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# kern county **Family** free ine

NOVEMBER 2017



*Remembering*  
**Las Vegas**  
**VICTIMS**

**16** *ways to*  
**HONOR**  
**Local**  
**Veterans**

**WILDFIRES**  
**How to**  
**PROTECT**  
**Your Lungs**

*plus:*

a mom's  
*comic relief*  
p.16

perfect pumpkin  
*fall dessert*  
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bakersfield  
*rescue mission*  
p.12



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 (661) 861-4939

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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.

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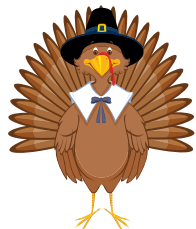
**MEMBERS OF**



Cover/Right: Kern County students **Kennadi Muniozguren (11), Brock Muniozguren (10), and Raia Nilsson (11)** show their love for their country. Inside, more Kern County individuals and organizations honor patriots for their service. Photography: LJ Peterson Radon



**Find Tommy Turkey!**



This Tommy doesn't count!

Between October 23-Nov 15, tell us how many Tommy Turkeys you find throughout this issue (in print or online) and you could win a KitchenAid Stand Mixer! Visit [www.kerncountyfamily.com](http://www.kerncountyfamily.com) for more information and to enter. Good Luck!



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dear reader



Vaun Thygerson,  
Contributing Writer

I recently took a test on Facebook to see what words I used most in my status updates. The results came back with the most-used word written in a big font in the center, with lesser-used words circling it in smaller fonts depending on usage. My main word was "thanks." The next two words I used most were "love" and "family." I was so

happy to see this because I really try to live a life where I am thankful and my biggest blessing is my family.

This month is one where we stress being grateful and vocalize our thankfulness.

Most teachers' lessons plans feature crafts and activities to emphasize this point. Teachers are creative when it comes to Thanksgiving-themed crafts. I have the traditional handprint turkeys, pipe cleaner turkey tracks, pilgrim hats and painted paper plate wreaths.

When my kids were little, the school projects I loved most were when they wrote what they were thankful for. My daughter would write that she was thankful for her family and her dog. My boys had different answers and would write that they were thankful for things like the TV and their toys. I hung them up around the house to add to the fall décor and give my house that personal touch. After all, it was their



*Pumpkins are great for more than just Pie!*

Use a hollowed, small pumpkin as a natural aromatic candle holder. Cut holes in the sides to vent the exhaust. Rub aromatic spices, such as cloves, nutmeg, allspice, cinnamon, and vanilla bean, on the inside of the pumpkin. Insert a beeswax candle in the bottom of the pumpkin and let it send inviting aromas into the air.

Visit [kerncountyfamily.com](http://kerncountyfamily.com) for more ideas!

words and their life view at that moment in time. And it just goes to show that there is always something to be grateful for.

I know one thing moms appreciate is the chance to laugh. In Tracie Grime's "Humor@Home" article, *Comic Relief*, she writes about the importance of humor in relieving stress while parenting. Something as simple as a trip to the gas station can take a turn where a hefty

dose of laughter is the best medicine needed. To read about her comedic adventures, turn to page 16. In this month's Dr. Kirk article, *Could YOU be an inspiration?* on page 17, he shares four tactics on how to be an effective mentor. No matter what strategies mentors use to help their mentees, the one common characteristic that stands out is their ability to bring out the best in others and make them feel like better versions of themselves.

Sadly, last month, our nation suffered a horrible tragedy in Las Vegas where 58 people lost their lives. In the article, *Remembering the Las Vegas Victims*, on page 14, KCFM Editor Andrea Rose, writes about those from Kern County who lost their lives or were injured. She also gives tips from the American Academy of Pediatrics on how to talk to your children about tragedies and other news events; and, how to know if they're adversely affected.

It's hard to comprehend this act of senseless violence whether you're an adult or a child. Being mindful and having open communication is a good place to start.

During November, while you light a pumpkin-scented candle and sip hot chocolate, take a moment to remind yourself of what you are thankful for, value the things your kids are thankful for, and embrace this holiday spirit of gratitude all year long. I have learned that thankful people are happier people!

*Happy Thanks & Giving Day!*

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

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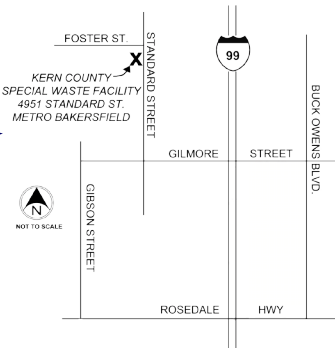
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This month, we are thankful for the wonderful community services and organizations around our area. We are also grateful for the many events our families can enjoy. Here are a few happenings this month we thought you may want to know about.

### Bakersfield Santa 5/10K Fun Run



It's time to ring in the holiday season by running with Santa! The 4th annual Santa 5/10K Fun Run and Kids' 1K Elf Run will be held on Saturday, December 2 at The Park at River Walk at 9 a.m., with 7:30 a.m. registration.

Valley schools have partnered with the Ronald McDonald House to host this festive run. Awards will be given for best race times,

best Santa costume, and best elf costume (for kids 10 and under). **For more information, visit [www.stepoutside.org/event/bakersfield-santa-5k-2017-12-02-bakersfield-ca.html](http://www.stepoutside.org/event/bakersfield-santa-5k-2017-12-02-bakersfield-ca.html).**



### Engineer It, Girl!

Engineer It, Girl! will be held on Saturday, November 18 from 9 a.m. 11 a.m. at California State University Bakersfield. This free workshop is for girls, between the ages of four and six years old, who like to solve problems. With a parent/guardian, you can create your very own engineering projects, meet real-life engineers, and Peg + Cat from the STEM-focused PBS KIDS show on ValleyPBS.

Hosted by ValleyPBS, this workshop has some "electrifying" surprises as it focuses on electrical engineering. The next workshops will be in February 2018 and May 2018. This program is sponsored by The Women's and Girl's Fund at Kern Community Foundation, Engineering for Kids of Kern County, and Girls Scouts of Central California South.

**To register for the Engineer It, Girl! workshop, visit [valleypbs.org/station-events/engineer-it-girl/](http://valleypbs.org/station-events/engineer-it-girl/).**

### Kern County Tamale Fest

Who makes the best tamales in town? How many tamales can you eat? You can find out at the Kern County Tamale Fest on Sunday, November 19 at Stramler Park, 3805 Chester Avenue, from 11 a.m. to 6 p.m.



This all-ages event features live entertainment, authentic Folkloric dancers, and of course, the chance to sample more than 35 different tamale styles. You can vote for the best tamale and sign up for a tamale eating contest. A portion of the proceeds will benefit local non-profit organizations.

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

### Dia de los Muertos - Day of the Dead

Dia de los Muertos - Day of the Dead Celebration returns to the Pioneer Village at the Kern County Museum, 3801 Chester Avenue, on Sunday, November 5 from 2 to 7 p.m. The day includes family tribute altars, live entertainment, Mexican folk dancing, Mariachi, and a traditional Aztec procession and blessing.

Hosted by the Kern County Hispanic Chamber of Commerce, this celebration includes a kids' area with face painting, crafts, and sugar skull decorating. Admission is \$5 and children six and under are free. **For more information, visit [www.kchcc.org](http://www.kchcc.org).**



## PRODUCTS YOU'LL LOVE

### Discover Cool Podcasts

Whether your kids love science, space, magical stories or TED Talks, Leela Kids will help you find the best podcasts just for them. The Leela Kids Podcast App (Free, [leelalabs.com/kids.html](http://leelalabs.com/kids.html); ages 3-15) is categorized by age and topic of interest for easy navigation and it includes kid-centric podcasts such as Wow in the World (by NPR), Brains On!, music podcasts like Ear Snacks and Classics for Kids, children's stories and much more.



### All Aboard

The Thomas & Friends Super Station (\$99.99; [fisher-price.mattel.com/shop/en-us/fp/thomas-friends-minis/thomas-friends-super-station-fgr22](http://fisher-price.mattel.com/shop/en-us/fp/thomas-friends-minis/thomas-friends-super-station-fgr22); ages 3+) is a multi-system track set with 3 levels of play that takes kids on an adventure with Thomas, Percy, James and Harold. Holds over 100 engines with 35 feet of track.



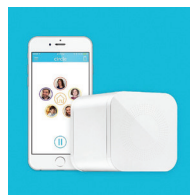
### LEGO Fun

Build The Joker™ and Batgirl™, as seen in The LEGO® Batman Movie, are now LEGO BrickHeadz construction characters! Play or display, for children ages 10+ and available online at [Lego.com](http://Lego.com)



### Spelling Fun

The Learning Journey's Match It! Spelling (\$11.99, [www.tlji.com/](http://www.tlji.com/); ages 2-4) gives kids a fun and colorful introduction to spelling. By associating the object with the word young kids will be able to feel confident assembling these puzzle pieces.



### Stay Connected

Circle with Disney (\$99, [meetcircle.com](http://meetcircle.com); Tweens & Teens) helps parents stay informed about their kids' online activities and limit screen time on every connected device, including smartphones, tablets, computers, and gaming consoles. It is managed through a companion app, giving parents the ability to filter content, set a bedtime for devices, and even completely pause the Internet.



### Science Expeditions

Explore the world of science with this monthly subscription for kids from Little Passports (starting at \$18.95/month, [www.littlepassports.com/little-passports-science-expeditions](http://www.littlepassports.com/little-passports-science-expeditions) ages 9+). Each month, kids can dive into a new scientific theme like Forensics, Solar Power or Aerodynamics, through experiments and hands-on STEM activities.





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### 3 Ways to Stop Beating Yourself Up (and Be a Better Parent)

Parents feel guilty at least 23 times a week according to one study. From feeling guilty for putting our work before our kids to feeling guilty for giving in too easily to their demands because we're exhausted, these feelings are hard to escape. And when they boil over and we yell at our kids, we end up feeling even more guilty!

Author and Mindful Parenting Educator Michelle Gale specializes in helping parents break habits that aren't helping their families, and find greater compassion, forgiveness and presence through mindfulness.

#### Gale offers these steps parents can take to deal with one of the biggest sources of guilt—losing your temper with your kids:

- 1. Pay Attention to Your Body:** "It became clear to me many years ago that whenever I would be getting upset and about to 'blow,' my body would be giving me all kinds of signs. You might see me pacing, cleaning up frantically, or tightening my jaw. Anyone who lived with me could see the frustration and rage building—anyone, that is, except myself."
- 2. Interrupt Your Pattern:** Staying aware of your feelings can be really hard. When one of her sons was 4, Gale noticed he was much more aware than she was of when 'mommy was about to lose her cool.' So she suggested he tell her when she needed a breather. "We had made an agreement that whenever he uttered the words 'Breathe, momma' I would immediately stop... Hearing his little voice remind me to 'Breathe, Momma' was precisely what I needed to hear."
- 3. You Still Blow It. Now What?** Have some compassion for yourself, Gale says. "Instead of feeling forever horrible about needing to apologize over and over again, I took the step of accepting myself as someone who yelled sometimes. In this acceptance of reality, real change began."

Changing yourself begins with being willing to be vulnerable, she said. That's not ever easy, but it is the key to letting your family know for certain that you can work through your struggles together.

"Coming out of hiding and becoming more vulnerable enabled me to drop my defensiveness. I no longer needed to protect an image of myself as 'the perfect parent,' who's supposed to have it together," Gale said. "The words 'perfection' and 'parenting' honestly shouldn't even be permitted in the same sentence. Can we all just agree that it's perfectly fine to be a 'good enough' parent?"

*Michelle Gale, MA, is a former head of learning and leadership development for Twitter who teaches parents to better connect with their kids by first connecting with themselves. She is the author of the new book "Mindful Parenting in a Messy World."*



### Children Who Sleep Less at Higher Risk of Diabetes

Children who slept on average one hour less a night had higher risk factors for Type 2 diabetes, including higher levels of blood glucose and insulin resistance, according to a new study.

The study, "Sleep Duration and the Risk of Type 2 Diabetes," also confirmed prior research that has shown an association between shorter sleep duration and higher levels of body fat. Researchers analyzed the body measurements, blood sample results and questionnaire data from 4,525 children of multi-ethnic descent, aged 9-10 years, in England.

Children who slept longer had lower body weight and lower levels of fat mass. Sleep duration was also inversely related to insulin, insulin resistance and blood glucose.

The study did not find an association between sleep duration and cardiovascular risk factors, including blood lipids and blood pressure. The authors conclude that increasing the mean weekday sleep duration (10.5 hours) by half an hour could be associated with a 0.1 kg/m<sup>2</sup> lower body mass index and a 0.5 percent reduction in insulin resistance. Reducing these levels may have longer-term implications for reduced Type 2 Diabetes in later life, the study states.

### Penicillin "Allergy" not Always an Actual Allergy

Penicillin is the most commonly reported medication allergy in pediatric emergency departments, affecting how often doctors prescribe the effective and inexpensive first-line antibiotic.

But a recent study concluded many children with suspected penicillin allergy are not actually allergic to the drug. For the study, "Allergy Testing in Children with Low Risk Penicillin Allergy Symptoms," parents of nearly 600 children between the ages of 4 and 18 years who came to an urban pediatric emergency department completed an allergy questionnaire.

Based on parent-reported symptoms such as itching and rash, which were confirmed by the child's medical provider, 100 children were categorized as low-risk for penicillin allergy and were tested.

All 100 children were found to be negative for the allergy and had their labeled penicillin allergy removed from their medical records. Researchers said symptoms such as rashes can be caused by bacterial or viral infection but often are misinterpreted as an allergy when patients are treated with penicillin.

As a result, children are prescribed broad-spectrum antibiotics that can have more side effects, can be less effective and can contribute to a rise in antibiotic-resistant infections. The study was funded in part by the American Academy of Pediatrics, Section on Emergency Medicine Ken Graff Award.

### Use Caution When Sliding

So often, when a little one is afraid to take that first trip down a slide, our first inclination is to put the child on our lap and enjoy the ride. But not so fast. New research finds that going down a slide on a parent's lap increases the risk of leg fractures.

An estimated 352,698 children less than 6 years of age were injured on slides in the U.S. from 2002 through 2015 and many of those injuries were leg fractures.

The study "The Mechanisms and Injuries Associated with Playground Slides in Young Children: Increased Risk of Lower Extremity Injuries with Riding on Laps," looks at the nature of injuries young children experience on playground slides.

Of those under 6, toddlers 12-23 months had the highest percentage of injuries.

The most common injury overall (36 percent) was a fracture, usually involving the lower leg.

In the majority of cases, this type of fractures happens when the child's foot catches the edge or bottom of the slide, then twists and bends backward while sitting on a parent's lap.

"Many parents and caregivers go down a slide with a young child on their lap without giving it a second thought," said lead researcher Charles Jennissen, MD, FAAP, clinical professor and pediatric emergency medicine staff physician, University of Iowa Carver College of Medicine.

"And in most cases I have seen, the parents had no idea that doing so could possibly give their child such a significant injury. They often say they would never have done it had they known."

The size and weight of adults apparently plays a big role in the potential for injury. Jennissen said that a young child sliding by themselves is unlikely to get a severe injury to their leg even if the foot catches due to the relatively low forces involved. However, he states that the force generated by the forward momentum of an adult with a child on their lap is much greater, and can easily break a bone if a child's foot gets caught on the slide.

The study's researchers recommend that adults and teens not go down a slide with a young child on their lap. They state that parents and caregivers who elect to do so must use extreme caution to prevent the child's foot from catching on the slide's surfaces.





# Honoring our Heroes

## Kern County celebrates veterans all year long

By Andrea Rose



Across Kern County, there are many organizations and groups who honor the men and women who have fought for our nation's freedom. Here are a few you should know about:

### Honor Flight Kern County

Getting veterans to Washington, D.C., to see many of the memorials honoring them is the key mission of Honor Flight Kern County.

Honor Flight Kern County is one of 136 nationwide hubs that are part of the Honor Flight Network. HFKC is an all-volunteer nonprofit created to honor veterans of Kern County and surrounding areas and veterans as far away as the San Fernando Valley.

There are approximately 46,000 veterans in Kern County, with more than 8,000 of them World War II and Korean Veterans. HFKC honors veterans by providing trips to Washington, D.C. to see the memorials built in their honor for their service to our country.

"Ninety-nine-point-nine percent of them have never been to the nation's capital," said Lili Marsh, executive director of HFKC. "It's very emotional. It changes not only the life of the veteran, but the guardian [who goes with them]."



Photo courtesy Lacy Clawson  
Young Marines at Liberty High School welcome home Veterans returning from an Honor Flight trip

As a nonprofit, costs are covered by donations from the Kern County community. "We don't have any grants—nobody has time. We're all working and doing honor flight. We use all volunteers and don't have expenses," Marsh said. "If somebody gives us a dollar, they need to know that's flying a veteran, that's not paying someone's salary. That's putting a veteran on a plane. It's an experience that is a lot of hard

work, but when you go on that flight and see the reaction of the veterans, there's nothing that can replace that feeling."

Trips are two nights and the flight, meals, hotels and tours are provided. The group sends six veterans to Washington, D.C. each year. Top priority is given to WWII veterans and those from any conflict who are terminally ill, but Korean and Vietnam veterans are also welcomed into the program. To help the program as a volunteer or to make a donation, call **661-544-VETS** or visit [honorflightkerncounty.org](http://honorflightkerncounty.org). All donations are 100 percent tax deductible.

"It's important to veterans because it brings closure. "Being at the memorial, having that shared experience with other veterans...they've never had someone to talk to like that," Marsh said. "We're changing their lives at the end of their lives. There's nothing that can compare to that feeling when you see them at the memorial and can see that transition happening."

### Taft College Veterans Center

The Taft College Veterans Center supports veteran students on campus.

"The Taft College Veterans Center is a campus place, away from home, for our students who have served to gather together and meet up with friends, enjoy some coffee and study," explained Sheri Horn-Bunk, executive director, Foundation & Institutional Advancement, Taft College/West Kern Community College District.

"Taft College values our veterans and work hard to support their needs in life and employment."

### Young Marines of Bakersfield

Teens who want to learn leadership, discipline, physical fitness and history can become part of the Young Marines of Bakersfield.

The program enrolls children as young as 8 years old. "I don't think a lot of parents know about it," said Lacy Clawson, whose daughter, Jennifer, 11, is a member of the group. "It's a great program."

Clawson found out about the group while attending a POW/MIA ceremony and noticed a group of kids saluting. As someone who supports veterans' organizations, Clawson was intrigued, especially to see young children participating. Her daughter shared her interest and enrolled.

"My daughter was having a hard time focusing in school," Clawson said. "Now she pays attention, looks you straight in the eyes and they've taught her to respond when asked a question. It's been a really great help."

For more information on Bakersfield Young Marines, visit [bakersfieldyoungmarines.webs.com](http://bakersfieldyoungmarines.webs.com).



## 16 Ways You Can Honor our Heroes

The men and women who defend the liberties and freedoms of the countries they represent hold a special place in people's hearts and an eternal spot in their countries' histories.

Any opportunity is a good time to commemorate the bravery and selfless deeds of military personnel, but certain prominent holidays in November make this an especially important time to thank veterans for their service.

November 11 is Veterans Day in the U.S. and Remembrance Day in Canada. It's also known as Armistice Day in other parts of the world.

These holidays honor all military veterans who have provided service to their countries, and that each falls on Nov. 11 is no coincidence, as the day commemorates the anniversary of the end of World War I on the 11th hour of the 11th day of the 11th month of 1918.

**There are many ways to honor the military at home and abroad in time for the November festivities. The following are just a handful of ways to show appreciation for military men and women:**

- ★ When dining out, ask your server if you can pay the tab for a soldier or veteran you see in the restaurant.
- ★ Attend a military parade with your family and explain the significance of the day to children in attendance.
- ★ Draft letters and send care packages to soldiers currently in service far away from home.
- ★ Ask your company if Veterans Day or Remembrance Day can be an observed holiday at your place of business each year to pay homage to servicemen and women.
- ★ Visit a military memorial in a city near you. Your town also may have its own memorial.
- ★ Petition town officials to erect a memorial if your town does not already have one. Such memorials can be a source of inspiration for your community.
- ★ Support a military family in your town who may be missing a loved one stationed elsewhere. Make meals, mow the lawn, help with grocery shopping, or simply provide emotional support.
- ★ Volunteer time at a veterans' hospital. You may be able to read with veterans or engage in other activities.
- ★ Get involved with a military support charity that can provide much-needed funds to struggling families or disabled veterans.
- ★ Have children speak with veterans in your family, including grandparents, uncles and aunts or even their own parents. It can help them gain perspective on the important roles the military plays.
- ★ Drive disabled veterans to doctors' appointments or to run any errands.
- ★ Support a local VFW organization.
- ★ Ask a veteran to give a commencement speech at a school or to be the guest of honor at a special function.
- ★ Create a scrapbook for a veteran in your life.
- ★ Visit the veterans' portion of a nearby cemetery and place poppies or other flowers on the graves.
- ★ Cheer for or thank military personnel each time you see them.

Always keep the military on your mind and never forget those who have served and didn't return home. Armistice Day, Remembrance Day and Veterans Day are great ways to honor past and current military for their service and sacrifice.

Source: Metro Creative Services

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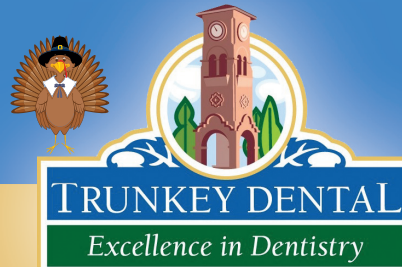
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# Air Alert!

## Tips for Breathing Better During Bad Air Days

By Andrea Rose

California's wildfires have destroyed more than 50,000 acres around the Napa Valley, including Sonoma, Napa and Mendocino counties and have taken the lives of more than 30 people.

But the effects go beyond destruction and death in the immediate area. Smoke from the wildfires travels for miles across the region and takes a toll on the lungs of those who breathe in the fumes, especially those with allergies, asthma and other breathing challenges.

Children can be especially vulnerable to breathing problems from the smoke. "Children spend more time being active. They breathe in more air per pound than adults do, so they are going to expose themselves disproportionately to pollution of any type just in a normal day," said Afif El-Hasan, a pediatrician based in Orange County and a volunteer spokesman for the American Lung Association.

**Smoke from the wildfires travels for miles across the region and takes a toll on the lungs of those who breathe in the fumes, especially those with allergies, asthma, and other breathing challenges.**

Asthma seems to be on the increase, he said. "I have seen a little bit of an uptick over the last few years and it's a little concerning. Even though the air quality is better, I think it has to do with better diagnosis. People spend a lot of time outside doing sports and walking and unfortunately in some areas, that's not necessarily the best thing for the lungs because the air quality isn't always as good."

El-Hasan said children are good candidates for asthma because not only the fact that they may spend more time outdoors, but when they are outdoors.

"A dilemma for kids is many walk to school and do sports after school. Those are high-traffic times for pollution as well," he explained.

And that's just on a typical day. El-Hasan said the wildfires are creating additional challenges for children. "These fires are causing a lot of smoke, and a lot of the particles being created are small ones that can get into the deeper parts of the lungs."

So what's a parent to do? "For practical reasons, you can't stay holed up in your house all day long," El-Hasan said.

"If there are active fires around, all bets are off for outdoor exercise," he said. "Stay inside. Try a gym or find a mall and go walking. Children or anyone with breathing difficulties need to stay away from outside."

He said if the fires are out, but you can still smell smoke, there is still particulate matter in the air, precaution should be taken. "The nose is a very good indicator. If you can smell it, that means there is something still there," El-Hasan said.

He said there are several online sites that monitor air quality, such as the American Lung Association ([www.lung.org](http://www.lung.org)) or the Air Quality Management District ([aqmd.gov](http://aqmd.gov)). "Keep those sites on your web browser," El-Hasan suggested.

When the air quality is poor, staying inside as much as possible and taking steps to prevent particles from reaching your lungs are key.

"In the car, use the re-circulator on your vents as much as can," El-Hasan said. "Keep your windows up and the air conditioning on."

"When you're in your house, you should be turning the air conditioning on, windows closed. If possible, get a HEPA filter or buy the really good allergen filter on your unit just so you can keep recirculating the air and filtering it out."

He said it may sound extreme, but masks are a good idea, too. "It looks funny, but if anyone is vulnerable—small children, asthmatics, anyone with any kind of lung disease—the N-95 filter masks are a very good precaution to wear if you have to be outside. You can find them at a home improvement store. They do a very good job of filtering out most of the particles and make the air more breathable."

El-Hasan said parents who have children who have asthma medication that they don't use year-round, should consider consulting the doctor about whether or not preventative measures should be taken. "I advise people with lung disease or parents who have children with asthma or lung disease to talk to the doctor to see if it's appropriate to adjust medication temporarily while these fires are going on, even if normally this may not be a time of year when they would need to do a preventative medication."

He said to keep an eye on all children during this time to make sure they don't have or develop breathing issues. "If child seems to be struggling with breathing, has an excessive cough or shortness of breath, they should be taken to be evaluated by a physician," El-Hasan said.



**N-95 filter masks can be a great precautionary tool.**



Help people affected by the California wildfires by visiting [redcross.org](http://redcross.org), calling 1-800-RED CROSS or texting the word CAWILDFIRES to 90999 to make a \$10 donation.





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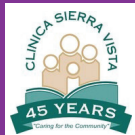
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feature

# Home for the Holidays ...for those without a home

By Andrea Rose

You may have seen a dirty, disheveled person holding a handmade sign on a street corner asking for food, money or a job. You might assume this is the typical homeless person.

But don't be so quick to assume. Not all homeless people are so recognizable. Some look no different than what you see in your bathroom mirror.

"It could be someone's son or daughter who went down a wrong path and made some poor decisions and they've used all their resources and

Between now and the end of the year, they expect to provide 30,000 meals to those in need. "It's a challenge," Durham said. "It's a challenge for our kitchen."

On Thanksgiving Day, the mission will offer a holiday meal. "We serve from 11 a.m. to 1 p.m.," Durham said. "Anybody in the community who needs a meal is welcome to our dinner. You do not need to be homeless to enjoy our Thanksgiving meal."

To continue serving those in need, donations and volunteers are always appreciated.

Families are encouraged to volunteer together, whether to serve as mentors or serve meals or by doing little things from home.

"They could clean out their closets or do a clothing drive in the neighborhoods," Durham said. "We will be in need of warm jackets, scarves and gloves. We hand out all of those things at our community meals.

Monetary gifts are accepted as well, and as a faith-based organization, prayers are always appreciated.

The biggest challenge, however, doesn't come from want. It's breaking the stereotype of homelessness.

"Every person that comes here is a person. They are human," Durham explained. "Every single person who walks

worn out their families and they just need help to get back on their feet," said Jamie Durham, director of development for The Mission at Kern County.

Founded in 1952, the mission at 816 E. 21st St., Bakersfield, celebrated its 65th anniversary last month.

"We started as a soup kitchen and now we offer full services including shelter, food and clothing for homeless men," Durham explained. "We're the largest homeless men's shelter in Kern County."

The shelter sleeps 180, but during periods of extreme weather, will shelter more. "We have nine buildings on our campus," Durham said.

The mission also offers some transitional housing to those who receive services, and every person in the shelter receives case management to help them get what they need to find stable, permanent housing.

"We want to get them back on their feet," Durham explained. Programs are focused on helping with education, procuring government assistance, employment opportunities and help for addictions.

The faith-based organization also offers a one-year addiction recovery program for both men and women.

The shelter serves approximately 200,000 meals each year and the organization is about 95 percent donor funded. "We depend heavily on donations," Durham said.



**A Rescue Mission volunteer serves a hot Thanksgiving meal**



**Anyone needing a meal is welcome at the Rescue Mission's Thanksgiving feast.**

through our gates has a different story of why they got to the point of where they got to.

"We are that catalyst to break that stereotype. We want to be the helping hand—the hand up, not the hand out. We have people come in and leave a totally different person. We have people come in with nothing and no hope. They leave with job skills, work experience, computer skills and a whole new outlook on life."

For more information or to volunteer or donate to The Mission at Kern County, visit [www.thebrm.org](http://www.thebrm.org).

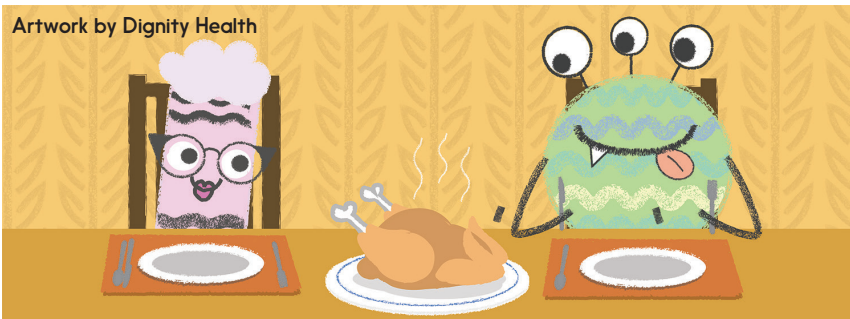


you can do it continues on page 18

# Learn from your Elders: Kind is the New Cool

We've all grown accustomed to stores bringing out Halloween, Thanksgiving, and Christmas merchandise all at once. By the time autumn is here, we're ready to spend holidays with family and friends. The end of our calendar year is more focused on family and community than any other time of year. This is why November is a perfect time to focus on kindness toward our elders.

Artwork by Dignity Health



## Time With Our Elders Can Be Laid-back

Sometimes when people think of acts of kindness they don't realize just how simple some can be. If you ask volunteer organizations how you can best help the elderly, one of the commonly given answers is to simply spend time together. Whether we're doing the talking or the listening, our elders greatly appreciate time spent together. **Conversations can take place sitting, standing, walking or even driving.**

Because of the age difference between us and our elders, stories often include people, places or things that are new to someone. This gives both sides an opportunity to learn something new along the way. We've all probably experienced lulls in conversation with someone and maybe thought we don't have anything more to talk about. This is hardly ever the case with our elders, since there are simply so many years and experiences to hear about. We often just forget to ask!

Sharing media is a great way to learn about each others' interests and passions. Watching our elders' favorite movies with them means we can have cultural references explained to us. Try asking an elder what it was like when those movies first were released. Listening to comedy with our elders helps us better understand each other's sense of humor. It also shows us what was considered funny in the past versus today.

**We Learn More Than We Think**  
Spending time with our elders supplies us with more stories and experiences to share with our friends today, and our

younger family members in the future! Communities and families often have strong traditions of passing along stories. When we have a stronger relationship with our elders, it ensures that we preserve parts of our oral history.

Modern technology makes it easy to write down or record all the interesting things we hear from the older members of our group and share them with others later. Do you have a smartphone? Try recording a fun interview with a grandparent. This is a great way to remember everything you both said, as well as what you both sounded like that day. A good tip is to focus your conversation on humor or history. This way, you'll have interesting and engaging parts to share with other friends and family.

Finally, remember that our senior citizens were once our age, too. It is very likely that they experienced some of the same things you are experiencing now. **This means they are well-suited for giving advice.** If you're struggling with a decision or a situation, ask them for their input. Even with years of different culture and technology between you, you'll find that many human experiences are very similar.

This month's Random Act of Kindness challenge is: watch an elder's favorite movie with them. And remember, "Kind is the new cool!"



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## feature



Mourners at a Las Vegas vigil, October 2017

## Remembering the Las Vegas Victims By Andrea Rose

The massacre in Las Vegas affected the lives of many people in Kern County. Of those in attendance at the concert, according to police, 33 of 58 people were from California, three from the Bakersfield area.

Three Kern County residents lost their lives—**Jack Beaton**, **Bailey Schweitzer** and **Victor Link**, all long-time Kern County residents. Fresno State graduate **Kelsey Meadows** was also killed in the gunfire. She graduated from Taft High School in 2007 and recently worked for the district as a substitute teacher. Seven others from Kern were injured.

A tragedy like that is impossible to comprehend. As parents, we struggle with wrapping our own minds around it, let alone knowing how to talk to our children.

The American Academy of Pediatrics offers tips for how to talk to your children about tragedies and other news events:

**What do they know?** No matter what age or developmental stage the child is, parents can start by asking a child what they've already heard. Most children will have heard something, no matter how old they are. After you ask them what they've heard, ask what questions they have.

Older children, teens, and young adults might ask more questions and may request and benefit more from additional information. But no matter what age the child is, it's best to keep the dialogue straightforward and direct.

Avoid graphic details and TV news. In general, it is best to share basic information with children, not graphic details, or unnecessary details about tragic circumstances. Children and adults alike want to be able to understand enough so they know what's going on. Graphic information and images should be avoided. Keep young children away from repetitive graphic images and sounds that may appear on television, radio, social media, computers, etc.

With older children, if you do want them to watch the news, record it ahead of time. That allows you to preview it and evaluate its contents before you sit down with them to watch it. Then, as you watch it with them, you

can stop, pause, and have a discussion when you need to.

### Be accurate, even with little ones.

The reality is that even children as young as 4 years old will hear about major crisis events. It's best that they hear about it from a parent or caregiver, as opposed to another child or in the media. Even the youngest child needs accurate information, but you don't want to be too vague. Simply saying, "Something happened in a faraway town and some people got hurt," doesn't tell the child enough about what happened. The child may not understand why this is so different from people getting hurt every day and why so much is being said about it. The underlying message for a parent to convey is, "It's okay if these things bother you. We are here to support each other."

**Reassure them.** After asking your child what they have heard and if they have questions about what occurred during a school shooting, community bombing, natural disaster, or even a disaster in an international country, a parent can say something such as "Yes. In [city], [state]" (and here you might need to give some context, depending on whether it's nearby or far away, for example, "That's a city/state that's pretty far from/close to here"), there was disaster and many people were hurt. The police and the government are doing their jobs so they can try to make sure that it doesn't happen again." A parent can follow-up as needed based on the child's reactions and questions.

### Be mindful of developmental level.

Parents who have a child with a developmental delay or disability should gear their responses to their child's developmental level or abilities, rather than their physical, age. If you have a teenage child whose level of intellectual functioning is more similar to a 7-year-old, for instance, gear your response toward her developmental level. Start by giving less information. Provide details or information in the most appropriate and clear way you can.

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- Orthodontists are uniquely qualified in the diagnosis, prevention and treatment of orthodontic problems. They dedicate their professional lives to creating healthy, beautiful smiles in children, teens and adults. Well-aligned teeth are more than attractive- they make it possible to bite, chew and speak effectively. Orthodontic care is often part of a comprehensive oral health plan.
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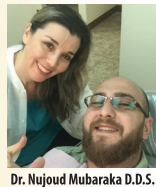
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Parenting is a stressful business and Lord knows we need a little comic relief every so often. As I think back on the days when my kids were little, I realize I spent a great deal of time LOLing. Those three letters bring up a quite memorable comic relieving moment right off the bat – LOL.

The story goes something like this: Being the cool and hip mom I am (I've always been proud of the way I kept up with the kids' lingo, you know, so we could like have a deep rap session without anyone having a cow or spazzing out), I like to use the vernacular of my children whenever possible, so we can, you know, catch each other's drift.

Anywhoo, my daughter was having such a tough day and I wanted her to know how much I loved her. I got out my flip phone and carefully pounded out one of my first text messages: "I'm so sorry that so-and-so asked someone else to the dance, LOL, Mom." I think you know where the comic relief comes in here.

Yes, I thought LOL meant Lots of Love.

Well that's what it should mean, if you ask me. Her reply came quickly. "Mom, you're such a dork! LOL doesn't mean what you think it means, so just stop."

Another memorable moment came during a time I was filling up my gas tank. Nothing particularly funny about that, right? Wrong!

I was feeling pretty good about the day; I dropped the girls off at school on time, and they were all wearing clean clothes, had their shoes on and fresh smelling breath (this may seem like

something that is assumed and doesn't have to be stated, but believe you me, having just one kid with morning breath in the car is enough to gag me with a spoon).

After dropping off the little darlings, I headed to my next destination – nursery school for my 3-year-old son. I noticed I was a bit low on gas, so we took a little side trip to the gas station. I plugged the nozzle in and began making squishy faces to my son so I could hear his deep belly laughs that always made me happy.

I was washing the side window by his car seat when the pump clicked off, so I just finished washing the other windows before sliding

into the driver's seat. "Off we go to 'Little School,'" I sang out as we pulled away from the pump. Unfortunately, I had forgotten one minor detail. The nozzle was still in my gas tank. BANG! The loud thump was enough to make the tears start flowing. And my son cried, too.

What a perfect scene for a sitcom. "Tracie Gets Gas." Who wouldn't be rolling on the floor when the accordion-like tube popped the side of a Suburban like a boy in a locker room snapping someone with a towel?

The lady inside the gas station was not amused. She gave me one of those, "What are you, STUPID?" looks. But when I got back in the car I realized how ridiculous the whole thing was.

What a perfect scene for a sitcom. "Tracie Gets Gas." Who wouldn't be rolling on the floor when the accordion-like tube popped the side of a Suburban like a boy in a locker room snapping someone with a towel?

I think it's these little slice-of-life scenes that help ease the stress of caring for the tiny humans.



## Comic Relief



# Could *You* Be an Inspiration?

The older woman gently guides the young reader through her recent essay, suggesting that she re-read "this particular paragraph. I'm sure you will be able to come up with a more effective way to discuss your thoughts better." The young reader does just that, stops at several areas and modifies her paragraph with what she now deems as more effective use of language. She smiles at the teacher, thanks her and says, "Thank you, that really helps when you do that for me." The teacher pats her on the head and the child smiles.

Mentoring is a long-term relationship where the focus is on supporting the growth and development of the mentee. The mentor is a source of wisdom, teaching, and support, but not someone who observes and advises on specific actions or behavioral changes in daily work. Coaching is typically a relationship of finite duration where the focus is on strengthening or eliminating specific behaviors in the here and now. Mentorship is a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person in specific areas or challenges. The mentor may be older or younger than the person being mentored, but he or she must have a certain area of expertise.

With mentors, one important characteristic typically stands out: A mentor will do everything he can to imprint one's "goodness" onto others in ways that make another person feel like fuller versions of oneself. The best leaders practice a form of leadership that is less about creating followers and more about creating other leaders.

How do they do that? There are four tactics the best mentors do:

**1. Put the relationship before the mentorship.** Mentorship should evolve into a something authentic and relationship-based. For real mentorship to succeed, there needs to be an ongoing and building relationship between a mentor and a mentee. The best-designed mentoring programs are a genuine two-way relationship between mentor and mentee. The student must have a positive relationship with a mentor, otherwise there is no real benefit. The essential ingredient is that mentoring requires rapport.

**2. Focus on character rather than competency.** Too many pretend mentors see mentoring as a training program focused around the acquisition of job skills, such as the coach who continuously harasses her team players for less than perfect action. One element of mentorship involves mas-

tering the necessary competencies for a given position. But the best leaders and mentors go beyond competency, focusing on helping to shape other people's character, values, self-awareness, empathy, and capacity for respect. They know in the long run that there is a hard truth about these matters and that these values-based qualities matter a lot more than skill enhancement.

**3. Shout loudly with your optimism and keep quiet with your cynicism.**

Your mentee might come to you with some off-the-wall ideas or seemingly unrealistic ambition. You might be tempted to help her think more realistically, but mentors need to be givers of energy, not takers of it. Consider why an idea might work, before you consider why it might not. The best method for this is to encourage the optimism.

Each time your mentee, student child, offers a new idea, a mentor may spend 24 seconds, 24 minutes, or 24 hours thinking about all the reasons that the idea is good before one offers criticism regarding any aspect of it. The world seems to prefer conventional failure over unconventional success; and good mentors should encourage exploration of the latter, as in: Encourage the genius in the student.

**4. Be loyal to your mentee.** The best mentors recognize that in its most noble and powerful form, leadership and mentoring is a duty and service toward others, your child or your student, and that the best way to inspire commitment is to be fully and selflessly committed to the best interests of your mentee. Seek to uncover your mentees' strengths; but also look for her underlying passions, as well. Help her to find her calling.

The best mentors avoid overriding the dreams of their mentees. If a mentee and a job are not a good fit, or if an ambitious mentee realistically has limited skill, a good mentor will help that mentee move on to other more successful opportunities or tasks. The child or student might be better suited to another role, such as different character in a play, or even to a new path somewhere else, "I've been thinking how you might really enjoy woodworking," the mentor says to the mentee.

At its highest level, mentorship is unique in that it is about being a patient yet encouraging leader, focusing on a mentees strengths and growing abilities, and guiding the student with these factors in mind. Mentors are individuals who are committed to helping others become fuller versions of who they are, whether they be found at school at the gym, at school or church, or through sports.

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

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you can do it continued from page 13

# PUMPKIN Perfection

From Family Features

It is perfect for making time for fun before the busy holiday season – go for a fall picnic, visit your local orchard or pumpkin patch, and take advantage of all the flavors fall has to offer. Try this delicious, comforting, no-hassle fall dessert idea that won't carve a big chunk out of your budget.



## Mini Pumpkin Parfait with Cranberry Caramel

Recipe courtesy of Chef Kates, ALDI Test Kitchen

### Ingredients

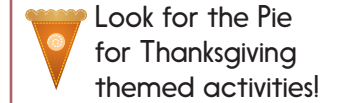
- 1 pkg. Cafe Bistro Spekulatius Spiced Cookies (or similar)
- 1/2 c. Unsalted Butter, divided
- 1/2 c. packed Brown Sugar
- 1/4 c. water
- 1 c. Cranberry Sauce
- 8 oz. Pumpkin Spice Cream Cheese Spread, softened
- 1/4 c. Powdered Sugar
- 1 c. 100% Pure Canned Pumpkin
- 8 oz. Whipped Topping, divided

### Preparation

1. Place cookies in food processor and pulse to form fine crumbs.
2. In medium saucepan, melt 1/4 cup butter. Add cookie crumbs and stir over medium heat 5 minutes, or until toasted. Remove from heat.
3. Make caramel: Bring brown sugar and water to simmer. Cook about 10 minutes, or until color changes to dark amber. Do not stir, but watch closely. Stir in cranberry sauce and remaining butter. Return to simmer and continue stirring until well combined and thickened slightly, 3-4 minutes. Remove from heat and let cool to room temperature.
4. Press warm cookie crumbs in bottom of small serving glasses, such as clear shot glasses, espresso cups, small bowls or parfait glasses. Set aside.
5. In medium bowl, beat cream cheese and powdered sugar until light and fluffy. Add pumpkin and continue mixing to combine. Gently fold in 6 oz. whipped topping.
6. To complete assembly, top crumbs with layers of cranberry caramel and pumpkin cream. Repeat layers, including crumbs, 2-3 times depending on glass size. Top each parfait with dollop of remaining whipped topping. Serve immediately or refrigerate up to 8 hours.



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	



**SATURDAY, NOV. 4th**  
**KIDS YOGA CLASS (AGES 4-10):** Swing by -n- say Namaste. 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:** A free mentoring program for high school students. Contact Sharon at 331-6137.

**BREAST CANCER SYMPOSIUM:** Ask the questions you have regarding Breast Cancer. 615-6800.

**JUST FOR KIDS PRESENTATION:** Just For Kids Science exploration and learning for kids! 324-6350.

**JASTRO PARK TENNIS PLAY DAYS:** A FREE morning of games, drills, instruction, and prizes! 6-12 years old. Registration 9:30; Instruction 10AM-12PM. 2900 Truxtun Avenue, Bakersfield.

**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. 869-2320.

The **BEST** local calendar of events!

Our printed version of the calendar has been edited for space. For more details about these events or activities not listed please visit [www.kerncountyfamily.com](http://www.kerncountyfamily.com)

**WEDNESDAY, NOV. 1st**  
**ALZHEIMER'S CAREGIVER SUPPORT GROUP:** Come and share your experiences in a safe place to talk and listen to others. 665-8871.

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Each week, kids will experience Biblical teaching, games and activities. 831-4460.

**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 AT SOUTHWEST CHRISTIAN CENTER:** It's like VBS every week, for kids 4-12! 342-2078.

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

**OPEN CALL DAY FOR ACTORS AND ACTRESSES:** All ages welcome for talent agency representation. 322-2800.

**OPTIMAL HOSPICE CARE - GRIEF SUPPORT (LAKE ISABELLA):** FREE Grief Support Group open to anyone in the community 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:** For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 10AM. 631-2575.

**UKULELE JAM AT FRAZIER PARK LIBRARY:** Join the strumming fun! Bring your own ukulele. 5-7PM. 245-1267.

**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.

**CONDORS GAME:** Cheer on the Condors as they play against Manito! 6:30 PM. 324-7825.

**FIRST WEDNESDAY AT BMOA:** Curator Rachel Magnus and artist Astrid Preston will discuss the exhibition Poetics of Nature. 323-7219.

**INTERNATIONAL GAME WEEK AT BEALE MEMORIAL LIBRARY:** Family Board Games. 4-5:30PM. 868.0701.

**MASK MAKING AT WASCO BRANCH LIBRARY:** Create a crafty mask in honor of Dia de Los Muertos! 3:30 PM. 758-2114.

**PHILOSOPHY FOR CHILDREN AT SOUTHWEST BRANCH LIBRARY:** Children are excellent critical thinkers. 3:30-4:30PM. 664-7716.

**QUEBE SISTERS' TRIPLE THREAT FIDDLE CONCERT:** When they take a stage, and the triple-threat fiddle champions start playing and singing in multi-part close harmony. 7PM. 864-1701.

**TODDLER STORYTIME AT DELANO BRANCH LIBRARY:** Parents, bring your toddlers to the library for a fun, family oriented storytime. 11:30 AM. 725-1078.

**TWEEN CRAFTERNOON AT MOJAVE BRANCH LIBRARY:** Get together with other tweens, enjoy activities & create fun crafts! 2PM. 824-2243.

**THURSDAY, NOV. 2nd**  
**FREE ACTING CLASS:** For children 5-17 years old who have never attended before. 322-2800.

**PADDINGTON BEAR & TUBBY THE TUBA:** 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.

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

**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.

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** We will be in Arvin to serve the needs of women and their families, with free pregnancy tests and ultrasound services 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 at Artful Evenings. 5:30-8PM. 632-5357.

**BATTLE OF THE BANDS FUNDRAISER:** Solo Acts, Duets and Groups will compete for cash prizes in the Battle of the Air Bands contest, raising funds for the Real Estate Professionals Family Relief Fund. 331-4732.

**BEGINNING ART CLASS (GRADES K-12 & ADULTS):** Beginning Drawing, Painting, Mixed Media and Sculpture class. Contact Casey Hibbard at 661-301-2195 or [getcasey@gmail.com](mailto:getcasey@gmail.com) or Miss Casey's Art Classes FB page.

**CONDORS GAME:** Cheer on the Condors as they play against Texas! 6:30 PM. 324-7825.

**FRIENDS OF THE LIBRARY BOOKSALE AT FRAZIER PARK LIBRARY:** Come in during normal library hours and buy a book on any topic, for any age, and for a reasonable price. 245-1267.

**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.

**TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY:** Teens, come hang out with other teens at the library. 5PM. 725-1078.

**FRIDAY, NOV. 3rd**  
**BABY CAFE:** Need help breast-feeding? Bring the baby and get your questions answered. 747-5195.

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

**AIR 1 POSITIVE HITS TOUR IN BAKERSFIELD:** Food for the Hungry presents Skillet and Britt Nicole, Colton Dixon, Tauren Wells and GAWVI, and Mark Lee from THIRD DAY. [rabobankarena.com](http://rabobankarena.com).

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** Celebrate reading by enjoying stories, songs & craft! 11:30 AM. 824-2243.

**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. 321-9247.

**KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY:** Come into the children's room to work on the craft for the month. 3-4:30 PM. 868-0701.

**STORYTIME AT WASCO BRANCH LIBRARY:** Celebrate reading by enjoying stories, rhymes and fun for the whole family. 3:30 PM. 758-2114.

**TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:** Let's play & learn together! 9:30-10AM. 664-7716.



CAR SHOW & KIDS FESTIVAL

**Saturday, November 4th** The 3rd Annual Car Show & Kids Festival will be held from 10 a.m. to 3 p.m. at Bakersfield Police Activities League. The community event is free to attend and will include food, music and raffles. The car show is open to all makes and models of cars, trucks and motorcycles. Awards are decided by car owners and the kids who attend. Vehicle entry fee is \$35 in advance or \$40 day of. **For registration and sponsorship information, call BPAL at 661-283-8880.**



**CONDORS GAME:** Cheer on the Condors as they play against Manitoba! 7PM. 324-7825.

**CSUB MEN'S BASKETBALL GAME:** Cheer on the Roadrunners as they play against Biola! 7PM. 654-BLUE.

**FALL GATHERING:** The Bakersfield American Indian Health Project will be hosting this FREE event, where you and your family can see cultural demonstrations, crafts for families, drumming, dancing and more. 10:30AM-3PM. 327-4030.

**FAMILY STORYTIME AT DELANO BRANCH LIBRARY:** Families, come with your children to enjoy a unique storytime. 2:30 PM. 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.

**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.

**LIGHT THE NIGHT WALK:** The Leukemia and Lymphoma Society's Light The Night Walk funds treatments that are saving the lives of patients today. 845-2710.

**MATH TUTOR AT BEALE MEMORIAL LIBRARY:** Having a problem with your math? Make an appointment with one of our tutors! 2-4PM. 868-0701.

**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.

**UNIQUE YARD SALE:** Free Admission. Fund raising rummage sale. Holiday items and more. 5 Real Rd, Bakersfield. 7AM-2PM. 327-1609.

**SUNDAY, NOV. 5th MURRAY FAMILY FARM FUN:** Come by Murray Family Farm and have fun picking your own fresh and local fruit! 330-0100.

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

**BEGINNING ART CLASS (GRADES K-12 & ADULTS):** Drawing, painting, mixed media, sculpture, hand built ceramics art class featuring horses, zebras, and Pegasus. Contact Casey Hibbard at 301-2195.

**VOLUNTEER DAYS AT WIND WOLVES:** We need your help. Our volunteer events are fun and rewarding. 858-1115.

**MONDAY, NOV. 6th ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday at different times for different ages. 322-2800.

**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.

**COUNTRY LINE DANCING:** Beginning and intermediate line dancing. 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 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.

**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.

**KERN COUNTY PROBATION FAMILY RELIEF FUND 6th ANNUAL GOLF TOURNAMENT:** We will be holding our 6th Annual Golf Tournament at Seven Oaks Country Club. 868-4183.

**THANK A VETERAN ART CARD PROJECT AT BEALE MEMORIAL LIBRARY:** In honor of Veteran's Day, we invite you to create a thank-you card for a local veteran. 868-0701.

**TEEN CRAFT TIME AT WASCO BRANCH LIBRARY:** Come out and show your creative side by making pine cone turkeys! 3:30 PM. 758-2114.

**THANK A VETERAN CARD PROJECT AT MOJAVE BRANCH LIBRARY:** Kern County Library invites families to give thanks and create a card for local veterans. 824-2243.

**TUESDAY, NOV. 7th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** Weekly orientations for families interested in becoming foster families. 325-6939.

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

**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 (CADETS):** The CAP Cadet Program is a year-round program where Cadets fly, learn to lead, hike, camp, get in shape, and push themselves to new limits. 399-3505.

**DO THE MATH:** Math help for students grades 4-12. Every Tues. & Wed., tutors are available from 3:30-5:30pm. Bakersfield: 636-4357 or in other areas: 866-636-6284.

**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. 322-2800.

**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.

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

**KIDS YOGA CLASS (AGES 4-10):** Kids will have fun in this Yoga Class. 374-8693.

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

**MOVE TO IMPROVE:** Move to Improve is 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.

**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.

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

**CSUB WOMEN'S BASKETBALL GAME:** Cheer on the Lady Roadrunners as they play against Stanislaus State! 7:00 PM. 654-BLUE.

**HOLIDAY CARD PRINT RELIEF AT ART & SPIRITUALITY CENTER:** Participants will explore different subject inspiration and create beautiful holiday cards. 1-3:30PM. 632-5357.

**LEGO CLUB AT DELANO BRANCH LIBRARY:** Children can build anything they can imagine with the Library's LEGO's. 4:30 PM. 725-1078.

**MOMMY AND ME YOGA AT SOUTHWEST BRANCH LIBRARY:** Experience a fun yoga class with your children, crawlers up to 4. 10:30-11AM. 664-7716.

**SMART MONEY LIVE STREAM:** Many of you are familiar with Dave Ramsey's Financial Peace University. We are live streaming one of Dave's events, Smart Money at Westside Church of Christ. 831-4460.

**STORYTIME AT BEALE MEMORIAL LIBRARY:** Stories and activities suitable for school-aged children. 11AM. 868-0701.

**WEDNESDAY, NOV. 8th 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. 6PM. 831-4460.

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. 6PM. 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 AT SOUTHWEST CHRISTIAN CENTER:** Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 7PM. 342-2078.

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

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

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

**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.

**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. Arkelian Children's Room. 11AM. 868-0701.

**BARKS AND BOOKS AT SOUTHWEST BRANCH LIBRARY:** Partnering with Marley's Mutt Militia, for children 5-12, children to read to a therapy dog. 664-7716.

**HISTORICAL LECTURE SERIES AT KERN COUNTY MUSEUM:** This historical lecture will be on the topic of Bakersfield's Map to the Star's homes. 437-3330.

**KERN COUNTY ENERGY SUMMIT:** Industry leaders gather in Bakersfield to exchange information on the latest advances and innovation in the energy industry. 7:30-11:30AM. 862-5150.

**LEGO CLUB AT MOJAVE BRANCH LIBRARY:** Unleash your creative side and design your best LEGO creation. 2PM. 824-2243.



## AUTISM ON THE RUN

### Saturday, November 4th

The 5th Annual Autism on the Run, a family-friendly 2k/5k event to increase multiple disability awareness in Kern County will be at California State University Bakersfield from 10 a.m. to 1 p.m. Proceeds will benefit League of Dreams, a 501(c)3, non-profit sports league for children with disabilities. **For more information, visit [ourleagueofdreams.com](http://ourleagueofdreams.com).**



**MOVIE TIME AT WASCO**

**BRANCH LIBRARY:** Go wild turkey and watch Free Birds with us! 3:30 PM. 758-2114.

**THURSDAY, NOV. 9th**

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

**CHILD CAREGIVER SUPPORT**

**GROUP:** Anyone can benefit from fresh ideas on how to care for their children. 393-5836.

**2ND ANNUAL GRILLIN' & BREWIN'**

Benefiting JJ's Legacy and our mission to increase the number of registered organ, eye and tissue donors in Kern County. 489-4430.

**IMAGE CLEAR ULTRASOUND**

**MOBILE UNIT:** The ICU Mobile, will be in Arvin to serve the needs of women and their families. 2-5PM. 326-1907.

**CANNAN SMITH CONCERT:**

Enjoy the tunes from this Country Music Star at the Buck Owens Crystal Palace. 328-7560.

**MEDITATION & TAI CHI AT**

**FRAZIER PARK LIBRARY:** Get fit, balance disorders, reduce stress! Meditation from 11AM-12PM. Tai Chi from 12-1PM. 245-1267.

**MOPS - VALLEY BAPTIST**

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

**RESOURCE FAMILY ORIENTA-**

**TION:** Being a resource family is a special kind of job with many demands and responsibilities. 631-6204.

**SPECIAL FRIENDS, JOYFUL**

**HEARTS:** Christ-centered ministry for adults and children with developmental and/or intellectual disabilities. 665-7815.

**BEGINNING ART CLASS**

**(GRADES K-12 & ADULTS):** Beginning Drawing, Painting, Mixed Media and Sculpture. 301-2195

**SENSORY STORYTIME AT**

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

**ADAM MILLER CONCERT AT**

**BAKERSFIELD MUSIC HALL OF FAME:** Australia's Adam Miller is a gifted player to improvise independent melodies, harmonies, and bass lines with an impeccable groove. 864-1701.

**DISNEY ON ICE DREAM BIG:**

High-flying jumps, daring acrobatics, breathtaking skating and lovable Disney friends make this an experience your family will never forget. rabobankarena.com.

**LEGO CLUB AT SOUTHWEST**

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

**FRIDAY, NOV. 10th**

**BAKERSFIELD MINERAL MITES:** Rock & mineral club for ages 7-18 yrs. Special activities monthly. 324-5907.

**FALL GALA FUNDRAISER:**

Please join us at the Buena Vista Museum of Natural History for our annual Fall Gala Fundraiser. Please RSVP by Nov.6th, 324-6350 or by email to info@buenavistamuseum.org

**CITY OF BAKERSFIELD ANIMAL**

**CARE CENTER:** Vaccine and licensing clinic. 832-7387.

**FAMILY STORYTIME AT MO-**

**JAVE BRANCH LIBRARY:** Celebrate reading by enjoying stories, songs & craft! Fun for the whole family. 11:30 AM. 824-2243.

**KIDS' CRAFTS AT BEALE ME-**

**MORIAL LIBRARY:** Come into the children's room 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. 3:30 PM. 758-2114.

**TODDLER TIME AT SOUTH-**

**WEST BRANCH LIBRARY:** Enjoy stories, movement, songs, & fun with your 18 month old to 2 year old. 9:30- 10AM. 664-7716.

**CSUB MEN'S BASKETBALL**

**GAME:** Cheer on the Roadrunners as they play against Whittier College! 7PM. 654-BLUE.

**SATURDAY, NOV. 11TH**

**ALS SUPPORT GROUP:** Come talk, listen support, and learn about ALS. 364-1913.

**CPR/AED FOR THE PROFES-**

**SIONAL RESCUER AND HEALTH CARE PROVIDER:** Red Cross training combines discussions and video with hands-on skills training. Please call the Kern Chapter at 324-6427.



**FREE DAY at the MARTURAN-**

**GO MUSEUM:** Entrance to the museum exhibit areas is FREE for everyone on the second Saturday of each month. 10AM-5PM. 760-375-6900.

**STORYTIME AT BARNES & NO-**

**BLE:** Join the local Barnes & Noble for a storytelling time for children and families. 11AM. 631-2575.

**VOLUNTEER ORIENTATION**

**AND TRAINING:** No experience is necessary to volunteer at M.A.R.E. (Mastering Abilities Riding Equines). 589-1877.

**THANKSGIVING DANCE:**

An evening of ballroom dancing with a Bachata pre-dance lesson. 281-9923

**YOKUTS PARK FUN RUN:**

Absolutely Free! Choose from a 2, 3, or 5 mile run. 7AM.

**GRANDMA'S ATTIC STORY-**

**TIME AT SOUTHWEST BRANCH LIBRARY:** Foster a love of books & reading with our family storytime. 10:30- 11:30 AM. 664-7716.

**FAMILY STORYTIME AT DELA-**

**NO BRANCH LIBRARY:** Families, bring your children to enjoy a unique storytime. 2:30 PM. 725-1078.

**FUN, SOCIAL, LEGO's WORK-**

**SHOP-SUPER HEROES:** Join Kern Autism Network-Autism Society Affiliate, in an innovative and exciting workshop just for our kids! 489-3335.

**GIFT FOR YOURSELF AT THE**

**ART & SPIRITUALITY CENTER:** Give a gift to yourself before the wonderful and hectic seasons of Thanksgiving and Christmas. 9AM - 12PM. 632-5357.

**INTRODUCTION TO MICRO-**

**SOFT EXCEL AT BEALE MEMORIAL LIBRARY:** Learn how to navigate a worksheet. Second floor. 10AM-12PM. 868-0701.

**KERN ENERGY FESTIVAL:**

Educating the community on local energy production in a celebration with food and drinks, fun activities, attractions, and exhibits for all ages. 3801 Chester Avenue, Bakersfield. 11AM - 3PM.

**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 to fit their age level. 10AM. 323-7219.

**VETERAN'S DAY PARADE:**

A time to honor all who have served in the United States Military. Downtown Bakersfield. 10AM. 324-9453.

**SUNDAY, NOV. 12th**

**EL CAMINO VIEJO WILDERNESS HIKE:** The hike will begin at the El Camino Viejo Wilderness trailhead within San Emigdio Canyon, heading south into the lush wilderness. 858-1115.

**THE BAKERSFIELD**

**MARATHON:** Presented by Dignity Health; gives runners a tour of Bakersfield's most beautiful landmarks and neighborhoods. Register online at runsignup.com

**FREE CONCERT HONORING**

**BOB CLATTERBUCK:** A free concert honoring the memory and music of Bob Clatterbuck.

Mill Creek Christian

Church sanctuary at 4:00 pm. 587-2718.

**RECOLLEC-**

**TIONS: A THANKS-GIVING RECITAL:** Opus48 School of Performing Arts at Calvary Bible Church presents an afternoon of music and reflection featuring cellist Anna McCoy and guest artist Patrick Bender. 4PM. 440-3563.

**SPIRITUAL CINEMA SUNDAY:**

Showing "The Genius of Marian" where Banker helps his mother, Pam, preserve the legacy of her mother, Marian, a celebrated artist, before Alzheimer's disease wipes out her precious memories. 2PM. 632-5357.

**MONDAY, NOV. 13th**

**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:** Created to promote the preservation, conservation, welfare, study and dissemination of knowledge pertaining to all turtles and tortoises. 599-8425.

**LA LECHE LEAGUE MEETING:**

Free information and support group for pregnant and breastfeeding mothers. 438-1518.

**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.

**COUNTRY LINE DANCING:**

Beginning and intermediate line dancing. 392-2010.

**GOLDEN EMPIRE CHORUS:**

**BARBERSHOP HARMONY SINGERS:** Open to all men who enjoy singing. 871-6268.

**E-BOOK EXPERIENCE AT**

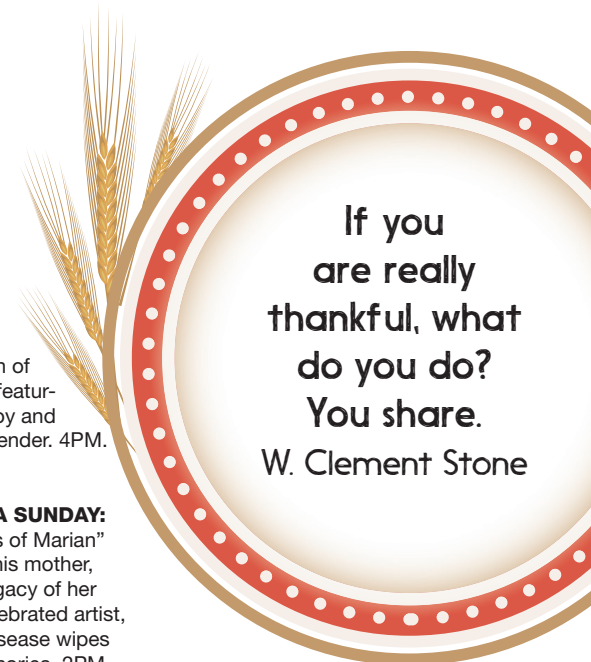
**BEALE MEMORIAL LIBRARY:** One-on-one session with a librarian on how to download Kern County Library e-books on your tablet, smart phone or laptop. 868-0701.

**RECIPE SWAP AT WASCO**

**BRANCH LIBRARY:** Come share your best ways to cook a turkey! 2PM. 758-2114.

**TUESDAY, NOV. 14th**

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



**FAUNA FOR**

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

**MOPS - OLIVE KNOLLS NAZA-**

**RENE CHURCH:** MOPS International is dedicated to meeting the needs of every mother of preschoolers. 399-3303.

**N.A.M.I. FAMILY SUPPORT**

**GROUP:** The National Alliance on Mental Illness (NAMI) is a non-profit organization which offers support for families, friends, and individuals living with mental illness. 398-8907/858-3255.

**WARMLINE MOM & BABY**

**GROUP:** For moms with babies birth through one year. Great place to meet other moms & get your questions answered. 11:15AM. 4301 Calloway Dr. 323-3531.

**WARMLINE MOM & TODDLER**

**GROUP:** Parents are encouraged to bring their kids for a fun play session and interact with others in the community. 9AM. 323-3531.

**ALLIANCE HUMAN SERVICES**

**RESOURCE PARENTS ORIENTATION:** Alliance Human Services holds weekly orientations for families interested in becoming foster families. 325-6939.

**BAKERSFIELD BLEND CHO-**

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

**CIVIL AIR PATROL-BAKERS-**

**FIELD COMPOSITE SQ 121 MEETING (CADETS):** If you're dreaming about a career in aviation, space, or the military, this Program is for you. 12yrs-19yrs old. 399-3505.

**FAMILY NIGHTS AT THE ICE**

**CENTER OF BAKERSFIELD:** Get the whole family together for tons of fun. 852-7400.

**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. 6-7:30 PM. 871-5000.

**STORYTIME AT BEALE MEMORIAL LIBRARY:** Stories and activities suitable for school-aged children. 11AM. 868-0701.

**ASL PLAYGROUP AT SOUTHWEST BRANCH LIBRARY:** Join us once a month at our ASL Playgroup. 11AM - 12PM. 664-7716.

**CSUB WOMEN'S BASKETBALL GAME:** Cheer on the Lady Roadrunners as they play against Fresno Pacific! 7PM. 654-BLUE.

**HOMEWORK ZONE AT DELANO BRANCH LIBRARY:** Homework tutoring for grades 1-5 at the library. 3:30-4:30 PM. 725-1078.

**WEDNESDAY, NOV. 15th AWANA AT WESTSIDE CHURCH OF CHRIST:** Registration is available online at westsidelife.org/awana or at our church office (7300 Stockdale Hwy). 831-4460.

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. 6PM. 833-4345.

**FRESH HOPE MENTAL HEALTH SUPPORT:** 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.

**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.

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

**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:** For toddlers to third grade. Stories, coloring or crafts, and some snacks. 10AM. 631-2575.

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

**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.

**ARTIFACTS COME TO LIFE AT KERN COUNTY MUSEUM:** This will be a presentation on World War I items, the "War to End all Wars." 437-3330.

**BARKS & BOOKS AT MOJAVE BRANCH LIBRARY:** Build your reading skills and enhance self-esteem by reading to a furry friend! 3:30 PM. 824-2243.

**SHOPKINS LIVE-SHOP IT UP:** Shopkins Live lights up the stage in this premiere live. Tickets are available at the Fox Box Office, at vallitix.com or at 322-5200.

**TEEN ADVISORY BOARD AT WASCO BRANCH LIBRARY:** Teens, grades 7-12, you are invited to chat about your favorite books & movies, play awesome games with friends, & make the library a great place. 3:30 PM. 758-2114.

**TWEEN CRAFTERNOON AT MOJAVE BRANCH LIBRARY:** Get together with other tweens, enjoy activities & create fun crafts! 2PM. 824-2243.

**THURSDAY, NOV. 16th MOVE TO IMPROVE:** Move to Improve is a low impact, low inten-

sity, 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. 410-1010.

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

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

**MOPS - THE BRIDGE BIBLE CHURCH:** A MOPS group is dedicated to helping mothers. 587-2010.

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

**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.

**CHILDREN'S DANCE EDUCATION + OUTREACH EVENT:** Kern Dance Alliance is pleased to announce this special event, which benefits local socioeconomically disadvantaged children. kerndance.org.

**LUNCHEON WITH AUTHOR ALEX EPSTEIN:** Kern Energy Foundation Presents a Luncheon with famed Author Alex Epstein-"The Moral Case For Fossil Fuels." 428-0821.

**TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY:** Teens, come hang out with other teens at the library. 5PM. 725-1078.

**FRIDAY, NOV. 17th THRESHOLD CHOIR AT ART & SPIRITUALITY CENTER:** If you wish to communicate kindness with your voice and can carry a tune, come sing with us! 632-5357.

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** Celebrate reading by enjoying stories, songs & craft! 11:30 AM. 824-2243.

**KIDS' CRAFTS AT BEALE MEMORIAL LIBRARY:** Come into the children's room 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. 3:30 PM. 758-2114.

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

**FAMILY FRIDAYS AT THE ART & SPIRITUALITY CENTER:** Join us for the artistic inter-generational togetherness experience. 632-5357.

**HOPE FOR THE HOLIDAYS GALA:** Come see Zach Williams in concert as a way to support the Mission at Kern County. 325-0863.

**SATURDAY, NOV. 18th STORYTIME AT BARNES & NOBLE:** Join the local Barnes & Noble for a storytelling time for children and families. 11AM. 631-2575.

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy stories, songs, & more! 10:30 AM. 664-7716.

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

**BC MEN'S BASKETBALL GAME:** Cheer on the Roadrunners as they play against Cerro Coso! 6PM. 395-4011.

**BLACKOUT NIGHT HIKE AT WIND WOLVES:** Contrary to the Full Moon hike, this two-hour hike during the new moon offers a very dark environment, and is ideal for stargazing. 858-1115.

**FAMILY STORYTIME AT DELANO BRANCH LIBRARY:** Families, come with your children to enjoy a unique storytime. 2:30 PM. 725-1078.

**JDRF/TRIALNET EVENT:** This is a free event (check in through CALM gift store) for families, kids and people with type 1 diabetes. 1:30-3:30PM. 213-233-9912.

**OLIVE KNOLLS CRAFT FAIR:** 80+ crafters, all types of high quality handmade goods. 6201 Fruitvale Ave., Bakersfield. 8AM - 2PM. 399-3303.

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

**BAKERSFIELD TURKEY TROT:** Enjoy this fun and family friendly run and walk with different courses. Kids can create their own Thanksgiving crafts and decorations. 322-9199

**SUNDAY, NOV. 19th MURRAY FAMILY FARM FUN:** Come by Murray Family Farm and have fun picking your own fresh and local fruit! 330-0100.

**OVEREATERS ANONYMOUS SUPPORT GROUP:** An international fellowship of individuals who, through shared experience are recovering from compulsive eating. 588-4811 talk or text.

**ECOKIDZ AT WIND WOLVES:** Reservations Required. Parents come out and enjoy a free outdoor activity with your kids. 858-1115.

**MONDAY, NOV. 20th ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday at different times for different ages. 322-2800.

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

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

**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. 869-2320.

**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.

**MOVIE TIME AT WASCO BRANCH LIBRARY:** Learn what we can all be thankful for in this showing of A Charlie Brown Thanksgiving. 12PM. 758-2114.

**THE BAKERSFIELD WINDS FALL CONCERT:** The Winds are directed by John Biller and include some of Kern County's finest musicians. 5500 Olive Dr., Bakersfield. 7:30-9PM. 3237928.

**TUESDAY, NOV. 21st ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** Orientations are available in Spanish upon request. 325-6939.

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

**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):** Yoga helps kids to learn how to use their bodies in a healthy way. 374-8693.

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

**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 (blanketeers). 549-4967.



## TAFT TROUT FISHING DERBY

### Saturday, November 18th

Come out as a family and fish together. You can register online at [taftchamber.com](http://taftchamber.com) or at Bob's Bait Bucket or Cope's Tackle and Rod. 765-2165.



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

**CONDORS GAME:** Cheer on the Condors as they play! 6:30 PM. 324-7825.

**CSUB YOUNG AUDIENCES TOURING THEATRE AT BEALE MEMORIAL LIBRARY:** Set in a fantasy world inhabited by characters who each represent an article of clothing. 11AM - 12PM. 868-0701.

**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. 10:30- 11AM. 664-7716.

**WEDNESDAY, NOV. 22nd AWANA AT WESTSIDE CHURCH OF CHRIST:** Awana is a faith-based children's program. 831-4460.

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. 833-4345.

**KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:** 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. 631-2575.

**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.

**BARKS & BOOKS AT BEALE MEMORIAL LIBRARY:** Children in K-8th grade are invited to read with therapy dogs. 868-0701.

**BARKS AND BOOKS AT SOUTHWEST BRANCH LIBRARY:** Children will read to a therapy dog. 664-7716.

**CSUB WOMEN'S BASKETBALL GAME:** Cheer on the Lady Roadrunners as they play against Cal State Fullerton! 7PM. 654-BLUE.

**STORYTIME & CRAFT AT WASCO BRANCH LIBRARY:** Sharing stories of Thanksgiving. 2PM. 758-2114.

**THANKSGIVING HOLIDAY AT DELANO BRANCH LIBRARY:** Enjoy Thanksgiving fun at the library. 2PM. 725-1078.

**TURKEY, PUMPKINS & PIE, OH MY STORYTIME AT MOJAVE BRANCH LIBRARY:** Enjoy a

Thanksgiving storytime with all the trimmings-songs, stories & crafts! 3PM. 824-2243.

**THURSDAY, NOV. 23rd**



**FRIDAY, NOV. 24th**

**LIVE MUSIC:** Join us for fun and relaxation while listening to some great live music! 1718 Chester Avenue, Bakersfield. 8PM. 703-6911.

**SATURDAY, NOV. 25th**

**FARMERS MARKET:** Looking for the freshest fruits and vegetables? 3201 F St, Bakersfield. 8AM - 12PM.

**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.

**ONYX FAMILY FARMS:** Grab your friends and drive up the hill for a great afternoon in the Kern River Valley. 9AM - 4PM. 760-377-7460.

**BAKERSFIELD CARS & COFFEE:** We know that all kids, young and old are obsessed with cars. NW Promenade on Rosedale Hwy in Bakersfield. 7-9AM.

**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.

**CONDORS GAME:** Cheer on the Condors as they play! Teddy Bear Toss-bring two new stuffed animals. 7PM. 324-7825.

**GUIDED NATURE HIKE AT WIND WOLVES:** Join a Naturalist for a casual guided hike from the Main Canyon Parking Lot to Ravens Landing and back. 858-1115.

**SUNDAY, NOV. 26th HAGGIN OAKS FARMERS MARKET:** Check out the best selection of seasonal and fresh vegetables and fruit. 9AM-2PM. 334-2033.

**MURRAY FAMILY FARM FUN:** Spend your Sunday at the Farm! 330-0100.

**VOLUNTEER DAYS AT WIND WOLVES:** All ages welcome to help the rangers. 858-1115.

**MONDAY, NOV. 27th C.A.L.M. SENIOR DISCOVERY DAY:** Seniors receive a 50% discount on 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.

**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.

**E-BOOK EXPERIENCE AT BEALE MEMORIAL LIBRARY:** One-on-one session with a librarian on how to download Kern County Library e-books. 868-0701.

**AFTER-THANKSGIVING RECIPES AT WASCO BRANCH LIBRARY:** Sharing what to do with all that leftover Turkey. 2PM. 758-2114.

**TUESDAY, NOV. 28th 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.

**WARMLINE MOM & BABY GROUP:** For moms with babies birth through one year. 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.

**ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** A weekly orientations 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.

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

**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. 322-2800.

**PATHFINDERS AND ADVENTURERS:** A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 6-7:30PM. 871-5000.

**EARLY STAGE CHAT GROUP FOR INDIVIDUALS WITH DEMENTIA OR ALZHEIMER'S:** Come to a safe place to talk and get advice from others. 665-8871.

**WRITE IN AT BEALE MEMORIAL LIBRARY:** November is National Novel Writing Month. Come write with us and get that word count up to speed. 3- 6:30PM. 868-0701.

**HOMEWORK ZONE AT DELANO BRANCH LIBRARY:** Homework tutoring for grades 1-5 available at the library. 3:30-4:30PM. 725-1078.

**WINE CORK ORNAMENTS AT ART & SPIRITUALITY CENTER:** As the holidays quickly approach, join us for a fun and crafty afternoon. 1-3:30 PM. 632-5357.

**WEDNESDAY, NOV. 29th AWANA AT WESTSIDE CHURCH OF CHRIST:** Awana is open to kids 3 years old - 6th grade. 831-4460.

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Wednesday night dinner is from 5-6, with AWANA and Adult Bible Study starting at 6. 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 AT SOUTHWEST CHRISTIAN CENTER:** Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 7-8PM. 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. 631-2575.

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Parents are invited to accompany their 18-month-old through 2-year-old. Arkelian Children's Room. 11AM. 868-0701.

**CULTURAL STORYTIME AT DELANO BRANCH LIBRARY:** Experience different cultures with this unique storytime. 5:30 PM. 725-1078.

**MOVIE TIME AT WASCO BRANCH LIBRARY:** Showing Nut Job. 3:30 PM. 758-2114.

**THURSDAY, NOV. 30th FREE ACTING CLASS:** For children 5-17 years old who have never attended before. 322-2800.

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

**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.

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

**ADVENT NOONTIME SERIES FEATURING AMERICAN GUILD OF ORGANISTS:** Listen to the wonderful melodies of the holiday series. 1705 17th Street, Bakersfield. 12PM. 746-6891.

**MANNHEIM STEAMROLLER CHRISTMAS:** Grammy Award winner Chip Davis has created a show that features Mannheim Steamroller Christmas classics along with a selection of compositions. rabo-bankarena.com.

**OTAKU ANIME & MANGA CLUB AT BEALE MEMORIAL LIBRARY:** Do you watch anime? Read manga? Cosplay? Join us. 4:30-6PM. 868-0701.

## 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.



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

**Dec. 15-17**

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

**Dec. 22-23**

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



#### Hillcrest Seventh-day Adventist Church

2801 Bernard St. • Bakersfield 93306  
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For more info call 871-5000

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Small Group Studies 6:00 p.m.  
Dr. Robert Proctor, Pastor  
**www.swcc.us.com**

# 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](mailto:kcfm@kerncountyfamily.com)\***

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

### 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



Chyanne, 7 & Kingston, 2



Athena, 10mo

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**Sunday Mornings**  
Traditional Service at 8:00  
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**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

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Saturday, December 2  
9 AM to 12 PM 1st - 6th grade  
\$8 per child - includes snack

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Lucia, 4



Austin, 22 mo

**QUICK PIX FILE REQUIREMENTS**

\*In the subject line of your e-mail, please type "QuickPix." 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.



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**Walgreens**

**Thursday, November 2**

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Bakersfield, 9am to 2pm

**Walgreens Pharmacy**

**Monday, November 6**

4306 Ming Avenue,  
Bakersfield, 9am to 2pm

**Kern County Dept. of Human Services**

**Wednesday, November 8**

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

**Walmart**

**Thursday, November 9**

2601 Fashion Plaza,  
Bakersfield, 9am to 2pm

**Benton Park Center/  
Dollar Tree**

**Monday, November 13**

2705 So. H Street,  
Bakersfield, 9am to 2pm

**The Park at Riverwalk**

**Tuesday, November 14**

11298 Stockdale Hwy.,  
Bakersfield, 9am to 11:30am

**Adventist Health  
Bakersfield**

**Wednesday, November 15**

2800 Chester Avenue,  
Bakersfield, 1pm to 6pm

**Vallarta Market**

**Thursday, November 16**

600 Bear Mountain Blvd.,  
ARVIN, 9:30 am to 2pm

**Wal-Mart Supercenter**

**Monday, November 20**

5075 Gosford Rd.,  
Bakersfield, 9am to 2pm

**Mercado Latino**

**Tuesday, November 21**

2105 Edison Highway,  
Bakersfield, 9am to 2pm

**NOR-Riverview Park**

**Monday, November 27**

437 Willow Drive,  
Bakersfield, 9am to 2pm

**Walmart**

**Tuesday, November 28**

401 Central Ave., WASCO,  
9:30am to 11:30am

**New Life Church**

**Wednesday, November 29**

4201 Stine Rd.,  
Bakersfield, 9am to 2pm

\*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.

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- Super Hero LEGO Workshop Saturday, Nov. 11, 10am-12:30pm Canyon Hills Assem. of God Church Gym
- Autism Spectrum Disorders Seminar Series 2: Thursday, December 7th, 2017, 9am to Noon  
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Topic: "Hidden Autism: Women & Girls on the Autism Spectrum"  
Place: Canyon Hills Assembly of God Church, 7001 Auburn Street  
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**ACTIVITY CORNER ANSWERS**

**Crossword:**

- Across:
- Thankful
  - Bum
  - Evil
  - Urn
  - Share
- Down:
- Turkeys
  - Nibbler
  - Famous
  - Loving

**What's the Difference**

- Glasses on desk
- Blue bin missing label
- Pencil behind boy's ear
- Girl wearing a ring

**Scramble**

Peanut Butter

**Sudoku:**

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

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## Peanut Butter Word Find

Find the hidden words in the puzzle

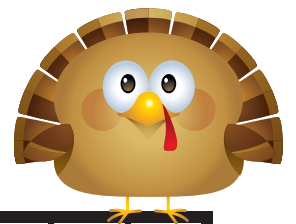
BREAD  
CHUNKY  
CREAMY  
JAM

JELLY  
LUNCH  
NUT  
PEANUT

SALTY  
SHELL  
SMOOTH  
SNACK

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

## Sudoku

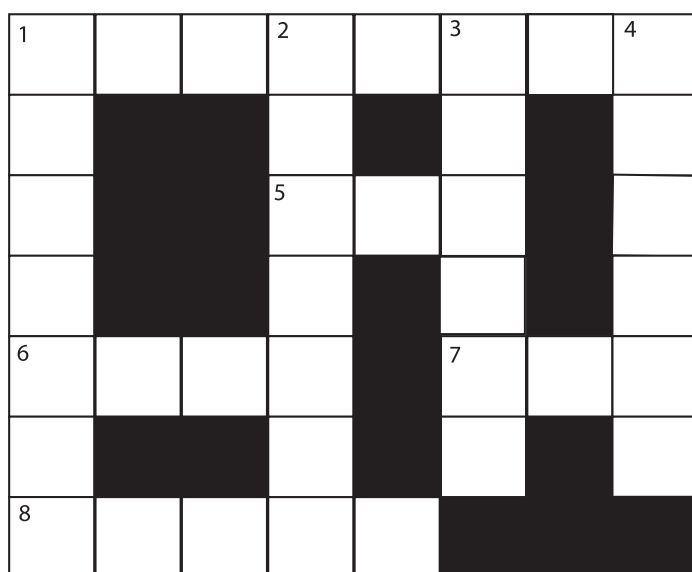


				7			5	
		7		3	5		8	
5				2				3
6		8		9	7	3	4	5
		3		4				
4			8				9	
3		5	4			7		8
8			3			4		
9					6			

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

1. Appreciative
5. Lazy person
6. Harmful
7. Small container
8. Give a portion to others

### DOWN

1. Thanksgiving foods
2. Eats small bites
3. Well-known
4. Caring

## What's the Difference?

There are four things different between picture A and picture B.

Can you find them all?



## Get Scrambled

Unscramble the words to determine the phrase

A P N U T E R U B T E T



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186" L

STARTING MSRP: \$24,070

Available Trim: \_\_\_\_\_  
SL, SLE-1, SLE-2, Denali  
Dimension: \_\_\_\_\_  
186" L x 73" W x 66" H  
Cargo Volume: \_\_\_\_\_  
31.6 ft<sup>3</sup>, 63.9 ft<sup>3</sup> with seat area  
Seating: \_\_\_\_\_  
Room for 5 Passenger

### 2017 GMC ACADIA / LIMITED

EPA-est.  
**26**  
mpg hwy



194" L

STARTING MSRP: \$29,070 / Acadia Limited: \$43,850

Available Trim: \_\_\_\_\_  
SL, SLE-1, SLE-2, Denali / Limited  
Dimension: \_\_\_\_\_  
194" L x 75" W x 66" H / 201" L x 70" H  
Cargo Volume: \_\_\_\_\_  
12.8 ft<sup>3</sup>, 79 ft<sup>3</sup> with seat area / 24.1 ft<sup>3</sup>, 116.1 ft<sup>3</sup>  
Seating: \_\_\_\_\_  
Room for 7 Passenger / 7 Passenger

### 2017 GMC YUKON / XL

EPA-est.  
**23**  
mpg hwy



204" L

STARTING MSRP: \$48,530 / YUKON XL: \$51,230

Available Trim: \_\_\_\_\_  
SLE, SLE 4WD, SLT, Denali / XL, Denali  
Dimension: \_\_\_\_\_  
204" L x 81" W x 74" H / 224" L x 81" W x 74" H  
Cargo Volume: \_\_\_\_\_  
15.3 ft<sup>3</sup>, 94.7 ft<sup>3</sup> with seat area / 39.3 ft<sup>3</sup>, 121.7 ft<sup>3</sup>  
Seating: \_\_\_\_\_  
Room for 8 Passenger / 8 Passenger

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### 2017 BUICK ENCORE

EPA-est.  
**33**  
mpg hwy



168" L

STARTING MSRP: \$22,990

Dimension: \_\_\_\_\_  
168" L x 70" W x 60" H  
Cargo Volume: \_\_\_\_\_  
18.8 ft<sup>3</sup>, 48.4 ft<sup>3</sup> with seat area  
Seating: \_\_\_\_\_  
Room for 5 Passenger

### 2017 BUICK ENVISION

EPA-est.  
**29**  
mpg hwy



184" L

STARTING MSRP: \$34,065

Dimension: \_\_\_\_\_  
184" L x 72" W x 67" H  
Cargo Volume: \_\_\_\_\_  
69.9 ft<sup>3</sup>, 57.3 ft<sup>3</sup> with seat area  
Seating: \_\_\_\_\_  
Room for 5 Passenger

### 2017 BUICK ENCLAVE

EPA-est.  
**22**  
mpg hwy



202" L

STARTING MSRP: \$39,068

Dimension: \_\_\_\_\_  
202" L x 79" W x 70" H  
Cargo Volume: \_\_\_\_\_  
23.3 ft<sup>3</sup>, 115.2 ft<sup>3</sup> with seat area  
Seating: \_\_\_\_\_  
Room for 8 Passenger

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