

Free copies for schools & businesses (661) 861-4939 www.kerncountyfamily.com



kern county **Family** free m a g a z i n e

OCTOBER 2017



Unmasking Real Life **HEROES**

Who Does
YOUR Kid
Look Up To?

HALLOWEEN

is **HERE!**

Spooky Family

FUN Guide

pg.25



plus:



**October is
BREAST CANCER
Awareness Month**

DIY halloween

treat bags

pg.22



trick-or-treat

safety tips

pg.10

flu shots

did you get yours?

pg.7

Introducing new players in our starting lineup.

Dignity Health welcomes NFL's Derek and David Carr

While building teams, coaches look for players with key traits like speed and agility. At Dignity Health, humankindness is at the top of our list. That's why Derek and David Carr were first-round draft picks for our new partnership.

These Bakersfield brothers have played football in the country's most prestigious stadiums and on television in front of millions. Now they're giving back to their community—our community—proving that humankindness has no offseason.

Welcome to Dignity Health, Derek and David!

Hello humankindness™



OWNER/PUBLISHER

Lisajo Peterson Radon

EDITOR Lisajo Peterson Radon

COPY EDITOR Andrea Rose

ART DIRECTOR Pam Huber

OFFICE OPERATIONS ASSISTANT
Marie Elrich

CONTRIBUTING WRITERS

Vaun Thygerson • Tracie Grimes
Michael E. Kirk, PhD
Andrea Rose
Dave Bergman • Meagan Ruffing
Christa Melnyk Hines

ADVERTISING INQUIRIES

(661) 861-4939

DISTRIBUTION INQUIRIES

(661) 861-4939

MAIN OFFICE & MAILING ADDRESS

1400 Easton Dr., Suite 112
Bakersfield, CA 93309
(661) 861-4939
Fax (661) 861-4930

WEB www.kerncountyfamily.com

E-MAIL

kcfm@kerncountyfamily.com



Kern County Family Magazine is published twelve times a year by Skyline Publishing & Event Promotions of Kern County

Kern County Family Magazine is available free at more than 600 locations including libraries, grocery stores, retail stores, childcare centers, schools, hospitals and other outlets. Subscriptions by mail are \$17 per year and must include a check:
KERN COUNTY FAMILY MAGAZINE
1400 EASTON DR., SUITE 112
BAKERSFIELD, CA 93309

Deadline for advertising and calendar information is the 10th of the month preceding.

Kern County Family Magazine welcomes story ideas and unsolicited materials. Send inquiries to the address listed above.

Kern County Family Magazine reserves the right to refuse any advertising for any reason. The opinions expressed by contributors or writers do not necessarily reflect the opinions of this paper. Distribution of this paper does not constitute an endorsement of information, products, or services. Neither the advertisers nor the publishers will be responsible for misinformation, typographical errors, omissions, etc. herein contained. ©2016 by Kern County Family Magazine and Skyline Publishing. All rights reserved. No portion of Kern County Family Magazine may be reproduced without the written consent of the publishers.
Copyright 2017.

MEMBERS OF



Find Jack O'Lantern!

Starting September 26th, tell us how many Jack O'Lanterns you find throughout this issue (in print or online) and you could win a GREAT prize! Visit www.kerncountyfamily.com for more information and to enter.

Good Luck!

 This Jack doesn't count!



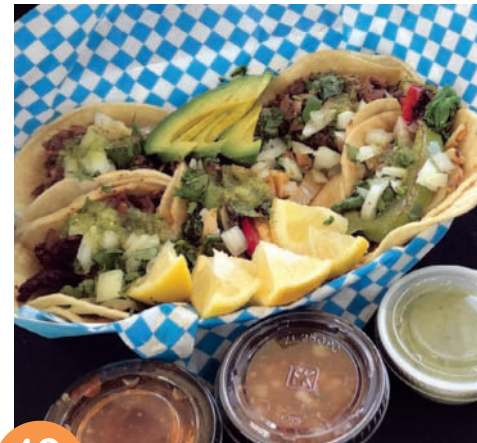
12

Feature: The Impact of Scary Movies on Kids



8

Cover Feature: Unmasking Real-Life Heroes



18

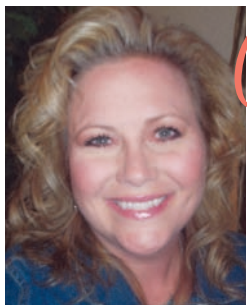
Local Dining Review: Martin's Meats

PLUS
Don't miss the FUN, the FEATURES, and the FACTS!



- 4 Dear Reader: Happy Halloween!
- 5 Refrigerator Door: Local Voices, News & Trends
- 7 Vital Signs: Healthy News to Use
- 14 **Feature:** Fill 'er Up and Support Local Schools
- 16 **Health Report:** It's Breast Cancer Awareness Month
- 20 Humor@Home: The Good Old Days?
- 21 Dr. Kirk's Advice: Conscious Parenting
- 22 You Can Do It: Designer Trick-or-Treat Bags; Smiling: Kind is the New Cool
- 23 Happenings™: Calendar of Local Events
- 28 Worship Guide
- 28 Quick Pix
- 29 Family Shopper
- 34 Activity Corner: Sudoku, Word Find & More

dear reader



Vaun Thygerson,
Contributing Writer

October is a special time of year to me for three big reasons: It's my birthday, Halloween and Breast Cancer Awareness Month. The first isn't so exciting as I get closer to the BIG 5-0, but no matter how old you are turning, birthdays are still fun. The second is my all-time favorite holiday. And, the last one is very important to me. I

haven't lost anyone close to me to breast cancer, but I have a few friends who have survived it, thanks to early detection.

My first "real" job out of college was working for the American Cancer Society in their government relations office in Washington, D.C. One of my first projects was the Breast Cancer Awareness joint resolution (S.J. Res. 303) designating October as Breast Cancer Awareness Month. Even though there's a new resolution passed each year for this designation, I still take some pride that I participated in the legislative resolution that made October 1992 happen in all its pink glory!

This experience also started my lifelong commitment to the American Cancer Society and its

wonderful community and research programs. Make sure to mark your calendars for their Making Strides Against Breast Cancer Walk on Saturday, Oct. 28 at 9 a.m. at California State University Bakersfield. It's a great event to promote this important issue and share hope with all those affected by breast cancer.

KCFM's editor, Andrea Rose, also knows the importance of breast cancer awareness. As the author of "The Snarky's Guide to Breast Cancer," she urges all women to check their breasts regularly. Find out when to start on page 16.

It's also that time of year when flu shots are due! The annual flu vaccine significantly reduces a child's risk of severe influenza and death. For guidelines from the American Academy of Pediatrics on when to get immunized, see page 7.

In Dr. Kirk's article, "Conscious Parenting," on page 21, he writes about how positive and negative encounters with parents can influence a child's outlook and affect their future success as adults. He says when parents make demeaning rude comments like, "You don't think," or "You're so clumsy," they're training their child to have a low opinion about themselves. Conversely, when children receive positive suggestions about their personality and traits, it builds their confidence. He encourages parents to be aware of their comments and interactions because it's their

Vaun's Fall Stovetop Potpourri



Fill a saucepan with water and bring to a boil. Add the following ingredients:

- 5 bay leaves**
- 1 T. whole cloves**
- 2 cinnamon sticks**

Reduce water to a simmer to fill your home with the perfect Fall aroma. Enjoy!

responsibility to parent successfully.

October wouldn't be October without all of the Halloween ghoulish festivities with everything from costume contests to safe Trick-or-Treat activities. Find out what is going on around town by checking out KCFM's Happenings section on page 23.

This month offers many things. Most of all, it's a great time to make fall memories with those we love. I'm ready to start burning my special fall stovetop potpourri and cozy up to a roaring fire in my fireplace. And don't forget to wear pink!

Happy October!

Do You Have Hazardous Waste? ... DON'T TOSS IT! The Kern County Special Waste Facility is the Solution!

FROM YOUR HOME

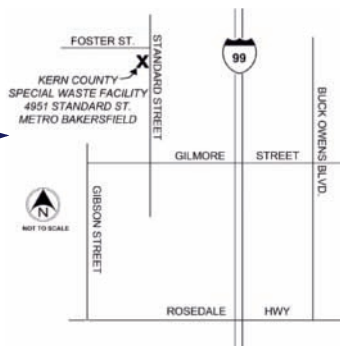
- Automotive Products
- Batteries (Auto & Home)
- Cleaning Products
- Expired Medications
- Fluorescent Bulbs
- Home Generated Sharps
- Paint & Paint Products
- Pesticides & Weed Killers
- Pool Chemicals



- Residential Waste Only
- No Business Waste
- No Leaking Containers
- Label All Containers

4951 Standard Street
Bakersfield, CA
Wednesday, Thursday,
Friday, & Saturday
8 am - 4 pm

Transport no more than 15 gallons or
125 lbs. of waste per trip.
(no containers over 5 gallons)



FROM YOUR BUSINESS



If your business generates less than
220 pounds of hazardous waste per month,
we can dispose of your waste !

BY APPOINTMENT ONLY

CALL (661) 862-8900

**A cost effective option for disposing of
hazardous waste from your business !**

For more information, call 862-8900 or visit us on the web at www.KernCountyWaste.com

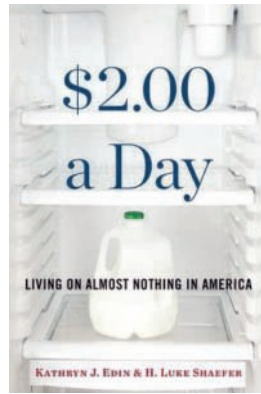
One Book, One Bakersfield

This year's One Book Project is focused on "\$2 a Day: Living on Almost Nothing in America" by Kathryn J. Edin and H. Luke Shaefer.

The book offers a revelatory account of a kind of poverty so extreme and so often hidden, most Americans don't think it exists. Edin and Shaefer suggest the number of American families living on \$2 per person, per day, has skyrocketed to one and a half million households, including three million children. Where do these families live? How did they get so desperately poor? What do they do to survive? "\$2 a Day" delivers new evidence and new ideas to our national debate on income inequality.

An author visit and book signing with Edin and Shaefer will be held Nov. 1 at the CSUB Icardo Center. **To find a complete list of events, visit www.kerncountylibrary.org/one-book-project.**

Inspired by similar initiatives in Seattle, Chicago, and Los Angeles, Jillian Fritch, an elementary school teacher, began the **One Book, One Bakersfield, One Kern** reading project in 2001. The Kern County Library began leading the effort in 2003.



Walk with Hope

Join the American Cancer Society's Making Strides Against Breast Cancer Walk on Saturday, Oct. 28 at 9 a.m.



at California State University Bakersfield. Making Strides Against Breast Cancer Walk unites a community to honor and celebrate breast cancer survivors, increases awareness about the disease and raises money to help the ACS save lives from breast cancer by funding its groundbreaking breast cancer research, providing free comprehensive information and support and helping people take steps to reduce their risk of the disease or find it early when it's most treatable. **For more information and to sign up, visit www.makingstrideswalk.org/bakersfield or on Facebook at Making Strides Against Breast Cancer of Bakersfield.**

Help Kern County Veterans

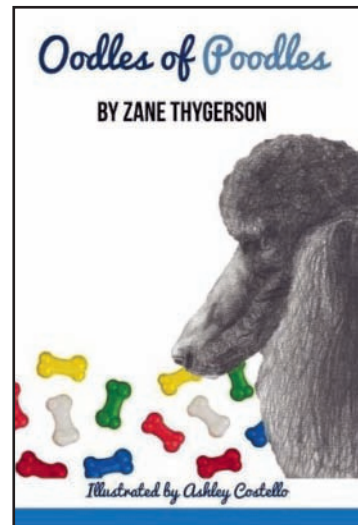
The Kern County Veterans Stand Down Organizing Committee needs assistance with the donation of food and preparation of lunch for approximately 1,000 people at Veterans Stand Down Day on Thursday, Oct. 12 at Stramler Park, 3805 Chester Ave., Bakersfield. This event is a one-day, one-stop-shop community service event benefitting veterans, but especially focusing on veterans who are homeless or at risk for homelessness. **For more information, contact Deb Johnson, president of California Veterans Assistance Foundation, at deb.johnson@cavaf.org or 661-873-4600.**

Calling all pet lovers

The Kern County Pet Fair will be held on Saturday, Oct. 14, from 10 a.m. to 3 p.m. at the Kern County Fairgrounds, 1142 South P St., Bakersfield. The event promises furry, feathery, family fun with all kinds of activities, pet contests, vendors, bounce houses, pet adoptions and much more. The Kern County Pet Fair is sponsored by The Olive Branch Intervention and Services Project, TOBYAS, a nonprofit whose purpose is to expand the appreciation for the value of life in children and young adults. A portion of the proceeds from this event will help local shelters like GreySave Greyhound Adoptions, H.A.L.T. Rescue, McFarland Rescue, California Turtle and Tortoise and others. **For more information, visit www.kcpetfair.com.**



Kern 11-Year Old Publishes Book



Local 11-year-old Zane Thygerson loved his black standard poodle, Max, and knew he was from a well-loved breed. He learned that many dogs were being mixed with poodles to make them great with children, easy to train, hypoallergenic and shed less. With this in mind, he began writing his book, Oodles of Poodles, which releases this month, published by Blue Corner Zoo Publishing Co. The book features 21 poodle-mixed breeds including Labradoodles,

Goldendoodles, Maltipoos, Great Danoodles and others. These dogs all have unique traits, but they also share those of poodles too. Ashley Costello is the artist who brought the different types of dog breeds to life with her illustrations. She is an animal lover herself with two Cairn terriers, Maggie and Molly. Sadly, Zane's dog Max passed away and he dedicated this book to him. He now spends time playing with his new standard, black and white, parti-poodle, Lincoln. **To order your copy of "Oodles of Poodles" for \$7.99, visit www.oodlesofpoodles.xyz.**



PRODUCTS YOU'LL LOVE

It's Play Time!

We're always on the lookout for great new toys, games and books. This month, we've rounded up a couple of cute companions, engaging games and a fabulous personalized book. Look for these recommendations throughout this month's issue of Kern County Family Magazine!



Meet the New Kids

Gabriela McBride, the 2017 American Girl of the Year, is a quiet and creative poet who wants to give back to her community and comes with a paperback book. Another exciting new addition is Logan Everett, American Girl's first boy character. He's a drummer. (\$115.00 each, www.americangirl.com; Ages 8+)

Enjoy the Squish

Squishmallows (\$2.99-\$19.99, www.squishmallows.com; ages 3+) make great couch pals, pillows, bedtime buddies and travel companions. Choose a penguin, owl, cat, fox, frog or hedgehog.





Pediatricians

In Your Neighborhood



San Dimas Pediatrics

500 40th Street
Bakersfield, CA 93301
661-327-3784
8 a.m. - 5 p.m.
Se habla español

Stockdale Pediatrics

300 Old River Road, Suite 125
Bakersfield, CA 93311
661-663-3122
8 a.m. - 5 p.m.

We offer the following services:

- Well exams
- Immunizations
- Same-day appointments
- Sick visits
- Sports physicals
- After hours on-call

Most insurances, including Medi-Cal, accepted.

valleychildrenspediatrics.org

Don't Be Afraid, Be Informed

October is Pregnancy and Infant Loss Awareness month.

About 1 percent of pregnancies in the United States (or about 24,000 babies) are stillborn each year. Stillbirth is defined as the death of a baby prior to birth and after 20 weeks of pregnancy. The most common causes of stillbirth, according to the Centers for Disease Control and Prevention are birth defects, problems with the umbilical cord or placenta and health issues with the mother, but just as common are losses where the cause is unknown.

But one researcher believes some losses may have to do with the position in which the mother sleeps. In an attempt to gain some insight into maternal position and stillbirth, researchers at the University of Auckland in New Zealand, led by Peter Stone, professor of maternal fetal medicine, studied the effects of maternal position on 29 healthy mothers in their third trimester.

"We feel there is sufficient evidence to say that lying flat on the back is disadvantageous to the unborn baby in the later parts of pregnancy, so we do suggest avoiding that," Stone said. "We think the evidence is in favor of lying on the mother's left side."

Stone's research team wanted to further investigate the impact of mother's sleep position on baby's well-being. To do so, they monitored the women and the fetus for 30 minutes at a time in different sleeping positions. The mothers were all monitored until they gave birth, and all babies were born healthy, but the research team did learn some important findings.

When the mothers slept on their backs, the baby's heart rate and activity was altered and oxygen supply was reduced. The researchers note that this can increase the risk of the baby being stillborn. While they noted that babies in healthy mothers seemed able to adapt fairly well to the position, it may further increase the risk in unhealthy mothers.

"Our hypothesis is that lying flat on the back compresses the main veins bringing blood back to the mother's heart, an effect well described," Stone said. "But then the mother's cardiac output may fall and then the flow to the womb is reduced. We suspect that many mothers and babies can cope, but some do not."

Meanwhile, despite the danger of Sudden Infant Death Syndrome, only 44 percent of parents always put their babies to sleep on their backs, which have been shown to prevent SIDS.

In the 10 years after the introduction of the "Back to Sleep" campaign in 1994, the rate of SIDS in the U.S. dropped by 53 percent as the practice of supine (back) sleeping grew from 10 to 78 percent. But a new study, "Factors Associated with Choice of Infant Sleep Position," finds that many parents still sometimes place their babies to sleep in the prone or side position.

Of the 3,297 mothers recruited from 32 U.S. hospitals for research, 77.3 percent reported they usually placed their infants on their backs for sleep, but fewer than half reported that they exclusively did so. Some communities were found to be more resistant to the back-to-sleep message. Black mothers and those who did not complete high school were more likely to intend to use the prone position. Those who had positive attitudes towards the prone position had more than 100 times the odds of intending to use that position, which shows that there are great opportunities for educational interventions. Researchers concluded that while families have received the message that babies should be put on their backs to sleep, many don't follow through, and that more research is needed to find and test the best educational programs to get more parents to exclusively put their babies to bed on their backs.



Time For Flu Shots

The flu vaccine should be given to everyone 6 months and older, as it is the best option for protection during the upcoming season, according to the American Academy of Pediatrics (AAP). The annual flu vaccine significantly reduces a child's risk of severe influenza and death.

During the 2016-17 season, more than 100 U.S. children died of the flu, and thousands more were hospitalized for severe illness or complications from the virus. Historically, more than 80 percent of children who died of influenza were not vaccinated.



The AAP recommends:

- Pediatricians offer influenza vaccine to all children 6 months of age and older, as soon as the vaccine becomes available, in order to complete vaccination and provide protection before the flu season starts. "Getting a flu shot as soon as the vaccine is available in your community should be on every parent's checklist, along with other back-to-school routines," said Flor Munoz, MD, FAAP, co-author of the report. "We know that the flu should not be taken lightly. Everyone in the household, including pregnant women, grandparents, and child care providers, should be vaccinated to help prevent its spread."
- Children receive influenza vaccinations by the end of October, if possible.
- Children who need two doses (those 6 months through 8 years, who have not previously been fully vaccinated) should receive the first vaccine early in the season for optimal protection.
- For the second consecutive year, the Academy supports a recommendation by the CDC not to use the live attenuated intranasal influenza vaccine, which performed poorly against influenza A (H1N1) pdm09 viruses in recent influenza seasons.
- Special effort should be made to vaccinate all children 6 months and older who have conditions that increase their risk of complications of flu. This includes infants born preterm and those with chronic medical conditions, including asthma and other chronic lung diseases, heart disease, diabetes and other metabolic problems, and weakened immune systems, among others.
- Influenza vaccine should be given to all women who are pregnant, considering pregnancy or are in the postpartum period or are breastfeeding during the flu season.

"Vaccination is the best available preventive measure we have against influenza," said Henry Bernstein, MD, MHCM, FAAP, co-author of the recommendations. "Yet, there is lots of room for improvement in influenza vaccination because overall influenza vaccination rates have been suboptimal in both children and adults during the past 7 seasons."

The influenza vaccine is given by injection into the muscle and is inactivated, meaning it does not contain a live flu virus and cannot cause the flu.

Hypertension in Teens on the Rise

High blood pressure, or hypertension, is normally associated with older people. But it is on the rise in teens and children and is now in the Top 5 chronic diseases in children.

Hypertension is considered a silent killer in adolescents and kids because it does not have visible symptoms. If untreated, it can lead to very serious issues, such as heart problems. Teens who have high blood pressure younger in life often have blood vessel and cardiovascular problems as adults. Doctors often miss signs of high blood pressure and hypertension in children and teens, but new guidelines have been recently released to encourage doctors to pay attention to signs in young patients, according to the American Academy of Pediatrics.

While the primary causes of primary hypertension are not completely understood, it does appear that unhealthy habits and choices, such as being overweight and not in good cardiovascular shape and eating unhealthy foods play a role. Surges in the sex hormones testosterone and estrogen also appear to be connected to high blood pressure and teens who begin puberty at younger ages are linked with risks for higher blood pressure.

PRODUCTS YOU'LL LOVE



Play It Smart

Beyond Tablet (\$199, additional games available starting at \$19.99; www.beyondscreen.com; ages 3+) is a smart tablet with a twist. It has no screen, so all the games are played with maps, cards, blocks, and figurines. But Beyond Tablet senses the objects and responds with LED lights and verbal guidance and encouragement.



Be the Hero

Bestselling author Kelly DiPucchio's new book stars the greatest hero of all time – your child. Called "A Monster Mess!" the book (\$29.99, www.ReadYourStory.com; ages 3-7) features your child's name and face throughout. You can add a personal dedication and two additional family photos.



Unmasking Real-Life Heroes

By Andrea Rose

It's that time of year when children and parents head to the store in search of the perfect disguise for a night of trick-or-treating or a Halloween party. The choices vary only slightly each year, with options ranging from witches and vampires to a plethora of superheroes, including swashbuckling pirates, shield-wielding turtles and Wonder Woman and Superman. It may take a store or two or even an online order to find the right alter ego, but procuring a costume is fairly simple. But finding a real hero in this world, not so much.

By definition, a hero is a person who is considered a role model by a large number of people.

For most children, their first experience with a hero is in storybooks and fairytales and then in movies they watch. Then comes the heroes they learn about in school.

"Exposure at school typically happens through discussion of history and our founding fathers," explained Dr. Somjit Barat, an associate professor of marketing at Penn State University. "For children who are too young, however, sometimes it is

difficult to appreciate the importance of what our national leaders achieved, especially because it was such a long time ago."

That lack of being relatable can mean children rely then on the fictionalized version of heroes. " 'Heroes' depicted in cartoon characters through the staple of movies, television or comic strips that children are constantly bombarded with appear to have a much greater impact on children," Barat said. "And it is not just TV or movies, but we see these characters on cereal boxes, backpacks, lunch packs, kids' meals, water bottles—virtually everywhere.

"When I ask kids what costume they will wear this Halloween, it is invariably 'Batman, Spiderman, or Sophia.' If you happen to know a kid who wants to dress up as George Washington, please let me know," Barat said.

"I challenge you to find a costume of any of our national heroes in the stores this Halloween season," he said. "In other words, it appears that the whole interpretation of the concept of 'hero' has changed in today's world. When we were growing up, we also loved fictitious heroes in the form of cartoon characters, but we considered our national leaders and freedom fighters as the true heroes and we always put them on a higher pedestal."

Barat said it's up to parents to focus their children's sights on the right role models—the ones right in front of them.

"Children are considerably molded by what they see and do at home," he said. "From my personal experience, kids will closely follow and learn from what they see being done and discussed at home. For example, in recent times, we have experienced a lot of divisive actions, rhetoric and behavior in the political landscape of the

continued on page 10

Bad Hair Day? Call *Lemonade Locks...*



We carry a fabulous selection of wigs and hairpieces. We take pride in our personalized, one-on-one service and we are experienced in fitting, altering, and trimming your wig to meet your needs. We've recently expanded our boutique to include beautiful hats, scarves, accessories and gift items. We also have many great items commemorating Breast Cancer Awareness month in October.

**We are located inside
the AIS Cancer Center**

**Appointments Required
For Wig Fittings**

The Brooke Wig Lemonade Locks Wig Boutique



We've Expanded: See Our New Store!

2620 Chester Avenue, 2nd Floor
Bakersfield, CA 93301
(661) 549-WIGS [9447]
www.lemonadelocks.com

Public Welcome
Please Call for Appointment • Hours: Mon-Fri 9-4:30
Gift Certificates Available

Happy Halloween!



What is an orthodontist, and how are they different from my dentist?

Orthodontists are dental specialists who diagnose, prevent and treat dental and facial irregularities. They receive an additional two to three years of specialized education beyond dental school to learn the proper way to align and straighten teeth.

Only those who successfully complete this formal education may call themselves "orthodontists" and only orthodontists may be members of the American Association of Orthodontists (AAO).

To ensure the best possible care for you and your family, please seek orthodontic care from a specialist! It is recommended by the American Association of Orthodontists that your child have an initial check up with an orthodontist by age 7 to help diagnose and plan for any abnormalities that may be developing, although it is never too late for an evaluation and proper care!

*We are committed to providing the best orthodontic care possible,
at the best value at Tadej and Baker Orthodontics.*



8625 Liberty Park Drive, Suite 101
Bakersfield, CA 93311
661.322.2263
www.tadejorthodontics.com

WE'VE MOVED!



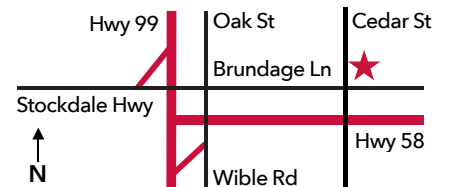
2408 BRUNDAGE LANE, BAKERSFIELD



- Larger piano showroom
- Larger repair department
- New instructor studios
- New recital hall
- Better parking
- Same great products and service



2408 Brundage Lane, Bakersfield • 661.327.5397
M-F 10-7:30 | Sat 10-5 | Closed Sunday
californiakeyboards.com • YouTube



continued from page 8

country. As such, depending on the political ideology of the family members, kids might be influenced in their perception of their ideal 'hero', often without the family's active involvement in this decision-making process. It must also be mentioned that the press plays a very important role in this. That is why, depending on the age of the children and how closely they follow the media, kids might be persuaded to look up to certain individuals as their heroes, no matter what background they come from."

Barat said teachers can be a source of inspiration as well.

"Teachers can often become a role model for kids by the way they handle the kids in class or how well they teach or how they make learning process 'fun' for everyone," he explained. "In some cases, the sports coach can also have strong influence on the kids, who begin to subconsciously consider him/her as their hero."

Despite the challenge of finding a real-life superhero, the effort of finding a mentor for kids is worth it.

"Since today's kids spend their time almost evenly split between home and school, it is obvious that they are likely to learn a lot from what they do and see in those two environments. Consequently, it is very important that they have a strong mentor ... a person who has constant access to the child's activities, likes and dislikes. The mentor, moreover, must be aware of the child's mentality, and should ideally be in a leadership position," Barat said. "Most important, that mentor should be consistent, perseverant and firm in whatever they do and say. In my opinion, kids look out for these traits when it comes to the definition of a true 'hero'. Children typically confide in people who can stand out for them, appreciate their perspective, and rescue them from an adverse situation...be it their dad, or Spiderman."



TRICK OR TREAT SAFETY

By Metro Services



Thousands of costume-clad children will embark on treat-finding missions in neighborhoods all across the country this Halloween. Everyone wants their Halloween festivities to be fun, but it is important that trick-or-treaters and their chaperones prioritize safety as well.

The child welfare organization Safe Kids says that twice as many child pedestrians are killed while walking on Halloween compared to other days of the year. In addition, the National Safety Council states that darting out or running into the road accounts for about 70 percent of pedestrian deaths or injuries among children between the ages of five and nine and about 47 percent of incidents for kids between the ages of 10 and 14.

Ensuring trick-or-treating youngsters are visible to motorists can make Halloween safer for everyone involved. The American Academy of Pediatrics and other safety groups suggest the following strategies for safe trick-or-treating.

- **Supervise the festivities.** Adults should chaperone young trick-or-treaters who are unlikely to be focused on safety in the midst of Halloween excitement.
- **Use reflective tape or LED lights.** Dark costumes coupled with twilight can make it difficult for motorists to see trick-or-treating youngsters. Parents can improve the chances of their kids being seen by motorists by adhering reflective tape onto kids' costumes. Glow sticks and wearable LED lights also can illuminate trick-or-treaters.
- **Carry lanterns or flashlights.** Children and/or chaperones who carry flashlights and lanterns can improve their own visibility while also making themselves more visible to motorists. Lanterns and flashlights help trick-or-treaters avoid holes, cracked pavement and other obstacles. For those children who want to free up their hands for better treat gathering, lights that strap to the head are an option.
- **Keep the lights on.** Homeowners can do their part by keeping outdoor flood lights and accent lighting on to make paths safer for youngsters on the prowl for Halloween candy.
- **Choose face makeup over masks.** Children wearing masks may not spot oncoming cars or other hazards. Face makeup won't affect kids' visibility but will still help them look scary.

With the right combination of caution and fun, Halloween can be an enjoyable time for youngsters and adults.



WE HAVE MOVED!!!

5300 California Ave. Suite, #210
Come in and See!

Our services include....

- Infant, Pediatric & General Optometry
- Vision Related Learning Problems
 - Post-Stroke/Post-Brain Injury
 - Vision Therapy/Rehabilitation

We are dedicated to helping you and your family achieve easy, efficient vision, for work, play, and school.

Dr. Penelope S. Suter

Board Certified in Vision Development and Vision Therapy

and **Dr. John Chan**, Optometrists

661-869-2010

Learn more at www.DrSuterVision.com

Dr. Maeve will see you now

Meet the faces of valley health care, brought to you by the residency program at Clinica Sierra Vista.



CLINICASIERRAVISTA.ORG



Families Grow Healthy with WIC



WIC Offers

- Classes on healthy & easy breakfast ideas, tips for picky eaters, first foods for infants and breastfeeding education
- Lactation Consultants, Registered Dietitians and Nutritionists available
- Vouchers for Healthy Foods

You may qualify for WIC if you

- Are pregnant or have a child under 5 years of age
- Have CalFresh, Medi-Cal or Calworks (Cash Aid)
- A family of 4 earning up to \$44,955 a year

WEEKEND AND EVENING HOURS AVAILABLE
WALK-IN'S & FOSTER FAMILIES WELCOME!



Locations in:

Bakersfield • Delano • McFarland • Lake Isabella
Taft • Lamont • Arvin • Frazier Park

This institution is an equal opportunity provider

CONNECT WITH US <https://clinicasierravista.org/Departments/introduction/WIC.html> 661-862-5422



DANIEL V. LAUNSPACH, D.D.S.
CERTIFIED, AMERICAN BOARD OF PEDIATRIC DENTISTRY



MARSHALL B. CHEY, D.D.S., M.B.A.
CERTIFIED, AMERICAN BOARD OF PEDIATRIC DENTISTRY

Please Contact Our Office For Our Preferred Provider Insurance List

We Are Accepting New Patients

We offer nitrous oxide, hospital dentistry, and see patients with special needs.

3811 San Dimas St.
Bakersfield, CA 93301

P: (661) 327-7541 • F: (661) 327-3467
bkpeddentistry@att.net
www.bkped.com



The Impact of SCARY MOVIES on Children

By Alexa Bigwarfe

It's time for Halloween, which brings the surge of scary movies in theaters and on television. We've all seen the terrifying previews for movies such as "Annabelle" and "It" and may be wondering whether it is OK for our younger teens, preteens, or even younger children to watch. Should you be worried about allowing your children to watch a scary movie or two? They are a normal part of modern day life, and it's hard to know how your child will respond.

But it's important to understand that scary movies can have very long-lasting impacts on kids.

According to a study of more than 150 college students at the universities of Michigan and Wisconsin, "Tales from the Screen: Enduring Fright Reactions to Scary Media," researcher Kristen Harrison and colleague Joanne Cantor found that 90 percent of the study's participants reported a media fright reaction from childhood or adolescence. Moreover, about 26 percent still experience a "residual anxiety" years later.

According to the study, one in four participants reported experiencing effects ranging from an inability to sleep through the night months after exposure to steadfast and continuing avoidance of situations portrayed in the programs and movies. According to Harrison and Cantor, the younger the students were when they viewed a scary movie and TV program, the longer-lasting the effects.

Not every child who watches a scary movie will be scarred for life or even bothered seriously in the short term, but some children may be impacted by horror films, both now and as adults. Children are often more impacted by scary movies and may be clingy after a scary film, cry, or even become sick to their stomachs.

You know your child best and whether or not you think they are going to have a difficult time processing the scary factor. But, just in case you need a little more information before you make the decision, keep reading. If they are prone to have a longer term negative impact from scary movies, the issues they may face include:

Sleep disturbances. It's normal in both children and adults to have a hard time sleeping after a scary movie or jump easily from weird noises. But these issues should not last longer than a few weeks, and if they do, you may want to seek professional help.

Difficulty discerning between reality and fiction. A study published in "Media Psychology" noted that younger children and children who went along with it but did not intend to view were most likely to experience fright effects including a fear of dying, uneasy feeling and fear of losing control. Think about it—how many times have you yourself wondered if a bad man might be hiding in your closet or behind the shower curtain? While most of us are able to draw a distinction between irrational fears and reality, children may not be able to do that.

Development of anxiety and phobias. Children have a difficult time putting scary movies into perspective since they do not have the life experience to know it's not real. They do not have the cognitive development to understand. If your child is already easily scared or timid, or scares easily, they may not be ready for scary movies. Increased display of violence and aggression. The results of studies on the impact of

Children have a difficult time putting scary movies into perspective since they do not have the life experience to know it's not real.

violent video games have not really been conclusive, but one thing experts do warn is that it desensitizes children to real-life violence. Also consider the fact that children often mimic what they see adults do. It's advised by groups such as Common Sense Media to at least hold-off on the extremely violent and "slasher"-type movies until your child is 16 or older. Children who are affected by scary movies may believe it's OK to use violence as a problem-solving skill.

So when it comes to scary movies, proceed with caution. If you believe your children can handle it, try to minimize the impact of a scary movie by having your child watch it during the day time. If you do watch the movie at night, keep the lights on and watch it with them to allay their fears or answer their questions. Do something silly before bed to take their mind off of the movie. Or just skip the scary movie all together.

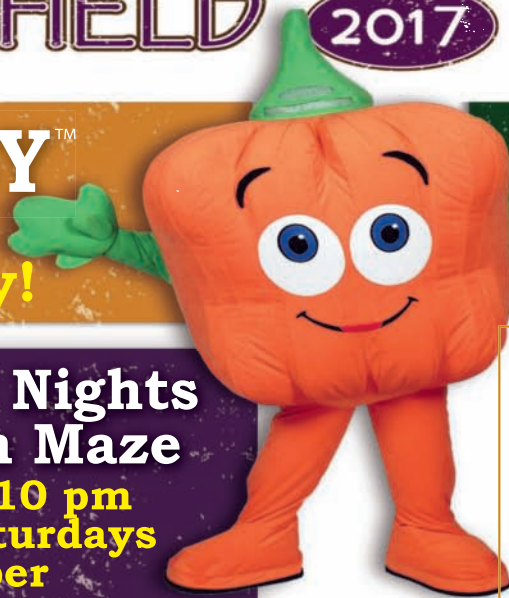
EVERY DAY FAMILY FUN!

Murray Family Farms



OCTOBER FUN FEST BAKERSFIELD 2017 CALIFORNIA

SPOOKLEY™
visits the
farm everyday!



CURIOUS GEORGE
corn maze!



**Flash Light Nights
in the Corn Maze**
OPEN until 10 pm
Fridays & Saturdays
in October

EVERY DAY FUN!

Hayride • Pumpkin Patch
Animal Garden • Jumping Pillow
Ball Toss • Spookley
Spookley Maze • Corn Bin
Butterfly House
MONDAY-THURSDAY • Noon-8pm
Admission \$10.99
1-3 yrs old \$4.99



Okie Meat Pies
Okie Fruit Pies



OPEN 24 HOURS
Free Fruit with Fill-Up!

OPEN
every day in
OCTOBER

FRIDAYS • Noon-10pm

SATURDAYS • 8am-10pm

SUNDAYS • 8am-8pm

Admission \$13.99/person
1-3 yrs old \$5.99

EVERY DAY FUN...plus
Corn Cannons • Face Painting
Animal Shows • Animal Train
Pumpkin Craft

New!

Boo Boo's Big Slide
120 feet of FUN!

BIG RED BARN Country Store



6700 General Beale Rd • Bakersfield, CA

661.330.0100

Check out:

MurrayFamilyFarms.com
for V.I.P Day October 7th, Attractions,
Photos & More



The farm opens to the public at noon Monday to Friday to accommodate scheduled morning school tours. Thank you for your understanding.

Sponsored by:



KERN MACHINERY

www.MurrayFamilyFarms.com



Fill 'er Up to Help *Local Schools*

by Andrea Rose



Sarah Camp knows what a difference a few dollars can make. Camp, a fifth- and sixth-grade teacher at Berkshire Elementary, has benefited from Chevron's annual Fuel Your School program.

"Chevron's Fuel Your School has given my students access to materials we would not normally have had access to," she said. "My students now have hands-on science labs and kits to learn from as well as technology to support the curriculum."

Throughout the month of October, \$1 will be donated to local public schools (up to \$300,000) when consumers purchase eight or more gallons of fuel at participating local Chevron and Texaco stations in Kern County.

The money will help fund eligible classroom projects on DonorsChoose.org.

Every day, public school teachers take on one of the most important, yet daunting, responsibilities— to captivate young minds and help inspire a lifelong passion for learning and innovation. Because funding is limited, many teachers spend hundreds of dollars from their own pockets each year to provide needed materials and supplies for students. Chevron's Fuel Your School program can help local public school students and teachers get the supplies they need for their classrooms.

Teachers spend hundreds of dollars from their own pockets each year to provide needed materials and supplies for students. Chevron's Fuel Your School program can help local public school students and teachers get the supplies they need for their classrooms.

Throughout the month of October, \$1 will be donated to local public schools (up to \$300,000) when consumers purchase eight or more gallons of fuel at participating local Chevron and Texaco stations in Kern County.

Now through October 31, motorists who fuel up with eight or more gallons at participating stations will be helping local schools earn money for technology and other needs.

"There is nothing you have to do, you just go to a participating station and fill up," explained Adam Alvidrez, community engagement specialist for Chevron North America Exploration & Production Company in Bakersfield. "We try to raise as much money as we can. It's a neat way to support teachers. We know kids have a lot of opportunities and we want them to know they can do anything in life. Wherever the needs are, we want to help. It will make a big dent in the classroom budget."

Camp has been participating in the program for the past four years.

"Teaching math and science have become so much more exciting and interesting in my classroom thanks to the projects Fuel Your School has funded for us each year," she said. "During the day, when it comes time to switch to math or science there is no groaning, the room is filled with excitement to see what we're going to learn with next. We have received science kits, hands-on math manipulatives, iPads, laptops, 3D pens and so much more thanks to this program. My students are always so excited during this time of year to see what Fuel Your School will fund next."

To date, Chevron's Fuel Your School program has helped fund 1,499 classroom projects at more than 130 schools in Kern County. Since its inception in 2010, Fuel Your School has helped fund 39,496 classroom projects at 5,134 schools in the U.S.

To track the progress of funded projects in the county, visit www.FuelYourSchool.com or join the conversation on social media on Facebook @ChevronFuelYourSchool or Twitter @FuelYourSchool and Instagram @fuelyourschool.



Join the FUN at Trinity Preschool!

LIC # 153810005

Monday-Friday 6:30am-6:00pm
Half days & Full days available
Ages 2yrs-6yrs
(non-potty trained welcome)
Snacks and Lunch Provided

(661) 665-7713
11300 Campus Park Dr
Bakersfield, CA 93311
www.trinitybakersfield.com



NEW LOCATION



Precious Smiles Deserve Special Care

Purdy Pediatric Dentistry has been providing dental services for the children of Kern County, since 2001. We have a very caring and compassionate staff that is dedicated to providing the best dental care for each child. By making dental appointments fun, we encourage kids to develop good dental hygiene habits for a lifetime of healthy teeth!

Purdy Pediatric Dentistry
5397 Truxtun Avenue
Bakersfield, CA 93309
661-832-5530
www.purdypediatricdentistry.com



Harmony Road Music School

IT'S NOT TOO LATE TO JOIN!

- Music & Movement Classes (Ages 16m - 4 yrs.)
- Group Piano Classes (Ages 4 1/2 - Adult)

(661) 665 8228 • 5381 Truxtun Ave.
(1 block East of Mohawk St.)

www.HARMONYROADBAKERSFIELD.com



GARCES MEMORIAL HIGH SCHOOL

Developing students spiritually, academically and socially since 1947



FOUNDED ON FAITH, ROOTED IN TRADITION,
GROWING IN EXCELLENCE



For more information visit
WWW.GARCES.ORG

2800 Loma Linda Dr. | 661-327-2528

BAKERSFIELD SWIM ACADEMY



Lessons for All Ages

- Toddler Classes
- 6 Mon. and Up - Parent & Me, AM/PM
- 2 Yrs. and Up - Learn to Swim Groups
- Adult - Learn to Swim & Technique
- Pool Heated Year-Round

USA Competitive Swimming Team

- Year-Round Team Training at Seven Oaks Country Club
- Professional Coaching for All Ages (All Coaches ASC Members)
- Long History of International Success

Visit Our Swim Shop!



661-615-6530 • From Infants to Olympians!



3311 Allen Road • Bakersfield, CA 93314 • www.bakersfieldswimacademy.com



Check Your Breasts, Please!

By Andrea Rose

This is the time when it seems the whole world turns pink in celebration of Breast Cancer Awareness Month.

This is the time to remember to schedule an annual mammogram if you are 40 or older and haven't already scheduled one. If you are under 40, now is the time to do a breast self-exam, if you don't do them regularly.

But let's face it, getting your boobs smashed on the metal imaging machine isn't something to look forward to. In fact, doing a self-exam probably isn't part of your daily routine.

I mean, the chances of getting breast cancer are slim and it's not going to happen to you, right? You have no family history. You are young and healthy! No need to worry, right?

That's what I thought before I was diagnosed with breast cancer at age 46. My cancer was found through a routine mammogram. There was no palpable lump.

No one in my family had breast cancer, so I had no reason to suspect my mammogram would turn up something suspicious.

But my life changed in under a minute as I stood in a dimly-lit room next to a big machine and a radiologist.

To make a long story short, several biopsies, two surgeries, 18 weeks of chemotherapy and 7 weeks of radiation later, I am here to share my story.

When I was diagnosed, my very first thought was worry about my daughter. At the time, she was in college, but we are very close and I didn't want to die and leave her. I know that sounds morbid, but as a mom, my job is to be there for my kid.

I never wanted to think about having cancer.

I had an annual mammogram—most of the time. Honestly, I had skipped a mammogram the previous year, not out of fear, but because I was “too busy.” I wonder had they caught it then, would I have been able to avoid having chemotherapy?

I've learned the earlier they catch it the more treatable—if not curable—it is.

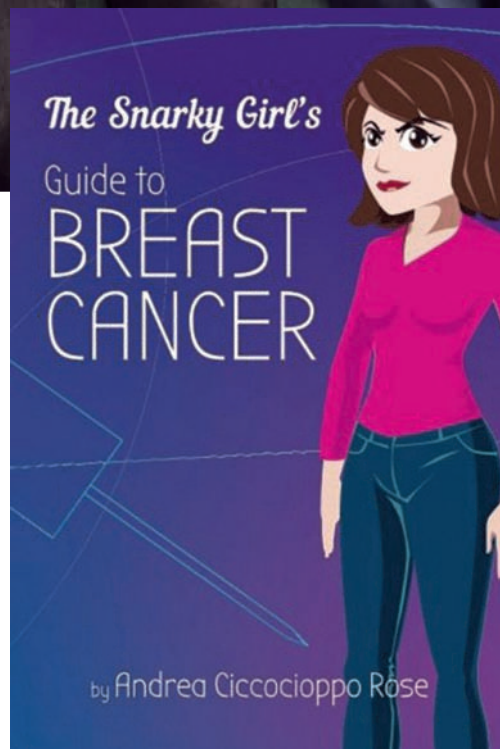
I know although we moms are quick to get our kids to the doctor for routine exams, some of us are “too busy” to schedule a doctor appointment for ourselves. If that's you, I urge you to make the time. Trust me, an hour or two out of your day is far less intrusive than half a year of treatment!

I wonder, aside from the uncomfortable boob squishing, if maybe some women put off getting a mammogram because they don't want to consider the possibility that they may get bad news.

I get that. It is very scary to think about getting a cancer diagnosis, but you know what? If you have cancer living somewhere in your body, it's best to know about it and take steps to get rid of it before it's too late.

So here's my takeaway for you: Get those mammograms as soon as you're eligible for them and get them EVERY year! And feel your boobies (or have your partner do so)! Know what's normal and what's not.

I was lucky: they caught my cancer at an early stage when it is highly treatable. Don't be afraid. Do it for yourself and your family. Do it now!



Andrea Ciccocioppo Rose is editor of Kern County Family and author of “The Snarky Girl's Guide to Breast Cancer,” available on Amazon.com.

Mammograms 101

When should YOU get screened?

According to The American Cancer Society, all women should begin having yearly mammograms at age 45, and can change to having mammograms every other year beginning at age 55.

- Women with an average risk of breast cancer – most women – should begin yearly mammograms at age 45.
- Women should be able to start the screening as early as age 40, if they want to. It's a good idea to start talking to your health care provider at age 40 about when you should begin screening.
- At age 55, women should have mammograms every other year – though women who want to keep having yearly mammograms should be able to do so.
- Regular mammograms should continue for as long as a woman is in good health.

The guidelines are for women at average risk for breast cancer. Women at high risk – because of family history, a breast condition, or another reason – need to begin screening earlier and/or more often. Talk to your medical provider to be sure.

The American Cancer Society says all women should be familiar with how their breasts normally look and feel and report any changes to their healthcare provider right away.

The best way to know when to begin screening for mammograms and how often to get screenings is to talk to your medical provider.

- Begin talking to your medical provider about breast cancer screening by age 40.
- Share your family history and personal medical history to determine whether you are at average risk or higher risk for breast cancer.
- Understand the benefits, risks, and limitations of breast cancer screening. Mammograms will find most, but not all breast cancers.

Learn more about breast cancer screening by calling the American Cancer Society anytime day or night at 1-800-227-2345 or by visiting cancer.org/breastcancer.



DID YOU KNOW?

While certain breast cancer risk factors, including gender and age, are beyond women's control, the American Cancer Society notes that certain factors are related to personal behaviors. Alcohol consumption is one such lifestyle-related risk factor for breast cancer. Compared with nondrinkers, women who consume between two and five alcoholic drinks per day have about a 1.5 times greater risk of developing breast cancer than women who abstain from alcohol.

Weight is another breast cancer risk factor that women can control. Women who are overweight or obese have a greater risk of developing breast cancer than those who are not. Prior to menopause, women's ovaries make most of their estrogen, with fat tissue making just a small amount. But women's ovaries stop making estrogen when they enter menopause, at which time fat tissue produces most of their estrogen. Having excessive fat tissue can increase estrogen levels and raise a woman's risk for breast cancer.

If or when a woman decides to have children can also affect her risk for breast cancer. According to the ACS, women who have not had children or who had their first child after turning 30 have a slightly higher risk of being diagnosed with breast cancer than women who had many pregnancies and became pregnant at an early age.



Share your

HOPE

so no one walks alone.

Making Strides Against Breast Cancer
of Bakersfield at CSUB

[October 28, 2017] | [9:00 a.m.]

Join us for the American Cancer Society Making Strides Against Breast Cancer walk to help **save lives**, celebrate survivors, and honor loved ones lost. With every dollar raised, we're able to make a bigger impact by helping conduct innovative research, promote early detection, and simply provide a hand to hold.

MakingStridesWalk.org/Bakersfield or Stacey Chambers
1.800.227.2345

©2016, American Cancer Society, Inc.



OPEN
Monday-Saturday 8am-6pm
Old Fashioned Meat Shop
Custom Cuts • Deli Meats • Catering
Meat Baskets • Groceries • Produce
Hot and Cold Deli Sandwiches
BBQ Thurs-Sat Santa Maria Style!

661-325-4262
If It's Martin's Meats... You Know It's Good!

Locally Owned by Martin & Audrey Chavez

**801 21st St Off of Q
Bakersfield, CA 93301** **At The Haggin Oaks Farmers
Market Every Sunday from 9-2**



Too Fat Sandwiches
Visit any of our Three Locations!

Buy ANY Sandwich Get 2nd Sandwich FREE
(with coupon)
Expires 10/31/17
Not valid on delivery orders



• Sandwiches • Salads • Full Catering Menu

721 18th Street, Downtown 1825 F Street, Downtown 5011 Stockdale Highway
661-631-8401 **661-324-3567** **661-832-9050**
www.toofatsandwiches.com



Hodel's COUNTRY DINING
A Local "Flavorite" since 1967
Breakfast • Lunch • Dinner
Sunday Brunch
Meetings • Banquets • Catering
6AM - 9PM Mon - Sat, 7:30AM - 9PM Sunday




5917 Knudsen Dr. Fwy 99 & Olive Drive
661-399-3341
www.Hodels.com

ORDER ONLINE ~ RUSTYPIZZA.COM

***\$3.00 OFF** Tax Included
ANY LARGE PIZZA

call **835-5555**

9 FAMILY FUN LOCATIONS TO SERVE YOU!

COUPON #110 EXPIRES: 11/30/17

RUSTY'S PIZZA PARLOR
Est. 1969

*Coupon Must Be Presented to Receive Discount. Not Valid with Other Coupons. One Coupon per Offer. \$10.00 Minimum on All Deliveries. Limited Delivery Area. Delivery Charge Extra.

Martin's Meats ... and More!

Local Dining Review by Vaun Thygeron

Martin's Meats

801 21st St. off Q St.
661-325-4262
Monday through Saturday, 8 a.m. to 6 p.m.
Haggin Oaks Farmers' Market
Sundays from 9 a.m. to 2 p.m.

On any given day, whether it's at Martin's Meats on 21st Street or at the Haggin Oaks Farmers' Market, you can find the Chavez family working together, laughing, eating or simply enjoying each other's company. Owners Martin and Audrey Chavez have made their business a family-oriented success story where their food is as good as their family values.

My husband, Scott, and I met up with all four generations of the Chavez family at the Haggin Oaks Farmer's Market where we not only sampled delicious food, but enjoyed fun company for time well-spent on a gorgeous Sunday afternoon.

Martin had been smoking a variety of his USDA choice Midwestern meats since 6 a.m. using apple and mesquite wood. The first dish they brought us was a hit: pork spare ribs with sweet and sour barbecue sauce. My husband is a rib snob and rarely finds any that he thinks are as good as ones we ate when we lived in Chicago. This is the first time that he has raved over ribs since our days in the Midwest. The ribs were savory with beautiful char on the outside and the meat just fell off the bone.

Next up, we tried their delicious meat tacos served with diced onions, chopped cilantro, cradled in a corn tortilla with a side of lemon. Scott's favorite taco was the Al Pastor that had been marinated in mouth-watering spices, chili, vinegar, pineapple and onion that ended up complementing the meat and not overpowering it. They also offer a fabulous vegetarian taco with red and green peppers, onions, mushrooms and slices of fresh jalapeño, cooked in coconut oil. It had quite the kick that complemented the veggies.

After tacos, we tried their tri-tip sandwich served with mayonnaise, lettuce and tomato on a torta bun. It was deliciously simple and yet satisfied perfectly. I really liked the torta bun as it wasn't too hard, but just right to complement the meat. I added their coconut cilantro salsa to the tri tip and it hit the spot! They make their salsas every day from scratch in small batches to keep them fresh and tasty.



Martin's Meats' Farmers' Market Tacos

Audrey's favorite dish is her husband's signature deep-pit shredded beef that is slow-cooked and seasoned with a sauce using Lindberg-Snider as a base that gives it a consistent flavor that pulls apart with ease.

At their deli on 21st Street, they offer fresh, in-house ground sausages. Their ground chorizo gets shipped up and down the coast from Oregon to Tijuana, Mexico. Another popular sausage is their 805 Martin's Summer Sausage which contains beef or pork, fennel seeds, crushed red peppers, hot Italian seasonings and 805 beer. They also have custom cuts, deli meats, hot and cold deli sandwiches, some groceries and produce and a full catering menu.

Martin Chavez started working in the meat business during his ROC days of high school where he learned how to cut meat. He opened Martin's Meats in 1989 and has been a fixture at the Haggin Oaks Farmers' Market for the last four years. He and Audrey have been married for 32 years and have three children, Martin, Roo-bie, and Ericca, and one grandson, Christopher.

One of the passion projects for the business is the meal prep dinners and healthier alternatives. Customers can order 6 oz. portions of protein like salmon, chicken, steak, tri tip, combined with 4 oz. of mixed veggies, and 4 oz. of yam, rice, or quinoa, and 2 oz. of fresh salsa.

The Chavez family is deeply rooted in the community and does a lot of good work through their shop. They offer a suspended sandwich program where customers can buy a sandwich to feed someone in need. Audrey says they give out 60 sandwiches every day through this service to those who can't afford one.

If you haven't tried Martin's Meats, you're missing out. Make sure you put it on your to-do list!



Frugatti's Italian Eatery

Real Italian by Real Italians!

Frugatti's amazing new Wine Cave Party Room is Now Open for Reservations!!!
Call Today to Book your Next Party.



Hours: Mon.-Thu. 11 am - 9:30 pm, Friday 11 am - 10 pm, Saturday 11:30 am - 10 pm, Sunday 11:30 am - 9 pm.

All major credit cards accepted.

600 Coffee Rd., corner of Truxtun and Coffee.

frugattis.com • (661) 836-2000

Smith's BAKERIES
The Bakers of Bakersfield
"THE ORIGINAL SINCE 1945"
72nd ANNIVERSARY

SMITH'S BAKERIES
2808 Union Ave.
661-325-3411

GRAND ISLAND
11400 Ming Ave.
661-663-8611

WHITE OAK PLAZA
6401 White Lane
661-834-1916

BROOKSIDE MARKETS
4700 Coffee Rd.
661-588-2070

BROOKSIDE MARKETS
8803 Camino Media Blvd.
661-654-0858

SULLY'S CHEVRON
9709 Olive Drive
661-695-9709

THE ORIGINAL Smith's BAKERIES SINCE 1945

Thank you For making us Bakersfield's Best Bakery again this Year

Royal Dental Care

General, Cosmetic & Orthodontics

\$500 OFF
Braces (with ad)
(price range: \$2,900-\$4,500)
Payment Plans Available

Kids Exam
Xray, Prophy, fluoride
\$49

Teeth Whitening
\$150

White Fillings
\$80
and up

Crowns
Zirconia or Veneer
(no metal)
\$600 and up

Deep Cleaning
\$75
per Quadrant

Extractions
(inc Wisdom Teeth)
\$120
and up

661-473-1440 • 3820 Wible Road, Suite C, South of White Lane
www.royaldentalcaredds.com
We Accept Most Insurance Companies

Dr. Nujoud Mubaraka D.D.S.

Real Estate Loans

**CALL US!!!
FREE Appraisal
& Loan Offer
on Home or
Income Property!**


**FREE
\$350 Check
For Cruise
or Fun!
(At Loan Funding)**



EQUITY 1 LOANS **661-330-2222**
www.equity1loans.com
Daniel
CA Bureau Real Estate Broker #00707520

Sunday, October 15th
Special Guest
DR. JAMES TOUR

One of the World's Top Nanoscientists
will be speaking on
GOD & SCIENCE



**CHRIST'S
CHURCH
OF THE VALLEY**

**9:00 & 10:30 a.m.
13701 Stockdale Hwy.
588-2268 ccvbak.com**




**At Trunkey Dental,
we love families!**

Make us your 1-stop dentistry for the whole family!

We offer:

- Sedation options... you can sleep through your appointment!
- No out-of-pocket expense to New Patients with our Welcome Exam & X-rays

**Cash Patients...
Try our In-house Dental Plan!**

**\$149 per Adult per year,
\$119 per Child, \$329 per Family of 4**
Includes 2 reg. cleaning, unlimited x-rays & exams, + 20% off restorative treatment (minimum \$350 value per patient)

We are Delta, Cigna, and Careington Network Providers
We accept Care Credit and our own In-House Financing

Dr. Don Trunkey • Dr. Jeff McCardle

(661) 322-3892
3807 San Dimas St. Suite A • Bakersfield, CA 93301 • www.trunkeydental.com

The *Good* Old Days?



The other day my friends and I were having coffee at a local establishment. We were chatting and laughing, having a grand old time just enjoying each other's company. The table next to us had quite a different vibe going on, however. Seated there was a group of mothers and children, and in the group was a rather rambunctious toddler who was straining against her high chair straps and making a noise I can only describe as the sound a pterodactyl must have made as it swooped down upon its prey.

The harried mother was trying every trick in the diaper bag to get the child to settle down; Cheerios (which quickly became mini Frisbees), cookies (which pretty much crumbled under the girl's vise-like, super-toddler strength), and even crayons and paper (you don't want to know what happened to the crayons—let's just say I'm pretty sure there were some colorful diaper changes later that day).

Now this little girl was pretty darned cute. My friends and I all noticed this right away, commenting on her chubby cheeks, her pink polka-dot shoes and curly blond hair. We had gone back to our chatting when the first piercing squeal sounded. One of my friends immediately turned to the rest of us and said, "She may be a cutie patootie, but I am so glad I don't have one of those anymore."

Me too.

My youngest is a senior this year. My oldest is in her mid-20s. They all sleep through the night. I don't have to wipe their butts. They can dress them-

selves. They can feed themselves. They can get themselves into the car without help and drive themselves to wherever it is they need/want to go.

There is a catch, however. I often find myself embroiled in conversations that involve intense negotiations and requests for money. The money requests are relatively easy to deal with (it doesn't take long to say "no"), but the negotiations can get dicey.

Sometimes I leave the negotiation table with my sanity in question. Case in point, my son is 6'2", and I'm 5'7". There are times when I need to get eye-to-eye with him to get my point across, you know, like any good negotiator would. However, I think it may weaken my argument when I pull up a chair and stand on it so I can look him in the eye (not to mention the fact that, anyone watching this little scene play out probably wonders why the crazy lady is standing on a chair and screaming).

Other times, and this is SUPER embarrassing, I invoke the old, "Cause I'm your mother and I say so!" I don't want to say it and I vowed never to say it, but sometimes it just, I don't know, works. You know. You've done it, too.

But after I have one of these types of interactions with a child, and I feel like I just want to run away from being the mom, I look at some artwork of my daughter's little handprints I have framed and hanging in my room: "You only have a little while, to hold these hands and see this smile. And when I'm gone and far away, you'll have this gift I made today."

And then I miss my squealing pterodactyls.

Conscious Parenting

Mother stomps into the house, fretting over how much she recently paid for medicine at Costco. One of the children is making a peanut butter sandwich and the countertop is messy with peanut butter and Nutella. Mother rebukes her child, who is 7, for being such a "klutz" with the ingredients and remarks, "That whole mess looks as bad as your bedroom," and stomps off to put away her items. The child, having been happy prior to her mother's entrance, stands steadfast, tears in her eyes, and the peanut butter knife slips from her hand and on to the floor with a "clang." Mother screams from the hallway, "Better get that cleaned up, Messy, before I get back there!"

William is working in the garage as father has requested, throwing away long-stored, but unnecessary, items. As father makes his way to the garage later, he quickly admonishes his son for having thrown away certain "important" items, and followed with, "And why is this in the trash can, Billy? This is something we need. I just can't let you do ANYTHING by yourself. You just don't think!" William stands still, anticipating another barrage by his father, tears falling down his cheeks. Father walks away, muttering to himself, "Kid just doesn't have a brain, can't even follow directions." William stands like a statue, fearful of making a move, as his father wanders off. William is feeling unsure about what to do next.

What is a child to do about these scenarios?

Well here is the answer: Nothing. It is not the child's job to figure all of this out, it the responsibility of the parent to parent successfully, and that means building up the child to become a successful and happy adult. When an individual is a baby, most of your functions are passed through one's subconscious mind. The baby is receiving and reacting to suggestions every minute of every day. As soon as the baby is able to comprehend words, the people around the baby make a deep impression on the baby's subconscious mind with every single thing that is said about the baby. Having almost no means of discriminating, the baby is unable to reject any suggestions, positive or negative. When people repeatedly impress the baby or child with negative impressions or opinions about the baby or child (as in "you are clumsy, lazy, idiotic, ugly or hopeless") the baby or child, being unable to refute such phrases, begins to accept the low opinion of oneself.

This type of conditioning affects

the baby's/child's and eventually young adult's opinion of oneself and outlook as they mature.

This is necessary to understand to offer all parents insight regarding the power of suggestion by one's parents. Most adults are unaware of these destructive influences of the offered negative suggestions and are they themselves handicapped because of the negative suggestions they had received in their own childhood.

There are those that are more fortunate as they received positive suggestions regarding one's positive traits as in "You are such a wonderful kid, "what are great artist you are," and "what a wonderful personality you have." This can build up a positive and confident subconscious and actually trains these individuals to strive for success and winning through positive thinking, consciously and subconsciously.

Thus, if one's own parent did not offer enough positive suggestions, it is up to you to do so now for yourself, and subsequently perform the same actions on your children. Be aware that the subconscious easily accepts positive and constructive suggestions equally with the offered negative and destructive suggestions. As we grow from childhood to adulthood, the conscious mind becomes stronger and acts as a censor, accepting or rejecting suggestions before they enter into the subconscious mind. Therefore, we all must be very careful what it is we are saying to our children, as our words become a major part of what is accepted and stored in the subconscious mind of the child.

In order to establish the positive attitude you require for success in life and also as a parent, the adult must make a sustained effort to allow ONLY positive suggestions to pass through the subconscious mind. Doing the same for the child liberates him or her from a life of negativity. The mother above should have congratulated the daughter on her sandwich making and the father should have congratulated the son on the work he did in the garage. Further, in order for children to learn adequately, parents must be there—regularly—beside teaching him or her everything one knows.

Parenting is the essential tool for making children happy and content or unhappy. As parents, one must be careful to offer the correct positive phrase to the child. In doing, so, the child learns to feel positive about him or herself, accomplished by successful parenting.

Michael E. Kirk, PhD, a local clinical psychologist, is a father and grandfather who specializes in working with families, adolescents, and children.

Little Bears PUMPKIN PATCH

Free admission

OPEN 1st Saturday in October

Mon. - Thur.: 3 - 7pm • Fri. 3 - 8pm
Sat. 10am - 8pm • Sun. 10am - 7pm

661-746-3714

Tours Available.
19040 So. Shafter Ave, Shafter, CA.



New Patients Welcome! Kindergarten Exam!!!



New Patient Exam
\$49⁰⁰

NOT VALID FOR
PERIODONTAL TREATMENT
Includes X-rays, Office Visit & Cleaning

OPEN SATURDAYS

2 Bakersfield Locations to Serve You

El Dentista Habla Español

Most Insurance Accepted

Medi-Cal for Families or Medi-Cal Program

Midtown Family Dentistry

2427 "H" Street
Enrollment available on site

861-0577
OPEN 6 DAYS A WEEK



JustforKidsDentistry

4000 Stockdale Hwy., Suite H
327-7668



Book a FREE class online!

Offering amazing physical early learning
classes and birthday parties too!

Perfect for ages 3 months to 10 years



MyGymBakersfield

(661) 589-4288 • mygym.com/bakersfield

Millions of kids agree.



Best Care For Your Best Friend

Protect your pet from contagious diseases by keeping his essential vaccinations up-to-date. Even indoor pets need to be vaccinated. Call us to schedule an appointment!

Small Animal Hospital

8610 Harris Road
661-327-4444

bakersfieldvet@gmail.com



Large Animal Hospital

4408 Wible Road
661-832-1150
bvhwla@aol.com

Find Us on the Pet Desk App

94 YEARS DEDICATED SERVICE TO KERN COUNTY

Bakersfield VETERINARY HOSPITAL

www.bakersfieldvet.com

you can do it

DESIGNER Trick-or-Treat BAGS



By Kathryn Streeter



With the approach of Halloween each year, smart merchandisers are working their magic to lure us into stores not just for trendy, pricey Halloween costumes but the complete get-up, which naturally includes trinkets and props, such as wands, lanterns, swords, crowns or lightning bolts. Does this sound familiar? The pressure from companies and the kids to buy new Halloween apparel and accessories year after year can be emotionally exhausting, making us feel like we are bad parents if we don't spring for the newest shiny objects.

Additionally, the kids will also covet a new, cool bag/bucket/basket to accommodate the stash of candy they will be collecting. In order to get around some of the pull for the current year's latest and greatest, I put my kids to work on designing their own trick-or treat bags, and you can, too!

Supplies:

1. Small paper shopping bags. Ours happened to be from Starbucks, but you can get them at the dollar store, too. The important thing is that each of your young designers has the same size bag to work with to eliminate any arguing about who has more candy at the end of your trick-or-treating night.
2. Crayons, markers, colored pencils, pens, pencils, highlighters (Pull out everything you've got!).
3. Scissors (decorative scissors are a nice addition, too, if you have them.)
4. Stencils
5. Glue
6. Any and all types of construction/craft paper, scraps of wrapping paper, tissue.



Steps:

1. Completely cover the outside of the paper bag with your thickest paper. For starters, this will block out the logo of the store your bags came from. It will also provide a stronger base for the weight of all that candy. Tip: Don't forget to cover the bottom because this will further strengthen the bag.
2. This is where you sit back and sip your coffee as you let the kids come up with their personal design. Pumpkins? Ghosts? Candy? Text with cheery Halloween sayings? A little comic strip? These were some of the ideas my kids came up with using lots of cutting and pasting to layer paper objects into place, a bit more interesting than simply drawing on the design.
3. When your trick-or-treat bags are complete, they should feel sturdy. This is because your kids likely went through a bottle of glue and thus, the result could feel closer to a hardy papier mâché project. Put these original works of art somewhere safe, up high, where they can dry completely before they are put to use.



Kathryn Streeter's writing has appeared in publications including *The Washington Post*, *The Week*, *Scary Mommy* and *ParentMap*. Find her at www.kathrynstreeter.com and Twitter, @streeterkathryn.

Smiling: Kind is the New Cool

Nowadays, October has become practically synonymous with Halloween. For many people, this means one thing above all else: dressing up! Costumes and face paint can be loads of fun, but there's one thing we can always leave on... our smiles! That's why this month we're talking about smiling.

Artwork by Dignity Health



Smiling is Easy

If we were talking about mowing the lawn, we'd understand excuses like, "That's a lot of work," or, "I don't really have time right now." Smiling is easy, though. We don't need to buy any extra supplies, and we don't even have to leave our current location to do it. The person standing in line at the grocery store right now can begin smiling.



The same goes for the person sitting in a car on the way home from work. Nothing ties together an outfit like a smile. It works with casual clothes, fancy clothes, and even limited edition Batman costumes. Think of it like a cool accessory, much like a timeless hat or a nice watch. The difference is that instead of being a conversation-starter, your smile is more like a gift to people all around you.

Trends in Cognitive Sciences published a study in 2016, which found that, "When we observe a facial expression of emotion, we often mimic it." Are the people around you looking kind of down? Help them out, and wear your smile! You don't have to tell them, "Hey, you! Smile!" It can be done in quietly and effectively just by being around them. Easy, right? If you find this hard to believe, remember that we already have a nickname in our culture for the kind of person whose emotion affects everybody else (in a sad way): a Debbie Downer. We're trying to be

the positive version of that! A "Happy Henry," if you will.

Babies, in fact, use this to their advantage early in life. Before infants actually learn to smile from happiness or mimicry, they have what is called a "reflex smile." This is an instinct built into humans and it lasts for the first couple months of our lives. This reflex smile helps keep infants safer and cared for, since nothing makes a parent's heart melt more than a happy child.

It Can Make You Feel Better

You might be thinking, "Do I really put on a smile? Doesn't it just show up on its own?" Well, that's not always the case. Mustering up a smile, even when we're not in a cheery mood, benefits us as much as it benefits others. Research from Clark University in 2003 found that we experience emotions that we pretend to experience. In their words, "Pretend that you are happy, and you will feel happy, pretend that you are angry, and you will feel angry." Obviously, we're aiming for the first half of that sentence here. Once we make ourselves smile, we'll start wanting to smile more. Before we know it, we'll actually be happier.

This month's Random Act of Kindness challenge is: sing your favorite song while smiling the whole time. And remember, "kind is the new cool."



Bree and Matthew of LOS in partnership with Dignity Health—Mercy & Memorial Hospitals

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

The **BEST** local calendar of events!

www.kerncountyfamily.com

SUNDAY, OCT. 1st

BIKE YOUR PARK DAY WITH BIKE BAKERSFIELD: Join us for a fun filled overnight bike camping trip for Bike Your Park Day. 321-9247.

GATHERING OF MEN GROUP AT THE ART & SPIRITUALITY CENTER: This is a gathering for men who are interested and willing to venture into the depths of self-exploration. 632-5357.

KERN COUNTY FAIR CONCERTS: Jorge Moreno, an American musician of Cuban decent, will be performing first. Then David Lee Garza y Los Musicales combine progressive Conjunto and distinctive Tejano music. 6PM. 833-4900.

SENSORY SENSITIVE SUNDAYS: Early entry with minimal crowds at Chuck E. Cheese. 397-7855.

MONDAY, OCT. 2nd

ACTING COURSES FOR CHILDREN: Professional classes at different times for different ages. 348-4396.

ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.): Be encouraged by God's word to overcome addictions. 323-2851 ext 30.

C.A.L.M. SENIOR DISCOVERY DAY: Seniors (60 yrs+) will receive a 50% discount on their admission and a 10% discount in the Gift Store. 9AM-4PM. 872-2256.

COUNTRY LINE DANCING: Ages 13 and up. Join us for some Boot Scootin' Fun! 392-2010.

GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS: Open to all men who enjoy singing. 871-6268.

MOPS - NORTHSIDE COMMUNITY CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 589-3535.

THE CHRISTIAN JOURNEY: 12 step Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464.

TROOP 712 BOY SCOUTS OF AMERICA MEETING: New/future Scouts welcome to see what it's like. 832-8011.

CHILDREN'S ART CLASS (GRADES 1-6): Class includes

instruction in a variety of art skills, focusing on drawing and painting, sculpture, printing, ceramics and crafts. 330-2676.

E-BOOK EXPERIENCE AT BEALE MEMORIAL LIBRARY: One-on-one session with a librarian on how to download Kern County Library e-books on your tablet, smart phone or laptop. 868-0701.

TUESDAY OCT. 3rd

ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

BABY CAFE: Need help breastfeeding? Bring the baby, get your questions answered. 747-5195.

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. If you love to sing, please join us on Tuesdays! 497-SING (7464).

CIVIL AIR PATROL-BAKERSFIELD COMPOSITE SQ 121 MEETING: If you're dreaming about a career in aviation, space, or the military, CAP's Cadet Program is for you. 12yrs-19yrs old. 399-3505.

ESPAÑOL CON NANCY: Fun and effective activities including music, crafts and conversations during each session. 889-2734.

FAMILY NIGHTS AT THE ICE CENTER OF BAKERSFIELD: Get the whole family together for tons of fun. 852-7400.

FREE ACTING CLASS: For children 5-17 years old who have never attended before. 348-4396.

KIDS YOGA CLASS (AGES 4-10): Feel part of a healthy, non-competitive group. 374-8693.

MOVE TO IMPROVE: A low impact, low intensity, semi private training program for people with physical limitations. 588-8931.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (BAKERSFIELD): FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 871-5000.

BAKERSFIELD BIRTH NETWORK: THE NEST: The Nest is a community gathering, focusing on pregnancy, birth, breastfeeding and babies. 9280 Rosedale Hwy, Bakersfield. 6:30 PM.

DO THE MATH: Math help for students grades 4-12. 3:30-5:30pm. Bakersfield: 636-4357 or in other areas call toll free: 866-636-6284.

KERN RIVER VALLEY BOY SCOUT TROOP 690 MEETING: Want to be a part of Boy Scouts? Register today! 760-812-7082.

MOPS -CALVARY BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 327-5921.

PROJECT LINUS BLANKET MAKING: Our mission is to provide love, a sense of security, warmth and comfort to children with items created by volunteers. 549-4967.

SUICIDE SURVIVORS SUPPORT GROUP: This group is open to anyone who has lost a loved one to suicide. 868-1552.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Beginning Drawing, Painting, Mixed Media and Sculpture class. Contact Casey Hibbard at 301-2195 or getcasey@gmail.com

HOMEWORK ZONE AT DELANO BRANCH LIBRARY: Are you in grades 1-5 and need help with your homework? 3:30PM. 725-1078.

LACE'N IT UP WALK: Join Links for Life in kicking off National Breast Cancer Awareness Month! This noontime walk let us celebrate our survivors, support those going through treatment, and remember those we've lost to breast cancer. 322-5601.

MOMMY AND ME YOGA AT SOUTHWEST BRANCH LIBRARY: Experience a relaxing, fun yoga class with your children, crawlers up to age 4. Bring yoga mat. 10:30AM 664-7716.

READING BUDDIES AT BEALE MEMORIAL LIBRARY: Bring your elementary aged children, where they will be paired with a volunteer,

and both the child and the volunteer will take turns reading to each other. 3:30 PM. 868-0701.

WEDNESDAY, OCT. 4th AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 6PM. 833-4345.

FRESH HOPE MENTAL HEALTH SUPPORT: Fresh Hope is a peer to peer wellness approach to mental health recovery based on 6 tenets that empower people to connect both their faith and recovery principles. 871-1150.

HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. 410-1010.

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 7PM. 342-2078.



MEDIYOGA AT ART & SPIRITUALITY CENTER: Gentle yoga postures, breathing and meditations which have been scientifically proven to help with stress and anxiety. 632-5357.

OPEN CALL DAY FOR ACTORS AND ACTRESSES: All ages welcome for talent agency representation in commercials. 348-4396.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (LAKE ISABELLA): FREE Grief Support Group open to anyone who has suffered a loss. 760-379-5038.

SIP N' SIT: Come on by and find out what's really going on in Taft. Everyone is invited to attend and to speak. 765-2165.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: We'll have a great time with stories, coloring or crafts, and some snacks.

10AM. 631-2575.

ALZHEIMER'S CAREGIVER SUPPORT GROUP: Come and share your experiences in a safe place to talk and listen to others. 665-8871.

MOMnext - OLIVE KNOLLS NAZARENE CHURCH: A group for mothers of school-age kids. 399-3303.

AWANA AT WESTSIDE CHURCH OF CHRIST: Each week, kids will experience Biblical teaching, games and activities, and positive training on how to thrive in group settings. 6-7:30PM. 831-4460.

COUNTRY DANCING AT KERN COUNTY MUSEUM: Get your boots & hat on, and come on out to learn how to dance country style at the museum. 437-3330.

PHILOSOPHY FOR CHILDREN AT SOUTHWEST BRANCH LIBRARY: Children are excellent critical thinkers, and this gives them the opportunity to use and practice their critical thinking abilities. 3:30PM. 664-7716.

TODDLER STORYTIME AT DELANO BRANCH LIBRARY: Come join us for this interactive storytime where we read books and sing rhymes. 11:30AM 725-1078.

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old for music, nursery rhymes, stories and play. 11AM. 868-0701.

THURSDAY, OCT. 5th CHILD CAREGIVER SUPPORT GROUP: Anyone can benefit from fresh ideas on how to care for their children. 393-5836.

HOFFMANN HOSPICE - CHILDREN AND TEENS GRIEF SUPPORT: If you have experienced grief in your life, please come to this safe place to talk and listen to others. 410-1010.

SEND US YOUR EVENTS!

Our daily happenings section is dedicated to bringing the most current events to you, but in order to do so, we need your help! You can submit your calendar events online at kerncountyfamily.com by putting your mouse over Calendar on our website's menu bar and clicking the pull down tab, "Submit Calendar Event." Please submit calendar events by the 10th of each month prior to ensure we have enough time to consider your event. We are happy to have your events as part of our Daily Happenings section and best of all, it's FREE! All events are printed well in advance of distribution each month and are subject to change. Please contact the event coordinator ahead of attendance for dates and times.

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Free pregnancy tests and ultrasound for women in their first trimester. 600 Bear Mtn Blvd, Arvin. 2-5PM. 326-1907.

SQUARE DANCING CLASSES: Come as you are, meet fun friendly people, get great exercise—an inexpensive way to make friends! 301-2808.

ARTFUL EVENINGS AT ART & SPIRITUALITY CENTER: Join us after work to de-stress and let your creativity flow. 5:30-8PM. 632-5357.

FULL MOON BIKE RIDE: Join us for a family-friendly, all-ages cruise starting at Beach Park and following the bike path to the Marketplace. 7PM. 321-9247.

LEGO CLUB AT BEALE MEMORIAL LIBRARY: Come build with us! All materials provided by the library. Arkelian Children's Room. 5:30 PM. 868-0701.

ROB ICKES & TREY HENSLEY AT BAKERSFIELD MUSIC HALL OF FAME: This unique collaborative effort between two uniquely gifted musicians is bound to be a revelation to traditional music fans on several counts. 864-1701.

TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY: Teens in grades 7-12 help us plan events and activities to help the library. 5 - 7PM. 725-1078.

FRIDAY, OCT. 6th THRESHOLD CHOIR AT ART & SPIRITUALITY CENTER: We are part of a network of a-capella choirs, a community of singers whose mission is to sing gentle songs for and with those at the threshold of life. 632-5357.

FIRST FRIDAY ART WALK: The ArtWalk is a family friendly arts event that showcases our county's best artists. 5PM-9PM. 324-9000.

FIRST FRIDAY CRUISE NIGHTS: People are encouraged to come downtown, bring a chair and some friends and watch as classic cars cruise downtown Taft. 765-2165.

FREE FRIDAY AT BMOA: In participation with downtown Bakersfield's First Friday events, BMOA offers FREE admission with extended hours until 8PM. 323-7219.

TEEN NIGHTS IN TAFT: Come in and bowl, play in the gym or just hang out with friends in a fun and safe environment. Grades 6-12 invited. 765-6677.

FRIENDS OF THE LIBRARY BOOKSALE AT SOUTHWEST BRANCH LIBRARY: Find books on any topic, for any age, for a low cost at the library during normal hours. 664-7716.

BSO YOUNG PEOPLE'S CONCERT-DANCE, RHYTHM & SONG: The Young People's Concert series is a vital part of the Bakersfield Symphony Orchestra's mission is to provide music education to the young people of Kern County. 323-7928.

CERAMICS CLASS (GRADES K-12): Students will learn step-by-step instruction of inventive hand built projects from the simple coil built pot to complex slab built sculpture. 301-2195.

13TH ANNUAL CELEBRITY GOLF CLASSIC: We hope to see you out on the greens, and we look forward to another spectacular Golf Classic. 322-3033.

FARM TO TABLE FUNDRAISER: Join us and support the Boys & Girls Club of Kern County's mission to enable young people to reach their full potential as productive, caring, responsible citizens. 325-3730.

FREE DENTAL CLINIC: The California Dental Association Foundation will host a CDA Cares free dental clinic. 877-516-8854.

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Come into the children's room any Friday from 3-5pm to work on the craft for the month. 868-0701.

SATURDAY, OCT. 7th FREE MEDITATION CLASS: Meditation is a practice of concentrated focus to reduce stress, promote relaxation, and enhance personal and spiritual growth. 374-8693.

STORYTIME AT BARNES & NOBLE: Join the local Barnes & Noble for a storytelling time for children and families. 11AM. 631-2575.

A.S.C.E.N.D. YOUTH PROGRAM: This is a free mentoring program for high school students. 331-6137.

FAMILY DAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY: 2 adults and up to 6 children admission only \$20. 10AM - 4PM. 324-6350.

KIDS' TOOL SAFETY WORKSHOP: Teaches children do-it-yourself skills and tool safety. The Home Depot. Info: 835-1133, Gosford Rd.; 872-2041, Mount Vernon Avenue ; 587-1545, Rosedale Hwy.

14th ANNUAL WALK TO DEFEAT ALS: This fundraising Walk will help raise money for local patient services and increase awareness of Lou Gehrig's disease. 304-4945.

BSO CONCERT: 100 YEARS OF LEONARD BERNSTEIN: Celebrate 100 years of the most eminent American composer, conductor and pianist Leonard Bernstein. Doors open at 6:15PM, Concert Begins at 7:30PM. 323-7928.

CHILDREN'S ART CLASS (GRADES 1-6): Class includes instruction in a variety of art skills, focusing on drawing and painting, sculpture, printing ceramics and crafts. 330-2676.

FAMILY STORYTIME & CRAFT AT DELANO BRANCH LIBRARY: Join us for a family storytime followed by an arts and crafts project. 2:30-3:30 PM. 725-1078.

FULL MOON NIGHT HIKE AT WIND WOLVES: Let the moonlight reveal your path, and discover the

treasures that Wind Wolves has to offer only at night! 858-1115.

GET HEALTHY 2017: Free flu shots for those 14 and older. Free cholesterol/glucose screens, free blood pressure check, free PAD (healthy legs) and diabetic foot screens etc. 316-6000.

STEAM DAY AT KERN COUNTY MUSEUM: These programs aim to teach critical thinking and have an engineering or design approach towards real-world problems while building on their mathematics and science base. 437-3330.

UKULELE CLUB AT BEALE MEMORIAL LIBRARY: Teen and up. Bring your ukulele, and any songs you'd like to share. 11AM. 868-0701.

SUNDAY, OCT. 8th HAGGIN OAKS FARMERS MARKET: Check out the best selection of seasonal and fresh vegetables, fruit, local honey, eggs, hummus, and just about everything. 8800 Ming Ave, Bakersfield. 9AM - 2PM. 334-2033.

BAKERSFIELD COLLEGE CHOIR PRESENTS ONE HEART, ONE VOICE: The 1965 Bakersfield College European Tour Choir Alumni Association presents the World Premiere of how the Bakersfield College Choir found success on the International Stage. 664-1289.

BEGINNING ART CLASS (GRADES K-12 & ADULTS): Featuring Horses and Zebras and Pegasus. Contact Casey Hibbard at 301-2195 or Miss Casey's Art Classes FB page.

SPIRITUAL CINEMA SUNDAY: Showing "Pete's Dragon." 2215 Truxtun Avenue, Bakersfield. 2PM. 632-5357.

MONDAY, OCT. 9th FREE CHILD IDENTIFICATION CARDS: A child identification card will include a picture, thumb prints and other identifying information for children. 326-3053.



KERN COUNTY CHAPTER OF CALIFORNIA TURTLE AND TORTOISE CLUB: Come learn about the preservation, conservation and welfare pertaining to all turtles and tortoises. 599-8425.

LA LECHE LEAGUE MEETING: Free information and support group for pregnant and breastfeeding mothers. 438-1518.

CREATE YOUR OWN ART CLASS WITH REBECCA HAIGH: This is your chance to work on the project of your choice with individualized instruction as needed! 869-2320.

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: Reserve sessions with a volunteer coach for one-on-one computer learning. 868-0701.

ACRYLIC PAINTING AT THE ART & SPIRITUALITY CENTER: Let our facilitator guide you through a process that will lead to satisfying, beautiful art-making and greater self-awareness. 632-5357.

TEEN POEM CONTEST AT WASCO BRANCH LIBRARY: Write a scary poem and see if you can win! 3:30 PM. 758-2114.

TUESDAY, OCT. 10th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: For families interested in becoming foster families. 325-6939.

BABY CAFE: A drop-in breastfeeding center providing information, education, and support for breastfeeding moms and their babies. 747-5195.

CENTRAL VALLEY EPILEPSY SUPPORT GROUP: An education and support group for those with epilepsy and their families. 589-3181.

EVENING CAREGIVER SUPPORT GROUP: Come and share your experiences with people who understand what you're going through. 393-8871.

FAMILY NIGHTS AT THE ICE CENTER OF BAKERSFIELD: Get the whole family together for tons of fun. 852-7400.

FAUNA FOR THE FUTURE REPTILE CLUB MEETING: Families, children and reptiles welcome! 2018 Chester Ave, Bakersfield. 7PM.

MOPS - OLIVE KNOLLS NAZARENE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 399-3303.

N.A.M.I. FAMILY SUPPORT GROUP: A non-profit organization which offers support for families, friends, and individuals living with mental illness. 6-7:30PM. 398-8907/858-3255.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (TEHACHAPI): FREE Grief Support Group open to anyone in the community who has suffered a loss. 1-888-597-6115.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 871-5000.

PROJECT LINUS BLANKET MAKING: Our mission is to provide love, a sense of security, warmth and comfort to children with items created by volunteers. 549-4967.

WARMLINE MOM & BABY GROUP: Don't sit at home alone with your baby; come out and join

other moms to discover the world of mothering together. 323-3531.

WARMLINE MOM & TODDLER GROUP: Let's talk about life with little ones underfoot. 323-3531.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Beginning Drawing, Painting, Mixed Media and Sculpture class. 301-2195

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Stories and activities suitable for ages 3-5. Arkelian Children's Room. 11AM. 868-0701.

ASL PLAYGROUP AT SOUTHWEST BRANCH LIBRARY: Learn basic ASL signs through stories, activities, & free play! 11AM - 12PM. 664-7716.

LEGO CLUB MANIA AT DELANO BRANCH LIBRARY: Come build with us. 4:30-5:30PM. 725-1078.

WEDNESDAY, OCT. 11th AWANA CLUB AT FELLOWSHIP BAPTIST: Wednesday night dinner is from 5-6, with AWANA and Adult Bible Study starting at 6. 833-4345.

BRAIN INJURY SUPPORT GROUP: Open to persons with brain injury, family, friends & others affected by brain injury. 872-4903.

KIDS CONNECT 2 CHRIST: It's like VBS every week, for kids 4-12! 342-2078.

SIP N' SIT: Come on by and find out what's really going on in Taft. 765-2165.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: We'll have a great time with stories, coloring or crafts, and some snacks. 10AM - 11AM. 631-2575.

AWANA AT WESTSIDE CHURCH OF CHRIST: Awana is a faith-based children's program designed to help kids develop biblical values. 831-4460.

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old for music, nursery rhymes, stories and play. 11AM. 868-0701.

\$2.00 A DAY BOOK DISCUSSION AT DELANO BRANCH LIBRARY: Join us as we discuss the book! 6-7PM. 725-1078.

BARKS & BOOKS AT SOUTHWEST BRANCH LIBRARY: Children ages 5-12 will read for 15 minutes to a therapy dog from Marley's Mutt's Militia. 4-6PM. 664-7716.

HISTORICAL LECTURE SERIES AT KERN COUNTY MUSEUM: The photographs of Christian A. Nelson from 1889-1913 will be examined. 437-3330.

ZENTANGLE CLASS: For ages 8 to Adult with Terry Hall and Lauren Vazquez. Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. 343-5303.

THURSDAY, OCT. 12th
MOVE TO IMPROVE: Move to Improve is a low impact, low intensity, semi private training program for people with physical limitations. 588-8931.

HOFFMANN HOSPICE - CHILDREN AND TEENS GRIEF SUPPORT: If you have experienced grief in your life, please come to this safe place to talk and listen to others. 5:30 PM. 410-1010.

MOPS - VALLEY BAPTIST CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 387-6352.

SPECIAL FRIENDS, JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 6-7:30 PM. 665-7815.

CHRIS HILLMAN & HERB PEDERSON AT BUCK OWENS' CRYSTAL PALACE: Chris Hillman & Herb Pedersen in Concert with special guest John Jorgenson. 328-7560.

CONDORS GAME: Opening Home Game against San Antonio. Come cheer on the local hockey team! 324-7825.

FAMILY MOVIE NIGHT AT BEALE MEMORIAL LIBRARY: Showing the 2017 Power Rangers movie. The film begins at 6PM, doors open at 5:45pm. 868-0701.

IMMIGRATION INFORMATION SESSION AT DELANO BRANCH LIBRARY: Topics will include: How to become a Permanent Resident, How to find authorized immigration help, How to avoid getting scammed. 5:30-7PM. 725-1078.

LEGO CLUB AT SOUTHWEST BRANCH LIBRARY: It's a LEGO free-for-all! Join us in building LEGO creations. 5:30-6:30PM. 664-7716.

MEDITATION FLOW AT THE ART & SPIRITUALITY CENTER: A fun, in-depth exploration of the different modes of meditation practiced in the ongoing Meditation Flow class. 10AM - 11AM. 632-5357.

FRIDAY, OCT. 13th
BAKERSFIELD MINERAL MITES: Rock & mineral club for ages 7-18 yrs. Special activities monthly. 324-5907.

CITY OF BAKERSFIELD ANIMAL CARE CENTER: Vaccine and licensing clinic. 201 South Mt Vernon, Bakersfield. 10AM. 832-7387.

CERAMICS CLASS (GRADES K-12): Students will learn step-by-step instruction of inventive hand built projects from the simple coil built pot to complex slab built sculpture. 301-2195.

STORYTIME AT WASCO BRANCH LIBRARY: Celebrate reading by enjoying stories, rhymes and fun for the whole family. 12PM. 758-2114.

FRIENDS OF THE LIBRARY BOOK SALE AT BEALE MEMORIAL LIBRARY: Books on every topic,

for every age, available for low cost, at the library. During normal library hours. 868-0701.

CSUB BASKETBALL RALLY: Cheer on the Local Roadrunners! 12PM. 654-3036.

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY: Let's play and learn together! Enjoy stories, movement, songs, & fun with your 18 month old to 2 year old. 9:30 AM. 664-7716.

SATURDAY, OCT. 14th
FARMERS MARKET: Looking for the freshest fruits and vegetables? Come to the Farmer's Market and we'll have what you're looking for. 3201 F St. 8AM - 12PM.

STORYTIME AT BARNES & NOBLE: Join the local Barnes & Noble for a storytelling time for children and families. 11AM. 631-2575.

SATURDAY STUDIO AT BMOA: Led by one of our on-site instructors, students learn new artistic processes and techniques followed by an interactive art project formatted to fit their age level. 10AM. 323-7219.

FAMILY STORYTIME & CRAFT AT DELANO BRANCH LIBRARY: Join us for a family storytime followed by an arts and crafts project. 2:30-3:30PM. 725-1078.

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Foster a lifelong love of books & reading with our family storytime. 10:30-11:30AM. 664-7716.

TEEN ACTING WORKSHOP AT BEALE MEMORIAL LIBRARY: This workshop is a come and go, casual environment for you to bring anything you're currently working on and have a coach help you through it. 10AM. 868-0701.

FREE DAY at the MARTURANGO MUSEUM: Come in and explore the exhibits, art gallery and our new Museum Gift Shop. 10AM - 5PM. 760-375-6900.

VOLUNTEER ORIENTATION AND TRAINING: No experience is necessary to volunteer at M.A.R.E. (Mastering Abilities Riding Equines): barn care, facility maintenance, sidewalker, safety aide, and horse leader. 589-1877.

YOKUTS PARK FUN RUN: A great way to get in some training together. 7AM.

14th ANNUAL TAFT CHAMBER GOLF CLASSIC: Golf classic benefiting Taft Chamber of Commerce. Team entries and sponsorship opportunities are available online. 765-2165.

BEGINNING ZENTANGLE CLASS: For ages 8 to Adult. You don't draw? Don't consider yourself an artist? Well, there is no artistic talent needed! 343-5303.

CONDORS GAME: Playing against Tucson. Fidget Spinner Giveaway. Come cheer on the local hockey team! 7PM. 324-7825.

SKILLZ DAY AT KERN COUNTY MUSEUM: Learn and play through skills! 437-3330.

ST DEMIANA CHURCH-FESTIVAL: The Festival will offer activities for children, authentic Middle Eastern food, informational movie, gift shop, bookstore, photo opportunity and a church tour. 644-7320.

SUNDAY, OCT. 15th
SAN EMIGDIO EXPRESS AT WIND WOLVES: Ride with us for more hiking opportunities. 858-1115.

OVEREATERS ANONYMOUS: Our primary purpose is to abstain from compulsive eating and compulsive food behaviors. 588-4811.

CSF SOCCER CUP "SAVING LIVES": This year's soccer cup is taking place to help individuals and their families stay healthy. 327-1655.

MONDAY OCT. 16th
ACTING COURSES FOR CHILDREN: Professional classes are Monday-Friday at different times for different ages. 348-4396.

ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.): Be encouraged by God's word to overcome addictions. 323-2851 xt 30.

C.A.L.M. SENIOR DISCOVERY DAY: Seniors (60 yrs+) will receive a 50% discount on their admission

and a 10% discount in the Gift Store. 872-2256.

GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY SINGERS: Open to all men who enjoy singing. 871-6268.

MOPS - NORTHSIDE COMMUNITY CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 589-3535.

THE CHRISTIAN JOURNEY: 12 step Christian recovery group for people who struggle with compulsive or obsessive behavior. 832-7464.

Spooky, Scary FAMILY FUN!



PUMPKIN PATCHES

Open Sunday, Oct. 1 (Until Pumpkins are Gone)

WESLEY UNITED METHODIST CHURCH PUMPKIN PATCH
Sun-Fri 12-9PM; Sat 9AM-9PM

A church fund-raising event, selling pumpkins large and small, both eating and carving pumpkins. 1314 Oswell St, Bakersfield. 871-3030.

LITTLE BEARS PUMPKIN PATCH
Mon-Thurs 3-7PM; Fri 3-8PM; Sat 10AM-8PM; Sun 10AM-7PM

Come by and pick your own pumpkin! Tours available. 19040 South Shafter Ave, Shafter. 746-3714.

FLASH LIGHT NIGHTS AT MURRAY FAMILY FARMS
Fri 12PM-10PM; Sat 8AM-10PM

Enjoy a hayride to the Pumpkin Patch, Butterflies, Animal Shows, Animal Train, the Spookley Maze, Corn Bin, and a New Giant Super Slide! 330-0100.

HALLOWEEN HAPPENINGS

Monday, Oct. 4

ALL THINGS HALLOWEEN CRAFT AT WASCO BRANCH LIBRARY: Come to the library and create a Halloween craft. 2PM. 758-2114.

Mondays, Oct. 11 & 25

HALLOWEEN MOVIE AT WASCO BRANCH LIBRARY: Watch a hallow-in good movie. 758-2114.

Friday Oct. 13 & Saturday, Oct. 14

NIGHT AT THE BUENA VISTA MUSEUM: If you dare to creep through the museum's many exhibit halls with only a flashlight on a guided tour then join us! 6:30-9:30 PM. 324-6350.

Tuesday, Oct. 17

A CAULDRON OF DISCONTENT AT BEALE MEMORIAL LIBRARY: A Halloween Genealogy Program. Could there be witches in her family? 1PM - 4:30 PM. 868-0701.

Saturday, Oct. 21

GHOST STORIES AT RIDGE ROUTE MUSEUM: Listen to the spooky tales! 12-4PM. 245-7747

Saturday, Oct. 21 & Sunday, Oct. 22

BOO AT THE ZOO: Guests of all ages are encouraged to wear costumes and trick-or-treat their way around the zoo, visit with the animals and experience the natural gardens just as the foliage is beginning to turn. 872-2256.

Saturday, Oct. 28

FRIGHT HIKE AT WIND WOLVES PRESERVE: Reservations Required. This particular hike is Halloween-themed. 6PM - 8PM. 858-1115.

Monday, Oct. 30

FRIGHT NIGHT AT BEALE MEMORIAL LIBRARY: Teens, join us for a campfire-style retelling of our favorite urban legends! 4PM. 868-0701.

HALLOWEEN PARTY AT MOJAVE BRANCH LIBRARY: Come out and have fun celebrating Halloween! 3:30PM. 824-2243.

Monday, Oct. 30 & Tuesday, Oct. 31

SAFE HALLOWEEN AT KERN COUNTY MUSEUM: Silly spooks and happy haunts are on the docket for this year's Safe Halloween at The Kern County Museum. 5-9PM. 437-3330.

Tuesday, Oct. 31

ZOMBIES IN THE DARK AT BEALE MEMORIAL LIBRARY: Teens, come play this fun, hair-raising party game to celebrate Halloween! 4PM. 868-0701.

HARVEST FESTIVAL AT FELLOWSHIP BAPTIST: Food, fun games, candy, costume contest! Free to attend. 6-8:30PM. 833-4345.

MAKER FEST AT SOUTHWEST CHRISTIAN CENTER: At Maker Fest, families tinker, invent, doodle, and create together! 6-9PM. 342-2078.

PUMPKIN PATCH PARTY TRUNK OR TREAT AT CALVARY BIBLE: We're celebrating fall and harvest with a safe environment for kids and families. Free fun includes inflatables, games, and candy! 6-8PM. 327-5921.

CREATE YOUR OWN ART CLASS WITH REBECCA HAIGH: This is your chance to work on the project of your choice with individualized instruction as needed! 869-2320.

ONE BOOK, ONE BAKERSFIELD AT BEALE MEMORIAL LIBRARY: The One Book Project is a community-wide reading & discussion project inviting everyone to read \$2.00 a Day: Living On Almost Nothing in America. 5:30 PM. 868-0701.

TUESDAY OCT. 17th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

BAKERSFIELD BLEND CHORUS: Women Singers Wanted. If you love to sing, please join us on Tuesdays! 497-SING (7464).

FAMILY AUTISM SUPPORT GROUP: This group can bring the parents, grandparents, aunts, uncles, caretakers and friends who want to learn more and better understand autism issues together. 489-3335.

FAMILY NIGHTS AT THE ICE CENTER OF BAKERSFIELD: Get the whole family together for tons of fun. 852-7400.

KIDS YOGA CLASS (AGES 4-10): Kids will have fun with Yoga! 374-8693.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 871-5000.

PARENTS 4 KIDS: Support for parents by parents raising kids with special needs. FREE and open to the public. 11AM. 862-0783.

MOPS - CALVARY BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 327-5921.

PROJECT LINUS BLANKET MAKING: Our mission is to provide love, a sense of security, warmth and comfort to children with items created by volunteers (blanketeers). 549-4967.

BASIC WATERCOLORS AT ART & SPIRITUALITY CENTER: Join us in a stress free environment as we learn the basics of watercolor. 632-5357.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Beginning Drawing, Painting, Mixed Media and Sculpture class. 301-2195

HOMework ZONE AT DELANO BRANCH LIBRARY: Homework tutoring for grades 1-5 available at the library. 3:30 PM. 725-1078.

MOMMY AND ME YOGA AT SOUTHWEST BRANCH LIBRARY: Experience a relaxing, fun yoga class with your children, crawlers up to age 4. Bring yoga mat. 664.7716.

READING BUDDIES AT BEALE MEMORIAL LIBRARY: This is

an excellent opportunity for both children who love to read and those who struggle with it to expand their reading capabilities and social skills! 868-0701.

WEDNESDAY, OCT. 18th AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 833-4345.

HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. 410-1010.

KIDS CONNECT 2 CHRIST: Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 342-2078.

SIP N' SIT: Come on by and find out what's really going on in Taft. 765-2165.

WOMEN'S SELF DEFENSE WORKSHOPS: Learn to defend yourself. Workshops are FREE and open to the public. 322-0931.

MOMnext - OLIVE KNOLLS NAZARENE CHURCH: A group for mothers of school-age kids. 399-3303.

AWANA AT WESTSIDE CHURCH OF CHRIST: Each session includes activity time, small group time with an Awana teacher, and large group time with the whole class. 831-4460.

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old for music, nursery rhymes, stories and play. 11AM. 868-0701.

POVERTY AND POLICY DISCUSSION AT DELANO BRANCH LIBRARY: A panel discussion of resources available for the Delano community. 6-7PM. 725-1078.

TEEN ADVISORY BOARD AT WASCO BRANCH LIBRARY: Teens, come hang out at the library with other teens. 3:30PM. 758-2114.

THURSDAY, OCT. 19th HOFFMANN HOSPICE- ADULTS GRIEF SUPPORT GROUP: If you or someone that you love has suffered a loss we encourage you to try to locate a support group in your area. 410-1010.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP: FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Peer counseling and resources are available. 326-1907.

KERN RIVER ASTRONOMY CLUB: Come up the hill to see the stars with a group of enthusiasts. 760-376-1291.

MOPS - LAURELGLEN BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 833-2800.

MOPS - THE BRIDGE BIBLE CHURCH: MOPS International is

dedicated to meeting the needs of every mother of preschoolers. 587-2010.

THIRD THURSDAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY: \$2.00 admission! 324-6350.

SENSORY STORYTIME AT BEALE MEMORIAL LIBRARY: Join us for hands-on learning as we engage all of the senses through music, movement, stories and play. 868-0701.

FRIDAY, OCT. 20th BABY CAFE: Relax and join us for refreshments, support and information. 747-5195.

HEART CENTERED HEALING: Join us in the CBCC Chapel to learn how to heal ourselves by experiencing the presence of peace, grace and ease within our bodies. 862-7136.

CERAMICS CLASS (GRADES K-12): Students will learn step-by-step instruction of inventive hand built projects from the simple coil built pot to complex slab built sculpture. 301-2195.

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Let your creative side show, learn new things, and meet new people. 868-0701.



STORYTIME AT WASCO BRANCH LIBRARY: Celebrate reading by enjoying stories, rhymes and fun for the whole family. 12 PM. 758-2114.

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY: Let's play and learn together! 9:30 AM. 664-7716.

BOOMTOWN DAYS: Come out to the West Kern Oil Museum and see the gas engine, a working blacksmith or get a tour of the museum. 9 AM - 4PM. 765-6664.

FAMILY FRIDAYS AT THE ART & SPIRITUALITY CENTER: Join us for the artistic inter-generational togetherness experience, which helps strengthen family relationships by spending dedicated time together. 632-5357.

SATURDAY, OCT. 21st LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: We have some great farmer's markets in Kern County, and this is another one. 9AM - 1PM. 760-417-9575.

FAMILY STORYTIME & CRAFT AT DELANO BRANCH LIBRARY: Join us for a family storytime followed by an arts and crafts project. 2:30-3:30 PM. 725-1078.

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Foster a lifelong love of

books & reading with our family storytime. Enjoy stories, songs, & more! 10:30AM. 664-7716.

HEROES 5K RUN AND WALK FOR LIFE: Dress up like your favorite superhero and join us! 326-1915.

STEAM DAY AT KERN COUNTY MUSEUM: STEAM is designed to integrate STEM (Science, Technology, Engineering, and Math) subjects and the art of design. 437-3330.

VIA ARTE ITALIAN STREET PAINTING FESTIVAL: Using the asphalt as canvas, spectators watch each year as artists turn the parking lot of the Marketplace into a gallery of amazing chalk masterpieces. 323-7219.

SUNDAY, OCT. 22nd LADIES AFTERNOON TEA: Beautiful scenery, delicious food and great company, all to benefit Second Star to the Right. 599-0639.

VOLUNTEER DAYS AT WIND WOLVES: We need your help. This is fun and rewarding allowing you to make a positive difference for the plants and animals that live on the preserve. 858-1115.

MONDAY, OCT. 23rd COUNTRY LINE DANCING: Beginning and intermediate line dancing. 392-2010.

THE CHRISTIAN JOURNEY: 12 step Christian recovery group for people who struggle with compulsive or obsessive behavior. 7PM. 832-7464.

TROOP 712 BOY SCOUTS OF AMERICA MEETING: New/future Scouts welcome to see what it's like. 832-8011.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Each week will feature skill development in drawing and painting using a variety of materials. 330-2676.

PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY: Sign up at the Reference Desk or call 868-0701 to reserve sessions with a volunteer coach for one-on-one computer learning.

AUTISM SPECTRUM DISORDERS SEMINAR SERIES #1: Emily Luxford-RD Samsun Clinic-Santa Barbara, CA will be speaking about "The Benefits of Pro-biotics for Autism." 489-3335.

TUESDAY, OCT. 24th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

ESPAÑOL CON NANCY: My mission is to teach Spanish through play. With fun and effective activities including music, crafts and conversations during each session. 889-2734.

FAMILY NIGHTS AT THE ICE CENTER OF BAKERSFIELD: Get the whole family together for tons of fun. 852-7400.

MOPS - OLIVE KNOLLS NAZARENE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 399-3303.

N.A.M.I PEER SUPPORT GROUP: The National Alliance on Mental Illness (NAMI) offers support for families, friends, and individuals living with mental illness. 247-5426.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 871-5000.

WARMLINE MOM & BABY GROUP: Great place to meet other moms & get your new mom questions answered. 323-3531.

WARMLINE MOM & TODDLER GROUP: All parents are encouraged to bring their children for a fun play session and interact with other moms in the community. 323-3531.

SUICIDE SURVIVORS SUPPORT GROUP - SPANISH SPEAKERS: If you have attempted or have contemplated suicide please call or come join us. 346-5023.

IMAGE CLEAR ULTRASOUND UNIT: We will be providing free pregnancy tests, ultrasound for pregnancy verification within the first trimester. 5400 Monitor St., Bakersfield. 9AM - 12PM. 837-3720.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Stories and activities suitable for ages 3-5. Arkelian Children's Room. 11AM. 868-0701.

WEDNESDAY, OCT. 25th AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 833-4345.

FRESH HOPE MENTAL HEALTH SUPPORT: Fresh Hope is a peer to peer wellness approach to mental health recovery. 871-1150.

KIDS CONNECT 2 CHRIST: It's like VBS every week, for kids 4-12! 342-2078.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: We'll have a great time with stories, coloring or crafts, and some snacks. 631-2575.

EMERITUS SUPPORT GROUP: Come chat and listen to people who are in your same situation. 393-8871.

ART CLASSES FOR ADULTS: Each week will feature skill development in drawing and painting using a variety of materials. 330-2676.

TODDLER TIME AT BEALE MEMORIAL LIBRARY: Parents are invited to accompany their 18-month-old through 2-year-old for music, nursery rhymes, stories and play. 11AM. 868-0701.

BARKS & BOOKS AT SOUTH-WEST BRANCH LIBRARY: Children ages 5-12 will read for 15 minutes to a therapy dog from Marley's Mutt's Militia. 4PM - 6PM. 664-7716.

THURSDAY, OCT. 26th MOPS - VALLEY BAPTIST CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 387-6352.

SPECIAL FRIENDS, JOYFUL HEARTS: Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 6-7:30 PM. 665-7815.

MOPS - ST. ELIZABETH ANN SETON CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 587-3626.

MEDITATION FLOW AT THE ART & SPIRITUALITY CENTER: A fun, in-depth exploration of the different modes of meditation practiced in the ongoing Meditation Flow class. 10AM. 632-5357.

CSUB BASKETBALL BLUE GOLD GAME: Cheer on the Local Roadrunners! 6PM. 654-2188.

OTAKU CLUB AT BEALE MEMORIAL LIBRARY: Watch and talk about favorite anime, manga, music and, more. This week showing Tokyo Godfathers (PG-13, 1hr 40 min). 4:30 PM. 868-0701.

FRIDAY, OCT. 27th BABY CAFE: A drop-in breastfeeding center providing information, education, and support for breastfeeding moms and their babies. 747-5195.

CERAMICS CLASS (GRADES K-12): Students will learn step-by-step instruction of inventive hand built projects from the simple coil built pot to complex slab built sculpture. 301-2195.

KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY: Come into the children's room any Friday from 3-5pm to work on the craft for the month. 868-0701.

STORYTIME AT WASCO BRANCH LIBRARY: Celebrate reading by enjoying stories, rhymes and fun for the whole family. 12PM. 758-2114.

TODDLER TIME AT SOUTH-WEST BRANCH LIBRARY: Let's play and learn together! 9:30 AM. 664-7716.

CONDORS GAME: Playing against Stockton. Come cheer on the local hockey team! 7PM. 324-7825.

SATURDAY, OCT. 28th ONYX FAMILY FARMS: Locally grown fruits and vegetables, no chemicals used, just veggies grown the old fashioned way. 760-377-7460.

KIDS FREE DAYS AT C.A.L.M.: The last Saturday of each month, kids up to 12 years old are FREE with a paying adult. 872-2256.

SATURDAY STUDIO AT BMOA: During the school year, weekends are the perfect time for children ages 6-8 to make art at the Museum. 323-7219.

BAKERSFIELD CARS & COFFEE: Come out to look at some fancy cars and talk to their owners. NW Promenade, Rosedale Hwy, Bakersfield. 7AM.

FAMILY STORYTIME & CRAFT AT DELANO BRANCH LIBRARY: Join us for a family storytime followed by an arts and crafts project. 2:30PM. 7225-1078.

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Foster a lifelong love of books & reading with our family storytime. 10:30AM. 664-7716.

3D PRINTER WORKSHOP AT BEALE MEMORIAL LIBRARY: Tweens and teens, come design a cool project on our 3D printer! 2PM. 868-0701.

BEGINNING ZENTANGLE CLASS (PAIR TWO): Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. 343-5303 or 304-5678.

CONDORS GAME: Playing against Stockton. Come cheer on the local hockey team! 7PM. 324-7825.

SUNDAY, OCT. 29th EARTH ART AT WIND WOLVES: Celebrate the earth by creating Earth Art from natural materials found during a short guided hike by a naturalist. 858-1115.

MONDAY, OCT. 30th MISSION CUP GOLF TOURNAMENT: Raise money for The Mission at Kern County by playing golf as a team. 12PM. 325-0863 *241.

TUESDAY, OCT. 31st



totsshots

Walgreens Pharmacy
Mon. October 2nd
 4306 Ming Ave, Bakersfield
 9:00 am to 2:00 pm

The Park at Riverwalk
Tues. October 3rd
 11298 Stockdale Hwy.,
 Bakersfield
 9:00 am to 2:00 pm

Walgreens
Wed. October 4th
 40 Chester Avenue,
 Bakersfield
 9:00 am to 2:00 pm

Walgreens
Thurs. October 5th
 3301 Panama Lane,
 Bakersfield
 9:00 am to 2:00 pm

Benton Park Center Dollar Tree
Mon. October 9th
 2705 So. H Street,
 Bakersfield
 9:00 am to 2:00 pm

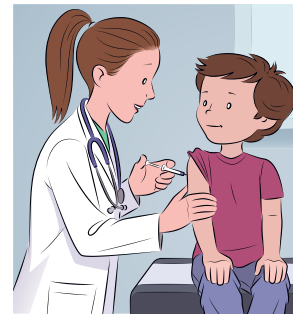
Kern County Dept. of Human Services
Wed. October 11th

100 E. California Avenue,
 Bakersfield
 9:00 am to 2:00 pm

Walmart
Thurs. October 12th
 2601 Fashion Plaza,
 Bakersfield
 9:00 am to 2:00 pm

Good Neighbor Festival
Sat. October 14th
 1000 South Owens,
 Bakersfield
 11:00 am to 2:00 pm

Wal-Mart Supercenter
Mon. October 16th
 5075 Gosford Rd.,
 Bakersfield
 9:00 am to 2:00 pm



*Please note that according to Vaccine for Children (VFC) guidelines, vaccines are FREE of charge to children under the age of 18 who meet one of the following criteria: • No health insurance • Eligible for Medi-Cal (must present Medi-cal card at each visit) • American Indian or Native Alaskan. The mobile unit continues to take its services right to the families who need them the most. No appointment necessary, but immunization cards are required. We may stop registration 30 minutes before closing time. We also offer the Hemoglobin test FREE of charge to children, expecting and post-partum mothers, but require a WIC, school or doctor referral; regardless of health insurance criteria. Please be aware, children under 5 years of age and their siblings will be given priority due to First 5 Kern funding. Mobile Immunization clinics will close for lunch between 11:30 am – 12 pm, except the third Wednesday of the month which will close from 3 pm – 3:30 pm. For more information, call (661) 869-6740.

Mercado Latino
Tues. October 17th
 2105 Edison Highway,
 Bakersfield
 9:00 am to 2:00 pm

Adventist Health Bakersfield
Wed. October 18th
 2800 Chester Avenue, Bakersfield
 1:00 pm to 6:00 pm

Vallarta Market
Tues. October 24th
 315 James Street, Shafter
 9:30 am to 2:00 pm

New Life Church
Wed. October 25th
 4201 Stine Rd., Bakersfield
 9:00 am to 2:00 pm

Fiesta Market
Thursday, October 26th
 9710 Main Street, Lamont
 9:30 am to 2:00 pm

NOR-Riverview Park
Mon. October 30th
 437 Willow Drive, Bakersfield
 9:00 am to 2:00 pm

NATIONAL CLASSIFIED ADS

AUTOS WANTED

GOT AN OLDER CAR, VAN OR SUV? Do the humane thing. Donate it to the Humane Society. Call 1-855-558-3509

CARS/TRUCKS WANTED!!! All Makes/Models 2000-2016! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

EDUCATION

AIRLINE MECHANIC TRAINING - Get FAA Technician certification. Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 866-453-6204

MISCELLANEOUS

Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

DENTAL Insurance
 Physicians Mutual Insurance Company
 A less expensive way to help get the dental care you deserve
 ☑ If you're over 50, you can get coverage for about \$8 a day ☑ No wait for pre-approval and no deductible - you could get a checkup tomorrow
 ☑ Keep your own dental! NO networks to worry about ☑ Coverage for over 130 procedures including cleaning, exams, X-rays, crowns, veneers, dentures you can receive
 FREE Information Kit
 1-877-308-2834
 www.dentalinsurance.com/lead

Attention Viagra users: Generic 100 mg blue pills or Generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Guaranteed, no prescription necessary. Call 844-848-7463

LIFELOCK Identity Theft Protection. Do not Wait! Start Guarding Your Identity Today. 3 layers of protection. Detect, Alert, Restore. Receive 10% off. Call for Details 1-855-399-2089

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-844-722-7993

Become a published author! Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-855-548-5979

HughesNet: Gen4 satellite internet is ultra fast and secure. Plans as low as \$39.99 in select areas. Call 1-855-440-4911 now to get a \$50 Gift Card!

Prescription medications for up to 85% off retail prices! STOP paying so much! \$15 Off for First Time Customers. FREE Shipping. Price Match Guarantee. CALL

for FREE Quote: 1-877-627-7239 or visit MailMedsplus.net/discount

Social Security Disability? Up to \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-855-498-6323. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar.

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-888-909-9905 18+.

WANTED TO BUY

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

CASH PAID- up to \$25/Box for unexpired, sealed DIABETIC TEST STRIPS. 1-DAY-PAYMENT. 1-800-371-1136

AM AIRLINE CAREERS
 Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly. Call Aviation Institute of Maintenance
800-481-7894

Reader Advisory: Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

SPONSORED BY



**Fall is Pumpkin Patch Time
Wesley United Methodist Church**

Admission is FREE!

Open: Sun.-Fri. 12-9 pm, Sat. 9 am-9 pm
Corner of Oswell & Niles

Family Fun Day:

October 21st, 11 am - 3 pm

Free Popcorn, Lemonade, Crafts, Face Painting & Petting Zoo

Worship in the Patch:

October 22nd 10:30 am

Live Music & Praising God

Bring Pets for Blessing of the Animals

*Come be a part of a loving faith community
and experience the joy of fellowship,
worship & mission.*

1314 Oswell Street
871-3030

www.wesleybakersfield.org



Worship Services: 9:00 & 10:30 a.m.
KidsLife & StudentLife: 10:30 a.m.



13701 Stockdale Hwy 661-588-2268 ccvbak.com

Father Karl Dietze
Service Times:
8:00 AM & 10:00 AM
Sunday School and Child Care
available during 10:00 AM
11300 Campus Park Drive
Bakersfield CA 93311
NW Corner of Buena Vista & Campus Park
661-861-6020
www.trinitybakersfield.com

**Follow the Star and Walk
Through Bethlehem**

Have you ever wondered what that first Christmas in Bethlehem was like? Bring the family to experience the history, culture and people in the days of Jesus' birth, with all the sights and sounds of the Nativity!

Dec. 8-10	Dec. 15-17
Fri. 5-8:30 pm	Fri. 5-8:30 pm
Sat. 3-8:30 pm	Sat. 3-8:30 pm
Sun. 3-8:30 pm	Sun. 3-8:30 pm

Dec. 22-23

Fri. 5-8:30 pm
Sat. 3-8:30 pm

Admission is Free!

- Live Music
- Animals
- Roman Guards
- 3 Wise Men
- Free Hot Chocolate

Hillcrest Seventh-day Adventist Church
2801 Bernard St. • Bakersfield 93306
(Across from East Hills Wal-Mart)
For more info call 871-5000

CALVARY BIBLE CHURCH
www.goCBC.org

Sunday Mornings
Traditional Service at 8:00
Classes for all ages at 9:30
Contemporary Service at 10:45

Sunday Afternoons
4:00 GriefShare Class

Wednesday Nights
5:00 Community Dinner
6:00 Worship Time
KIDS INVEST program (for kids 3 years - 6th grade)
6:30 Youth Groups (JH & HS) and Adult Bible classes

Thursday Nights
6:00 Celebrate Recovery

Pumpkin Patch Party
TRUNK OR TREAT! FREE ADMISSION
Tuesday, October 31
6:00 - 8:00 PM
CBC's South Parking Lot

Food & drinks available for purchase

Grand Prize Giveaway: Four Theme Park Tickets!

48 Manor Street • Bakersfield CA 93308 • 661-327-5921

Sunday Service Worship: 9:00 am & 10:30 am
Wednesday Family Bible Studies all ages 7:00 pm

Southwest Christian Center
3700 New Stine Rd.
www.swcc.us.com • 661-588-4111

Maker Fest Fall Festival Trunk or Treat
Tues. Oct 31st from 6-9PM
For more information Contact Nancy @ **661-342-2078**

3001 Stine Rd. • Bakersfield • CA • 93309
661-833-4345
www.myfellowshipbaptist.com
Rick Prevost, Senior Pastor

FBC Fellowship Baptist Church

Sunday
9:30 am - Bible Studies for all ages (English & Spanish)
10:45 am - Worship Celebration (English & Spanish)
4:30 pm - Trek & Journey (7th-12th grades)
5:00pm - Enrichment classes, RA's GA's & MF's (4 yrs-6th grades)

Wednesday
6:00 pm - Awana, Bible Study & Prayer

Harvest Festival
Oct 31
6-8:30pm

Fun • Food • Games
Dress the kids up in their costumes & bring the entire family food at minimum cost

READER QUICK PIX

Have a photo of your kid that will tug at our heartstrings or make us laugh?

Send your photos and you may see them here or on our website next month!!

E-mail photos to kcfm@kerncountyfamily.com*



Landon, 3



Above:
Jazlynn, 4
Alianna, 10 mo.

WE LOVE COSTUMES!
Please send us your best Halloween Shots!



Lea, 3 Weeks

Submit Your Best Photos!

*In the subject line of your e-mail, please type "Quick-Pix." Files (.tif or .jpg) should be less than 1 MB in size and have a 300 dpi resolution. The 72 dpi .jpg files used for screen viewing WILL NOT reproduce properly, and photos printed with inkjet printers are also unacceptable for the same reason. Please identify everyone in the photo, along with ages, and a brief description.

PRODUCTS, SERVICES & EVENTS

THANK YOU
DELIVERY
PARTNERS

Mr. Harvey Hall
& Family
O'Leary's Office
Products
Le Beau Thelen, LLP
Varner Bros., INC.
Cream of the Crop
Ag Services

Through our Delivery
Partnership Program,
these supporters are
helping to bring the
GOOD news to Kern
County Families,
Businesses and Schools

Reimer's Wholesale Nursery
Fall Color is Ready
Viola • Pansy • Snapdragon and More!
BLOW OUT SALE
Blue Agave 1 gal. only
\$3.99
(Regular: \$8.99)
FAMILY SPECIAL
5 gal. Spiral Junipers
10% off
9305 Norris Rd. • 399-8997
reimersnursery.com
Between Coffee Rd. & Calloway
Open Mon-Sat 8 to 4:30 Closed Sunday



goldenwalk
PROTECTING LIVES
Don't expose your loved ones!
Non-Slip Solutions
Commercial & Residential
15% off with this Ad
4900 California Avenue • Tower B, Ste 210
Bakersfield, CA 93309
support@goldenwalkusa.com
http://goldenwalkusa.com
661-377-2146

YOUNG SMILE DENTAL CARE
Pediatrics | Cosmetics
Periodontics Root Canal Treatment
Teeth Whitening



Dr. Laimui (Amy) Yeung

- Most PPO Insurance and Medi-Cal Accepted
- Oral Conscious Sedation for Kids
- **White** Fillings for Medi-Cal Kids & Adults
- Immediate Appointments Available
- Open on Weekends

New Patient Special!!
Comprehensive Exam & X-Rays
Adults (18+): \$59 Kids: \$49

661-282-8829
4124 Ardmore Ave. 93309
(behind Home Depot at Ming Ave.)
Website: www.youngsmiledentalcares.com

Nice car.



Donate your vehicle to help
build homes.



877-277-4344 • carsforhomes.org
All Donations Tax Deductible




Family Pharmacy
Ready to serve you as Family Member
FREE DELIVERY
ANYWHERE BAKERSFIELD AREA
*Best Prices in town *Minimum Waiting Time
*Bilingual *Opens Monday~Saturday
535-8080
309 N Chester Ave., Bakersfield, CA 93308

GET \$5 OFF
WITH NEW OR TRANSFERRED PRESCRIPTION
Exp. Nov. 31, 2017

VARNER BROS.
REMINDS YOU TO



RECYCLE

FOLLOW KERN
COUNTY FAMILY ON



PRODUCTS YOU'LL LOVE



Defend Gotham
If your kids loved the movie, they'll love the LEGO Dimensions, The LEGO Batman Movie Story Pack (\$49.99, www.lego.com; ages 7+), featuring Batgirl and Robin. Players team up to fight the Joker and his group of villains.



Charlotte's Web DVD & Book Set (2006)
This set will be released October 10, 2017. More information available at kerncountyfamily.com

TO ADVERTISE, CALL 661.861.4939

PRODUCTS, SERVICES & EVENTS

LESSONS & CLASSES

Saint Demiana Coptic Orthodox Church

COPTIC Festival

**SATURDAY & SUNDAY
OCTOBER 14 & 15**
11AM - 7PM

- AUTHENTIC MEDITERRANEAN FOOD
- CHILDREN'S ACTIVITIES & GAMES
- CULTURAL & SPIRITUAL GIFTS
- COPTIC ICONS, CRAFTS & GIFTS
- INFORMATIONAL FILM & CHURCH TOURS
- TAKE YOUR PICTURE WITH THE KINGS & QUEENS OF EGYPT

Free Admission!

9200 WHITE LANE · BAKERSFIELD

*Alliance: Make a difference in the life of a child.
Open your heart and home.*

5329 Office Center Court Suite 120
Bakersfield, CA 93309

Alliance HEALTH & HUMAN SERVICES 661-325-6939

CAFFA LIC# 157806065 /Adoption LIC# 197806296

Miss Casey's **ART CLASSES**
661-301-2195

FREE GIFT with ad

- ceramics
- painting
- drawing
- mixed media
- sculpture
- Jewelry

\$10 PER HOUR
SUPPLIES INCLUDED

WWW.PLANAPAINTPARTY.COM
GetCasey@Gmail.com

VBI
PAINT & BODY

- Motor Homes
- Trucks
- Cars
- Industrial
- Oilfield
- Sandblasting

1808 Roberts Lane
Bakersfield CA 93308

399-2944

GUITAR, ELECTRIC BASS, & UKULELE LESSONS
Beginning & Intermediate

Free Consultation

LOU MARINO
661-587-9312

Also electric guitar or bass set ups

<http://marinolounbevwixsite.com/loulessons>

WE'RE MAID FOR THIS

30 YEARS AND STILL KEEPING IT FRESH AND CLEAN.

- Professional Quality, Affordable Price
- Fully Insured
- Call For A Free Estimate

\$10 OFF ANY SERVICE
New customers only. Participating locations only. Some restrictions may apply. Offer expires 12/31/17

Call Us Today For Details.
661-369-7119

<https://www.mollymaid.com/local-house-cleaning/ca/bakersfield.aspx>

Acne Treatments • Fillers • Botox

Bellissima
Medical Aesthetics

Laser Hair Removal Only \$45/Session (small area)
661-634-9200 • 6001 Truxtun Avenue

Evening & Weekend Appointments Available
www.bellissimamedical.net



Skate Land *kidsskatefree.com*

FALL

\$20 OFF
Any Booked Party Package
Can't be combined with other offers. expires 12/31/17

SAVINGS

(661) 831-5567
Skateland
415 Ming Ave., Bakersfield, CA 93307
skatelandbakersfield.com

Rediscover the FUN of Roller Skating at Skateland!

We Provide.....

- A SAFE Environment
- Good, Clean Fun
- Social/Athletic Skill Building

Register your kids 10 & younger for our Kids Skate Free Program!

MOMMY MELTDOWNS HAPPEN

For FREE parent-to-parent counseling, contact us:
323-3531
(888) 955-9099

www.e-warmline.org

WarmLine
another parent to talk to

Harmony Road
Music School

NEW CLASSES HAVE BEGUN!

- Music & Movement Classes (Ages 16m - 4 yrs.)
- Group Piano Classes (Ages 4 1/2 - 12 Yrs)

(661) 665 8228 • 5381 Truxtun Ave.
(1 block East of Mohawk St.)
www.HARMONYROADBAKERSFIELD.com

TO ADVERTISE, CALL 661.861.4939

LESSONS & CLASSES

The Rx Kitchen
GVMA Education Center
Nutrition & Cooking Classes
Health Begins on Your Plate!



with Oversight by Calvin Kubo, M.D.
Email for Info:
BeWell@TheRxKitchen.com
661-695-9965



The Junior Golf Academy ★

★ Student Monthly Enrolment
**PRE-REGISTER NOW FOR
AFTER SCHOOL FALL SESSIONS**

**Space is limited
Call Now! 548-6590**

Unique JGA Curriculum

Six Levels of Achievement
Character Development
Par 3 and Course Play
Tournament Prep, Classes

Clubs provided for beginners if needed



**Join Now
Low Monthly
Rates!**
Ages 6-17
All abilities
welcome



igabakersfield.com
496-3985

ETIQUETTE CLASSES

****Social Skills Matter**
Be Ready For the HOLIDAYS!
Etiquette & Dining Skills**

AGES (7-12) & (13-17)

**Nov. 10th
Nov. 20th
(NO-SCHOOL DAYS)
661-872-2482
Iris Doyle**

Certified Children's Etiquette Consultant

Simply Manners

Email: Simply-Manners@prodigy.net
To request Enrollment Forms, Cost, Class
Descriptions, Schedules, and Location



**Women's Self
Defense Seminar**

- Learn to defend yourself using: self defense and strike techniques, active shooter defense, and how to escape from an attacker.
- Learn proper pepper spray self defense.
- Each participant will practice with a water based practice canister.

Saturday, November 4, 2017 at 2PM
Pepper spray given to every participant to take home.

Group Seminars Available by Appointment

Golden Tiger Karate \$34.99
Call 661-345-4371 to save your spot!

Karate Lessons

- Tiger Tots 2-3 yrs old • Tiger Cubs 3-5 yrs old • Karate Kids 5-8 yrs old
- All Ages Welcome! • Open 7 Days Per Week

Most students just \$60 per month!

Also serving students with special needs.
Daytime classes for homeschool children.

For Adults:

- Adults Only Self Defense
- Group Self-Defense Seminars By Appointment

Students Learn:

- Respect • Self Control • Discipline
 - Self Determination
- Currently teaching Self Defense to
over 90 young women! No belt test fees!

Golden Tiger Karate

Call 345-4371 to enroll today!



\$34.99
Includes Uniform,
2 Weeks Lessons



**KID'S ACTIVITY
CORNER ANSWERS**

Sudoku:

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

Crossword:

Across

1. Trip 3. Sun 5. Veil
6. Ooh 8. Sight 9. Go

Down

1. Travels 2. Publish
3. School 4. No
7. Hero



Heritage Christian Schools

A MINISTRY OF HERITAGE BIBLE CHURCH SINCE 1967

FULLY ACCREDITED THROUGH:

THE ASSOCIATION OF CHRISTIAN SCHOOLS INTERNATIONAL • WESTERN ASSOCIATION OF SCHOOLS AND COLLEGES

READYLAND PRESCHOOL • HERITAGE ACADEMY • HERITAGE JUNIOR HIGH

NOW ENROLLING

The mission of
Heritage Christian Schools
is to educate the whole
child - spiritually,
academically,
physically &
emotionally - equipping
the child for life
and its varied
circumstances.



READYLAND:

Ages 2-6
With Transitional Kindergarten,
Full & Half - Day Care
with a Loving Staff.
Developmentally Appropriate
Academics, Music &
Physical Education
Classes for all ages
LIC#150400508



2401 Bernard Street, Bakersfield, CA 93306 • (661) 871-4545 • www.heritagechristianschools.org

CHILDCARE & EDUCATION

**RIDGEVIEW CHRISTIAN
PRESCHOOL**



**A FUN, SAFE,
CARING
ENVIRONMENT**

Harvest Festival

located at Ridgeview Community Church
October 31st • 5:30-8:30pm
Games, Candy, Bounce Houses and of course lots of Fun.

FREE for all ages

8420 Stine Rd.

661-834-9796

www.ridgeviewchristianpreschool.com

Part & Full Time
Programs Available

Monday-Friday 7am-6pm
Ages 2-6 Years

Featuring Amazing Athletes

License# 153808073

Lil' Explorers Preschool

Where Everyday is an Adventure



**We Have Expanded!
NO More Pre-K Waiting List!!!**

- Creative Theme-Based Curriculum
- All Meals & Snacks Included
- Kindergarteners Welcome After School!



661-665-1200

8800 Harris Road Bakersfield, CA 93311
Please call for hourly and daily rates. • Lic #153808662; 153808664
661-665-1200 • www.Lil-Explorers.com



CHILDCARE & EDUCATION



Quality Early Education For Everyone



MAOF Bakersfield Preschool
715 California
Bakersfield, Ca. 93307

Currently Accepting Applications for 2 year olds

- Free or low cost
- Bilingual staff
- Year-Round Program
- Nutritious meals served daily
- Toilet training provided

License # 153801769 www.maof.org (661) 328-6921

BETHEL
CHRISTIAN SCHOOL
K4-Elementary-Jr. High-High School

ACCREDITED DIPLOMA

- Choir
- Band
- Art
- Drama

Quality Education For
Approx. \$300.00 Per Month
www.bcsbakersfield.com

(661) 325-2661

valley achievement center

SERVING CHILDREN AND ADULTS WITH AUTISM
AND OTHER INTELLECTUAL DISABILITIES SINCE 1998

www.autism-vac.org

ST. PAUL'S
CHILD DEVELOPMENT CENTER

2216 17th St., Bakersfield, CA 93301
(661) 326-0120
www.stpaulsepiscopealbakersfield.org
Open M-F 7:00-6:00
Serving children 4 mon- 6 yrs
Potty Training included
We accept Community Connections
License # 50403849 • License # 150404959
http://www.st-paul.org/cdc

Open your Heart...
Open your Home...
Become a
Foster Parent!

Foster Children Safe Haven | 661-396-7025
4201 Ardmore Ave., #5
http://fcshinc.com

1-on-1 Training • 24-Hour Phone Support • Orientation Meeting by Appt.

AUTISM SOCIETY
Improving the Lives of All Affected by Autism
Kern Autism Network

"Autism Society Chapter-Kern Autism Network provides support, awareness, information and education to families and the public throughout Kern County"

Upcoming Workshop & Seminar...

- Autism Spectrum Disorders Seminar Series 1:
Monday, October 23rd, 2017, 9am to Noon
Speaker: Emily Luxford-RD., Samsun Clinic-Santa Barbara, CA
Topic: "The Benefits of Pro-biotics for Autism & Nutrition"
- Super Hero LEGO Workshop Saturday, Nov. 11, 10am-12:30pm
Canyon Hills Assem. of God Church Gym

Monthly Support Groups:
Family Support & Sibling Autism Support Groups
Tuesday, Oct. 17, 6-7:30pm
Canyon Hills Assem. of God Church
Call or visit our website for event details.

EARLY SIGNS OF AUTISM:

- Delayed language development
- Repetitive language
- Little or no eye contact
- Repetitive mannerisms
- Inflexible routines or rituals
- Preoccupation with object parts
- Little interest in friendships

SERVICES OFFERED:

- Monthly Parent Support Groups
- Adults on the Spectrum Support Group
- Law Enforcement Trainings
- Autism/Asperger Workshops-Seminars
- Local Resources, Community Projects
- Camps & Activity Scholarships
- Evening & Weekend Phone support

661-489-3335 • kernautism.org • kernautism@gmail.com
1712 19th Street, Suite 110, Downtown

Brilliant Minds Academy
1-661-833-3114
Enroll Today!

Mention KCFM
Get 50% off
Registration
for new students

- Montessori Based Education
- Nutritious Lunch & Snacks
- Potty training available

Sibling Discounts • Discounts for Military Families
6 weeks-12 years • Monday-Friday 6:45 AM-6:00 PM
info@brilliantmindsa.com • www.brilliantminds-academy.com

HEALTH & BEAUTY

innovative
eye care OPTOMETRIC CORPORATION

Keep Your
Vision in Check:
Set-up an
Appointment Today!

Cheree Wilhelmsen, O.D.
4903 Calloway Drive, Suite #101 • Bakersfield, CA.

MOST INSURANCE ACCEPTED
661-213-3310
Email: info@innovativeec.com • Website: www.innovativeec.com

PEARLS OF HOPE
MEDICAL CLINIC

improving World Health One Person at a Time

SURESH M. ADVANI, M.D., M.P.H.
General Practice
Free Diabetes &
Blood Pressure Screening
Labs & X-rays at lowest price, guaranteed

Call in Refills: \$10⁰⁰ only
Phone consults: \$30⁰⁰ only
All office visits: \$60⁰⁰ only
Sports physicals: \$70⁰⁰ only
All other physicals: \$120⁰⁰ only

We work on a cash basis only. Labs, X-rays, procedure, immunizations, medicines, medical records & paperwork extra.

300 17th St., Bakersfield, CA 93301
661-869-1982
By APPOINTMENT ONLY
Monday-Friday 8am-6pm

TO ADVERTISE, CALL 661.861.4939

HEALTH & BEAUTY

CHIROPRACTIC CARE

Pediatrics • Asthma • Earaches • Massage • Elderly



Alpha Omega Wellness Center
Dr. David T. Mongold

7950 White Lane #2E, Bakersfield
661.397.6555
www.alphaomega4wellness.com

FALL SPECIAL

\$97 New Patient

(Covers Exam, X-Rays, 1st adjustment, & ROF)
Must present coupon. Expires November 15, 2017.

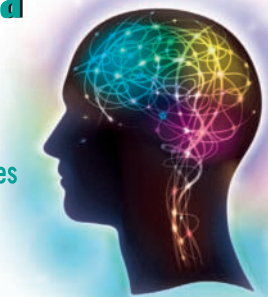
Southern California Neurofeedback

Neurofeedback can help with:

- Autism • Migraine Headaches
- ADD/ADHD • Stress
- Insomnia • Seizures
- Concentration • Sports Timing

Limited Spaces Available!
661-319-6971

Sceven Pee, R.N. • EEGinfo.com



First Session FREE!!

PARTY RESOURCES



Pony Birthday Parties & Petting Farm
School & Company Events
Princess, Western, Circus or Unicorn Ponies

Call: **661-565-6902**
www.MyPonyGoRound.com



Zero Gravity Sports
We Bring the Obstacle Course to You!

Corporate • Schools • Parties
Foam • Color • Water

503-327-4626
defyzerogravity.com

BATTLEFIELD LIVE
COMBAT LIVEPLAY ADVENTURE
LASER TAG

- Safe, Interactive Fun for All Ages
- Perfect for Birthday Parties
- Corporate Teambuilding
- Church and School Events
- Indoor/Outdoor Compatible
- Day or Night

661-979-1650
www.bliveb.com

WE BRING THE GAME TO YOU

Make it Stylish Events

Party Rentals

- Adults and kid's chairs
- Adults and kid's tables
- Tablecloths
- Accents

+1 (661) 343.8482
makeitstylishevents@gmail.com

@ #make_it_stylish_events
facebook.com/makeitstylish

Colon Hydrotherapy
Detox & Feel Amazing with Colonic
www.BakersfieldColonics.com
661 378-3408
Sunshine Clean Tubes

KONA ICE
of Central Bakersfield

Have Kona Ice® at your School, Festival, Athletic and Corporate Events!

p. (661) 742.5662 | e. jsaez@kona-ice.com
www.kona-ice.com
facebook.com/KonaIceExperience

Nails by Sara

FREE Accent Nail with Any Service!

Sara Skinner
By Appointment Only
661-379-5554
licensed manicurist

EM's Reptile Family

LIVE REPTILE SHOW

WHERE THE ADVENTURE BEGINS THE MOMENT WE ARRIVE!

Family Owned and Operated Since 2005

- Birthday Parties • School Presentations
- Camps • Libraries • Company Picnics
- After School Programs • And Many More!

559-539-2944
www.emreptilefamily.com

WESME5 Party Rentals

(661) 374-5028
www.wesme5.com

Make your events unforgettable. Give us a call or visit us online.

- Chairs & Tables
- Bounce Houses
- Water Slides
- Canopies and more...



Word Find

Find the hidden words in the puzzle

ABILITY
BOOKS
EDUCATION
GRADES

HELP
INSTRUCT
LEARN
LESSONS

LEVEL
READ
SCHOOL
TEACHER

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

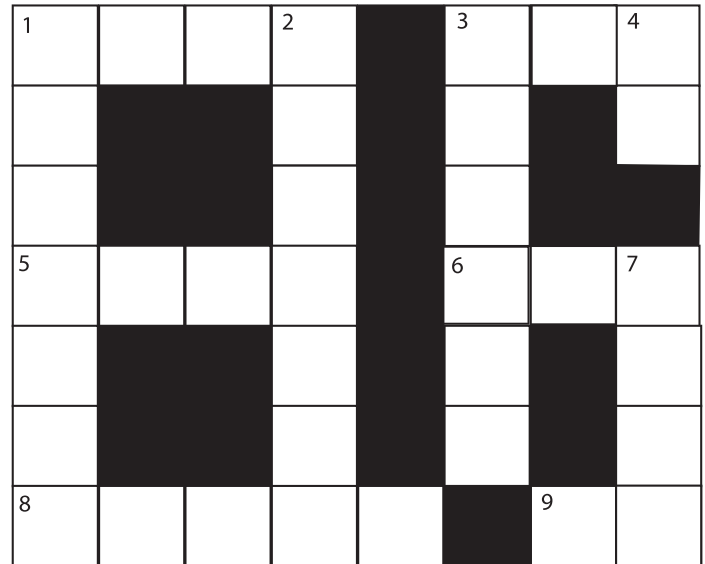
Sudoku

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

Level: Beginner

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!

Crossword Puzzle



ACROSS

- Voyage
- Hot star
- Covers face for women
- Sound of excitement
- Thing to see
- Move to one place from another

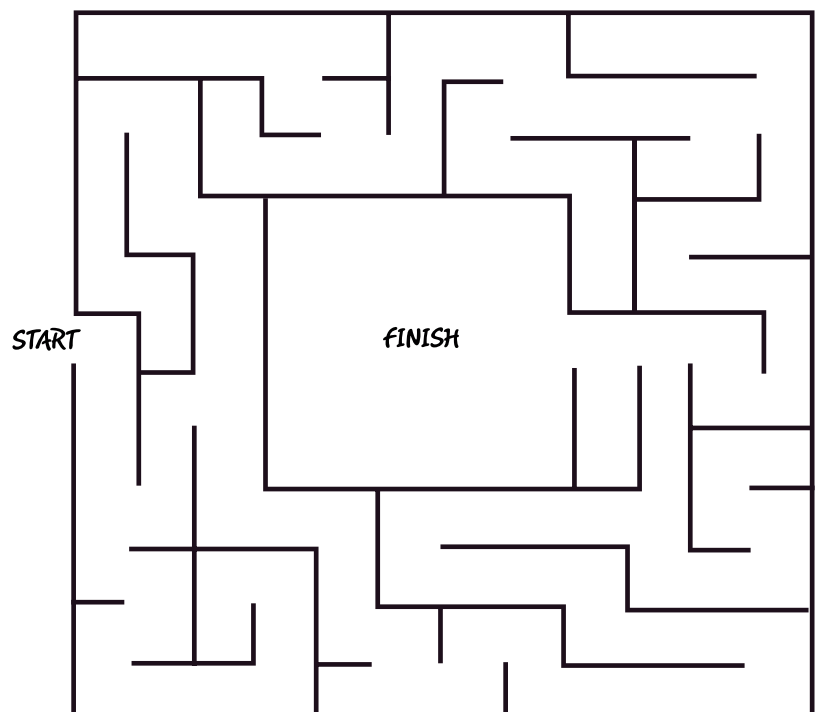
DOWN

- Goes places
- Print
- Home to classrooms
- Negative
- Person admired for being courageous



Maze Craze

Can you find your way through the maze?



THE 2017 LEXUS NX 200t

(F-Sport and Hybrid Available)



- Siri Eyes Free
- EPA-Est. 28 MPG Hwy
- Keyless Entry



STARTING MSRP: \$35,285 - MSRP: \$44,693 (Pictured NX 200t Below)



CHECK OUT THE NX 200t TOP 5 FEATURES FROM PRODUCT SPECIALIST FARAZ AHMED

1. To help you change lanes with confidence, the available **Blind Spot Monitor** is designed to detect and warn you of vehicles approaching or positioned in the adjacent lanes. And for added peace of mind, **Rear Cross-Traffic Alert** can help you when backing out of a parking space by notifying you of vehicles approaching from either side.

2. **Heated and ventilated driver and passenger seats** add additional comfort for your long or short driving trips.

3. Reclining second row seats offer an **enhanced comfort** for your passengers and folding second row seats to increase storage space, allowing for **generous cargo room**.

4. **Parking Assist** utilizes sensors integrated into the front and rear bumpers to detect surrounding objects, location and proximity helping with routine tasks like parallel parking.

5. Conveniently located in the center-console box, the optional **Qi-compatible charger tray** allows you to **wirelessly charge your compatible smartphone or device**.



HELLO I'M FARAZ AHMED ↓

If you are in the market for a family friendly SUV or just need more space in your automobile, give me a call today at (661) 703-3434.

CALL US TODAY FOR CURRENT FACTORY REBATES AND INCENTIVES.

FIND US ONLINE



LIKE
Motor City Lexus of Bakersfield
Motor City Buick GMC



FOLLOW
Motor City BIG @motorcitybakersfield
Lexus @motorcitylexus



FOLLOW
MCBuickGMC
MotorCityLexus

**MOTOR CITY
LEXUS**
of Bakersfield

5101 GASOLINE ALLEY • (855) 411-3683 • WWW.MOTORCITYLEXUS.COM



Start Here.
Succeed Anywhere.



TAEKWONDO



GYMNASTICS



DANCE



NINJA ZONE



SWIM

New Enrollments get
1/2 Price Frequent Splashers
During Their 1st Session.

Building Healthy Kids since 1984

Gymnastics • Cheer • Swim • Dance • Martial Arts
Ninja Zone • Tumbling & Trampoline • Preschool

www.AKSC.com | 661.589.2100 | NW 3622 Allen Rd. | SW: 4401 Rides St.