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PAGE 14

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MEMBERS OF



**Halloween
Roundup**
PAGE 16



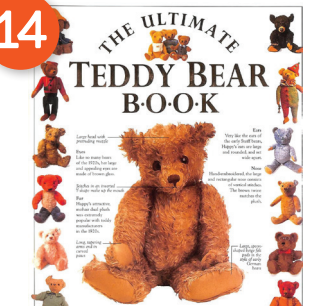
ON THE COVER: Lucy VanAlstein, 2 years old, of Bakersfield.
PHOTO BY HEATHER HAFEN

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HELLO, HAPPY MAMA!

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KCFM RECOMMENDS

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LET'S TRUNK OR TREAT!

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Vaun Thygerson
CONTRIBUTING WRITER

I love everything pop culture, especially if it has a hint of horror attached to it. I've bought all the flash-in-the-pan trends from leg warmers to Beanie Babies to fidget spinners, and you'd think I would have gotten it out of my system, but no. When my cute, pre-teen nieces wanted to go to the mall to buy Labubus, I was all in, and I knew I'd be buying one for myself too. This furry "monster," produced by Pop Mart, has become a cultural icon, and it's perfect

for Halloween with its large eyes, pointy ears, and mischievous, toothy grin.

A big part of the fun with these creatures was the "blind box," where we had to open them to discover which ones we had bought. Luckily, all three of us were happy with the random Labubu selections. This process reminded me of all the years my kids bought "surprise" Legos or Mini Brands. Most of the fun was finding out which one was in the package. Those mystery packages help create the experience. And I'm a sucker for it all!

Another trendy product I have is the George Foreman grill, which we still use as a panini press, and it works great. This month's Humor at Home is about food shenanigans and panini presses. In her article, "**Food Critics, Panini Press and Paying Cash,**" on page 22, Julie Willis writes about the changing food industry, particularly in terms of payment methods. She writes about how she's not sure about the new technology, such as using tablets at the table, and still prefers to use cash, as if it were 1992.

In honor of October as Breast Cancer Awareness Month, KCFM gives a special thanks to this month's Happy Mama. In Callie Collins' article, "**Hello, Happy (Surviving) Mama: Cory Corrales,**" on page 12, she writes about this extraordinary woman. Corrales is a middle school math teacher, coach, a wife, mom of two, and a two-time cancer survivor from Breast Cancer and Hodgkin's Lymphoma. Corrales' early detection and support with Links for Life helped in her cancer diagnosis and treatment.

As Halloween parties gear up this month, most children love to dress up, but KCFM wants to give some advice and tips for the kids who don't like to wear costumes. In the article "**No Crown, No Cape, No Problem: Not in Costume, But Still in Character,**" on page 20, KCFM explores why children may not like to dress up and how parents and teachers can help promote inclusion.

This month's book recommendations are all about firsts in the article, "**Teddy Tales: Celebrating Our First Friends,**" by Andrea Rose. The book selections celebrate kids' first friends, which are usually their teddy bears. For a complete reading list, turn to page 14.

From Labubus to Teddy Bears, we love all things that make us happy! Sometimes these pop culture phenomena have more staying power than others, but it's fun while it lasts. October is my favorite month of the year, mainly because of Halloween and all its frightfully fun activities. While you're out trick-or-treating this month, have fun making these spooky memories and be extra safe!

Happy Halloween!

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The Kern County Young Democrat Leaders, alongside other local Democratic club leaders, came together in support of the Planz Park adoption. The event was followed by a park clean-up, with participation from all attendees. PHOTO COURTESY KERN COUNTY YOUNG DEMOCRAT LEADERS

Planz Park Adopted for Cleanup

Young leaders from the Kern County Young Democrat Leaders (KCYDL) became the first youth-led political organization in Bakersfield to formally adopt a city park. This significant milestone shows the group's ongoing commitment to grassroots civic engagement and community empowerment.

Through this adoption, KCYDL will take an active role in maintaining and beautifying Planz Park, while also using the space to host voter education events, community clean-ups, youth workshops, and forums that promote political literacy and civic participation.

"This is about more than just adopting a park – it's about young people taking

ownership of their neighborhoods and showing that civic engagement starts at the local level," says Jacqueline Aguilar, President of KCYDL. "We're proud to lead by example and create visible, positive change in our community."

Founded to empower young adults across Kern County, KCYDL is a partisan civic leadership group focused on political education, advocacy, and community service. The organization welcomes individuals aged 18-35 who are passionate about equity, representation, and making a positive impact in local government.

For more information, please email jacquelineaguilar030@gmail.com.

Kern County Library Unveils New Library Card Designs

Kern County Library (KCL) recently unveiled its newest collection of library card designs and encouraged the community to sign up for all the free resources that come with each card. KCL's cards invite patrons to choose a design that reflects their personality, interests, or aspirations. Whether you see yourself in the Gothic Library, dream inside a Fairytale Library, or prefer the classic look of the Leather Card, this year's collection highlights how every library card can tell its own story.

No matter which card design you choose, it's an all-access pass to many free resources and fun experiences. Patrons can stream and download instantly with free access to eBooks,

audiobooks, movies, music, and comics, and learn through dozens of databases that cover language learning, workforce development, test preparation, auto repair, and more. You can also connect with the community at KCL's 22 branches across the County with programs, workshops, and cultural events for every age.

Community members can browse all the designs and sign up for a library card or swap out their current one at any branch or bookmobile.

For a list of library hours and locations, please visit www.kernlibrary.org/locations or call 661-868-0701.

CSUB Receives \$1M Donation

California State University, Bakersfield, has received \$1 million in new funding to provide additional support for Asian American, Native Hawaiian, and Pacific Islander (AANHPI) students. The CSU is allocating \$1 million over five years to the university as part of its AANHPI Student Achievement Program.

The goal of the funding is to increase the recruitment, retention, and graduation of students from this population. With this new allocation, CSUB will be able to provide more events and programming tailored to AANHPI students, new and expanded course offerings, peer mentorship, and more.

"I'm very excited about us receiving this funding. It provides an amazing opportunity for us to really bolster our efforts to ensure our students' needs are met so that they have a great experience at CSUB," says Dr. Shaylyn Marks, who helped secure the funding through her role as the president's faculty associate for campus belonging. "We are excited to have the opportunity to provide more culturally responsible opportunities for our AANHPI students as well as the greater community campus."

For more information, please visit <https://news.csub.edu/csub-receives-1-million-to-support-underrepresented-students>

Got Fish? Donate Your Catch to CALM

California Living Museum (CALM) wants your extra fish! CALM residents love fresh fish and would enjoy your extra store-bought frozen fish or shrimp and/or legally caught fish from anglers with a valid fishing license issued by the California Department of Fish and Wildlife.

To donate, freeze your extra catch with NO seasonings or salt (must be within a year and cannot be re-frozen). When you are ready to deliver, call 661-546-8940.

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Plastic Chemicals and Heart Health: What Families Should Know

A new study from NYU's Grossman School of Medicine has uncovered a troubling link between everyday plastic chemicals and heart disease. Researchers estimate that exposure to phthalates—chemicals found in plastic containers, detergents, toys, and even personal care products—may be responsible for more than **350,000 heart-related deaths worldwide** in a single year. The biggest culprit? **DEHP (Di(2-ethylhexyl) phthalate)**, a common phthalate used to make plastics flexible.

Phthalates are known to disrupt hormones and trigger inflammation in blood vessels, which can lead to high blood pressure, stroke, and heart attacks. While more research is needed to fully understand the long-term impact, experts agree it's worth taking simple steps to reduce your exposure, especially for families with young children or aging loved ones.

Here's how to start:

- **Choose glass or stainless-steel** containers and water bottles instead of plastic.
- **Eat mostly whole, unpackaged foods**—phthalates can leach into food from plastic wrap and packaging.
- **Check labels** on cosmetics, lotions, and cleaning products for phthalates or vague terms like "fragrance."
- **Avoid microwaving food in plastic**, even if it's labeled microwave safe.

Reducing phthalate exposure isn't about perfection—it's about small, consistent choices that protect your heart and your family's health.

Want to go deeper? Look for products labeled "phthalate-free," and support local businesses that prioritize clean, safe ingredients. Your heart—and your community—will thank you.

3 Ways to Lower Breast Cancer Risk



Breast cancer is the most commonly diagnosed cancer in women worldwide, affecting around 2.3 million annually. Early detection has improved survival rates significantly. A 2023 BMJ study found that five-year mortality after early-stage diagnosis dropped from 14% in the 1990s to just 5%.

While no strategy guarantees prevention, research shows that lifestyle choices can influence risk. The American Cancer Society highlights three key areas women can control:

Maintain a Healthy Weight: Higher body weight, especially after menopause, is linked to increased breast cancer risk. Obesity raises the chances of developing the disease, according to a 2023 BMC Women's Health study.

Stay Physically Active: Exercise helps manage weight and lowers cancer risk. A 2016 meta-analysis found that the most active women had up to 21% lower risk than the least active. Even post-menopausal women benefit from increased activity.

Limit Alcohol: Even small amounts of alcohol can raise breast cancer risk. The ACS recommends no more than one drink per day. Alcohol may also contribute to weight gain and elevate estrogen levels, both linked to breast cancer.

Though breast cancer can't be fully prevented, these strategies support better health and may reduce risk.



Spinach 101: Small Leaf, Big Benefits

Spinach is a nutritional powerhouse disguised as a humble leafy green. Low in calories but rich in vitamins A, C, and K, it supports everything from glowing skin to strong bones. Its high levels of lutein and zeaxanthin help protect your eyes, while potassium and natural nitrates promote heart health and lower blood pressure. Spinach also delivers a solid

dose of iron and folate, making it especially valuable for energy and cell repair. Thanks to its fiber content, it aids digestion and keeps things moving smoothly. Whether tossed into a smoothie, sautéed with garlic, or layered into a sandwich, spinach adds a burst of health without weighing you down.

Source USDA, Harvard Health, Mayo Clinic



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The Sound of Resilience: What Carries Us Through



RESILIENCE ISN'T ONE-SIZE-FITS-ALL. It's deeply personal. It shows up in different languages, rhythms, and rituals. It's the lullaby your grandmother sang, the protest chant that gave you courage, the mantra you repeat before walking into a hard conversation. So we asked readers, **"What's a song, scripture, quote, or poem that captures the spirit of resilience for you?"** Here's a selection of what readers shared with us.

"2 Corinthians 4:8-9 (NIV): We are hard pressed on every side but not crushed; perplexed, but not in despair; persecuted but not abandoned; struck down but not destroyed.' It reminds me that resilience isn't about avoiding hardships—it's about finding strength to rise again, no matter how many times life knocks us down."

Saira Ramos

"Jeremiah 29:11."

Krystal Wood

"Hard Fought Hallelujah by Brandon Lake & Jelly Roll."

Kendra Gaona



"Oceans (Where Feet May Fail) by Hillsong UNITED."

Lisa Keosouphanh

"Don't give into your fears. If you do, you won't be able to listen to your heart' - Paulo Coelho."

Crystal Carney

"I love 'Let us run with perseverance the race marked out for us- Hebrews 12:1-3.'"

Kristen Foster

"I can be changed by what happens to me. But I refuse to be reduced by it.' - Maya Angelou."

Johnnie Lisuk

"What's Going On by Marvin Gay."

Cassie Deras-Coker

"I can do all things through Christ who gives me strength. Philippians 4:13."

Shyan Chrissakis

One Powerful Fact

Songs, scripture, and quotes activate emotional memory, helping people reconnect with strength during tough times. Research and spiritual tradition alike show that music and meaningful words can trigger feelings of safety, hope, and identity—especially when they're tied to personal or cultural rituals.

Whether it's a hymn sung in childhood or a quote that echoes through generations, these expressions become emotional anchors. They don't just comfort us—they remind us of who we are when life feels uncertain.

Sources: <https://biblestudyforyou.com/bible-verses-about-songs/>

<https://explainingthebible.com/bible-verses-about-songs-2/>

Resilience Playlist

Curate a mini playlist featuring the songs mentioned by readers, plus a few bonus tracks that echo themes of perseverance, healing, and hope. Include:

- **"Hard Fought Hallelujah"** – Brandon Lake & Jelly Roll
- **"Oceans (Where Feet May Fail)"** – Hillsong UNITED
- **"What's Going On"** – Marvin Gaye

Bonus picks: "Rise Up" by Andra Day, **"Eye of the Tiger"** by Survivor, **"Keep Your Head Up"** by Andy Grammer





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HELLO, HAPPY SURVIVING MAMA

A local mom and teacher shares her journey through two cancer battles — and the strength she found in faith, family, and community.

Cory Corrales is a middle school math teacher, coach, wife and mother. She is also a two-time cancer survivor.

“When I was reintroduced to my husband, I noticed he had a Livestrong bracelet on, which caught my attention,” said Cory. “We both graduated from Shafter High but ended up meeting again when I was back from college.”

Cory and Ismael, an English teacher, have been married 13 years. They have two children.

School and sports have always been important in Cory’s life.

“I grew up an athlete. In the middle of basketball season during my senior year, things changed. I wasn’t fast but I did have a lot of endurance. In January 2002, I couldn’t get up and down the court,” she explained. “We went through possibilities, everything from bronchitis to cancer. I was diagnosed on Valentine’s Day with Hodgkin’s Lymphoma.”

Cory began chemotherapy every other week, 12 rounds total, through the second half of the school year.

“I was able to return to school on a limited schedule. I was exercising and running on my off weeks from chemo. I wanted to play basketball when I felt good and do what I would have done anyway,” she said.

Cory’s treatment plan began at UCLA but she was able to transfer to Comprehensive Blood & Cancer Center.

“We’d go to the infusion center and my family members rotated. It wasn’t a downer thing. I never felt like I was alone,” said Cory. “That sense of community played such a huge role because many of the nurses already knew me. I don’t know how my parents



Cory and Ismael Corrales at Bakersfield Links for Life Lace'n It Up Run.
PHOTO COURTESY THE CORRALES FAMILY

did it. I never saw them upset. They would still get up and go to work and do all the things. Maybe they did have their moments of pure exhaustion but they never let me see it.”

Better news came within a few months but Cory’s oncologist recommended she start college close to home.

“I got through chemo and was in remission before the last round. I took

a month off from treatment before starting 30 days of radiation, beginning on my first day of class as a freshman at Bakersfield Junior College,” she said.

Cory later transferred to Claremont McKenna College for her master’s degree and teaching credential. She describes herself as an optimistic person, which also shaped her survivorship.

Life marched forward but additional

"I could sit with my little wounded body on Zoom. It was so pivotal for me to meet other moms, other women whose bodies didn't look normal to them anymore, who were on the same medication."

CORY CORRALES

check-ups were still routine, as a significant percentage of women with a history of lymphoma often develop a second diagnosis later in life.

"My oncologist sent me for mammograms early, around age 28," said Cory. "Fast forward to 2020. The world closed down in March and my mammogram was due in May. I had a mammogram, an ultrasound, a breast MRI and needle biopsy. It came back as breast cancer, smaller than a pea. I couldn't even feel it. I ended up having a left breast mastectomy."

Cory elected to avoid reconstructive surgery.

"I didn't want any more surgeries than necessary, as my children were so young, preschool age. Thankfully, all of my margins came back the lowest I'd ever seen, so no chemo or radiation needed," she said.

This time, though, seemed harder than with the lymphoma.

"I had little people who depended on me, a husband and a job," Cory said. "I lost part of my womanhood and who I was. I am taking a hormone blocker, so that's messing up all my hormones. There was also no face-to-face contact with people in the summer of 2020."

Cory found comfort in Links for Life, a support and services organization. She joined a survivor's group, which had transitioned to virtual meetings during the pandemic.



Fill-in-the-blank questions

The first thing I do when I wake up in the morning: Make coffee

Favorite restaurant: Frugatti's and Mama Roomba

My favorite food: Baked potato

So far, my best life advice is: Just do the best you can do.

"I could sit with my little wounded body on Zoom. It was so pivotal for me to meet other moms, other women whose bodies didn't look normal to them anymore, who were on the same medication," said Cory. "That was the biggest blessing. The Lord knew exactly what I needed."



Q&A WITH CORY CORRALES

Q. What do you wish women knew about cancer detection?

I wish all women had access the way I had access. I wish women weren't scared of the results so often. When I had to go back, I vented to my Dad and he said 'But Cory, this is why we go in for all of our checkups. If you know it's going to be there, would you rather have it be at Stage One or Stage Three or Four?' It's not a death sentence but women don't know that if their experience shows that it's a death sentence.

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

Links for Life

Q. What is your parenting PSA?

A good night's rest solves a lot of problems.

HELLO HAPPY MAMA CONTEST

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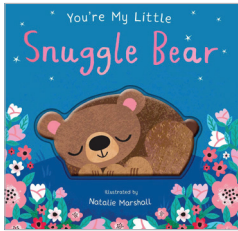
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Teddy Tales: Celebrating Our First Friends

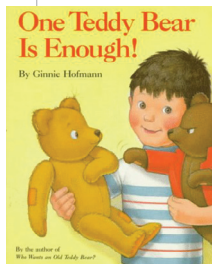
ONE OF THE FIRST FRIENDS many children have is a teddy bear—and many of those bears end up being beloved companions well into adulthood. Good thing that Wednesday, October 8, is Bring Your Teddy Bear to Work/School Day! It's a time to show off and show respect for the beloved bears. Here are some great books about teddy bears and the history of the stuffed friends.



You're My Little Snuggle Bear

By Nicola Edwards & Natalie Marshall
\$6.78; Ages: 0-2
Publisher: Silver Dolphin Books
Amazon.com
This adorable

board book is part of the best-selling series "You're My Little ...", this time, featuring a snuggle bear, with the story told in rhyme. The illustrations are just too sweet!



One Teddy Bear is Enough!

By Ginnie Hoffman
\$7.63; Ages: 4-8
Publisher: Random House Books for Young Readers
Amazon.com
When Arthur the bear meets a new teddy, it doesn't go so well.

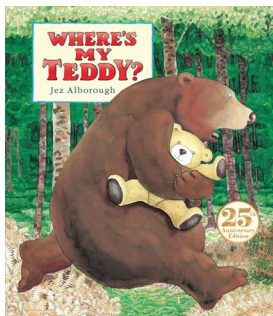
There's only enough room for ONE bear! But that all changes as the story continues. This is a great book for early readers.



The Girl Who Speaks Bear

By Sophie Anderson
\$8.36; Ages: 8-12
Publisher: Scholastic Press
Amazon.com
Yanka is a girl who was discovered in a bear cave when she was an infant. As she grows, she yearns to know the truth of her

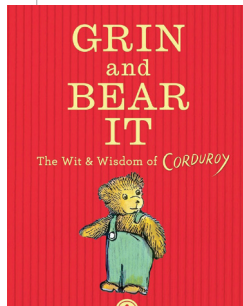
past. But what will she encounter on the journey?



Where's My Teddy?

By Jez Alborough
\$7.88; Ages: 2-4
Publisher: Candlewick
Amazon.com
This adorable book was first published in 1992 and tells

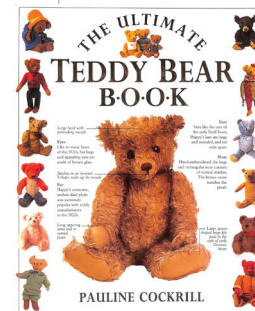
the tale of Eddy, who lost his teddy, Freddy. But has his teddy really grown into a big bear?



Grin and Bear It: The Wit & Wisdom of Corduroy

By Don Freeman
\$19.90; Ages: 5-9
Publisher: Viking Books for Young Readers
Amazon.com
You know the classic Corduroy books,

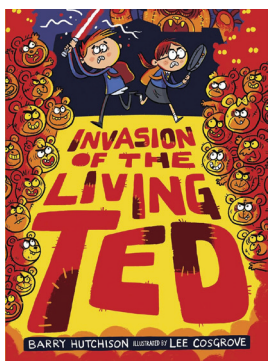
now share the bear's pieces of wisdom with your favorite youngster (or teen or adult!).



The Ultimate Teddy Bear Book

By Pauline Cockrill
\$11.97; Ages: Teen-adult
Publisher: Dk Pub
Amazon.com
Every wonder how teddy bears are made? Want to

know how to care for and preserve the beloved bears? This is your guide!



Invasion of the Living Ted

By Barry Hutchison & Lee Cosgrove
\$9.69; Ages: 8-12
Publisher: Delacorte Press
Amazon.com
Two youngsters must battle a giant teddy bear in order to save

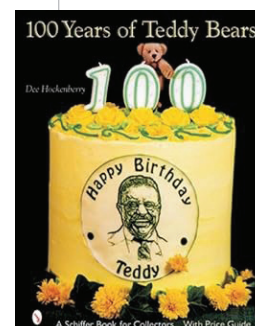
all the bears who have come to life. It's a "bear-raising" adventure!



A Bedtime Story: The Bear with NO Hair and the Mystery of the Stolen Fur Coat

By Michelle Renee Avis & Creative Miraz
\$11.99; Ages: 3-6
Publisher: Independently published
Amazon.com

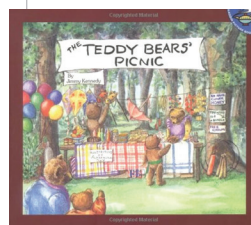
Follow the bear on a journey through a magical forest where bear learns all about friendship and forgiveness.



100 Years of Teddy Bears

By Dee & Tom Hockenberry
\$24.47; Ages: Teen to adult
Publisher: Schiffer Pub Ltd.
Amazon.com
Teddy bears are a childhood standard, but they

weren't before 1902. That's when a political cartoon appeared in The Washington Post depicting Pres. Theodore Roosevelt's refusing to shoot a bear cub during a hunting trip. From then on, "Teddy" bears became a beloved child companion and popular collectors' items.



Teddy Bears' Picnic

By Jimmy Kennedy & Alexandra Day
\$8.99; Ages: 1-4
Publisher: Aladdin
Amazon.com
The iconic teddy bear

picnic story is enhanced with beautiful, classic artwork.

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ALL TREATS, NO TRICKS PUMPKINS, CRAFTS, & FUN!

Have the happiest — and safest — Halloween with DIY magic from Kern County Family Magazine



Safe & Sweet Trick-or-Treating

Halloween brings costumes, candy, and moonlit strolls—but safety matters too. Keep it fun and worry-free with these quick tips:

Stick to Lit Areas – Skip dark houses and choose festive, well-lit neighborhoods.

Make Costumes Visible – Use glow

sticks, reflective tape, or bright colors. Face paint beats vision-blocking masks.

Supervise Young Kids – Under 12? Go with an adult. Older kids should stay in groups and follow a planned route.

Use Street Smarts – Cross at corners, not between cars. Make eye contact with drivers before crossing.

Trio of Easy Pumpkins

Paper Mask – Craft a clown, cat, or owl face from paper. Hot glue it to the pumpkin or tie it on with twine.

Ribbon Wrap – Glue long ribbon strips around the stem and notch the ends. For extra flair, fold short pieces into loops and glue them around the base.

Thumbtack Ghost – Use white pushpins to outline a ghost shape. Add black pushpins for eyes and mouth.



Street Chic Witch Hat

Spray-paint a plastic traffic cone black (hardware store find). Add a buckle cut from yellow glitter sticker paper and top it off with a few creepy-crawly spiders around the opening. No sewing—just instant spooky charm!



Trick Out Your Pumpkins: Quick Guide to the Perfect Jack O' Lantern

Pumpkin Scoop or Scraper

Removes seeds and pulp. Serrated edges help clean thoroughly.

Carving Saw or Serrated Knife

Cuts through thick pumpkin walls. Use small tools for detailed areas.

Detailing Tools

Adds texture and fine lines. Perfect for teeth, wrinkles, and fur effects.

Stencil Kit or Printed Designs

Tape on your design and trace with a poking tool for precision.

Pumpkin Punchers

Cookie cutter-style shapes that are safe for kids and create clean lines.

LED Lights or Tea Candles

Illuminate your creation. LED lights are safer and last longer.

Bonus Accessories

Scraper glove, rubber mallet, and steel carving kit for serious carvers.



Mummy in the Moonlight Tree Craft

Turn any tree into a spooky showstopper with streamers, googly eyes, and a little imagination. It's quick, kid-friendly, and perfect for porch or yard displays.

You'll Need:

- White streamers, gauze, or cheesecloth
- Googly eyes, paper plate eyes, or a mask
- Tape or clothespins

Optional: LED lights, plastic spiders, bats, speech bubbles

How-To:

Prep the Tree – Pick a visible trunk, wipe it down.

Wrap It Up – Spiral streamers upward, overlapping for a bandaged look.

Add Eyes – Stick on eyes with personality—silly, spooky, or sleepy.

Light It Up – Tuck in LED lights for a nighttime glow.

Decorate – Add spiders, bats, and fun signs like “Mummy needs coffee!”



Orange You Spooky? Great no-sugar option!

Skip the carving—grab a black marker and turn oranges into mini-Jack-o'-Lanterns!

How-To:

- Use fresh oranges or tangerines.
- Draw fun or spooky faces with a permanent marker.
- Display in a bowl, line them on a windowsill, or tuck them into lunchboxes for a Halloween surprise!



Pumpkin Masters® App

Tired of the same old Jack-o'-Lantern faces? Turn your selfies—yes, even your pet's—into custom pumpkin designs with the **Pumpkin Masters® App**. It's fun, easy, and FREE on the Apple Store and Google Play.



Monster Munch

Sweet, salty, and spooky—perfect for movie night!

Ingredients:

8 cups popcorn	1 cup of marshmallows
4 cups mini pretzels	¼ tsp salt
¼ cup butter	2 cups mini chocolate PB cups
½ cup brown sugar	1 cup of candy corn
2 tbsp corn syrup	

Directions:

Spread popcorn and pretzels on parchment-lined tray.

Melt butter, sugar, and syrup in pan until bubbling.

Stir in marshmallows and salt until smooth.

Pour over popcorn mix.

Top with candy and PB cups.

Cool, break into clusters, and serve!

Add edible googly eyes for extra monster vibes!

Recipe courtesy of Popcorn.org

Let's Trunk or Treat! Candy, Costumes & Community — Right this Way!



OCTOBER 21

Kern County Sheriff's National Night Out Trick or Treat Event

Come dressed in your best costumes and be ready for a night full of safe, spooky family fun!

5 – 8 p.m.

Stramler Park
4003 Chester Ave.
Bakersfield
661-391-7559
<https://www.kernsheriff.org/Events>

OCTOBER 25

Bristol Cares Annual Halloween Car Show

This free, family-friendly event features classic and custom vehicles, motorcycles, vendor booths, prize drawings, live music, trunk-or-treating, and a kids' costume contest.

Time: TBA (Visit www.kerncountyfamily.com for event updates)
KOA Journey RV Resort/Crest Bar & Grill (formerly Bakersfield RV Resort)
5025 Wible Rd.
Bakersfield
661-716-8000
<https://bristolhospicefoundationca.org/car-show/>

King Leo's & Outcast's 5th Annual Trunk or Treat

Come celebrate with costumes, community, decked-out rides, candy galore and Halloween fun for all ages.

6 – 9 p.m.

King Leo's Parking Lot
6111 Niles St.
Bakersfield
661-817-7523
<https://www.instagram.com/reel/DN3dem50qgO/>



SPOOKY SEASON IS HERE!

From trick-or-treating to spine-tingling fun, we've rounded up safe, family-friendly Halloween events happening near you. Don't forget—have an adult inspect all treats before digging in. Stay safe & have fun!



McFarland Police Department's Trunk or Treat

An evening filled with music, candy, games, food vendors, costume contests, and more.

1 – 4 p.m.

Location TBA (Visit www.kerncountyfamily.com for event updates)
661-792-3091
<https://www.mcfarlandcity.org/>

Trinity Anglican Church Trunk or Treat

Gather your kids, friends, and neighbors for an evening of spooktacular fun! Goodie bags for the first 250 kids under the age of 12. Food, raffles, photo area, and trick or treating!

4 – 6 p.m.

Trinity Anglican Church
11300 Campus Park Drive
Bakersfield
661-665-7713
<https://trinitybakersfield.com/>

Victory Family Services 3rd Annual Trunk or Treat

Enjoy trick-or-treating from creatively decorated trunks, lively music, games, local vendors, and festive activities for all ages.

3 – 6 p.m.

4200 Truxtun Ave.
Bakersfield
661-912-0111
www.victoryfs.org

OCTOBER 26

First Presbyterian Church Harvest Festival

A night of DJs, games, bounce house, photo booth, cake walk—and loads of candy! Costumes welcome for all ages (keep it non-scary).

5 – 7 p.m.

First Presbyterian Church
Bakersfield

1705 17th St.
Bakersfield
661-325-9419
<https://fpbchurch.com/>

Southwest Christian Center Light the Night Trunk or Treat

Free community event with fun for the whole family!

6 – 8 p.m.
Southwest Christian Center
3700 Stine Rd.
Bakersfield
<https://www.instagram.com/swccclubhousekids/>

OCTOBER 27

Taft West Side Recreation & Park District's Trunk or Treat

Join West Side Recreation & Park District for a spooktacular evening of costumes, candy, and community fun!

Time: TBA (Visit www.kerncountyfamily.com for event updates)
Center St.

Taft
661-763-4246
<https://wsrpdonline.myrec.com/info/default.aspx>

OCTOBER 28

Shafter Lions Club Trunk or Treat

This free, family-friendly event features decorated car trunks, candy giveaways, and festive community spirit. Costumes encouraged!

6 – 8 p.m.
Shafter Veteran's Park
701 S. Schnaidt St.
Shafter
661-201-3226
<https://www.instagram.com/shafterlionsclub/>

OCTOBER 30

Bakersfield Police Department's Halloween Event

A free, festive Halloween bash for all ages! Kids can dress up for treats, adults are welcome in costume (no masks).

4 – 8 p.m.
Bakersfield Police Department
1601 Truxtun Ave.
Bakersfield
661-327-7111
<https://www.facebook.com/BakersfieldPolice/>

Chuy's Baja Grill Trunk-or-Treat

Trunk-or-treat with the Bakersfield Car Club Council and Chester Ave. Cruise Group—festive cars, candy, and fun for all ages!

7 – 9 p.m.
Chuy's Baja Grill
8660 Rosedale Hwy.
Bakersfield
<https://www.facebook.com/chuysbajagrillrosedale>

Wasco Parks and Recreation Trunk or Treat

Come in costume, bring your friends & family, and enjoy a night of treats, laughter, and community spirit.

6 – 8 p.m.
Barker Park

1280 Poplar Ave.
Wasco
661-758-3081
<https://www.wascoparks.com/2025-10-30-annual-trunk-or-treat>

OCTOBER 31

Tehachapi's Trunk or Treat at Stallion Springs

Grab your costumes and candy bags—it's time for a safe, spooky night of Halloween fun!

6 – 8 p.m. (or until candy runs out)
Stallion Springs Community Parks & Recreation
27800 Stallion Springs Dr.
Tehachapi
661-822-3268
<https://www.stallionspringscsd.com/calendar>

If you're hosting a Trunk or Treat this year, send flyer & event details to kcfm@kerncountyfamily.com.

Happy Halloween

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Smith's Bakery
2808 Union Ave.
661-325-3411

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11400 Ming Ave.
661-663-8611

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

Shell Station
CA-178
661-855-7000

Brookside Marketplace
8803 Camino Media
661-654-0858

White Oaks Plaza
6401 White Ln. #103
661-834-1916

Sully's Chevron
250 Coffee
661-885-9705

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

Sinclair Station
4700 Coffee Rd.
661-588-2070

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



No Crown, No Cape, No Problem

Not in Costume, But Still in Character

It was Book Character Day at school, and the hallways buzzed with excitement. Princesses twirled, superheroes posed, and dragons roared softly behind felt masks. But in Room 12, one student sat quietly in a desk occupied by a boy named Leo, wearing jeans and a plain blue T-shirt.

"Where's your costume?" asked his teacher gently.

Leo shrugged. "I'm just me today."

Some kids giggled. A few whispered. But Leo didn't flinch. He opened his book and started reading.

At recess, his friend Maya ran up in a glittery unicorn outfit. "You forgot your costume?"

"Nope," Leo said. "I didn't want to wear one."

Maya blinked. "But it's Book Day!"

Leo smiled. "I'm still a kid who loves books. That counts, right?"

Later, the class gathered for a costume parade. Leo walked with them, holding his head high. He waved to his parents and smiled at the librarian. No cape, no crown—just confidence.

Afterward, his teacher knelt beside him. "You know, Leo, you reminded me of something important today."

"What's that?" he asked.

"That being yourself is the best character of all."

Leo grinned. "That's what I was going for."

Not every child enjoys the chance to dress up—and that's okay. Here are a few reasons why they say "no" to a costume:



Sensory Sensitivities: Costumes can be itchy, tight, or made of synthetic fabrics that feel uncomfortable.

Overstimulation: Loud events, bright colors, and unfamiliar routines can overwhelm sensitive kids.

Identity Pressure: Some children feel anxious about “becoming” someone else or worry they won’t look “right.”

Limited Choices: If a child’s favorite character isn’t available or doesn’t match their gender or culture, they may opt out.

Emotional Safety: Kids who’ve experienced teasing or exclusion may avoid dressing up to protect themselves.

Whether it’s Halloween, Book Week, or a birthday bash, here’s how parents can help when their children do not want to wear a costume. KCFM included Five Tips for Parents to help support kids who opt out of dressing up.

1. Validate Their Feelings

Let your child know it’s okay not to dress up. Words are powerful, and as a parent, you set the tone with your attitude. By saying things like, “You don’t have to wear a costume to have fun,” or “I love that you’re showing up just as you,” shows them that you genuinely support their decision.

2. Offer Alternatives

There are so many other ways your child can show support for a theme without wearing a full costume. Suggest comfy, themed clothing (like a dinosaur T-shirt or sparkly socks) to still participate in the event. Or let them carry a prop—like a wand or book—that feels less intrusive.

3. Create a Safe Exit Plan

Making your children feel safe and included, while giving them options, can help relieve their stress. Make sure that they are aware that if the event becomes overwhelming, a quiet space or an early exit option is available for them. Knowing they can leave helps kids feel more in control.

4. Celebrate Their Choice

Many children want to please their parents, so when you celebrate their choice and support it, they feel more confident. When they don’t dress up, you can highlight their courage and individuality. A child who chooses not to dress up is still participating in their own way.

5. Talk to Teachers

Your child’s teacher most likely has some great ideas on how to include your child without requiring them to dress up. They might have a solution that you never thought of yourself. Especially, if your child is anxious, loop in their teacher as another supportive adult, who can help normalize their choice and prevent peer pressure.

The story KCFM shared at the beginning isn’t excerpted from any book, but was written by AI, which is about Leo and his quiet courage, is original, and tailored for Kern County Family Magazine’s readers. The spirit of inclusivity and self-expression inspires it, but it’s not pulled from any published source.

Ivan VanAlstein, 4 years old, of Bakersfield. PHOTO BY HEATHER HAFEN

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Food Critics, Panini Press and Paying Cash

My teenage daughter was explaining to my husband, who had just made her a hamburger, how she likes to toast the bun: “I put a little butter in a pan, and then I put the bun face down in the pan, and the butter gets soaked up and browns the edges, and that makes it crispy and it tastes better.”

The poor guy had made the great faux pas of using the panini press to toast her hamburger bun. (The nerve.)

This led to a discussion about the uses of a panini press, which ended with my husband explaining that he likes his new panini press because the plates are removable, so you can wash them in the sink instead of trying to clean the whole contraption without electrocuting yourself.

To which my younger daughter, aghast, said, “You’re supposed to clean those?”

Um. Yes.

But eating at home is only the beginning of our family’s food shenanigans. We recently started a project to try a variety of restaurants in town because it occurred to me that we rarely eat out. To kick

off this project, we headed to the Olive Garden. It was my kids’ first time going to Olive Garden, and I hadn’t been there since they got those tablets at the table.

I really don’t like when restaurants put those there because they are confusing to me, a non-tech-savvy Gen Xer.

But kids or not, we couldn’t pay from the tablet. My card would not tap or swipe. I already knew this about my card; it only works if inserted. This tablet did not have an option to insert that I could see. And it might seem like my card is so old that it is worn out. But let’s be honest: Those things expire every couple of years, so how old could it be?

We left cash on the table.

I’ve been paying cash more often lately because I love it when my Starbucks barista comes to the drive-thru window, scanner in hand, and then I hand them a fiver. I can see the wheels in their brains turning as they start trying to figure out how to count the change. They don’t have to calculate the change, of course—the register does that—but they still have to figure out that two quarters, a dime, and a nickel come out to sixty-five cents.

I like to see them squirm. Not really. But I do like to shock them. As I am so old I have actual money instead of an app on my phone connected to my bank. How do people even keep track of their money that way anyway? I would be checking my balance twice a day to make sure there was money in it just so I could go to Starbucks. Because what if my husband also took money out, and I didn’t know?

Which kind of actually happened once when he was at Home Depot and I was buying a crib online and the crib was rejected and before I could call the bank, Home Depot denied him and he called the credit card company who asked him if he had just tried to purchase a crib online and he said no so they cancelled the card because of fraud. But it was me.

So then we had no credit card for days and had to withdraw cash to buy a crib at an actual store. As if it was 1992 or something.

So yeah. Here we are, washing removable panini press plates, paying cash, and going to new restaurants—like the Olive Garden.

Pop Goes the Muffin!

POPCORN MAKES A SURPRISE APPEARANCE in this yummy muffin recipe. These tender, lightly sweet muffins blend ground popcorn with cranberries, almonds, and a hint of almond extract for a cozy, crunchy twist. Perfect for breakfast, snack time, or a surprise bake sale hit.



Cranberry Almond Popcorn Muffins

Makes 12 Muffins

INGREDIENTS

5 cups popped popcorn	1 cup milk
1 ½ cups flour	1 egg
¼ cup of sugar	2 tablespoons vegetable oil
1 tablespoon baking powder	½ teaspoon almond extract
½ teaspoon salt	¼ cup sugar mixed with 1 teaspoon cinnamon
½ cup dried sweetened cranberries	½ cup sliced almonds

INSTRUCTIONS

Preheat oven to 400° F. Spray a 12- cup muffin pan with cooking spray or line with paper liners; set aside.

Blend popcorn in a blender or food processor until finely ground. Pour ground popcorn into a large mixing bowl.

Add flour, sugar, baking powder, salt and cranberries and stir until blended; set aside.

Beat milk, egg, oil and almond

extract together and pour over dry ingredients; stir just until combined.

Spoon batter into muffin cups, filling each about half full.

Divide almonds among muffin tops and sprinkle with cinnamon sugar.

Bake 15-18 minutes or until tops are lightly browned; serve warm with butter.

— Recipe courtesy www.popcorn.org

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Salty's BANQUET & EVENT CENTER 661-563-2739 6720 Schirra Ct. Bakersfield, CA 93313 John 14:6	

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2025

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FOR SPONSORSHIP & TICKET INFORMATION SCAN HERE
OR CONTACT EVENTS@ADAKC.ORG

Kern County Family Magazine Daily Happenings



<https://www.capkfoundation.org/kcstanddown/>

OCTOBER 10 – 12

Disney on Ice: Let's Dance!

Mickey and pals are rocking the DJ table at Disney On Ice and you're on the guest list! Feel the electric atmosphere as they remix favorite Disney tunes into colorful worlds.

Friday: 7 p.m.

Saturday: 11a.m., 3 & 7 p.m.

Sunday: 1 & 5 p.m.

Dignity Health Arena
1001 Truxtun Avenue
Bakersfield, CA
(661) 852-7300

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

OCTOBER 11

NOR 70th Anniversary & Fall Festival

Enjoy tasty treats, bounce houses, carnival games, live music by Mento Buru, and a dazzling drone light show. Fun for all ages—bring your crew for a day of autumn magic, laughter, and unforgettable memories!

3 – 10 p.m.

Polo Community Park
11801 Noriega Rd.
Bakersfield, CA
661-392-2000

<https://www.norfun.org/70th-anniversary-festival>

Bakersfield College Alumni BBQ

The BC Alumni BBQ, presented by Harris BBQ, is a fun-filled event held before BC's Homecoming football game, reconnecting generations of alumni and members of our community while celebrating shared BC spirit.

11 a.m. – 3 p.m.

Bakersfield College
1801 Panorama Drive
Bakersfield, CA
(661) 395-4800

<https://supportbc.org/alumniqq/>

OCTOBER 6

Friends with Disabilities Day

Enjoy Cherry Acres pumpkin patch when it's calmer, quieter, and less crowded!

9 a.m. – 12 p.m.

Cherry Acres Pumpkin Patch
4011 Wegis Ave.
Bakersfield
(661) 477-1523

<https://www.cherry-acres.com/>

OCTOBER 9

Veteran's Stand Down Event

The Kern County Veterans Stand Down Event, hosted by the CAPK Veterans and Supportive Services Program, is an annual event dedicated to connecting veterans with essential community resources and support services. Open to all veterans, the event provides opportunities to meet service providers, access assistance programs, and build connections within the local veteran community.

8 a.m. – 3 p.m.

Stramler Park
3805 Chester Ave.
Bakersfield
661-336-5236 x1156



OCTOBER 1



Ronald McDonald House's Galactic Gala

The annual fundraising event benefits Bakersfield Ronald McDonald House. This interstellar night will be filled with shimmering stars, cosmic cuisine, all for a cause that's truly out of this world.

5:30 p.m.

Bakersfield Country Club
4200 Country Club
Bakersfield
661-437-4130
<https://rmhcsc.org/chapter/events/>

OCTOBER 2

VIPink Memories & Milestones

Celebrating more than 10

years of VIPink! The annual signature event brings together passionate attendees, advocates, survivors and community leaders to raise awareness, celebrate resilience and support critical breast health programs.

5:30 – 8 p.m.

Adventist Health AIS Cancer Center
2620 Chester Ave.
Bakersfield
661-863-2570

<https://kern.give.adventisthealth.org/events-calendar/vipink/>

15th Annual Taft College Cougar Cookout

This special evening brings together alumni, friends, and supporters to celebrate the college's legacy while raising funds for scholarships and student success programs. Guests enjoy a casual, family-friendly atmosphere with great food, live entertainment by Truxtun Mile, and the opportunity to connect with one another.

5 – 8 p.m.

Taft College
29 Cougar Court
Taft
661-765-2165
<https://taftcollegefoundation.ludus.com/splash.php>



WALK FOR A CAUSE HAPPENINGS

OCTOBER 4

Lace'n It Up 5K Run & Walk Celebration

 Kick off Paint the Town Pink! and Breast Cancer Awareness Month at the annual Lace'n It Up 5K Fun Run & 1 Mile Celebration Walk! The biggest squad will take home the prestigious Lace'n It Up sneaker trophy, which will be kept until the event the following year! Sign up today!

8:30 a.m.

The Park at Riverwalk
11298 Stockdale Hwy.
Bakersfield
661-322-5601
<https://linksforlife.org/linksevents/>

Screamer Run 2025

Screamer Run is a spooky 5K, 10K, and Kids Treat-or-Treat fundraiser for Adap-tiSport, Bakersfield's first accessible wellness center for adults with disabilities. Expect haunted race routes, music, food, raffles, a beer garden, kids' zone, team competition, and more—all to support a healthier, more inclusive future.

5:30 p.m.

California State University
Bakersfield
9001 Stockdale Hwy.
Bakersfield
<https://runsignup.com/Race/CA/Bakersfield/ScreamerRun>

OCTOBER 11

2025 Kern County Heart & Stroke Walk

The Heart & Stroke Walk is a fun, family-friendly event that brings our communi-

ty together to get active, raise life-saving funds, and support the mission of the American Heart Association. Whether you're a seasoned walker or just looking for a great day out, join us to celebrate heart health, honor survivors, and remember loved ones affected by heart disease and stroke.

8 a.m.

CSUB
9001 Stockdale Hwy.
Bakersfield
805-979-5288
https://www2.heart.org/site/TR?pg=entry&fr_id=12053

8th Annual Running with the Angels 5K Run & Walk

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

7 a.m. – 12 p.m.

Yokuts Park
4200 Empire Dr.
Bakersfield, 93309
661-379-7162
<https://runsignup.com/Race/CA/Bakersfield/RunningwiththeAngels>

2nd Annual North Kern Run/Walk Delano 2025

Come one, come all! Presented by Adventist Health, this event brings funding and awareness to the various cancer diagnoses and encourages our entire community to support local patients. Let's get moving!

8 a.m. – 12 p.m.

Delano Heritage Park Museum
330 S. Lexington St.
Delano, CA 93215
<https://kerncountycancerfoundation.org/event/north-kern-run-walk/>

H.E.A.R.T.S Connection's Heroes 4 HEARTS & Buddy Walk

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

9 a.m. – 1 p.m.

Park at River Walk
11298 Stockdale Hwy.
Bakersfield
661-328-9055
<https://heartconnection.org/>

OCTOBER 18


NAMI Walks Kern County 2025

Come walk in support of local mental health programs.

9 a.m. – 12 p.m.

The Park at River Walk
11298 Stockdale Hwy.
Bakersfield
661-331-6137
<https://www.namiwalks.org/kerncounty>

Inaugural Tehachapi Breast Cancer Awareness Walk

 Get ready for the inaugural Tehachapi Breast Cancer Awareness Walk featuring 1 &

2 mile routes, inspiring talks from healthcare professionals and a local survivor, plus a free health fair. All donations support the AIS Cancer Center and Tehachapi Cancer Foundation.

8 a.m. – 12 p.m.

Railroad Park
E. Tehachapi Blvd.
Tehachapi
661-822-2200
<https://www.liveuptehachapi.com/>

OCTOBER 25

Kern CASA Superhero Run

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

6:30 – 10:30 a.m.

The Park at Riverwalk
11200 Stockdale Hwy.
Bakersfield
661-631-2272
<https://kerncasa.org/superhero-run/>

Kern DSN's Walk For A Million Dreams

A day filled with inspiration, empowerment, and celebration. Walk together towards a future where every individual with Down syndrome is valued, included, and given the opportunity to achieve their dreams.

9 a.m. – 3 p.m.

Stramler Park
4003 Chester Ave.
Bakersfield
661-246-3200
<https://kerndsn.org/walk-for-a-million-dreams/>

OCTOBER 12



OCTOBER 15 - 19

Boo at the Zoo

Enjoy Halloween-themed games with candy and prizes, festive decorations throughout the zoo, pumpkins from our pumpkin patch, animal presentations throughout the week, and unlimited train rides. Wear your favorite costume and get in the Halloween spirit with all of your friends at CALM.

9 a.m. – 4 p.m.

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

OCTOBER 16

Hocus Pocus Paint Night

A magical Paint Night where you'll get to paint your own spooky mold creations — pick from the Sanderson Sisters or Billy the zombie! \$17 per person. RSVP today!

6:30 p.m.

Jerry's Pizza & Pub
1817 Chester Ave.
Bakersfield
661-932-1492 (TEXT ONLY)
<https://www.instagram.com/jerryspizzapub/>

OCTOBER 17

National Mamography Day



OCTOBER 18 & 19

Via Arté Italian Street Painting Festival

Bakersfield Museum of Art's annual festival has become a Bakersfield tradition, bringing together the community and the visual arts. Using the asphalt as canvas, spectators watch each year as artists unlock their imaginations and turn the parking lot into a gallery of amazing chalk masterpieces.

9 a.m. – 8 p.m.

The Marketplace
9000 Ming Ave.
Bakersfield
661-323-7219
<https://www.viaartebakersfield.com/>

OCTOBER 23

Halloweenie Parade

The first annual Halloweenie Parade presented by Hoffmann Hospice and Bolthouse Properties! This festive, family-friendly event will feature a costumed puppy parade, pet-supply pop-ups, giveaways, and much more.

5 – 7 p.m.

The Point at Belcourt Village
3333 Buena Vista Road
Bakersfield
<https://experiencesevenoaks.com/retail/belcourt-village/>

OCTOBER 24

Hot Pink Celebration

Step into an evening of inspiration, community, and courage at the Hot Pink Celebration, where we honor the strength and beauty of those

touched by breast cancer. This year's celebration is a powerful reminder that life's most beautiful moments can blossom through challenge and change.

6 – 9:30 p.m.

Luigi's Warehouse
1910 E California Ave.
Bakersfield
661-322-5601
<https://linksforlife.org/linksevents/>

Adventist Health: Lunch & Learn Community Education Series: Breast Health

Attendees will learn how to recognize early signs, explore preventative care and treatment options, and participate in demonstrations. Event will also include a live Q&A session, allowing participants to get their questions answered by a trusted medical expert. RSVP is required as space is limited.

12 – 1 p.m.

Adventist Health Bakersfield
1524 27th St. Second Floor, "Be Brilliant" Conference Room
Bakersfield
661-446-5442
<https://www.adventisthealth.org/bakersfield/events/ahbd-lunch-learn-community-education-series/4-25-25>

Movies in the Park: The Haunted Mansion

City of Bakersfield Recreation & Parks FREE Movies in the Park series! Movies will begin at dusk. Make sure to bring your picnic gear, lawn chairs, blankets, family, and friends!

Silver Creek Park
7011 Harris Rd.
Bakersfield

661-326-FUNN (3866)
www.bakersfieldparks.us

OCTOBER 25

Golden Empire Gleaners Annual Rhythm & Roots Event

Enjoy a beautiful new venue and new music by local favorite Valley Fever, playing funk, soul, and good ol' rock & roll. Scrumptious food, amazing auction items, and your support goes directly to help The Gleaners feed hungry families and seniors.

6 – 10 p.m.

Kern County Museum's Batey Gardens
3801 Chester Ave.
Bakersfield, CA
661-324-2767
<https://www.goldenempiregleaners.com/rhythm-and-roots>

OCTOBER 30 – 31

Safe Halloween at the Museum

Enjoy a spooktacular evening of family fun at Safe Halloween, featuring trick-or-treat stations, festive games, kid-friendly activities, and plenty of costumes and candy—all in a safe, welcoming environment.

5 – 9 p.m.

Kern County Museum
3801 Chester Ave.
Bakersfield
661-437-3330
<https://kerncountymuseum.org/safe-halloween/>

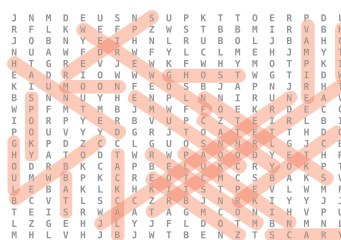


ACTIVITY CORNER ANSWERS

ACTIVITY CORNER: PAGES 30-31

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

1. Eyesight
2. Optic
3. Pedal
4. Contacts
5. Curves
6. Straight
7. Game
8. Hrs
9. Burns
9. School
- Across
- Down



WORD SEARCH SPONSORED BY:





Men's Strong LINKs Hangout. PHOTO COURTESY LINKS FOR LIFE

ONGOING HAPPENINGS

SECOND THURSDAYS

Men's Strong LINKs Hangout

Fellas, this one's for you. Strong Links, one of Links for Life's support groups made just for men. It's a laid-back space to connect with other guys who get it. A place to talk, laugh, find support—and yeah, it's a pretty cool hangout.

6 p.m.

Imbibe Wine & Spirits
4140 Truxtun Avenue
Bakersfield
661-322-5655
staff@linksforlife.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 Street
Bakersfield, CA
<https://fstfarmersmarket.com/>

FIRST & THIRD SATURDAYS

Tractor Supply Farmers Market: Rosedale Artisan Fair

Explore seasonal produce, handmade goods, and family-friendly fun—all brought to you by neighbors and small businesses in your area.

9 a.m. - 1:30 p.m.

Tractor Supply

2749 Calloway Drive
Bakersfield
562-338-1618

<https://officialartisanfairs.com/>

SUNDAYS

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 Drive
Bakersfield
https://www.instagram.com/riverlakes_farmers_market/?hl=en

Haggin Oaks Farmers Market

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

9 a.m. – 2 p.m.

8800 Ming Avenue
Bakersfield
https://www.instagram.com/hagginoaksfarmers_market/?hl=en

SECOND & FOURTH SUNDAYS

Riverwalk Artisan Fair

Catch local vendors at this bi-weekly Sunday market. Discover unique goods, delicious snacks, and a bustling community. Each purchase supports a local business.

8 a.m. - 2 p.m.

Riverwalk Park
11298 Stockdale Hwy.
Bakersfield
562-338-1618
<https://officialartisanfairs.com/>

Worship Guide

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In His Light, We Find Life

In a world marked by confusion, darkness, and brokenness, the light of Christ is essential. His light offers clarity where there is uncertainty, hope where there is despair, and healing where there is hurt. Jesus proclaimed, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life". This promise speaks directly to the human need for direction, purpose, and truth. The light of Christ illuminates our path, guiding us through moral and spiritual challenges. It reveals the love of God, reminding us that we are never alone, even in our darkest moments. In times of suffering or loss, His light becomes a source of comfort and strength. It transforms hearts, renews minds, and inspires acts of kindness, justice, and mercy. The light of Christ cannot be hidden! Believers are called to reflect His light every day, bringing hope and goodness to others. In a world desperate for peace, compassion, and truth, the light of Christ is not only needed—it is life-changing. As the old hymn said so well; "The whole world was lost in the darkness of sin, the Light of the world is Jesus."

— By Jon Engen



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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 Halloween!

Adults on the Spectrum Gathering: Saturday, October 4th. To register, please contact our office for details.

Parent Support Group Meeting: Wednesday, October 8th @ 6 pm.
To register, visit our website www.kernautism.org

Chess Club for Teens Sunday, October 12th from 11 a.m. to noon.
To register visit our website www.kernautism.org

Female Support Group Gathering Thursday, October 23rd @ 6 pm.
To register, please contact our office for details.

Father's Virtual Support Group Meeting: Saturday, October 25th @ 2:30 pm.
To register, visit our website www.kernautism.org

6th Annual Autism Gala "Stayin' Alive for Autism" Disco 70's theme-November 1st
at Bakersfield Country Club. Buy tickets @ www.kernautism.org

To read more about the organization, follow us on Facebook and Instagram.

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

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FIND JACK-O-LANTERN!

Count the number of Jacks in this issue for your chance to win a prize!

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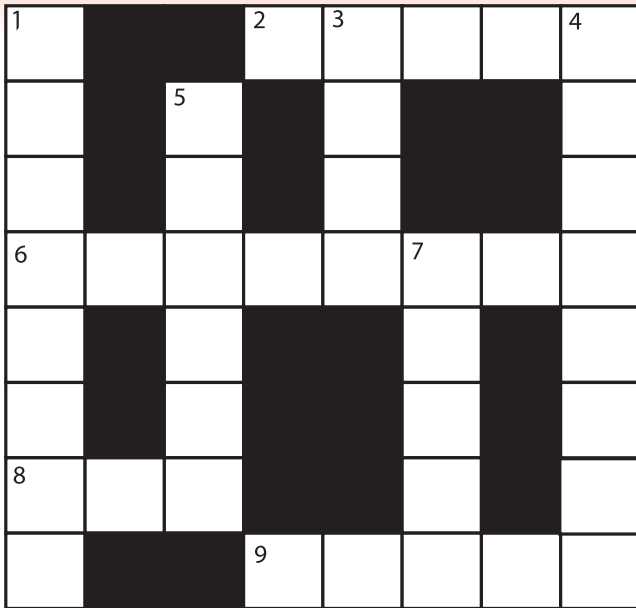


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OCTOBER ACTIVITY CORNER

Crossword



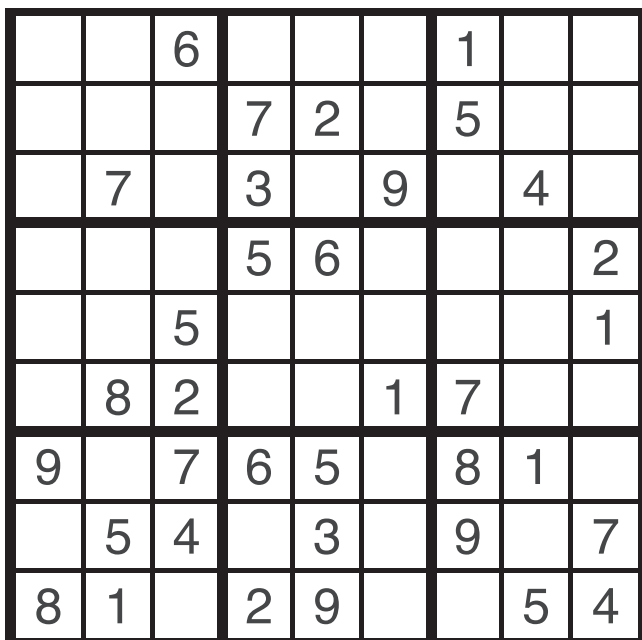
ACROSS

- 2. Involves the eye
- 6. In a line
- 8. Abbreviation for "hours"
- 9. Stings or pains

DOWN

- 1. Vision
- 3. Foot treatment
- 4. Corrects vision
- 5. Bends
- 7. One who plays

Sudoku



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



DID YOU KNOW?



Happy Popcorn Poppin' Month!

The tallest popcorn machine is over 22 feet high, taller than a giraffe!

www.factsjustforkids.com/food-facts/popcorn-facts-for-kids/

OCTOBER ACTIVITY CORNER

**PUZZLE
ANSWERS**
PAGE 26

FRIGHT NIGHT WORD SEARCH

PRESENTED BY PACIFIC AG RENTALS

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

BATS	GHOST	MOON	SPIDER	WITCH
BLACK CAT	GHOUL	OCTOBER	SPOOKY	ZOMBIE
CANDY	HAUNTED	PUMPKIN	TRICK OR TREAT	
COBWEB	JACK-O'-LANTERN	SCARY	VAMPIRE	
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