



# kern county **Family** magazine

FREE



**5 Inspiring Black Women Scientists**

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**Burrow into the Lore: Groundhog Day Books**

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# Bingo!

Love is in the Cards!

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Family Game Time | Strawberry Matcha Tiramisu | Baking Up Love



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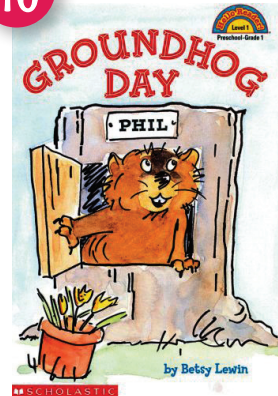


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**ON THE COVER:** Brooke (6), and mom Angie Barnes, who reads KCFM at ADAKC and shares her answer to our Readers Respond question.  
**PHOTO BY TESSA WARNER WWW.TESSAWARNER.COM**

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**Vaun Thygerson**  
CONTRIBUTING WRITER

February ushers in all things red and pink and hearts galore to shower those we love with chocolate and flowers while watching all the cheesy, fun romcoms out there. Don't get me wrong, I love a good romcom, but when it's my turn to pick the movie, it's not my go-to genre. I usually like something with a little more nail-biting suspense (or zombies). However, my daughter will always choose the romcom - every single time. She is the world's biggest Hallmark fan, and

never tires of watching their romantic albeit somewhat contrived plots. In fact, a few months ago, we went to Kansas City for the holiday Hallmark Experience where we participated in activities, shopped at fun vendors, saw the network's most famous stars, and watched panels on their popular movies. It was her Superbowl!

This month, she is already counting down the days for Hallmark's "Loveuary" programming with the most anticipation for its brand-new movie, "Unexpected Valentine." Even though I pretty much know how this show is going to turn out, because love always wins in the end, I love watching them with her. It's so nice to have optimism and believe that all the lead characters can find a happily ever after.

Speaking of love... Julie Willis writes about it in her Humor at Home article, "From Poop to Planning: A Mom's Journey with AI." With the expertise of Chat GPT, she experimented with it to plan a fantasy trip to Japan and test writing her monthly column. She expressed that it saved her ample time and did get a lot right about parenting. However, the human factor always comes into play as she reiterates that the main thing about parenting is

thinking on the fly when your kids come up with or actually do the absurd thing that no one, not even the most advanced technology, could have anticipated. To read all about her Chat GPT experience, turn to page 20.

This month's article, "Hello, Happy (Volunteering) Mama Cindy Huge," by Callie Collins, features a local mom who spends her time serving others. As a volunteer at the American Red Cross for the past 12 years, she has served 45 volunteer deployments, including heading down to Los Angeles to help with the recent fire disasters. A former radio personality, she is married to her husband Russ for 44 years. They have three adult sons and five grandchildren... and counting. To read her advice on how to prepare for an emergency and how to help others when disaster strikes, turn to page 14.

February is National Bake for Family Fun month; and a homemade treat can be the perfect gift to share for Valentine's Day. In KCFM's Readers Respond, "Baking Up Love: Readers Reflect on Family Baking Moments" on page 12, we asked our readers, "What is your favorite dish or dessert to bake with your kids?" I know my answer would be either chocolate chip cookies or Swig-inspired sugar cookies. Your answers ranged from bakery items to dinner specialties. The magic of baking together is making core memories with a tasty treat for a reward.

How ever you choose to celebrate Valentine's Day this month whether it's dressing in heart-covered clothing, watching a Hallmark romcom, or baking a cake with your family, take the time to celebrate love. As John Lennon said, "Love is the flower you've got to let grow."

**Happy Valentine's Day!**

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PRESENTS

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## COMMUNITY ORGANIZATIONS

- Boy Scouts • Kern Fire Safe Council • United Way • PG&E • Independent Living Center of Kern County
- BGLAD • American Red Cross • The Salvation Army • Central CA Animal Disaster Team • Houchin Blood Bank
- Buena Vista Museum • CAPKs • Kern County Animal Services • Kern County Aging and Adult Services



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BGCKC summer jobs program 2024 class photo of the students that obtained jobs through the Workforce Readiness Program. PHOTO BY ORLANDO TREVINO

## Registration Open for Boys & Girls Clubs of Kern County Workforce Readiness Program

Local high school teens (ages 15-18) can register for the 2025 Boys & Girls Clubs of Kern County Workforce Readiness Program that will run from February 24 through May 9. Participants will meet at the E.L. Jack and Monica Armstrong Youth Center, 801 Niles Street, one day per week from 5 to 6:30 pm. After the training, the teens will have the opportunity for a paid internship with local employers as part of the Summer Jobs Program from June 9 through July 11.

Employers provide interns with mentorship and hands-on experience in various occupations. The interns work at their internship site for five weeks (after attending one week of youth employee onboarding). On Fridays, they participate in professional development that includes financial literacy; business, dining, and cell phone etiquette; First Aid, CPR & AED; and food handler certification. The Summer Jobs Program brings the benefits of job training to

youth and businesses in Kern County. Since 2013, nearly 2,000 local teens have received workforce training skills, and 434 teens have received a paid summer job by participating in the Club's Workforce Readiness Program. Program sponsors: Bank of America, Taco Bell Foundation, and US Bank. **Registration forms are available online at [www.bgckc.org/summerjobsprogram](http://www.bgckc.org/summerjobsprogram) and closes on Friday, February 14.**



## CSUB's Walter W. Stiern Library Receives Diversity Award

CSUB's Walter W. Stiern Library recently received a diversity award that recognizes libraries that foster diversity, equity, and inclusion in its programs, policies, and initiatives. The library was awarded Insight Into Diversity Magazine's Library Excellence in Access and Diversity (LEAD) Award, which will be featured in the magazine's March 2025 issue.

Bozarth says, "Receiving this recognition truly underscores our efforts. Often, the library is perceived as merely a place to study or borrow books but an acknowledgement like this highlights our work and serves as a powerful reminder of our purpose here."

This is the first time the library applied for and received the LEAD Award. CSUB Dean of University Libraries Sandra

**For more information, please visit <https://news.csub.edu/walter-w-stiern-library-receives-diversity-award>.**



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## Magdalene Hope Hosts Grand Opening of Bakersfield Women's Center



PHOTO COURTESY DR. DOUG BENNETT, DDIV.

Magdalene Hope celebrates its grand opening of the Bakersfield Women's Center, marking a significant step in its mission to empower and support women in the community, with a ribbon-cutting ceremony led by the Bakersfield Chamber of Commerce. The Bakersfield Women's Center provides a safe space for women to access resources and support designed to help them thrive. Their mission strives to bring awareness of the social justice issues of human trafficking while educating women of the grace, hope, healing, and freedom in faith.

"We are proud to open the doors to a space dedicated to helping women reclaim their lives and discover

their potential," says Magdalene Hope's founder Dr. Bennett. "This center is the realization of years of commitment to improving the lives of women and fostering a stronger, more compassionate community. Magdalene Hope is committed to making a lasting impact on the lives of women by providing resources, support, and advocacy. Together, we can build a community where every woman feels valued, empowered, and safe."

**For more information about their new women's center, upcoming events, and mission, please visit [www.MagdaleneHope.org](http://www.MagdaleneHope.org).**

## Kern County Awarded Local Immigrant Integration and Inclusion Grant

Kern County was recently awarded grant funding from the Governor's Office of Business and Economic Development for the Local Immigrant Integration and Inclusion Grant (LIIG) to implement a comprehensive course for immigrant entrepreneurs who want to start or grow a business. This funding is in partnership with FIELD (Farmworker Institute of Education and Leadership Development) and the Bakersfield College Launchpad.

Kern County and FIELD's Career Technical Pathway in Business Management will utilize \$250,000 to support a tailored program aimed at enhancing the entrepreneurial skills of immigrant residents and improving their quality of life.

**If interested, please visit <https://www.kerncounty.com/government/county-administrative-office/cao/economic-development/pathways-to-prosperity>.**



Aleah Washington with her student, Ty Pinchem of Murray Middle School, Ridgecrest, California. PHOTO COURTESY [WWW.HONORED.ORG](http://WWW.HONORED.ORG)

## Ridgecrest Teacher Wins National Teaching Award

Ridgecrest teacher Aleah Washington, a resource specialist at Murray Middle School, was recently awarded the prestigious Honored National Teaching Award for January 2025. She received a \$5,000 cash award and was featured on Inspiring Teachers: The Honored Podcast.

Washington is celebrated for her ability to create meaningful relationships with her students while fostering academic success. Her creative approach to teaching helps students see their potential beyond challenges. She was nominated for the Honored Award by one of her students, Ty Pinchem, and Ty's mom Jocelin. Ty's passion for football has become a foundation for his academic growth. He shared, "Ms. Washington would incorporate football and learning to make information click. For me, she would say that if I practice football to get better, that is the same with school. It made me look at school different."

**For more information about Honored, visit [honored.org](http://honored.org). To nominate a teacher, visit [honored.org/nominate](http://honored.org/nominate).**

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## Fluoride Fight: New Study Raises Safety Concerns

A new report once again raises the question of whether there is a link between fluoride in drinking water and lower IQ levels in children. A recent study published in JAMA Pediatrics reviewed 74 other studies exploring how the mineral may affect children’s IQ levels and found a statistically significant association between higher fluoride exposure and lower children’s IQ scores. According to Kyla Taylor, author of the study and a health scientist at the National Institute of Environmental Health Studies, results showed “the more fluoride a child is exposed to, the more likely that child’s IQ will be lower than if they were not exposed.”

The researchers did not suggest that fluoride should be removed from drinking water. According to the study authors, most of the 74 studies they reviewed were low-quality ones. All were done in countries other than the United States, such as China, where fluoride levels tend to be much higher than in the U.S.

Dentists worry the findings will be potentially damaging to public health. Health experts say that in areas where fluoride has been removed dental decay rates have increased dramatically. Major public health groups, including the CDC, American Academy of Pediatrics, and the American Dental Association all support the use of fluoride in water.

## FDA Bans Red Dye No. 3 in the US

The US Food and Drug Administration has banned the use of red dye No. 3 in food, beverages, and ingested drugs due to cancer links found in animals. Known chemically as erythrosine, this synthetic color additive is used to give products a bright cherry-red color. Some companies use red dye No. 40 as an alternative, but California banned it in public schools due to behavioral concerns in children.

The ban follows a petition by advocacy groups like the Center for Science in the Public Interest and the Environmental Working Group, citing cancer links. The FDA’s decision mirrors California’s October 2023 ban. Manufacturers using red dye No. 3 have until January 2027 (food) and January 2028 (ingested drugs) to reformulate their products.



## Popular Foods that can Compromise Heart Health

February is National Heart Health Month, a perfect time to focus on cutting out foods that can increase your risk for cardiovascular diseases. Here are a few foods that might be delicious but have a reputation for compromising heart health:

**Bacon:** High in cholesterol and saturated fat, bacon is a no-go for heart-healthy diets. A single slice of uncooked bacon typically contains 110 calories.

**Red Meat:** Red meat is high in saturated fat, though the content varies depending on the cut and type. Grass-fed beef contains less saturated fat than grain-fed,



and lean cuts like sirloin are better choices.

**Baked Goods:** Cookies, cakes, and muffins can elevate triglyceride levels, which can lead to hypertriglyceridemia, harming the heart and blood vessels.

**Processed Meats:** Foods like sausage, hot dogs, and deli meats are high in salt and saturated fat. A 2021 study in The American Journal of Clinical Nutrition found that consuming over five ounces of processed meat per week increases cardiovascular disease risk by 46%.



## Calcium's Role in Reducing Cancer Risk

A UK study found that consuming more calcium, equivalent to a glass of milk a day, reduces bowel cancer risk. Calcium may protect against bowel cancer by binding to bile acids and free fatty acids in the colon, lowering their carcinogenic effects.

Researchers analyzed the diets of over half a million women for 16 years, finding that calcium-rich foods like bread, dark leafy greens, and non-dairy milks also had a protective effect. High alcohol and processed meat consumption, however, increased the risk. The study, from

Oxford University and Cancer Research UK, reported that an additional 300mg of calcium daily lowers risk by 17%, while more alcohol and processed meat raise the risk by 15% and 8%, respectively.

Dr. Lisa Wilde from Bowel Cancer UK highlights that half of bowel cancers could be prevented with healthier lifestyles. Non-dairy calcium sources like broccoli or tofu can also reduce risk.

**To learn more about this research and the benefits of calcium, visit <https://www.bbc.com/news/articles/cj90m4errlgo>**



## Sweet Potatoes: A Real Spud

Sweet potatoes pack a nutritional punch year-round. One cup of baked sweet potatoes provides 213% of the recommended daily value of vitamin A, promoting a healthy immune system. They are also high in vitamin C, offering 44% of

the daily intake per cup, which supports a strong immune system and lowers the risk of diseases like heart disease and cancer. Sweet potatoes contain both soluble and insoluble fiber, promoting gut health by remaining in the digestive tract.

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# Baking Up Love: Readers Reflect on Family Baking Moments

**FEBRUARY IS NATIONAL BAKE FOR FAMILY FUN MONTH.** We asked our readers to share what they like to bake together. A selection of their answers is included below.

## Q. What is your favorite dish or dessert to bake with your kids?



My older son learned how to make fettuccine alfredo and we've made it together — it's better than any version I've made before! He's an amazing chef!

- *Johnnie Lisuk*



PHOTO BY TESSA WARNER PHOTOGRAPHY WWW.TESSAWARNER.COM

We like baking Christmas cookies together. We have matching Christmas aprons and all of the fun cookie cutters; gingerbread man, candy cane, star, snowflake, and Santa's boot that she always calls a cowboy boot!

- *Angie Barnes*

Our kids love baking but our go-to is to make brownies and top it off with some ice cream!

- *Wendy Hernandez*

I love to spend quality time making memories while baking cookies with family

- *Cassie Deras-Coker*

My grandkids and I love to make pigs-in-a-blanket. They like to make the ones they are going to eat. They roll out the crescent rolls and roll that little piggy in snug.

- *Bobbie Bishop*

Ice cream sandwiches! We'll bake the cookies using premade cookie dough and once they're done, we let them cool off just a little bit and then add the ice cream.

- *Courtney McMahon*



We love to make cake pops.

- *Lenora Alvarado*



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Cindy Huge has been a volunteer with the American Red Cross's Kern County & Eastern Sierra Chapter for 12 years. Cindy has served 45 volunteer deployments nationwide. PHOTOS COURTESY CINDY HUGE

# HELLO, HAPPY VOLUNTEERING MAMA

**F**ear and uncertainty have loomed large over the recent fires in Los Angeles County. Coordinated aid from state agencies and nonprofits in Kern County have joined national efforts to help those affected. Cindy Huge, a volunteer with the American Red Cross's Kern County & Eastern Sierra Chapter, shared about the organization,

along with her hope-filled perspective. Cindy has been an American Red Cross volunteer for 12 years. She serves in multiple capacities, including as a public information officer, national spokesperson and chaplain.

"We have so many different functions within the American Red Cross," said

Cindy. "Volunteering is my way to give back to my community, that definition of 'community' being broad-based throughout the U.S."

Cindy believes her life experiences have contributed to her aptitude to volunteer.

Originally from a suburb of Cleveland, Ohio, Cindy has been married to her husband, Russ, for 44 years. They are the parents of three adult sons, with five grandchildren and counting.

Cindy was a board-certified respiratory therapist for 19 years before moving to Kern County in 1994 with Russ's job as an operations manager and engineer for a roofing company. Through her children's PTA, she made a professional contact that led to working as a radio personality for 11 years with American General Media, skills she still uses.

"When I retired, I didn't know what direction I wanted to take my life," said Cindy. "A friend suggested I volunteer with the American Red Cross. Our local radio and TV stations in town are wonderful in helping us spread the word."

Cindy has served 45 volunteer deployments nationwide, as close to home as the Borel fire and as far away as Puerto Rico. At the time of this interview, Cindy was preparing to help with the situation in Los Angeles County.

"The American Red Cross cares for everyone. Volunteers come from every walk of life and we all have one core value: we care about people and want to help, with no judgment," said Cindy. "Our work helps people find a connection point and move forward."

## DISASTER RESPONSE Q&A

### Q. How can families prepare for an emergency?

Think through your plan and logistics. Talk together about what you would do, depending on the emergency. Designate a gathering place to meet and make sure every household member knows where it is. You are going to evacuate, with your family members, when you are told to evacuate. Decide where you would go. Visit [RedCross.org](https://www.RedCross.org) for our list of shelters. Have a "go bag" packed in your home and one in your car with essentials.

Also, set aside time now to take pictures or videos of your house or apartment so you can know what you had for insurance purposes.

**Q. What should the public know about the work of the American Red Cross?**

Our volunteers also respond to private home fires and other situations at the request of the family or the fire department. Your insurance agent may not pick up the phone at 3 a.m. but the American Red Cross is 24/7. Within 24 hours of being notified, we have a volunteer caseworker asking how their needs are being met. They can coordinate access to a nurse to help replace medication, arrange for professional counseling and more.

**Q. How can the public best support the work of the American Red Cross's Los Angeles fire response effort?**

The best support to offer is financial. We are not collecting material goods at this time. Donate online and get volunteer information at RedCross.org.

**Q. How do you find hope and continue volunteering after seeing so many adverse experiences while helping others?**

It helps to have a husband who is also an American Red Cross volunteer. Additionally, I receive support from my church community at St. John's Lutheran. I text with my pastor during deployment and with friends. I usually come home and sit for a few days quietly to reflect and write down some of the stories.

**PARENTING ADVICE Q&A**

**Q. What advice do you have for parents raising young children?**

Have good routines and clear expectations. Take the time to sit down and listen. Children don't have to have the latest gadget; they just want to spend time with you. Hardest of all, have patience.

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

Bakersfield is a hidden jewel because of the exposure to so many other people,



Cindy has been married to her husband, Russ, for 44 years. They are the parents of three adult sons, with five grandchildren and counting.

**Fill-in-the-blank questions:**

**I'm always laughing at:** Myself.

**The first thing I do when I wake up is:** Say "Good morning" to my husband.

**My favorite food is:** Spaghetti.

**My favorite dessert is:** Chocolate cake.

**The best book I've read lately is:** "The Art of Listening" by Erich Fromm.

**So far, my best life advice is:** Love one another and help each other.

cultures and customs. Help find your child's passion — even when it is not necessarily yours — for sports, art, music or what they enjoy.

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

Love your children unconditionally.

# HELLO HAPPY MAMA CONTEST

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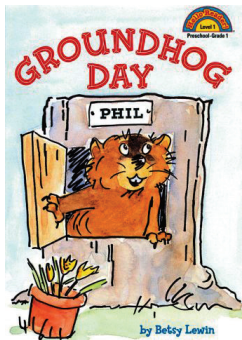
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# Get to Know a Groundhog — And His Shadow!

**FEBRUARY 2 IS GROUNDHOG DAY** — the day when we discover if there will be six more weeks of winter or an early spring. According to folklore, the U.S. tradition springs from a Pennsylvania Dutch superstition that if a groundhog emerges from its burrow and spots its shadow, it will retreat to its den and winter will continue for an additional six weeks. If he emerges and doesn't see his shadow, we can count on an early spring. Whether you plan to celebrate the folklore forecast or not, here are some great reads about groundhogs:



## Groundhog Day

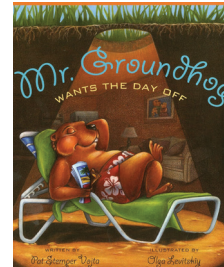
By Betsy Lewin  
\$14; Ages 2-6  
Publisher: Scholastic Trade  
Amazon.com  
This early reader book takes kids on an adventure where the true relationship between groundhog Phil and his shadow.



## Groundhog Day Adventure

By Justin Derames  
\$7.99; Ages 3-8  
Publisher: Independently published  
Amazon.com  
This beautifully-illustrated brand new book tells

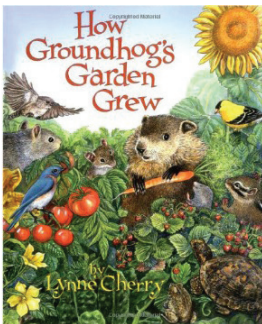
the story of a lovable groundhog who accidentally misses the Groundhog Day celebration.



## Mr. Groundhog Wants the Day Off

By Pat Stemper & Olga Levitskiy  
\$11.99; Ages 9-12  
Publisher: Unknown  
Amazon.com

Mr. Groundhog is done with his weather forecasting job—too much drama—so he tries to get a friend to take over. In the process, he realizes he may indeed be the best animal for the job.



## How Groundhog's Garden Grew

By Lynne Cherry  
\$9.91; Ages 3-6  
Publisher: Blue Sky Press  
Amazon.com

Little Groundhog has been making trouble stealing from his friends' gardens, so his buddy, Squirrel, teaches him how to plant and grow his own food. The result: a grand feast.



## Facts About the Groundhog

By Lisa Strattin  
\$9.99; Ages 3-10  
Publisher: Independently Published  
Amazon.com

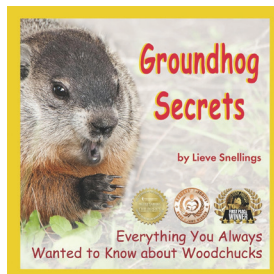
Find out all about the real groundhog in this picture book chock full of facts about the rodent.



## 50 Groundhogs Coloring Pages

By Janelle Parkton  
\$7.95; All ages  
Publisher: Independently published  
Amazon.com

Grab your crayons or colored pencils and celebrate Groundhog Day with some relaxing art! This book has 50 images plus facts. Color and learn!

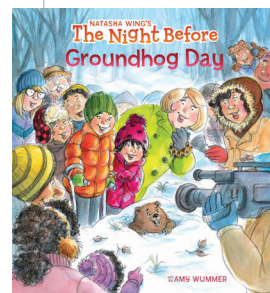


## Groundhog Secrets: Everything You Always Wanted to Know About Woodchucks

By Lieve Snellings

\$13.25; Ages 8-10  
Publisher: CreateSpace Independent Publishing  
Amazon.com

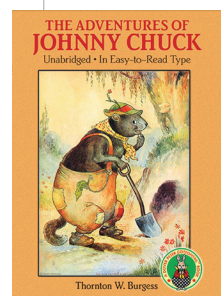
Margot, a wise woodchuck (aka groundhog) takes you into the world of groundhogs, squirrels and chipmunks. Discover all about the family of rodents with photos and more.



## The Night Before Groundhog Day

By Natasha Wing & Amy Wummer  
\$5.99; Ages 3-6  
Publisher: Grosset & Dunlap  
Amazon.com

It's coming! Groundhog Day! This tells the whole tale in rhyme.



## The Adventures of Johnny Chuck

By Thornton W. Burgess  
\$5; Ages 8-14  
Publisher: Dover Publications  
Amazon.com

Author and conservationist Burgess teaches important lessons through stories about wildlife. This book tells the story of Johnny Chuck, who gets into many adventures as he learns about life.



## Serious Nonsense: Groundhog Lodges, Versammlinge and Pennsylvania German Heritage

By William W. Donner  
\$29.95; Ages teen-adult  
Publisher: Penn State University Press  
Amazon.com

If you want the real history of Groundhog Day, this is the book. Go inside Pennsylvania German cultural practices and discover the origins and traditions.





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#### VITA at Lamont Library



8304 Segreue Rd  
Lamont, CA 93241

#### VITA at Arvin High School



900 Varsity Rd  
Arvin, CA 93203

#### CAPK VITA Main office:



300 19th St  
Bakersfield, CA 93301

Need to book an appointment?  
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1(800)-273-2275

#### VITA at Buttonwillow



42600 CA-58  
Buttonwillow, CA 93206

#### Vita at Frazier Park



3015 Mt Pinos Way #201  
Frazier Park, CA 93225



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> edwardjones.com | Member SIPC



## Feeling like you paid too much in taxes this year?

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Bakersfield, CA 93308  
661-843-7296



**Freddie Vigil**  
Financial Advisor  
3100 19th St Suite 150  
Bakersfield, CA 93301-3119  
661-404-4242



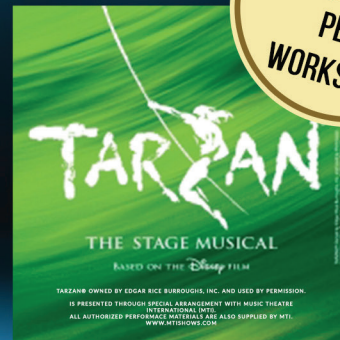
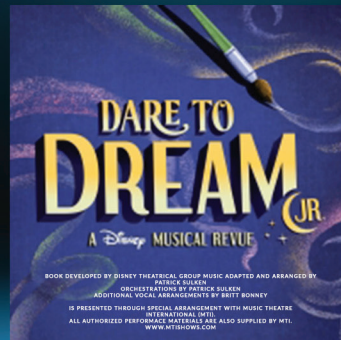
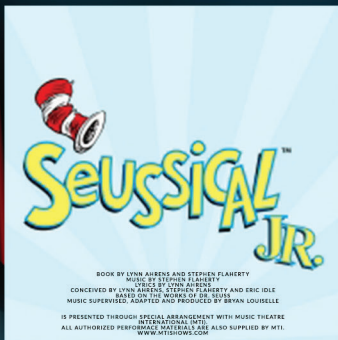
**Julianne Finch**  
Financial Advisor  
3100 19th St Suite 150  
Bakersfield, CA 93301-3119  
661-404-4242



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OF KERN COUNTY

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## SUMMER 2025

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THREE SPECTACULAR SHOWS TO CHOOSE FROM:  
DIRECTED BY JILL BURDICK AND FRANK SIERRA



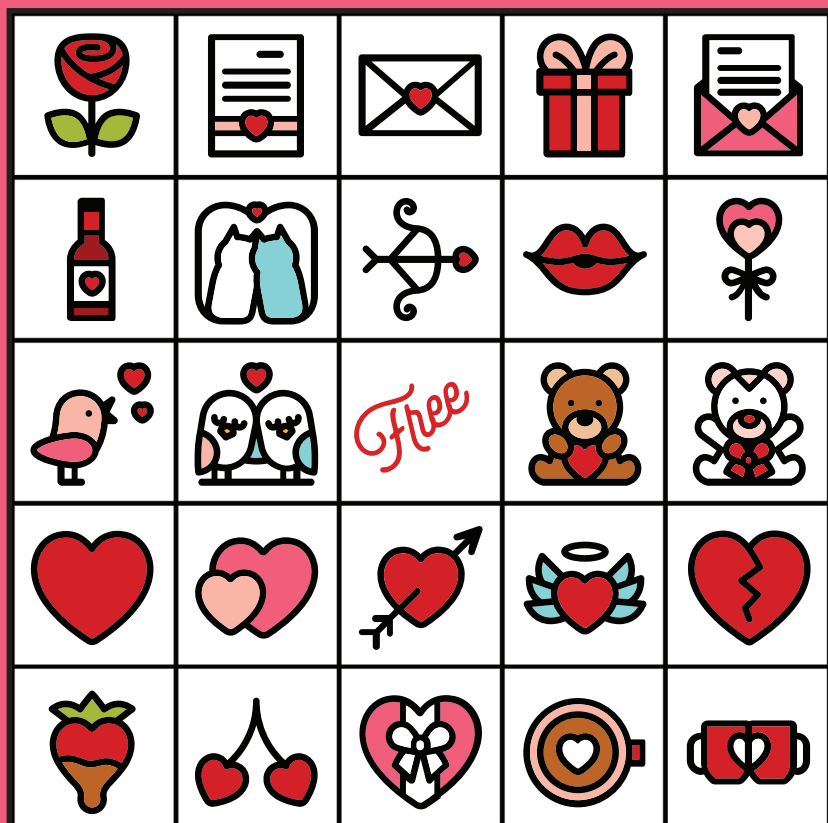
**THE EMPTY SPACE**  
setting theatre free • [ESONLINE.ORG](http://ESONLINE.ORG)



# Roses, Hearts, Candy, Cupid, Chocolate - BINGO!

**THAT'S RIGHT, THIS ISN'T YOUR TYPICAL GAME OF BINGO.** A lovey-dovey twist on a classic game! Put smiles on your little loves faces this Valentine's Day with Valentine Bingo. Ending with some sweet prizes that your kids will LOVE! This activity is fun and easy even for younger sweethearts. Get started by crafting your very own bingo cards with this easy step-by-step guide and start playing!

## Valentine's Day BINGO!



### Materials Needed

- Bingo cards (create by using cardstock or print them out)
- Valentine's-themed images (hearts, cupids, roses, chocolates, etc.)
- Scissors, markers or crayons, and glue or double-sided tape
- Small objects to use as Bingo markers (buttons, candies, or stickers)
- A container to hold the images for drawing (a bowl or a bag)

### Instructions

#### 1. Creating Bingo Cards

- Draw or print a 5x5 grid on each bingo card.
- In each square of the grid, place a different Valentine's-themed image. You can draw these, use stickers, or print and cut out images.
- Mix up the order of the images on each card so that no two cards are exactly the same.

#### 2. Prepare the Images for Drawing

- Print or draw small versions of the Valentine's-themed images and cut them out. These will be used for drawing during the game.
- Place the cut-out images into the container.

#### 3. Game Setup

- Give each child a Bingo card and a handful of markers (buttons, candies, or stickers) and explain the rules.
- Rules: When an image is drawn, place a marker on the corresponding image on the bingo card. First one to get a full row, column, or diagonal shouts "Bingo!" and wins a prize.

#### 4. Start the Game

- Draw one image at a time from the container, show it to the kids, and allow them to place a marker on the corresponding image on their bingo card.
- Continue drawing and marking until someone gets Bingo!

#### 5. Prizes and Fun

- Have small prizes ready for the winners and encourage the kids to cheer for each other and celebrate all winners.
- Prizes can be cute plush toys, colorful pens & notebooks, candy or chocolate, heart-shaped jewelry, and Valentine-themed stickers, coloring books, or temporary tattoos.

## Valentine Twist on a Classic Dessert

**THIS UNIQUE AND UNBELIEVABLY** easy Strawberry Matcha Tiramisu recipe is made with matcha soaked lady fingers, creamy mascarpone mixture and layers of fresh California strawberries. It requires no baking and can be made in advance.



### Strawberry Matcha Tiramisu

Yield: 1 Tiramisu "Cake"

#### INGREDIENTS

2 cups sliced strawberries (1 pint)	½ tsp vanilla extract
½ cup heavy whipping cream	½ cup cold matcha
1 cup mascarpone cheese	24 ladyfingers
½ cup confectioners' sugar	

#### DIRECTIONS

Wash and slice strawberries. Prepare your matcha as per instructions and let it cool.

In a medium bowl, combine cream, sugar, and vanilla extract. Beat with an electric mixer or stand mixer on medium-high speed for 1 to 1 ½ minutes until smooth and thickened. gently fold in mascarpone.

Dip each ladyfinger in cooled matcha for a few seconds on each side to coat them. Line the ladyfingers in a single layer, in the bottom of a 8"x 8" or similarly sized baking dish.

Spread half of the mascarpone mixture over the ladyfingers and layer with half of the sliced strawberries.

Repeat with the remaining ladyfingers, mascarpone mixture, and another layer of sliced strawberries.

You can also assemble individual portions - layer 3 soaked lady fingers on a plate, add a layer of mascarpone mixture and a layer of sliced strawberries, and repeat.

Cover and chill at least 8 hours or overnight.

Recipe by Jen Zigizmund

[www.californiastrawberries.com/strawberry-matcha-tiramisu/](http://www.californiastrawberries.com/strawberry-matcha-tiramisu/)

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- Resources for caregivers including crisis counseling and support group

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## From Poop to Planning: A Mom's Journey with AI

I had just spent hours researching how to get to all the destinations on my child's bucket list for a fantasy trip to Japan. Finally, I just gave ChatGPT the list. Within seconds, it spit out an itinerary. Then I changed the arrival airport, and it updated my itinerary. Upon request, it also gave me a budget and told me which week I should go based on my preferences. I then asked for more downtime, and it delivered.

I'm not saying I'm going to blindly follow artificial intelligence to book a trip of a lifetime. But I think I just saved about seventy hours of research time.

Which made me think... maybe it could write my story for me.

And it turned out that ChatGPT got a lot of things right. It started my story this way:

"When I first became a parent, I had visions of perfection. My child would eat organic vegetables, say 'please' and 'thank you' like a Victorian gentleman, and sleep through the night. I bookmarked homemade baby food recipes and told myself I would never let my kid watch YouTube. Fast forward to today, and I've served Goldfish crackers for breakfast [and] my child once yelled 'POOP!' across Target just to hear it echo."

The only fiction in that introduction is that yelling "poop" never needed a reason. Ashley yelled that regardless of whether or not she could get an echo out of it. Daily. From age four to six. (Also a few other words I almost wrote down before I remembered that I can't.)

ChatGPT continued, "I now wake up to the sound of someone three feet tall breathing directly into my face like a pint-sized villain asking for waffles." Not exactly, but speaking of waffles, I did once ask a two-year-old child of mine if she wanted waffles or eggs for breakfast, and she said, "hot dogs." Also, once when I could not get another two-year-old back to sleep in the middle of the night, after hours of rocking and singing and pacing and vacuuming and baby wearing and driving in the car, she finally looked at me, at 4am, and said, "Mom, it's no use. I'm not tired. Let's just have a party right now."

Chat GPT next described how parents bribe their children: "One bite of egg, then you can have half a cookie!" In our family, the line was, "chicken, chicken, chip," meaning, take two bites of chicken, then you may have one chip. My chicken-chicken-chip girl is now a teenager and laughs at this story about herself — BUT DOES REMEMBER trying to change the rule to "chip-chip-chicken."

The artificial intelligence thought that naps "make you believe you can survive the day." If only I'd had a child who napped. Or slept at night. Or slept at all. At any point. Ever.

We did not quite have these ChatGPT inspired moments, either: "The thing about parenting is that you're constantly making up rules you didn't think would ever need to exist. 'We don't lick the dog.' 'No, you cannot trade your sister for a cookie.' Instead, it was, "We do not put stamps on the dog," after my toddler used an entire roll of 100 stamps all over the dog. And my other toddler once said, after seeing me pay for groceries, "Maybe Grandma can buy me. She can give you money, and then I can live at her house." Nice.

So I guess I'll keep writing my own stories and use technology for things like planning my child's fantasy trip to Japan.

## QUALITY EARLY CHILDHOOD EDUCATION



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- ✓ Physical Development
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Head Start is a comprehensive child development program for low-income families and children with disabilities. We are focused on supporting all areas of development and working with families every step of the way to ensure children are ready to enter kindergarten.

Your child can qualify for Head Start as early as **6 weeks old**, and we offer healthy and nutritious food made in house, as well as plenty of family engagement activities to help you in your journey of parenthood, including services for pregnant women.

**We take ages 0 to 5**



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And subscribe to our weekly newsletters, and enter our Win On Wednesday contests and giveaways each month.

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# Happy Valentine's Day



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2808 Union Ave.  
661-325-3411

Smith's Bakery in  
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11400 Ming Ave.  
661-663-8611

Smith's Bakery in  
Brookside Marketplace  
8803 Camino Media  
661-654-0858

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

Smith's Bakery in  
Sully's Chevron  
9709 Olive Dr.  
661-695-9713

Smith's Bakery in  
Shell Station  
CA-178  
661-855-7000

Smith's Bakery  
Stockdale  
in Sully's Chevron  
250 Coffee  
661-885-9705

Smith's Bakery  
Buena Vista  
in Sully's Chevron  
4833 Buena  
Vista Rd.  
661-885-6024

Smith's Bakery in  
Sinclair Station  
4700 Coffee Rd.  
661-588-2070

Smith's Bakery  
Sully's Heath Rd.  
16010 Stockdale Hwy.  
661-310-1497



# Celebrate Black Women Scientists This Black History Month

**CELEBRATE BLACK HISTORY MONTH** with five engaging and educational at-home activities inspired by the remarkable contributions of pioneering Black women scientists. Through hands-on projects, honor the achievements of Katherine Johnson, Shirley Ann Jackson, Mary Jackson, Dorothy Vaughan, and Gladys West while exploring the wonders of STEM. Learning about these scientists is crucial, as their groundbreaking work has significantly shaped our world and continues to inspire future generations. Let the adventures in learning begin!

1

## Katherine Johnson

**Orbital Mechanics: Activity:** Create a DIY planetarium. Use a dark room, a flashlight, and a piece of cardboard with holes punched in the shapes of constellations. Learn about the different planets and their orbits around the sun.

**Inspiration:** Discuss Katherine Johnson's role in calculating orbital mechanics for NASA and how those calculations helped send astronauts into space.

4

## Dorothy Vaughan

**Computer Programming: Activity:** Introduce basic coding to kids using fun, online platforms like Scratch. Create simple animations or games and explore the basics of programming logic.

**Inspiration:** Explain how Dorothy Vaughan led a team of "human computers" at NASA and later became an expert in FORTRAN programming language.

2

## Shirley Ann Jackson

**Physics Experiments: Activity:** Conduct simple physics experiments at home. For example, explore the principles of buoyancy with a homemade density column using oil, water, and syrup.

**Inspiration:** Share Shirley Ann Jackson's journey as a physicist and how her work in theoretical physics has had a lasting impact on science.

5

## Gladys West

**GPS and Mapping: Activity:** Create a treasure map and use coordinates to hide and find treasures around the house or yard. Teach kids about GPS technology and how it helps us navigate.

**Inspiration:** Share the story of Gladys West and her work on developing the technology that led to the Global Positioning System (GPS) we use today.

3

## Mary Jackson

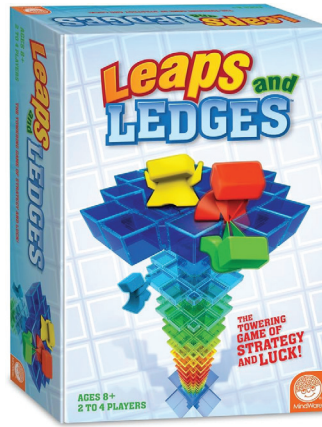
**Aerodynamics: Activity:** Build paper airplanes and test different designs to see which one flies the farthest. Discuss the principles of aerodynamics and why certain designs are more effective.

**Inspiration:** Talk about Mary Jackson's work as an aerospace engineer and her contributions to the U.S. space program.



# WE LOVE IT!

By Leslie Carroll



## Leaps and Ledges

Take friendly competition to a new level as you race your opponents to the top of this colorful tower! Leaps and Ledges™ puts a twist to the traditional board game with its intriguing design—sending daring players up and down instead of around.

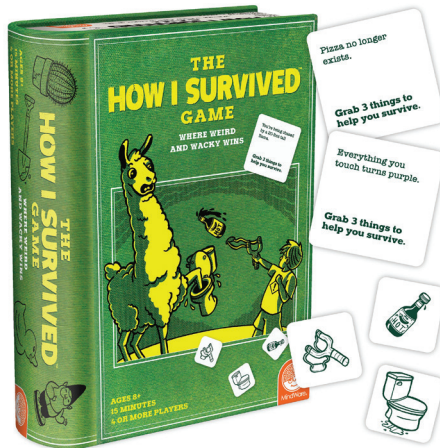
Ages 8 and up. **\$19.95**, [www.mindware.orientaltrading.com/](http://www.mindware.orientaltrading.com/)

**BABY, IT'S COLD OUTSIDE!** February is the perfect time to bundle the little ones for outside fun or to cuddle up in front of the fire with your loved ones for a little friendly competition. Check out these fun ideas and enjoy some intentional family time this month.

## How I Survived Game

Your bed is floating in an ocean! Your dog turned into a zombie! How will you survive? To play, the judge for the round draws a scenario card and reads the ridiculous scenario out loud. You'll have to stretch your imagination to create your own survival plan.

Ages 8 and up.  
**\$24.95**, [www.mindware.orientaltrading.com/](http://www.mindware.orientaltrading.com/)



## Qwirkle Gift Pack

A simple game of matching colors and shapes: a must-have for your next family game night! Players score points by building rows and columns of brightly-colored tiles that are either all the same color or all the same shape, without creating duplicates; create a line of all six in a row, and you score a "Qwirkle."

Ages 6 and up.  
**\$19.95**, [www.mindware.orientaltrading.com/](http://www.mindware.orientaltrading.com/)



## Slappy Camper

Race to stock up your camper! Flip the cards to see what camping gear you can pack next, then use your marshmallow slapper to smack the matching card on the table. Slap the wrong card and you may find yourself unpacking! Be the first to fill your camper with no extra spaces – it's harder than it looks!

Ages 5 and up. **\$26.95**,  
[www.mindware.orientaltrading.com/](http://www.mindware.orientaltrading.com/)



## Feltman Brothers Boys Diamond Jacquard & Girls Pleated Trim Knit Set

Searching for that perfect winter outfit for your little one? Look no further than these vintage-inspired knit sets from Feltman Brothers! Timeless and beautiful, these knit outfits are just the thing for your loved one this winter!

**Boys Set (up to 5T), \$69.95 & Girls Set (Up to 4T), \$74.95**, <https://feltmanbrothers.com/>





**BLACK HISTORY MONTH**

## FEBRUARY 1

### 25th Annual Teacher Recruitment Fair

Sponsored by the KCSOS Office, this is the county's largest gathering of school district recruiters in one location. It is an excellent opportunity for those who are credentialed, intern eligible or interested in teaching to see what positions or anticipated future openings may be available in the 2025-2026 school year.

**9 a.m. – 12 p.m.**

Larry E. Reider Education Center  
2000 K St.  
Bakersfield, CA  
<https://kern.org/>

### 29th Annual Teacher Job Fair

BCSD's 29th Annual Teacher Job Fair! Anticipated Positions for the 2025-2026 School Year: Multiple Subject, Single Subject, Special Education, Speech Pathologist, TK Teacher, and Substitute Teacher.

**8 a.m. – 2 p.m.**

Downtown Elementary School  
2021 M St.  
Bakersfield, CA  
<https://go.bcsd.com/udj>

### Family Matinee Concert: Video Games & Movie Music

Fun for the whole family! Adventure through music from popular video games and movies! Costumes encouraged! Arrive early for free desserts, children's art activity, and photo opportunities.

**2 p.m.**

Mechanics Bank Theater



# February

1001 Truxtun Ave.  
Bakersfield, CA  
<https://www.mechanicsbankarena.com/events-tickets/>

## FEBRUARY 2

### Groundhog Day



## FEBRUARY 6

### Spring Volunteer Fair

Interested in volunteering? Representatives from non-profit organizations will visit CSUB to share information about their organization and available opportunities.

**12 – 2 p.m.**

CSUB Student Union patio  
9001 Stockdale Hwy.  
Bakersfield, CA



25th Annual Teacher Recruitment Fair, Sponsored by the KCSOS Office, takes place February 1 from 9 a.m. to 12 p.m. at the Larry E. Reider Educational Center in Bakersfield. PHOTO COURTESY KERN.ORG

<https://www.csub.edu/eventscalendar/>

## FEBRUARY 8

### 1st Annual Kids Outdoors Trout Derby

Bakersfield Kids Outdoors Trout Derby will have over 1500 pounds of Rainbow and Lightening Trout stocked

in both lakes. 1st, 2nd, and 3rd place trophies for all age groups, a raffle, breakfast burritos, coffee, hot chocolate, and much more.

**6 a.m. – 12 p.m.**

The Park at River Walk  
11298 Stockdale Hwy.  
Bakersfield, CA  
<https://www.facebook.com/people/Bakersfield-Kids-Outdoors/61557264210990/>



# 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)

## 28th Annual Father-Daughter Valentine Dance

Girls of all ages are encouraged to bring their dad, grand-dad, uncle, or other significant male in their life to celebrate this special relationship. Enjoy dancing, refreshments, photos, fellowship, door prizes, and a chance to win a \$500 Disney Gift Card.

**5 – 8 p.m.**

First Presbyterian Church  
1705 17th St.  
Bakersfield, CA  
<https://fpbchurch.com/>

## CSUB Valentine's Run

Run/walk event on campus consisting of 5k and 10k distances. Event supports Kinesiology student club activities.

**8– 10 a.m.**

CSUB Old Gymnasium 114  
9001 Stockdale Hwy.  
Bakersfield, CA  
<https://www.csub.edu/events/calendar/>

## FEBRUARY 11

### Randy Travis: More Life Tour

The “More Life Tour” is a celebration of Randy Travis’s legendary career, featuring the exceptional talent of guest vocalist James Dupré. This unique tour brings together Travis’s original touring band with Dupré’s captivating voice to deliver an unforgettable experience.

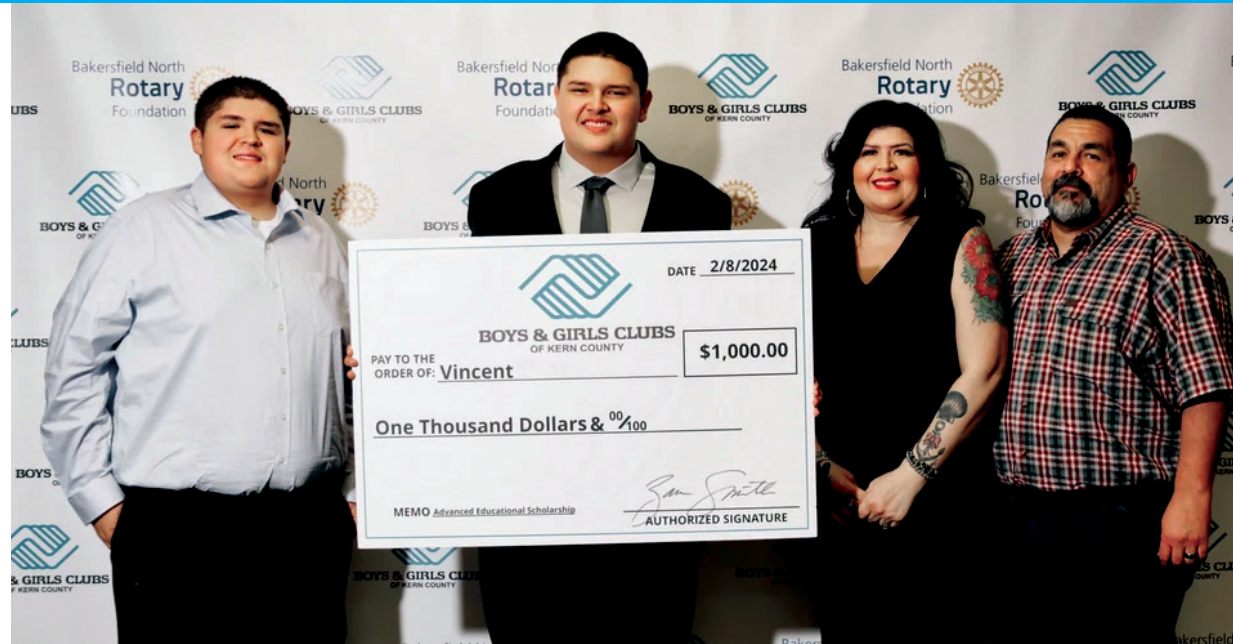
**6:30 p.m.**

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

## FEBRUARY 13

### Boys & Girls Clubs of Kern County's Youth of the Year Legacy Gala

BGCKC will introduce the Club's 2025 Youth of the Year, induct a new member to the Legacy Board of Directors and hear a special keynote



Vincent, with his family, was one of the recipients who received a scholarship at last year's Gala. PHOTO COURTESY LETTRATTO

address from special guest, Chief Lyle Martin. Evening will also include dinner by Mossman's Catering, and entertainment from their award-winning youth performance group, Music Fusion.

**5 p.m.**

E.L. Jack and Monica Armstrong  
Youth Center  
801 Niles St.  
Bakersfield, CA  
<https://www.bgckc.org/legacygala>

### Mariachi Vargas De Tecalitlán

Don't miss your chance to enjoy an evening of mariachi by the world-renowned group, Mariachi Vargas de Tecalitlán.

**6:30 p.m.**

Mechanics Bank Arena  
1001 Truxtun Ave.  
Bakersfield, CA  
<https://www.mechanicsbankarena.com/events-tickets/>

## FEBRUARY 14



### Harlem Globetrotters Tour 2025

See what fans love about the Harlem Globetrotters plus more as the world-famous Globetrotters level-up every game with all-new, exciting challenges in 2025!

**7 p.m.**

Mechanics Bank Arena  
1001 Truxtun Ave.  
Bakersfield, CA  
<https://www.mechanicsbankarena.com/events-tickets/>

## FEBRUARY 15

### Valentine's Wine Walk

All of Tehachapi's award-winning vineyards will be pouring their best wines in Historic Downtown Tehachapi shops. Enjoy 10 tastings from multiple locations, live

music, snacks, fun activities, unique shopping, and hand-crafted local chocolates while exploring Tehachapi's beautiful downtown area.

**12 – 5 p.m.**

Downtown Tehachapi  
116 E. Tehachapi Blvd.  
Tehachapi, CA  
<https://tehachapi.com/>

### 2X Monster Truck Live Tour

Experience an adrenaline-fueled show as high-flying monster trucks - including some of the biggest names in the business - compete in nonstop ground-pounding competition.

**12 – 4 p.m.**

Tehachapi Event Center & Rodeo Grounds  
Tehachapi, CA  
<https://www.2xmonstertrucks.com/tickets>



## FEBRUARY 17 Presidents' Day



7 – 9 p.m.  
Historic Bakersfield Fox Theater  
2001 H St.  
Bakersfield, CA  
<http://thebakersfieldfox.com/>

## FEBRUARY 22 20th Annual Black History Month Parade

Celebrate Black History Month at the 20th Annual Black History Month Parade, presented by The Bakersfield Black American History Parade Committee.

10 a.m. – 3 p.m.  
21st & V St.  
Bakersfield, CA  
<https://www.facebook.com/BakersfieldBlackAmericanHistoryParade/>



Celebrate Black History Month at the 20th Annual Black History Month Parade on February 22. The parade steps off at 10 a.m. PHOTO COURTESY [WWW.FACEBOOK.COM/BAKERSFIELDBLACKAMERICANHISTORYPARADE/](http://WWW.FACEBOOK.COM/BAKERSFIELDBLACKAMERICANHISTORYPARADE/)

## FEBRUARY 18 World Ballet Company: The Great Gatsby

Step into the jazzy world of the roaring twenties with this new production. See the glitz, glamor, and tragic romance of F. Scott Fitzgerald's timeless novel LIVE on stage, featuring a multinational cast of professional ballet dancers, lustrous hand-crafted costumes, and lavish, groundbreaking sets.

6 p.m.  
Historic Bakersfield Fox Theater  
2001 H St.  
Bakersfield, CA  
<http://thebakersfieldfox.com/>



## Seven Oaks Block Party

A vibrant display of community spirit, the residents of Seven Oaks look forward to the return of the annual community Block Party. Enjoy food trucks, bounce houses, face painting, artisan shopping, and more!

9 a.m. – 1 p.m.  
The Shoppes at Seven Oaks  
Business Park  
Buena Vista Road



World Ballet Company presents 'The Great Gatsby,' a new ballet coming to the Historic Bakersfield Fox Theater February 18. PHOTO COURTESY WORLD BALLET COMPANY

## FEBRUARY 21 Bored Teachers: "The Struggle Is Real!" Comedy Tour

Bored Teachers are BACK with all new material on their "The Struggle is Real!" Comedy Tour. The Bored Teachers Show is a comedy powerhouse that anyone who's ever been in a classroom can relate to.

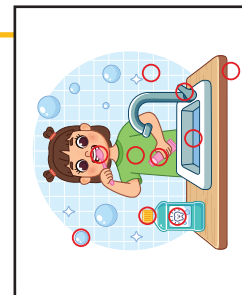
# ACTIVITY CORNER ANSWERS

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

- CROSSWORD
- 1. Heart
  - 2. Antidote
  - 3. BP
  - 4. Pumping
  - 5. OK
  - 6. Attack
  - 7. Campus
  - 8. Pain
  - 9. Vessel
  - Across
  - Down



WORD SEARCH SPONSORED BY:



& Bolthouse Dr.  
Bakersfield, CA  
[https://www.visitbakersfield.com/  
events/seven-oaks-block-party/](https://www.visitbakersfield.com/events/seven-oaks-block-party/)

### Southwest Market

Come eat and shop with local small businesses!

**5 – 9 p.m.**

2800 Buena Vista Rd.

Bakersfield, CA

[https://www.instagram.com/  
thesouthwestmarket/](https://www.instagram.com/thesouthwestmarket/)

### FEBRUARY 28

#### NOR Annual Father-Daughter Dance

A dazzling Hollywood-inspired night where you and your little superstar can walk the red carpet, capture unforgettable moments, and dance the night away. Enjoy dinner, dessert, and dancing.

**6 – 8 p.m.**

Riverlakes Community Center

3825 Riverlakes Dr.

Bakersfield, CA

[https://www.norfun.org/2025-02-  
28-daddy-daughter-dance](https://www.norfun.org/2025-02-28-daddy-daughter-dance)

### FEBRUARY 28 – MARCH 1



#### Intensify: Women's Conference

A two-day conference of worship and empowerment.

**Friday: 7 p.m.**

**Saturday: 9 a.m.**

Dominion Worship Center

4450 Stine Rd.

Bakersfield, CA

[https://www.  
dominionworshipcenter.org/](https://www.dominionworshipcenter.org/)



### ONGOING EVENTS

#### SECOND THURSDAY

##### Kreating Community's Parents' Night Out

Parents deserve a break, and we are here to support you by providing a safe, fun, and engaging space for your kids!

**6 p.m. – 10 p.m.**

Grace Baptist Church

2550 Jewetta Ave. W

Bakersfield, CA

<https://www.gbcbak.org/>

#### SATURDAYS

##### F Street Farmers Market

Bakersfield's longest-running Farmers Market!

Accepts cash, card & EBT Snap.

**7:45 a.m. – 12 p.m.**

2819 F St.

Bakersfield, CA

[https://fstfarmersmarket.  
com/](https://fstfarmersmarket.com/)

##### RiverLakes Farmers Market

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

**9 a.m. – 1 p.m.**

Centennial High School

8601 Hageman Dr.

Bakersfield, CA

<https://thehensroost.com/>

#### SUNDAYS

##### Haggin Oaks Farmers Market

Visit over 70 different vendors at the biggest Farmers Market in town.

**9 a.m. – 2 p.m.**

8800 Ming Ave.

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<https://thehensroost.com/>

# Worship Guide

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KAXL

## Love in Action: Reflecting God's Heart

Love is the foundation of everything good and beautiful in life. It's more than a fleeting emotion or a sweet sentiment—it's the essence of who God is. 1 Corinthians 13:13 reminds us, "And now these three remain: faith, hope, and love. But the greatest of these is love." Love is the glue that holds relationships together, the light that dispels darkness, and the force that heals wounds.

Jesus demonstrated this perfectly. He didn't just talk about love; He lived it. From healing the sick to forgiving His enemies, He showed us that love isn't about what we feel—it's about what we do. It's selfless, patient, and kind.

Loving others isn't always easy, especially when people hurt us. But when we choose to love, we reflect God's heart. Love softens hard hearts, restores broken connections, and spreads joy in ways we may never fully see.

This month, take a moment to share love intentionally—a kind word, a thoughtful gesture, or even a quiet prayer for someone in need. These small acts can ripple into something much larger. When we love like Jesus, we bring a little more heaven to earth.

Love — It's who we're called to be.

By Jon Engen, 88.3 Morning Show Host



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**Father Karl Dietze**

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during 10:00 service

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**Bakersfield CA 93311**

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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 Valentine's Day**

Chess Club for Teens Sunday, Feb. 09th, 3 p.m. @2200 Oak Street. Register: www.kernautism.org  
 Parent Support Group Meeting Wednesday, Feb. 12th, 6 p.m. @2200 Oak Street. Register: www.kernautism.org  
 Female Support Group Thursday, Feb. 13th, Contact our office for details. Register: www.kernautism.org  
 Father Virtual Autism Support Group Saturday, Feb. 15th, 2:30 p.m. LEGO Harry Potter Workshop, Saturday, March 1st @Golden Valley High School  
 Register at www.kernautism.org via the Eventbrite link. Event is for Autistic children and related disabilities.

<b>EARLY SIGNS OF AUTISM:</b>	<b>SERVICES OFFERED:</b>
<ul style="list-style-type: none"> <li>• Delayed language development</li> <li>• Repetitive language</li> <li>• Little or no eye contact</li> <li>• Repetitive mannerisms</li> <li>• Inflexible routines or rituals</li> <li>• Preoccupation with object parts</li> <li>• Little interest in friendships</li> </ul>	<ul style="list-style-type: none"> <li>• Monthly Parent Support Groups</li> <li>• Adults on the Spectrum Support Group</li> <li>• Law Enforcement Trainings</li> <li>• Autism/Asperger Workshops-Seminars</li> <li>• Local Resources, Community Projects</li> <li>• Camps &amp; Activity Scholarships</li> <li>• Evening &amp; Weekend Phone support</li> </ul>

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

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ENTER FOR A CHANCE TO WIN A \$100 GIFT CERTIFICATE TO  noodle bar

Enter by noon, February 20.



TO ENTER GO TO:

<https://kerncountyfamily.secondstreetapp.com/February-2025-Hello-Happy-Mama-contest/>



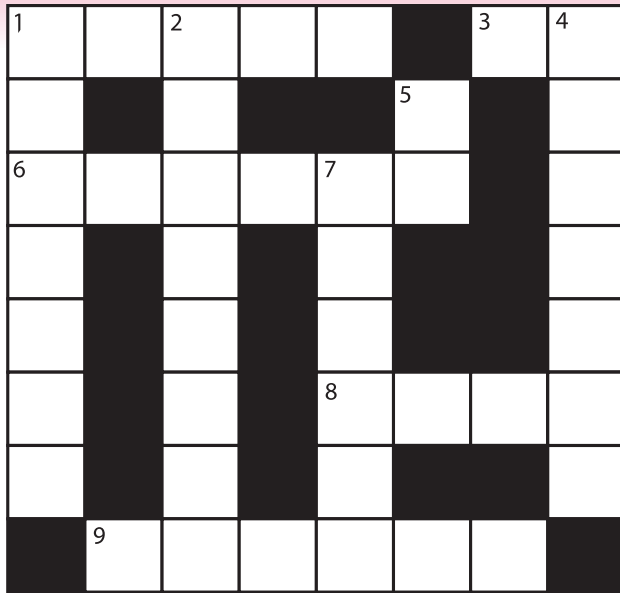
CONTEST SPONSORED BY





# FEBRUARY ACTIVITY CORNER

## Crossword



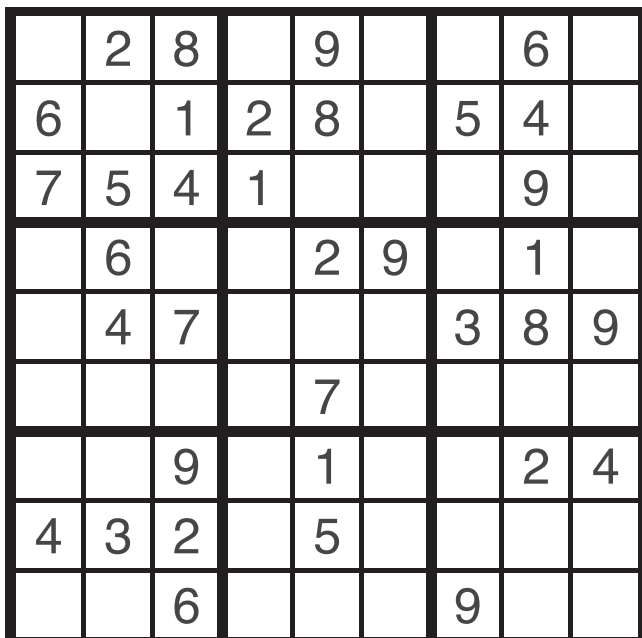
### ACROSS

1. Chest organ
3. Blood pressure (abbr.)
6. Dramatic start of an illness
8. Discomfort
9. Tube blood moves through

### DOWN

1. Free from illness
2. Counteracts poison
4. Forcing to move through
5. Adequate or alright
7. College property

## 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?

### Women in Black History

Lucy Stanton was the first Black woman to earn a four-year college degree. Stanton earned a literary degree from Oberlin College in 1850.

<https://www.youtube.com/watch?v=yjzAltu79Ss>



# FEBRUARY ACTIVITY CORNER

**PUZZLE ANSWERS**  
PAGE 26

## VALENTINE'S DAY WORD SEARCH

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

- |           |           |            |       |            |
|-----------|-----------|------------|-------|------------|
| ADORE     | CHAMPAGNE | FLOWERS    | KISS  | ROMANCE    |
| AFFECTION | CHERUB    | GIFTS      | LOVE  | ROSES      |
| BELOVED   | CHOCOLATE | GIRLFRIEND | MOVIE | SWEETHEART |
| BOYFRIEND | CUPID     | HEARTS     | POEM  | VALENTINE  |
| CANDY     | DATE      | HUG        | RED   |            |







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