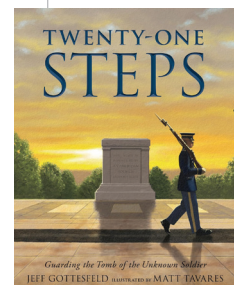
The Worn-Out Flag
By Karen Bowen and Olha Tkachenko
\$18.99; Ages 5-10
Publisher: Karen Bowen Publishing
Amazon.com

Miguel and Sam learn the symbolic meaning behind the flag's stars, stripes and colors and hear a father's inspirational journey from a Scout to a Marine. The story teaches kids about dignity, respect and the sacrifice symbolized by the flag.



Otto's Tales: Today is Veterans Day
By PrajerU
\$13; Ages: 5-8
Publisher: Independently published
Amazon.com

Otto the bulldog and his best friend Dennis travel with Uncle Sam to learn about the different branches of the U.S. military and the importance of service.



Twenty-One Steps: Guarding the Tomb of the Unknown Soldier
By Jeff Gottesfeld and Matt Tavares
\$13.99; Ages 5-10
Publisher: Candlewick
Amazon.com

Sentinel Guards keep vigil at the Tomb of the Unknown Soldier in Arlington National Cemetery, protecting fellow soldiers who have paid the ultimate sacrifice, making sure they are never alone. This book tells their story.

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The Best Christmas Pageant Ever

Lionsgate's New Holiday Family Classic

When the rowdy siblings of the Herdman family, who have a reputation as the worst kids in the world, take over the local church nativity play, their unconventional interpretation ends up teaching the townspeople the true meaning of Christmas: compassion and acceptance. Opening in theaters on November 8, this family-favorite movie, *The Best Christmas Pageant Ever*, will be one to add to your annual Holiday viewing parties! Based on the wildly successful 1972 book of the same name, written by Barbara Robinson, this endearing tale has been a favorite for many readers, including one of the movie's producers and writers Darin McDaniel.

"This movie has all the makings of a classic," says McDaniel. "Hopefully it would ground everybody every year at Christmas time to check themselves to make sure they weren't being one of the townspeople and being closed off and judgmental to others in need or less fortunate, especially children."

KCFM editor LJ Radon went to Skyline High School with McDaniel in Salt Lake City, Utah. She is so happy to see her friend's movie make it to the big screen and has been cheering him on during the entire process.

For McDaniel, seeing his movie become a national theatrical release through Lionsgate has been the product of his lifelong passion. In 1988, he owned a theater company in Utah and began producing and directing this play. Immediately, he felt a real connection to the story and could especially relate to the Herdman children.

"I fell absolutely in love with the story," he says. "I love that in this story you start off perceiving that the kids are the antagonists, the bad ones in the community with the townspeople being the victims of their horrible wrath; but as the onion layers are peeled back, you come to realize the kids were a product



The Best Christmas Pageant Ever will be released on November 8, 2024 in theaters everywhere.

of their environment and had a lot in common with Mary and Joseph being seen and treated as outsiders and outcasts. And, by hijacking the coveted 'same old' Christmas Pageant they end up bringing an unexpected realness and heart and soul to the Pageant that opens the eyes and softens the heart of this small town."

In 1989, he moved to Los Angeles and began the arduous process of securing rights to the book. Finally in 2001, he secured the rights and began working with Jerry Molen and Chet Thomas to find a studio. The next year, he and his writing partner Platte Clark, with input from the book's author, Robinson, wrote the first adaptation.

In 2003, he signed on with Walden media to produce the movie, but it wasn't working out how he envisioned it so when the rights lapsed in 2020, McDaniel

snatched them back up. "In hindsight, this was such a massive blessing," McDaniel says.

Around 2010, an up-and-coming director, Dallas Jenkins, reached out to McDaniel to direct the film. Jenkins was a new director without an established track record, so McDaniel told him to keep in touch. Jenkins even set a reminder in his phone to pray weekly for this opportunity. Timing and persistence worked out because when the time came for the movie to be made, Jenkins, now directing *The Chosen*, was the right person for the job.

Through Jenkins, they signed on with Kingdom Story Company and that's when they locked in with Lionsgate. "It's absolutely the A-team without question," McDaniel says. "This movie was divinely guided and Dallas did an amazing job."

Featuring actors Judy Greer, Lauren Graham, Elizabeth Tabish, and Pete Holmes, McDaniel thinks all the actors, including the Herdman children, were a perfect fit for his vision. "From day one with Judy Greer as the mom, I just could not see anyone else in that role," he says. "Pete just nailed it. He ad-libbed multiple lines that were kept in the film that he delivered himself that were just perfect."

His own three children, now 33, 29, and 22 years old, grew up watching their father pursue his dream, so for them to see it happen on the large screen makes him really happy. He especially loves how he now he gets to write with his eldest daughter. "It's been super fun to see this come to fruition," he says. "They know that we hung in there and it's paying off."

McDaniel encourages people to read the book before the movie but says you don't need to as the story stands on its own. He says it is fun to see how the movie has expanded the Herdman's journey from the book. Because the book's author had passed in 2013, McDaniel had her daughter and son come to the production set in Canada.

For more information on the Christmas classic, visit www.bestchristmaspageantever.movie.

Give this Beloved Side a Tasty Twist This Holiday Season

Hosts have free rein when it comes to planning a holiday menu. Despite that freedom, many hosts feel obligated to prepare some holiday season staples their guests will surely expect when they sit down at the dinner table. Stuffing is a dish many celebrants can't wait to see on the holiday dinner table. For hosts trusted with preparing holiday meals, the beauty of stuffing lies in its versatility. A host of unique ingredients can be added to holiday stuffing without adversely affecting the popularity of this beloved side dish. In fact, adding some unique ingredients can make people love stuffing even more. In addition, the Hot Holiday Punch recipe below will be a great accompaniment to any festive gathering.



Pecan-Cherry Bread Stuffing

Makes 8 servings

INGREDIENTS

- | | |
|---|---|
| 1 loaf crusty white or wheat bread, cut into ¾-inch cubes | 1 cup roughly chopped toasted pecans |
| 3 tablespoons unsalted butter, plus extra for baking dish | 2 tablespoons chopped fresh sage leaves |
| 1 medium yellow onion, peeled and diced | 1 tablespoon crushed fennel seed |
| 2 large celery stalks, rinsed, trimmed and diced | Coarse salt, to taste |
| 4 cloves garlic, peeled and roughly chopped | Freshly ground black pepper, to taste |
| 1 cup packed dried tart cherries | ¼ cup fresh chopped parsley |
| | 3 large eggs, lightly beaten |
| | 3 cups low-sodium chicken broth |

DIRECTIONS

1. Preheat oven to 400 F.
2. Position oven racks in the middle and lower third of the oven.
3. Arrange bread in a single layer on two rimmed baking sheets.
4. Toast until dry and golden brown, 10 to 12 minutes. Let cool.
5. Lightly butter a 9 x 13-inch baking dish. In a large skillet, melt butter over medium heat.
6. Add onion, celery and garlic and cook, stirring frequently, until onion and celery are softened, about 7 minutes. Add cherries, pecans, sage, and fennel seed; cook, stirring for 1 minute.
7. Transfer to a large bowl and season with salt and pepper.
8. Add parsley, eggs and bread to the cherry mixture; stir to combine.
9. Add broth in two additions, stirring until absorbed. Season generously with salt and pepper; transfer stuffing to butter baking dish.
10. Bake on middle rack until the top is deep golden brown, about 25 to 30 minutes.
11. Let sit for 5 minutes before serving



- 16 cups water, divided
- 5 cups cranberries, fresh or frozen, plus extra for garnish
- 2½ cups granulated sugar
- ½ cup red hots cinnamon candies
- 3 tablespoons fresh lemon juice
- 12 whole cloves
- 3 cinnamon sticks
- 1 lemon, sliced
- Cheesecloth

Hot Holiday Punch

Makes 14 servings

1. In a large saucepan, set over medium-high heat, bring 1 quart of water and cranberries to a boil. Reduce heat, cover and simmer for 8 to 10 minutes or until the cranberries begin to pop. Drain, reserving liquid and cranberries. Put cranberries through a fine mesh strainer or food mill. Set aside.
2. In a Dutch oven or large pot, combine sugar, red-hots, lemon juice, cranberry liquid and cranberry pulp, and remaining 3 quarts of water.
3. Place cloves and cinnamon sticks in a double thickness of cheesecloth. Tie with string to form a bag; add to pan with the punch. Bring to a boil; stir until sugar and candies are dissolved. Discard spice bag. Strain juice through a fine mesh strainer. Serve hot with lemon slices and cranberries.

Dragon's Homemade Sword



A Fairy Tale for Older Children

My kids have not asked for a dragon story in a while. They used to ask me non-stop, and if I was not able to think of something, they would help me make up stories about themselves—cleverly disguised as “dragon stories.”

If they were to ask me today, this is the story I would tell:

Once there was a dragon named Dragon. Dragon had always wanted to fight a knight in a battle and save the princess like in the fairy tales. Because, you see, in dragon households, the “happily ever after” comes after the mighty dragon rescues the beautiful princess from the fire-breathing knight.

Dragon wanted more than anything to battle a knight. He had never actually seen a knight and wasn't quite sure what they looked like. But he knew this: Every self-respecting knight was a master swordsman.

So Dragon decided he needed a sword for his inevitable battle with a knight.

Dragon's mom gave him some cardboard

and scissors to make one. Well, Dragon couldn't really cut with scissors yet. He was able to make two-inch slices around the edge of the cardboard like a fringe, but it wasn't until he was a little older that he could maneuver those scissors and cut out a sword, which he wrapped in aluminum foil. Then he bounced around the house shouting, “Ha!” and “Ho!” and generally scaring any visitors who dared enter their castle gate (their front door).

One day, years later, Dragon's dad announced that a famous dragon named Sir Gregory was coming to town for a visit and would be giving fencing lessons to young dragons.

“This is my chance,” thought Dragon. “I can learn the art of fencing, slay a knight, and save a princess, just like a fairy tale dragon.”

There was a list of required equipment for any dragons participating in the lessons, and Dragon noticed that he would need sweatpants and lace-up tennies.

“Mom!” Dragon panicked. “I need lace-up tennies and sweatpants for fencing

lessons! Can we go to the store?” And so they did. Dragon picked out a soft pair of sweats and some dusty rose tennies that all the princesses would be sure to adore.

And he practiced every day with his cardboard sword and waited for Sir Gregory to arrive.

Finally, on the day of the first fencing lesson, Dragon got ready. He had his sweats. He had his tennies. He taped down his ears so they would fit under the mask. When it was getting close to time to leave, though, Dragon came out of his room crying.

“Oh, no. What's wrong, Dragon?” his mother asked.

“I am not going,” Dragon said defiantly.

Dragon's mom waited. Dragon was an early teenager by now, and Dragon's mom was becoming used to Dragon's hormonal outbursts.

“I can't go. Look at me! Just look at me!”

Dragon's mom looked. And waited.

“Look at my pants! This is why I can't wear sweatpants.”

Dragon's mom looked.

And thought.

And looked.

And thought.

“You're going,” she said, and that was that. Dragon cried and said his legs looked like sausages in those pants. But he got in the car.

He remained silent for the entire twenty-three minute drive to Sir Gregory's Fencing Academy.

And then.

Then he walked into the arena and saw the foils and the masks and the gear. Soon, Dragon was fighting like the dragon of his wildest fairy tale dreams.

And Dragon lived happily ever after.

He eventually became a grand master fencer and married a lovely princess dragon who wore satin gowns and tied ribbons to her ears and wings.

He never even had to slay a knight.

WE LOVE IT!

By Leslie Carroll

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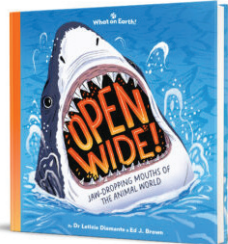


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Keep little hands busy while they rest with these mess-free, reusable activity books. Fill the brush with water and apply it to the scene boards to watch the colors magically appear! Let it dry for 5 minutes and you can do it over and over again. <https://scentcoinc.com/collections/water-magic>, \$11.99

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Five Ways to Honor Veterans

NOVEMBER 11 IS VETERANS DAY but honoring those who have served can take place all year long. Recognizing the sacrifices of our military service members and their families shines a spotlight on these community helpers. Here are five ways to honor veterans while teaching the next generation to carry on that legacy.

1

Participate in local events

Volunteer or just be present at events hosted in honor of veterans. Attending and being part of the crowd can be important; for parents of young children, that may be just enough to participate as members of the community. If you are able to volunteer, that can be a positive way to give back, too. Find events with our community calendar: <https://kerncountyfamily.com/Calendar/PublicCalendarList>

2

Reach out to veterans' organizations

Find out what local veterans' organizations are seeking in terms of support. Whether it's writing cards, transcribing veterans' stories or just spending time with older servicemen and women, there are organized ways to help.

3

Get involved with an Airforce base

In addition to retired military personnel, veterans also include active-duty individuals. Reaching out to find out about their current needs and those of their family can make a tremendous difference in local lives. Consider organizing a school supply drive for children living on base or hosting a holiday gift drive.

4

Be willing to listen

Sometimes, older veterans in our lives need to talk through their life experiences, including memories of military service. Whether they are family, friends or people in the community, be willing to lend your attention and teach your children to do the same. Extending that offer to active service members can also be beneficial.

5

Teach respect

Whether it's singing the national anthem or saying The Pledge of Allegiance, modeling those patriotic acts matters. Teach children about their solemnity. Being part of an organized effort to maintain gravesites and lay wreaths can also be done through veterans' organizations or for the veterans who have passed away in your family. Your efforts will not go unnoticed; inspiring the next generation happens one positive action a time.



What I'm Thankful for this Thanksgiving Season

KCFM IS THANKFUL FOR YOU! We asked local leaders and community members to share with us what they are most thankful for this Thanksgiving season. Here's what they said!



"I'm thankful for the unwavering support and love from my family, friends, and community of Kern. I'm deeply grateful

for my daughter Monica's unconditional love and support. For the guidance of God and my angel Sebastian, whose light guides me from above and is always in my heart and soul. I will always carry that love and support in my heart. Wishing everyone a joyful and blessed Thanksgiving!"

Mari Perez-Dowling
Vice President of Government Partnerships, GGRF at United Way Worldwide



"As Executive Director of Valley Achievement Center (VAC), which serves children and adults with autism and

other developmental disabilities, I am thankful for the clients who work hard to achieve their goals and the dedicated staff who support our clients on their journey."

Laura M. Williams,
Executive Director, Valley Achievement Center



"I am thankful for my husband, my daughter, my son, and our adorable pug Gizmo. I am thankful for our

health and another year of fun adventures and travels."

Crystal Zazueta,
Financial Advisor, Edward Jones



"I am deeply grateful for my supportive family and dedicated staff, who help navigate the daily challenges

of running a small business. Their loyalty and pride in our work make a significant difference. I also appreciate our community and customers; their support has been vital to our success over the past 32 years."

Corina Topete
Owner/Operator,
Jerry's Pizza & Pub



"This Thanksgiving, I'm grateful for my health, family, friends, and coworkers who bring joy, love, and support. I

cherish the work we do together serving our community and making a difference in the lives of families and children. I'm also thankful for the many blessings I've received throughout my life."

Yolanda Gonzales,
Director of Head Start/State Child Development



"I'm thankful for my family and our community. And sometimes my dog. My job lets me see firsthand all the good work we do taking care of each other. Kern County is a beautiful place with some amazing people, and I'm thankful this is home."

Aaron Falk, President and CEO
Kern Community Foundation

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Navigating Type 1 Diabetes

A Family's Journey

November is
National Diabetes
Awareness Month

.....
World Diabetes Day
is November 14



“Type 1 diabetes (T1D) is a chronic autoimmune disease. This means that it doesn’t go away. **Anyone can be diagnosed with type 1 diabetes at any age, though it usually is diagnosed in childhood or adolescence.**

.....

In T1D, the body’s immune system attacks the insulin-producing cells in the pancreas. Insulin is an essential hormone that helps the body turn food into energy. People living with type 1 diabetes must take insulin by injection or insulin pump to survive.

SOURCE: BREAKTHROUGH T1D

.....

According to Beyond Type 1, every year there are **64,000 people diagnosed with type 1 diabetes** in the United States.

“By 2040, **2.1 million people are expected to be diagnosed with type 1 diabetes.**

The disease that is growing at the rate of 2.9% per year, versus the population growth of 0.8% per year.

SOURCE: BEYOND TYPE 1

.....

Celebrities with T1d:
Nick Jonas, Brett Michaels, Vanessa Williams, Lance Bass, LOCAL: David Carr, NFL Football player, retired

.....

“Around 85% of type 1 diabetes diagnoses are in people without a family history of the condition.”

SOURCE: BREAKTHROUGH T1D



In May of 2018, our oldest son was diagnosed with type 1 diabetes (T1D). Today, he is a thriving 20-year-old in college, doing his thing and living with an incurable diagnosis. It isn't always easy, but, with new technology, a team of amazing health care professionals and a little "helicoptering" from his mom, Tyler has come to terms with his diagnosis, and we are confident he will live a very long and amazing life.

I've shared our journey with T1D many times over the years. Partly because I think it has become therapeutic for me to work through his diagnosis. As his mom, I feel tremendous guilt for what he had and has to continue to go through (although deep down I did not cause his diagnosis). I also tell his story to explain the warning signs and share words of comfort and encouragement to other families managing T1D. It can feel like a very lonely world at times. It takes a village to raise kids, and it takes a small country when one is suffering.

Unlike type 2 diabetes where diet and exercise may reverse the diagnosis, T1D is a life-long journey of being insulin dependent. In layman's terms, the pancreas no longer produces insulin to break down sugars in the body. A buildup of those sugars can be deadly. Managing T1D is a 24-hour balancing act of carb counting, administering insulin and understanding the

body and what you put in it.

A year doesn't go by when I don't hear of someone I know, or a celebrity, being impacted by T1D. Just recently, power couple Chrissy Teigen and John Legend shared that their son Miles had been diagnosed. No one has immunity from T1D, and that has been a hard pill to swallow. T1D can strike anyone at any time. Tyler was days away from his 14th birthday when he was first diagnosed after we got back from a family vacation. We have no family history, there are no genetic markers and there is no current answer as to why his pancreas stopped producing insulin one day - it just did.

So, if you can't prevent it, what is one to do? Amazing question! The best advice I share with other families, with kids of ALL ages, is to understand and watch for signs and symptoms of T1D and seek immediate help if you suspect that T1D might be cause for concern. If untreated, it can be deadly, and time is always of the essence when the body can't break down sugars that is building up.

While there is no cure, there is hope that with continued advancements in technology, education and medicine, those who live with T1D will continue to have long and fruitful lives like everyone else.

Warning Signs of Type 1 Diabetes

According to JDRF, T1D is identified in children and adults as they show signs of the following symptoms:



Frequent Urination



Extreme Thirst



Fatigue and Weakness



Weight Loss



Increased Appetite



Slow-Healing

If you or anyone you know is experiencing any of these above symptoms, please see your doctor right away! Without proper diagnosis and treatment, type 1 diabetes can be fatal.

NOVEMBER

National
Gratitude Month

NOVEMBER 1

Children First Literacy Gala

Featuring art, music, and dancing in an elegant setting, it beautifully honors the essence of the holiday.

6 – 10 p.m.

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2000 Grand Lakes Ave.
Bakersfield, CA

<https://childrenfirstbakersfield.org/events/literacy-gala/>

NOVEMBER 2

5th Annual Autism Gala “Havana Nights”

The Kern Autism Network, Inc. is hosting the 5th Annual Autism Gala “Havana Nights” at the Bakersfield Country Club. Enjoy a Cuban themed atmosphere with passed hors d’oeuvres, cocktails, a formal dinner, music, and a silent auction.

5 – 10 p.m.

Bakersfield Country Club
4200 Country Club Dr.
Bakersfield, CA

<https://www.facebook.com/people/Kern-Autism-Network-Inc/100087895300997/>



Marlon Wayans: Wild Child Tour

Marlon Wayans is an actor, producer, comedian, writer and film director. As a stand-up comedian, he is selling out nationwide and adding shows every weekend. Catch the actor,



producer, comedian, writer and film director right here at The Fox on November 2nd!

1 – 7 p.m.

The Historic Bakersfield Fox
Theater

2001 H St.
Bakersfield, CA

<http://thebakersfieldfox.com/>

NOVEMBER 3

Daylight Savings Time Ends

Dia de Los Muertos Celebration

We are thrilled to announce our annual Dia de Los Muertos annual fundraiser, one of our largest events of the year! Traditional Aztec dancing, live music, authentic Mexican cuisine, Mariachi performances, free kid’s activities, and much more!

1 – 7 p.m.

Kern County Fairgrounds
1142 South P St.

Bakersfield, CA
<https://kchcc.org/>

NOVEMBER 5

Election Day

NOVEMBER 6

Adoptive/Foster Parents & Allies Panel Discussion

Join us for an informative panel discussion with adoption and foster care professionals who will discuss how it all works in Kern County, share their program services, and hear adoptive parents will talk about their challenges and successes through the process and raising multiracial kids.

4:30 – 6:30 p.m.

Beale Memorial Library
701 Truxtun Ave.
Bakersfield, CA

<https://www.facebook.com/bealelibrary>

NOVEMBER 7

Concerts @ the Marketplace

FREE CONCERT! Good Vibe music with Kali Sol!

7 – 9 p.m.

The Marketplace
9000 Ming Ave.
Bakersfield, CA

<https://www.themarketplacebakersfield.com/event/Concerts-at-The-Marketplace/2145562227/>

“Face Behind the Mask” Masquerade Ball

Be Finally Free hosts the Face Behind the Mask Masquerade Ball. The Masquerade Ball reflects our belief that beneath every mask, there is a story of hope and transformation, and together, we can uncover and celebrate these powerful journeys. Enjoy music, delicious food, mask contest, and more!

6:30 – 8:30 p.m.

The Station
7900 Downing Ave.
Bakersfield, CA

<https://befinallyfree.org/the-face-behind-the-mask/>

NOVEMBER 9

Holiday Market

Come on out for some great shopping and DELI-cious Kitchen (food truck) food! You’ll be able to find some great gifts for friends & family along with some yummy home-baked goods.

9 a.m.

Christ’s Church of the Valley
13701 Stockdale Hwy.
Bakersfield, CA

<https://ccvbak.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

27th Annual Fall Faire

Event includes live music, 20+ vendors, breakfast, deep-pit lunch and snacks for sale. Come, shop for a wide variety of unique, handcrafted and pre-made items: holiday/sports/home decor, wood-crafts, jewelry, breads, jams, pet products, plants, and much more!

9 a.m. – 2 p.m.

Northminster Presbyterian Church
3700 Union Ave.
Bakersfield, CA
www.northpres.org

Love Your Park Event

Join us for an unforgettable day at Riverview Park in Oildale! Discover this hidden gem while enjoying FREE activities for all ages, including a Youth Pickleball Demo! Bring your friends, family, and your love for the great outdoors! Let's make memories together!

10 a.m. – 12 p.m.

Riverview Community Park
401 Willow Dr.
Bakersfield, CA
<https://www.norfun.org/>

NOVEMBER 9 & 10

2nd Annual Bakersfield College Rodeo

A family-fun weekend filled with food, merchandise vendors, a live concert featuring country artist Joe Peters, and two days of exciting rodeo action!

Saturday: 4 p.m.

Rodeo starts at 6:30 p.m.

Sunday: 11 a.m.

Rodeo starts at 1 p.m.

Bakersfield College
1801 Panorama Dr.
Bakersfield, CA
<https://www.facebook.com/BakersfieldCollege>

NOVEMBER 11



VETERAN HAPPENINGS

NOVEMBER 7

3rd Annual Wounded Heroes Fund Blanket & Food Drive

We're collecting new blankets, jackets, socks, beanies, gloves/mittens, food items like canned goods, turkey gravy, stuffing mix, and more. Please come on down, drop off your donations, and help us make a difference in the lives of those who have served. Monetary donations are also welcomed. All donations will go directly to benefit our Veterans of Kern County.

8 a.m. – 1:30 p.m.

Wounded Heroes Fund Office
3121 Standard St.
Bakersfield, CA
<https://thewoundedheroesfund.com/>

NOVEMBER 8

"Plant a Flag" Veteran's Day Tribute

A community visual display of American flags 'planted' in Liberty Park to honor veterans during Veteran's Day weekend. Speakers at the press conference will include Bakersfield Councilman Bob Smith and local dignitaries. The press conference will conclude with the National Anthem played by Liberty High School.

8:30 a.m.

Liberty Park
11225 Brimhall Rd.
Bakersfield, CA
<https://www.norfun.org/2024-11-08-veteran-s-day-plant-a-flag>

NOVEMBER 11

Veterans Day Parade

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

10 a.m.

Downtown Bakersfield
Route begins at 22nd and L St.
<https://www.facebook.com/vetsdaypost26bakersfieldca>

Veterans Day Celebration

Honoring all who served. Bring out the family and honor our local Veterans. Event includes BBQ, raffle, vendors and ceremony.

2 p.m.

Camp Hamilton
34999 Lerdo Hwy.
Bakersfield, CA
<https://camphamilton.org/>

Veterans Day Celebration

Bring out the family and honor all who served. Enjoy food, drinks, and patriotic music!

10 a.m.

Veteran's Memorial Park
217 East Kern St.
Taft, CA
<https://www.taftchamber.com/>

Veterans Day Resource Fair

Bring out the family and honor our local Veterans. Learn about Veteran resources and benefits in the community.

11 a.m. – 3 p.m.

Philip Marx Central Park
East E St.
Tehachapi, CA
<https://tehachapi.com/>

Tehachapi Veterans Day Parade

Join us in honoring our community's Veterans and all those who have served in the military. The use of flags is encouraged.

10 a.m.

Running along F St. from Mulberry St., East to Davis St. Tehachapi, CA
https://www.tehachapinews.com/lifestyle/sign-up-now-for-tehachapi-veterans-day-parade/article_545c1a7c-8349-11ef-955d-5b00c0670eb7.html

ONGOING HAPPENINGS

FIRST WEDNESDAY OF THE MONTH

Veterans Connect @ the Library

Come to the Veteran Resource Center on the first floor of Beale Memorial Library to meet with a fellow veteran to learn about relevant resources in the community! We hope to see you there!

12 – 4 p.m.

Beale Memorial Library
701 Truxtun Ave.
Bakersfield, CA
<https://kerncountylibrary.org/>

WEDNESDAYS

Veterans Breakfast @ Zingo's Cafe

Join us for Wednesday Veteran's Breakfast, where veterans enjoy breakfast, free coffee, and comradery. All branches welcome. ALL Veteran's, Active Duty, and Reservists are welcome to attend. Representatives from Honor Flight Kern County are in attendance who can get you signed up for Honor Flight Trips.

8 a.m.

Zingo's Cafe
3201 Buck Owens Blvd.
Bakersfield, CA
<https://www.facebook.com/ZingosCafe/>

NOVEMBER 11 - 15

National Young Reader's Week.

Schools, libraries, families and communities nationwide use this week to celebrate reading in a variety of ways. For some KCFM recommended book titles, check out this month's Book Reviews on page 14.

NOVEMBER 13

World Kindness Day

Seed Sower Dinner Event

The Seed Sower Dinner event will support the Scotty K. Gifting Project, providing grants and scholarships for agricultural education in Kern County. Together, we can create a lasting impact on the next generation of agricultural leaders.

5:30 p.m.

Luigi's Restaurant Warehouse
725 E 19th St.
Bakersfield, CA
www.kirschenmannfoundation.org

NOVEMBER 14

California Poet Laureate Lee Herrick Poetry Reading

Lee Herrick will read poems, from his new book, about his adoption from Korea related to loss, race dynamics, and joy. The poems explore questions of belonging, survival, and the complexities of adoption.

6 - 7 p.m.

Beal Memorial Library
701 Truxtun Ave.
Bakersfield, CA
<https://kerncountylibrary.org/>

NOVEMBER 16

Stockdale Market - Thanksgiving Event

Join us for an unforgettable day filled with your favorite local vendors, amazing food, and unbeatable vibes.

Come experience the fun!

1 - 5 p.m.

4000 Stockdale Hwy.
Bakersfield, CA
<https://www.facebook.com/events/455530304164467>

JJ's Legacy 9th Annual Grillin' and Brewin'

This much anticipated fundraising event will have the same delicious, mouth-watering BBQ prepared by our local award-winning competition BBQ team, The Ridge Route Boys! Back by popular demand - local country music star Joe Peters will be our entertainment.

5 p.m.

AIS & RBI Facility
19227 Flightpath Way
Bakersfield, CA
<https://www.jjslegacy.org/>

NOVEMBER 17

Bakersfield Country Music Awards

Country music show featuring local Bakersfield musicians and Nationwide artist being honored for their contribution to the Bakerfield sound!

12 p.m.

The Nile Theater
1721 19th St.
Bakersfield, CA
<http://thebakersfieldfox.com/event/bakersfield-country-music-awards/>

NOVEMBER 22

The Heart Never Forgets Gala

Join us at ADAKC's Heart Never Forgets Gala at the Bakersfield Country Club for an unforgettable evening! Enjoy live music from Jim and Jon Ranger, dance the night away, and take part in exciting auctions and raffles.

6 p.m.

Bakersfield Country Club
4200 Country Club Dr.
Bakersfield, CA
<https://adakc.ejoinme.org/hnfgala2024>

NOVEMBER 23

Olive Knolls Church 32nd Annual Craft Fair

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

8 a.m.

Olive Knolls Church
6201 Fruitvale Ave.
Bakersfield, CA
<https://www.oliveknolls.com/>

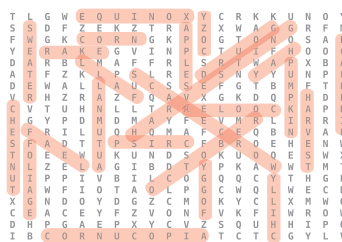


The 6th Annual Turkey Day Run returns on Thanksgiving Day, November 28.

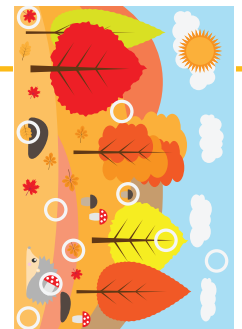
ACTIVITY CORNER ANSWERS ACTIVITY CORNER: PAGES 30-31

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

- CROSSWORD**
- 1. Works
 - 2. Room
 - 3. Scallion
 - 4. Pg
 - 5. Go
 - 6. Timeline
 - 7. Edits
 - 8. Rabbi
 - 9. Journals
 - Across
 - Down



WORD SEARCH SPONSORED BY:



NOVEMBER 23 & 24

Bakersfield Comic Con

Don't miss the Bakersfield Fantasy Faire. Come see fun costumes and Medieval fighting. Enjoy some Fantasy Faire food and experience the fun.

Saturday, 10 a.m. to 5 p.m.

Sunday, 10 a.m. to 5 p.m.

Kern County

Fairgrounds (Buildings 2 & 3)

1142 South P St.

Bakersfield, CA

<https://bakersfieldcomiccon.com/>

NOVEMBER 28



Bakersfield Turkey Day Run

Welcome to the 6th annual Bakersfield Turkey Day Run! Run or walk on Thanksgiving morning and then eat your Thanksgiving feast guilt free.

12 p.m.

The Park at River Walk

11298 Stockdale Hwy.

Bakersfield, CA

<https://runsignup.com/Race/CA/Bakersfield/BakersfieldTurkeyDayRun>

NOVEMBER 29

31st Annual Tree Lighting Ceremony

Come celebrate the 31st year of this beloved holiday event!

4 p.m.

Town & Country Village

Shopping Center

8200 Stockdale Hwy.

Bakersfield, CA

townandcountryvillage@gmail.com

ONGOING EVENTS



SATURDAYS

F Street Farmers Market

Accepts cash, card & EBT Snap.

7:45 a.m. – 12 p.m.

2819 F St.

Bakersfield, CA

RiverLakes Farmers Market

Farm to Table, fresh produce! Our certified farmers bring you the freshest fruits and vegetables every Saturday.

9 a.m. - 1 p.m.

Centennial High School

8601 Hageman Dr.

Bakersfield, CA

SUNDAYS

Haggin Oaks Farmers Market

Sundays are for the Farmers Market! Visit over 70 different vendors at the biggest Farmers Market in town.

9 a.m. – 2 p.m.

8800 Ming Ave.

Bakersfield, CA

NOVEMBER 30

Bakersfield Condors Teddy Bear Toss Game

Bring new stuffed animals to throw on the ice after the Condors score their first goal! Bears collected are donated to United Way of Central Eastern California who distributes the bears to local organizations serving children and families in our community!

7 p.m.

Mechanics Bank Arena

1001 Truxtun Ave.

Bakersfield, CA

<https://www.bakersfieldcondors.com/>

Worship Guide

SPONSORED BY:

88.3 Life FM
KAXL

A Great Dane's Forgiveness: An Unexpected Lesson in Grace

I accidentally stepped on one of our Great Danes front feet. I had no idea that a dog could scream like that! I immediately dropped to my knees, held him by the neck and tried to let him know just how sorry I was! He cried for another 10 minutes and then crawled into his bed. I felt awful! He stayed in his bed another 20 minutes or so but when I asked if he had to go outside he jumped up and wiggled his way to the door. He seemed just fine. When he came back inside, I was sitting on the couch. He walked up to me, wagged his tail and crawled up in my lap! Not only did he seem to have forgiven me for that painful transgression, he acted as though nothing had ever happened! I thought about Isaiah 43:25 "I, I am he who blots out your transgressions for my own sake, and I will not remember your sins. When God says that he separates our sin from us as far as the east is from the west he means it! (Psalm 103) Make today a celebration! God has let go of and forgotten your sin!

By Jon Engen



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Water damage cleanup: A small amount of water can cause major damage to your home. Our trusted professionals dry out wet areas & repair to protect your family & your home value! Call 24/7: 1-888-872-2809. Have zip code!

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Miscellaneous

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KERN AUTISM NETWORK, INC.

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

Happy Thanksgiving!

5th Annual Autism Gala "Havana Nights" @ Bakersfield Country Club on Saturday, Nov. 2nd. Purchase tickets at www.kernautism.org (ADULT ONLY event)
Chess Club for Teens Sunday, Nov. 10th, 3 p.m.
@2200 Oak Street. Register: www.kernautism.org
Parent Support Group Meeting Wednesday, Nov. 13th, 6 p.m.
@2200 Oak Street. Register: www.kernautism.org
Father Virtual Autism Support Group Saturday, Nov. 16th, 2:30 p.m.
Female Support Group Thursday, Nov. 21st. Contact our office for details.
Register: 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 • kernautism@gmail.com
2200 Oak Street, Annex Building

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Read Us ONLINE!

kerncountyfamily.com

DID YOU FIND TOMMY TURKEY?

Go to page 4 for more details!

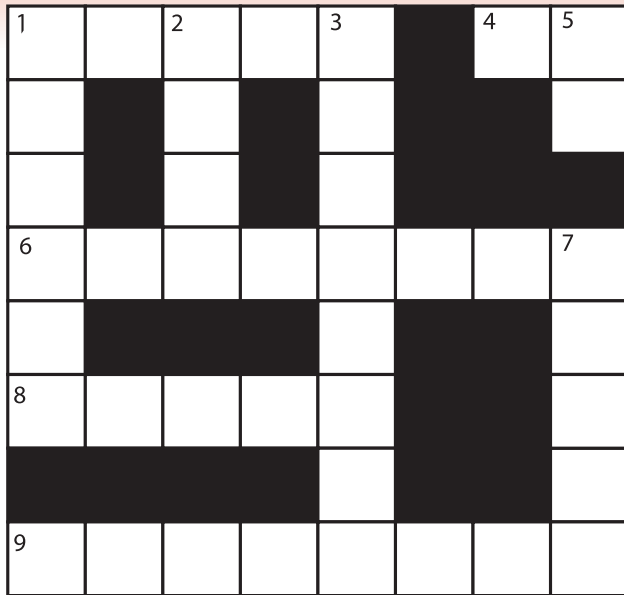


This one doesn't count!

Motor City
BUICK | GMC

NOVEMBER ACTIVITY CORNER

Crossword



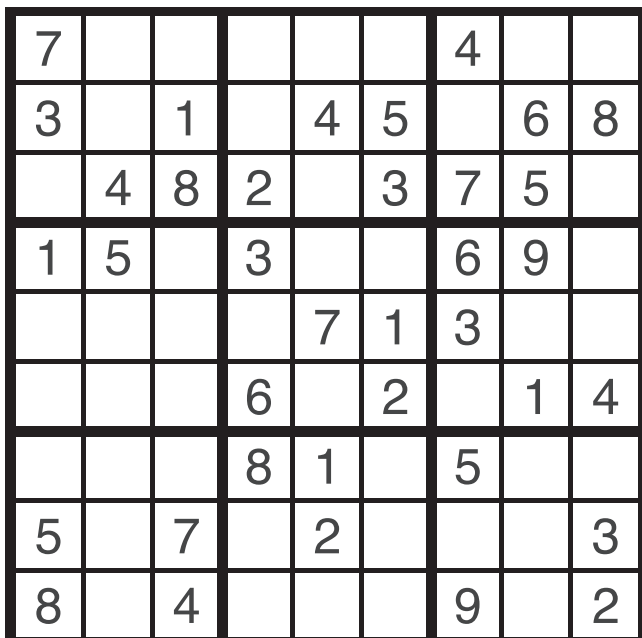
ACROSS

1. Collection of writings
4. Movie rating
6. Timing of events
8. Jewish religious leader
9. Newspapers or magazines

DOWN

1. One who creates a written piece
2. A space in a home
3. Green onion
5. Start to move
7. Corrections

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?

Turkey Day Fun Fact

There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.



<https://villagepediatricsrheumatology.com/turkey-day-fun-facts/>

NOVEMBER ACTIVITY CORNER

PUZZLE ANSWERS
PAGE 26

FALL SEASON WORD SEARCH

PRESENTED BY PACIFIC AG RENTALS

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

APPLES

CORN

FALL

HARVEST

PUMPKIN

AUTUMNAL

CORNUCOPIA

FIREPLACE

HARVESTING

RAKE

CHESTNUT

COZY

FOGGY

HAY

SCARECROW

CHILLY

CRISP

FOLIAGE

LEAF

SWEATER

COOLER

EQUINOX

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