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kern county **Family** free magazine

DECEMBER 2017

NEED
MOM-TIME?
10 *Easy*
LUXURIES

2017
Gift 
Guide

Four pages full
of the **BEST** gifts!

Santa!
What About
My Two
Front Teeth?

*Cover Girl Bella Bozeman
wants to know!*

25 **DAYS OF**
Merry

plus:

humor@home
the family dinner
p.18

reader recipes!
sugar cookies and eggnog
p.21 and 33

education
update for 2018
p.14

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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



Dashing through the stores, searching for the perfect gifts
Up and down the aisles as tired children throw their fits.
Register scanners ring, waiting in long lines,
Oh, how I dread this time of year, I think I've lost my mind!

Christmastime, Christmastime, the season goes so fast
I wonder how we got to this, each year it's worse than the last.
Christmastime, Christmastime, it shouldn't be this way.
Why don't we all just stay at home, bake cookies, relax and play?

A week or two ago, I swear it was Halloween
But ghosts are pushed aside and Santa's on the scene.
We've decked our halls with pine and greeting cards were sent
Now we just have the gifts to wrap and tally what we spent.

Christmastime, Christmastime, the season goes so fast
I wonder how we got to this, each year it's worse than the last.
Christmastime, Christmastime, it shouldn't be this way.
Why don't we all just stay at home, bake cookies, relax and play?

Merry Christmas! From our Family to Yours!



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Cover: All I Want for Christmas is...Two Front Teeth!

Photos by LJ Radon, Kern County Family Magazine

Find Rudy!



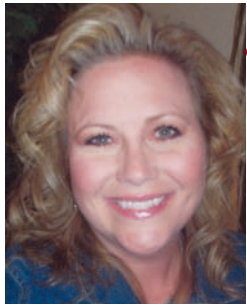
Between November 27-December 20, tell us how many Rudy the Reindeers you find throughout this issue (in print or online) and you could win 4 movie tickets from Maya Cinemas and a \$50 gift certificate to Frugatti's Italian Eatery. Visit kerncountyfamily.com for more information and to enter. Good luck!

(This Rudy doesn't count!)

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

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dear reader



Vaun Thygerson,
Contributing Writer

Something magical happens on December 1, when the 25 Days of Christmas begins. I always look forward to the start of December and the fun that ensues. My holiday calendar fills up with parties, cookie and ornament exchanges, shopping, wrapping, baking and the countdown to the BIG day! Every year my family and I adopt a military family through

the Spirit of Sharing organization to help make their holiday a little bit brighter.

One year, we were given a family who had five children, so I enlisted my friends to help us. Without hesitation, I received money and gifts from people I asked. I love the generosity of people, especially during the holidays!

The best part is taking our packages to the military bases to meet the families. My father, who is retired Air Force, also comes along to use his ID card to get us on the base and buy a few things at the Base Exchange. He also likes to reminisce about his years in active duty and shares his stories with my children. I love giving back to people who make our life possible and protect our freedom. If you want to help a military family this year, you can get more information at www.spiritofsharing.org.

Another holiday tradition that's inevitable this season is the family dinner. Tracie Grimes writes about it in her Humor at Home, "Holiday Virtual Ritual (aka,



25 Days of Merry!



1. Start an Advent calendar.
2. Watch "A Christmas Story" or any other holiday movie.
3. Drive through Haggin Oaks to see Christmas lights.
4. Make S'mores over a fire.
5. Build a gingerbread house.
6. Make apple cider on the stove.
7. Do a RAK (Random Act of Kindness).
8. Have a carol sing-a-long.
9. Drive to Shirley Meadows to play in the snow!
10. Buy a poinsettia.
11. Mail Christmas cards.
12. Light an evergreen-scented candle.
13. Visit Dustin's Diner in Haggin Oaks and help a good cause!
14. Donate money to your favorite charity.
15. Learn to play a holiday tune on the piano or any other instrument.
16. Take a photo with Santa.
17. Deliver a "Secret Santa" to a neighbor or friend.
18. Bake Christmas cookies together.
19. Visit CALM's HolidayLights.
20. Make a homemade Christmas tree ornament.
21. Go caroling for canned goods to donate to a local food bank.
22. Deliver homemade goodies to neighbors.
23. Wear matching pajamas.
24. Read "'Twas the Night Before Christmas" as a family.
25. Enjoy family!

The Family Dinner)" and how reality never matches the television's portrayal of the perfect family. To read all about her dinner shenanigans, turn to page 18.

One of my favorite parts of the holidays is getting together with our extended family. Dr. Kirk writes in his article, "The Benefits of Multigenerational Relationships," on page 19 about what we can learn from different generations. He says grandparents can be mentors and teach younger children about the family's values, culture, and uniqueness.

And, of course, what is Christmas morning without unwrapping some awesome toys? Finding that perfect gift for your child can be a daunting experience. Check

out page 9 to see what KCFM recommends for gifts this Holiday season.

The 25 days of December leading up to the month's pinnacle can be spent prepping, baking, and enjoying others. Remember to listen to what our older family members can teach us and appreciate our unique families no matter how much or how little they resemble a "perfect" family. And, most of all, remember to be generous to help someone have a better Holiday season, even if it's just a genuine smile!

Happy Christmas!

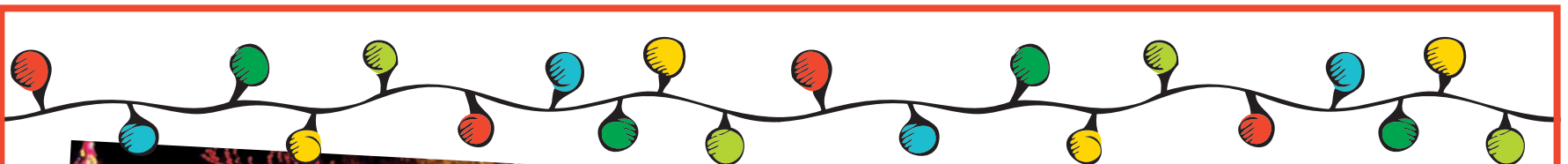


Photo courtesy The Bakersfield Californian



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Mobile Oilfield at Kern County Schools

Hundreds of students from schools in Kern County recently participated in the Mobile Oilfield Learning Unit, where they spent 90 minutes rotating through six self-contained components with curriculum-based, hands-on learning activities about energy and the technologies and sciences involved with the oil and natural gas industry.

Although MOLU is geared to fifth-grade students, the curriculum correlates to the Next Generation National Science Standards for grades 5 through 8.



The units are wheeled from the mobile trailer for easy set-up in the school's gymnasium or common area. All units have pre-and post-visit materials to enhance students' STEM curriculum.

The MOLU reaches up to 192 students per exhibition day and each student receives a "MOLU PASS" to complete during their rotation.

Volunteers Wanted

The Kern County Homeless Collaborative needs volunteers 18 years and older for its 2018 "Point in Time" count, on January 25, from 4 to 8 a.m.

Workers are needed all over Kern County to count individuals and families who are homeless. To make the PIT count as accurate as possible, teams of three or four span out across Kern's 8,161 sq. miles to count and survey homeless who sleep outdoors, in parks, alleys, by the river, under bridges or in places not meant for human habitation, such as cars, abandoned buildings, garages or other structures without electricity or running water.

Each PIT worker must attend a two-hour training session which will be offered several times in January (dates, times and locations to be announced) with varying time slots for convenience. PIT volunteers will also be given the tools they need to conduct the count, including flashlights.

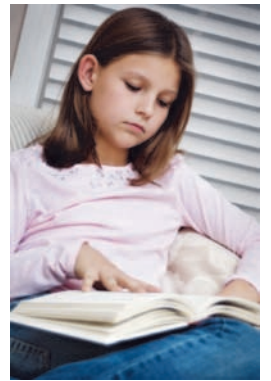
To participate, please visit www.EndKernHomeless.org to complete the short volunteer profile.

Friendship House Community Center opens

The Kern Kiwanis Club has completed installation of a new Youth Reading Oasis at Community Action Partnership for Kern's Friendship House Community Center. The Reading Oasis will offer approximately 1,500 new books for students in grades 1 through 6, with allowance for future book purchases.

"We are grateful to the Kiwanis Clubs in Division 33 for their hard work and this wonderful gift to benefit our Friendship House Community Center youth and their families," said Jeremy Tobias, CAPK CEO.

Established in 1965, CAPK administers close to a dozen programs aimed at helping children, families, and individuals at their point of need. **For more information, visit www.capk.org.**



Help at Holiday Cottage

The Kern County Department of Human Services established the Holiday Cottage 30 years ago to make dreams come true for children in the foster care system. Located at 2765 Calloway Drive, Suite #104, in the Rosedale Village Shopping Center, the Holiday Cottage will be open from November 27 through December 11. At the Cottage you will be paired up with a child to make his or her Christmas extra special.

Fulgham Talks About Autism

Join the Kern Autism Network for its 2nd Seminar Series presentation, "Hidden Autism: Women & Girls on the Autism Spectrum."

The presentation will be offered by Carly Fulgham, an adult with autism, on Thursday, December 7 at 9 a.m. at Adventist Health Bakersfield Wellness Center 1524 27th Street, Ste. 101, Bakersfield. Fulgham is a proud artistic writer, artist and self-advocate.

The Kern Autism Network seminar series provides up-to-date information to families, educators, caregivers, and others featuring expert speakers covering topics addressing the entire autism spectrum. **For more information, visit www.kernautism.org.**

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FROM YOUR HOME

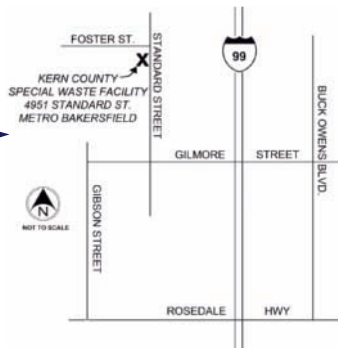
- Automotive Products
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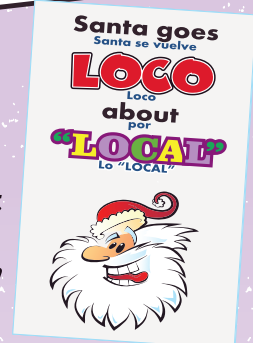


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Kids Who Play Multiple Sports Are More Likely to Remain Active

Recent research from the American Academy of Pediatrics suggests that specializing in a single sport during childhood, compared with sampling a variety of recreational youth sports, may decrease the odds a child will still participate in athletic activities during adolescence.

The five-year Canadian study, "Childhood Sports Participation and Adolescent Sport" followed 756 children beginning when they were between 10 and 11 years old, asking three times each year about physical activity they participated in outside of gym class.

During the first year, 19 percent of participants were sports specialists, 67 percent were sports samplers, and 14 percent were sports non-participants. Five years later, the "samplers" were more than 50 percent more likely to still participate in sports, and they were less likely to become sports non-participants than those who specialized.



The study also found that children who didn't participate in any sports typically remained non-participants as teens. Internationally, study authors said, just 9 percent of boys and 2 percent of girls between ages 5 and 17 get the recommended 1 hour physical activity per day that is essential to healthy development. Encouraging sports sampling during childhood, they said, may be a good way to help correct this.

Antibiotics Aren't Always the Answer

Attention parents: Antibiotics do not fight viral illnesses like colds.

In fact, taking antibiotics for colds can be harmful to your child's health. Unnecessary antibiotics can make future infections harder to treat. Work with your child's pediatrician to find the best treatment for your sick child.

The American Academy of Pediatrics warns physician overprescribing antibiotics puts children at risk of serious adverse effects and is the leading source of pediatric *Clostridium difficile* infections—an inflammation of the colon caused by the bacteria *Clostridium difficile*.

By 2020, the U.S. aims to reduce such inappropriate use of antibiotics in outpatient settings by 50 percent. Reaching this goal requires a significant reduction in unnecessary antibiotic use for acute respiratory conditions, which account for 44% of outpatient prescriptions. Half are unnecessary prescriptions.

The AAP encourages pediatricians and families to participate in the week by implementing recommendations on antibiotic use.

For more information about the safe use of antibiotics, visit www.cdc.gov/getsmart.



Emotions Can Be Inherited

A study published in the Journal of Neuroscience used MRI to show that brain patterns inherited from both parents have an impact on anxiety, autism, addiction, dyslexia and other conditions



According to the study, research shows that babies born to moms who are depressed during pregnancy are more likely to become depressed as adolescents.

In addition, research from New York's Mount Sinai Hospital discovered that genetic changes stemming from trauma suffered by Holocaust survivors can be passed on to their children.

Dr. Bradley Nelson, author of the bestselling book "The Emotion Code," has trained more than 3,500 healing practitioners worldwide to uncover and release "trapped" negative emotions, unresolved feelings from traumatic events that contribute to mental, emotional and physical illness.

Once people have identified an inherited emotion, "we are usually able to determine the origin of the emotion, beginning with which parent this emotional energy came from," Dr. Nelson said. "Going deeper, we may inquire if the emotion came from a grandparent or great grandparent. Most often we find that inherited trapped emotions come from a mother, father or grandparents. Sometimes, however, we find the emotions go back many generations."

How Clean is Your Doctor's Office?

Just in time for winter cough and cold season, the American Academy of Pediatrics has updated its recommendations on the best ways to prevent the spread of germs during doctor visits.

The policy statement, "Infection Prevention and Control in Pediatric Ambulatory Settings,"



acknowledges that the majority of patients are seen in outpatient facilities or doctor's offices, and so infection control in these places should be just as strict as in hospitals.

The AAP recommends mandatory annual influenza immunization for staff, and documentation of immunity or immunization against other vaccine-preventable infections including pertussis, measles, mumps, rubella, varicella and hepatitis B.

In the policy statement, the AAP emphasizes the importance of cough and sneeze etiquette and hand hygiene, and recommends that waiting rooms be equipped with alcohol-based sanitizers and masks.

Pediatricians should also post visual reminders to cover your nose and mouth with your elbows rather than your hands when coughing and sneezing, and to properly dispose of tissues.

Among other recommendations, the report recommends avoiding stocking the waiting room with plush toys like stuffed animals, which are difficult to clean and can harbor germs. Instead, parents should be encouraged to bring their own.

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CLINICA SIERRA VISTA
"Caring for the Community"

cover story

All I want for Christmas is...two front teeth!

By Andrea Rose

All Bella Bozeman wants for Christmas is for Santa to bring her two front teeth! But in the meantime, she'll settle for a visit from the Tooth Fairy.

"The first couple teeth she lost, she was nervous," said Bella's mother, Stacy. But then, Bella had her first visit from the Tooth Fairy and she realized how lucrative loose teeth can be.

"The Tooth Fairy left her \$20 the first time. She must not have had change," Stacy said with a chuckle.

So when Bella's front teeth became loose, she was eager to invite the fairy back.

"As soon as they were loose, she was wiggling away," Stacy said.

The first front tooth came out in August and the second came out in October.

The second time, Bella was gifted with a more reasonable \$5 per tooth.

Now, Bella has a few more loose teeth, but she's hoping the front ones will come in before the rest fall out so that she can still eat a holiday dinner.

According to the America Academy of Pediatrics, most children have 20 primary, or baby teeth. At about age 6, permanent teeth begin to erupt through the gums and the baby teeth become loose. Most children lose teeth in the order they get them.

Most children get all their permanent teeth by about age 13.

When teeth become loose, most children want to wiggle their teeth—that's OK, according to physicians.

If a baby tooth is only slightly loose, you should leave it alone until more of the root dissolves. If a tooth is very loose but won't come out, you can help your child pull it out. Using a tissue or a



Bella Bozeman

Most children have 20 primary, or baby teeth. At about age 6, permanent teeth begin to erupt through the gums and the baby teeth become loose. Most children lose teeth in the order they get them.

piece of gauze, grasp the tooth firmly. As you pull, give it a quick twist. If a tooth doesn't seem to want to budge, it may be time to contact a dentist.

Keeping a healthy mouth is key to general health.

"Brush and floss every day, especially before bedtime," said Stacy, who works for a pediatric dentist. "I'm a stickler on that."

Merry Christmas




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Looking for a gift that's better than teeth?? Our Gift Guide starts on the next page!

2017 Holiday Gift Guide

The Season's Best: NAPPA's Guide to Holiday Shopping



By Elena Epstein

MAKE LEARNING FUN



In & Out Activity Table

A unique design features three ways to play. Twin tables open to reveal deep wells for sand, water, blocks, craft supplies, sensory water beads and more. A doubled sided tabletop with molded-in cup holders is great for crafting or snacking. For space saving storage the tables nest and stack. No assembly required. For ages 18 months & up \$69.99 simplay3.com



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Teacher's Pet

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ENTER TO WIN

any of the items marked by a 12 Days of Giving graphic from December 1 to December 12 by filling out entry forms online at kerncountyfamily.com. Must be 18 or older to enter. Only one entry per day per person. Winners will be notified by phone. GOOD LUCK!

TOYS, GAMES & PUZZLES



Teach My Yoga Mat Set - Hop and Learn

Designed to encourage active learning through hopscotch and yoga. Your child can master the alphabet, numbers, shapes and colors, while playing hopscotch and doing yoga. Using a yoga mat, spinner, bean bags and play tokens, your child won't even realize they are learning. For Ages 3+ \$24.99 www.teachmy.com



Eggsplorer Transformable Drone

A unique egg-shaped quadcopter that can open its wings to fly once activated by the touch of a button. When not flying, it can go back to its egg form. This is an easy-to-fly quadcopter drone with flexible flying options via the headless flying mode, speed selection, and auto hovering. For ages 8+ \$29.99 www.tdrworld.com



TOMO 2 in 1 STEM Robotic Kit

An educational robot kit that teaches beginners about graphical programming, electronics and robotics through building and the use of smart devices. It can be assembled into 2 different robots: a tricycle or a self-balancing dicycle. Control, program and share via smartphones or tablets to explore the endless possibilities of robotics. For ages 8+ \$99.99 www.tenergy.com



Stuck On You Personalized Name Puzzles

These wooden name puzzles are a great way to enjoy learning. A fun and educational tactile toy that will improve kids alphabet recognition skills and help them learn their name while having fun. Ages 2-4 \$20-\$35 www.stuckonyou.us



Marvel Spider-Man Homecoming: Official Movie Edition Spider Drone

Now you can help your favorite superhero watch over the city with your own Official Spider-Man: Homecoming Movie Edition Spider-Drone, Powered by Sky Viper. With eight legs and a Spidey-suit-inspired style, this drone is an authentic replica of Spider-Man's new gadget in the blockbuster film. For ages 12+ \$79.99 www.sky-viper.com

MORE on page 10



TOYS, GAMES & PUZZLES



Marvel Swing & Sling Spider-Man

Swing, sling, flip and tumble with the new plush toy. Spidey has some amazing moves, he can swing in the air, hang upside down, tumble forward and backwards, and even do a 360 backflip then get back up. Press his foot, then pick him up by his webs. He even says fun phrases and plays the "Spider-Man" Theme Song.
For ages 3+ \$39.99
justplayproducts.com



My Very Own Ice Cream Cart

Order up! Kids can role-play as an ice cream server when they get behind the counter of this colorful ice cream cart. Included are scoops of ice cream, cones, bowls, scoopers, serving spoons, coins, and a credit card to ring up the orders.
For ages 2+ \$19.99
www.americanplastictoys.com



COOP Sports Battle Bounce

This intense outdoor game is played with two to four players divided into two teams. The objective of the game is to smack the ball across to your opponent, just like in volleyball. However, with Battle Bounce, you have to bounce the ball off the net first so it ricochets upwards towards an opposing player.
For Ages 8+ \$29.99
coop-sports.com/battle-bounce



ThinkFun: Roller Coaster Challenge Engineering Game

This thrilling engineering challenge helps players understand physics and logic concepts. Choose one of the 40 challenge cards, then set up the board as directed. Using the remaining pieces, players must build a working roller coaster that meets the build conditions specified on the challenge card.
For Ages 6+ \$29.99
www.thinkfun.com



Monkeys Up Board Game

This is a fast pace game that will have you going bananas. Players compete to get the best score by flipping, switching, and stealing monkeys. You will find yourself laughing head over heels until all of your monkeys are up.
For ages 6+ \$21.99
roosterfin.com



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The play kitchen has realistic interactive features that bring the imaginative environment to life with burners that light up and a super fun ice maker that makes realistic sounds and flashing lights. Speckled granite style counter top, knobs turn an click, convenient storage space below sink, sink with faucet and taps that turn, stove-top burners have lights and sounds.
For Ages 3+ \$229.99
www.kidkraft.com



Groovy Blocks: 170 Piece Set

Put a new twist on conventional building blocks. The brightly colored grooved blocks and links slide together in multiple ways for open-ended creativity, while the color-coded links simplify the construction process.
For ages 4+ \$34.95
http://www.mindware.orientaltrading.com/groovy-blocks-170-piece-set-a2-13777824.fltr



Ben 10 Rustbucket Vehicle and Playset

The main vehicle seen in Cartoon Network's new Ben 10 animated series, the Rustbucket is a 2-in-1 vehicle that transforms into a giant 3-level playset standing over 2 feet tall. Kids can create their own adventures with all of the Ben 10 Basic Figures, using all of the action features in the Rustbucket, including an alien transformation chamber, plasma blaster, "alien-vator", grabbing claw, alien lab and more.
For ages 4+ \$49.99
www.playmatestoy.com



The Learning Journey Match It! Spelling

A colorful set of three-letter and four-letter puzzle cards which provides children with an introduction to spelling. They can learn to spell by associating the object with the word and correctly assembling the puzzle pieces. The puzzles are self-correcting — only cards with the correct sequence will fit together.
For ages 2-4 \$11.99
www.tlji.com

MORE on next page

TOYS, GAMES & PUZZLES



UNBORED: Time Capsule

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www.mindware.orientaltrading.com/unbored-time-capsule-a2-13777250.fltr

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Editor's Picks

BONUS GIFT GUIDE

Check out this special list of Kern County Family Favorites—picked with our readers in mind!



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GIVE AWAY day 3



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GIVE AWAY day 3



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GIVE AWAY day 3



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GIVE AWAY day 4

The Story of Swan Lake

This narrated version of the classic tale is sure to delight young and old who love ballet, enchanting storytelling, and beautiful music. The London Philharmonic Orchestra (The Lord of The Rings soundtrack) with Grammy-nominated conductor Stephen Simon recorded The Story of Swan Lake by Maestro Classics.

Ages 5+ \$16.98

www.maestroclassics.com

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www.lilgadgets.com/

Claudia True's 2018 Calendar

The 10th annual art and food calendar is full of simple recipes with fun and festive drawings. This is a perfect gift for anyone who likes a physical calendar. Calendars aren't the only thing for sale by Claudia True, she also offers aprons, potholders, refrigerator magnets and more in her Kitchen Collection.

\$22 shop.claudiatrue.com



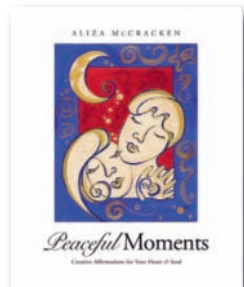
Kern County Family
GIVE AWAY day 11



American Girl

Gabriela McBride, the 2017 American Girl of the Year, is a quiet and creative poet who wants to give back to her community and comes with a paperback books and other accessories. Ages 8+ \$115

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Aliza McCracken's Peaceful Moments

In this colorful publication, she offers a vignette of beautiful images combined with poetic verses to brighten your everyday moments. Perfect for the holidays to uplift you throughout the year, this lovely gift will be sure to encourage you.

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Update on Education 2018

ACT to Offer PreACT Directly to Students

ACT is expanding its ability to help students improve their college readiness by making the PreACT® available to students on an individual basis. The assessment has previously been available only through schools that contract with ACT to administer it to students.

The PreACT is an online, multiple-choice test designed to help tenth-grade students assess their current academic strengths and weaknesses and better prepare for the ACT® test and, subsequently, college and career success. It measures academic achievement in English, mathematics, reading and science, mirroring the ACT test, but without a writing test option.

“Our goal in offering the PreACT directly to students is to provide greater access to this valuable tool, which will help them better understand their current academic readiness levels and get on track for future success,” said Suzana Delanghe, ACT chief commercial officer. “At ACT, we understand the value of planning and preparing early for success, and we want to provide students with the opportunity to get an earlier start.”

Students may register for the PreACT online and take it at selected ACT test center locations throughout the US. The first national PreACT test date will be Saturday, Feb. 10, 2018.

All PreACT test dates coincide with the ACT national test dates, giving students the ability to experience testing at a national test center.

Students have the option of bringing their own laptop—which they can test on ACT’s website to ensure that it will work—or using a computer provided at the test center to take the test.

The PreACT gives students valuable experience with early exposure to ACT test-quality questions, but in a shorter exam. PreACT scores predict future ACT scores on the familiar 1-to-36 scoring scale, providing students with an estimated ACT score range if they continue on the same educational path.

Students who take the PreACT also receive personalized learning resources in each of the four subject areas where improvement can be recommended.

In addition, guidance on college majors and careers that match students’ interests is available in the PreACT registration platform, when students create a MyACT account and complete the ACT Interest Inventory. This can spark conversations and help students start thinking about and planning for career paths they may wish to pursue.

The PreACT continues ACT’s history of offering solutions that are aligned to the ACT and designed to identify readiness at earlier grades. ACT pioneered such systems with ACT Explore and ACT Plan and more recently developed ACT Aspire to monitor achievement and progress toward readiness across grades 3 to 10.

The registration fee for individual students to take the PreACT is \$46. Fee waivers are available to students from low-income households, just as they are for the ACT test. **Additional information about fee waivers and accommodations as well as testing sites can be found at www.act.org.**

Great Educators Never Stop Learning

Most professions require an advanced degree or certification. The education profession is no different, and a majority of educators have earned associate, undergraduate and graduate degrees, certification in specific areas, and, in many cases, doctorate degrees.

But learning doesn’t end with a degree or certification. Educators are on a continuous path of professional growth to help improve their practice and ensure student success.

The National Education Association recently released a report that offers recommendations to create a system of continual professional learning with an intense focus on student needs.

The Great Teaching and Learning report identifies six career phases, and crucial elements of support



and work to be done at each career phase to support growth. “Every student deserves to have a team of educators that cares for, engages and empowers learners, provides challenging instruction, and enlists the entire school community to ensure student success,” said NEA President Lily Eskelsen García.

“The reports call for a new vision—a system of shared, mutual responsibility—that is founded on the premise that educators are ultimately responsible to students, to their colleagues and to their professions.”

The recent rollout event, hosted by the NEA Center for Great Public Schools, included members from across the U.S., and representatives from other organizations. It was an opportunity for affiliates and education partners to come together to help transform our schools for greater student learning and staff professional growth, and to create a culture of social justice in our schools and communities.

“If we believe the quality of educators is most significant in student success, then we must do what is necessary to support the growth, development and excellence of all our educators, throughout their careers,” said NEA Vice President Becky Pringle.

To produce the reports, two expert panels and task forces focused on how educators, including education support professionals can work even more effectively to help students, their families, and communities.


The panels debunked the myth of a flat profession, showing how teachers can enhance their practice and expand their influence even beyond a single classroom throughout an entire career.

The Great Teaching and Learning report and the ESP Professional Growth Continuum can be viewed in their entirety on nea.org/teacher quality and www.nea.org/esppgc.

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10 Little Luxuries for Mom

By Christina Katz

One of the pitfalls of having holidays that focus on giving gifts to others is that we become a society of scorecard keepers. How did I do? Did I get more gifts than last year? Were the gifts given with genuine sincerity or did I sense feelings of obligation? Do I measure how others treat me as proof of how worthy I am?

Here's a little secret about gift giving and receiving on any occasion, moms: It's not a competition. You are not the best mom ever if you get the most presents. You are the best mom ever if you let yourself feel good about the job you are doing every day, even on the most challenging days. And if you want a gift, whether you feel you deserve something special or simply because you think you should always feel treasured, go ahead and give yourself one. Be generous with yourself every time of year and others will follow suit during special times.

Being a great mom means putting your needs first, instead of delegating that job to others and feeling resentful if they let you down. Here's a little secret: other people can't let you down if you don't let yourself down. So, pick yourself up during the mom-gifting time of year with a little reward for yourself. You always deserve something special just for being you.

Foofy drinks. For her birthday lunch my daughter wanted a tropical drink with a tiny umbrella in it. And you deserve a tiny umbrella too, mom. Or maybe a dollop of whipped cream with a chocolate swirl or a little heart design atop your coffee foam.

Exposure to nature. The civilized world gallops at a breakneck pace. But nature helps us slow down to the incremental speed of life. The seeds we plant don't sprout overnight. And we can regain our patience and our pacing by frequent exposure to the earth, air, sun, and stars.

Your favorite books and magazines. Few things make me cheerier than a glossy new seasonal magazine. Books inspire movies in our minds. Even the Internet with all of its diverse content cannot replace my insatiable thirst for hunkering down, one spread at a time, and escaping into artfully photographed and delightfully designed magazine pages. Don't ever deprive yourself of your daily allotment of mental escape.

Belly laughs. I was on the phone with an old friend the other day and the laughs just came cascading out. Nothing like chuckling over old antics or sharing a giggle with someone who has known you forever. Get your kicks in whatever way works for you and the cascading endorphins are an extra, feel-good bonus. Streaming sitcoms or reading comics also works well in a pinch.

Delicious food. Keep at-home copies of your favorite take-out menus. Sometimes mom needs someone else to do the meal prep, cooking, and serving. Besides, sitting down to be waited on every once-in-a-while is a great way to power up your inner chef. Bon appétit!

Self-care. A quick nap. A long bath with bath salts and bubbles. Saying no to everything that does not feel like a yes. Asking for hugs. I'd be willing to bet that moms who practice self-care live longer. For sure, they live happier.

continued on next page

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Rebecca Rivera, MD Elva Lopez, MD

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Self-expression. Be your insouciant self today and every day. What does this mean to you? If you are holding your breath, biting your tongue, biding your time, or practicing any other delay tactics that prevent you from living your life with the volume cranked up, seek assistance. Get around folks who lure you out of your shell and validate all the gifts you have to offer the world.

Surprises. Don't wait for others to catch you off guard. Delight yourself with little impulsive decisions that make you happy now. A surprise isn't just a big, painstakingly planned party. It's at least twenty opportunities a day to be sweeter to yourself. Go ahead, choose differently.

Author, journalist, and writing coach Christina Katz definitely deserves more treats in her life. Luckily she never feels deprived because she gives herself enough to keep herself feeling fortunate.

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The Holiday Victual Ritual (aka, the Family Dinner)



To be clear, these lovely people are ACTORS.

The Christmas Day dinner – a time for coming together and connecting by breaking bread together at the family table.

I'm pretty sure that there's something wrong with my holiday family table because it looks nothing like the ones I see on the commercials – you know, the ones where everyone takes a few moments from their busy lives to sit down together, talk about their day, laugh over a few jokes, listen to Christmas music and praise mom for preparing the feast.

Who are these people and why couldn't I have given birth to them?

Now granted, the hastily-prepared mashed potatoes and pre-cooked sliced turkey breast covered in the finest gravy in a jar money can buy and canned cranberry sauce may not be in the same league as June Cleaver's family holiday gathering extravaganzas, but surely, my holiday dishes are just as good as the Campbell's soup green bean casserole dish TV families are diving into in terms of providing a culinary adhesive to bond a family together on Christmas Day.

And I certainly don't think they warrant the "Oh Mom, not this again!" or "Did you even warm this up?" or "Jeez, what's in this anyway?" comments I routinely hear.

To me holiday dinners are mostly "fight or flight" things; an adrenaline rush (and not in a good way) because I have the choice of either enduring fights over things like "He's spraying juice from his corn-on-the-cob all over me on purpose" and "Mom, tell her to stop hogging all of the mashed potatoes!" or I can throw the food on the table, call the family for dinner and run for cover. Guess which choice I'd like to make on most holidays.

And even if the family is in the mood for quality "bonding," the things they choose to connect over rarely appeal to me.

There are the "see-food" shows, where one kid catches another's eye, then opens his or her mouth to show the sibling some ABC (Already Been Chewed) food; the name-calling battles ("you're stupid"; "you're stupider"; "well you're stupid, infinity!"); and the getting a sibling to laugh so hard liquid comes out of his or her nose.

Bet you're hoping for a holiday dinner invitation to my home right about now.

My children seem to think these little dinnertime shenanigans are funny...like really funny.

I, however, do not share in their sense of mirth. I look at my children and think, "These people are crazy. Like really crazy."

And because crazy people don't treat those of us who are sane very well, it's at these moments I think about how I really don't want this job of preparing food and sitting with my offspring while they consume it.

Yet I force myself to try it over and over again, because I feel guilty when I see the people in Campbell's soup commercials talking, laughing together, joined to each other over a hot meal. And the mom doesn't look like she's about to explode or throw herself through a plate-glass window.

Maybe I just need to lower my standards.

If I can change my views of what it means to "get along," our holiday family table time might just become palatable. I mean if instead of looking for the kids' demonstrations of affections to include things like smiles, nods, and pats on the back I can see that the tongues sticking out, air-jabbing towards each other with cutlery and mouthing of silent insults are just their way of saying, "I'm glad we're family," we might be able to become a Campbell's soup family ourselves.



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The Benefits of Multigenerational Relationships

For a very long time in most cultures, intergenerational learning has been the informal vehicle within families for the transfer of family knowledge, skills, competencies and values between generations, and has occurred as long as people have gathered together.

The grandparents of the family share their wisdom and are valued for their role in perpetuating the values, culture and uniqueness of the family.

Intergenerational exchange within the family is intended to keep new generations grounded in the history of their culture and to provide a link to the family's past. Familial intergenerational learning is informal and involves interaction from all within the family, such that people in the family interact day in and day out, learning as they go.

However, in our modern and more complex society, intergenerational learning is no longer transmitted by the family alone and increasingly is occurring outside the scope of the family. While traditional families still may value the elder as the transmitter of cultural lore, passing on cultural expectations from the parent to the child, preparing younger individuals for life in the modern and complex world has become a function of wider social groups that have grown up outside of the family.

There is now a new model that is outside of the family and it has grown to involve contemporary society and it has created a new intergenerational and outside-the-family learning paradigm, known as social media, and it is beginning to influence the child such that it is eclipsing the generational teaching of the family.

Recently there have also been changes in American nuclear families.

With shifts in the economy, the nature of the work force and job availability, the structure of the family has been affected. Of the families with children under 18 the number of two working parents was 17 percent in 1980 and increased to 33 percent in 2000. In families with single parents the number of working parents was 33 percent in 1980, and increased to 49 percent in 2000.

Relocation has occurred for many families often to communities 100 or more miles from the elder family members. As a result of ongoing changes, there has been a significant reduction in ongoing familial intergenerational exchange, grandparents interacting with grandchildren.

A growing geographical and thus emotional disconnect has occurred between members of many extended families causing the decrease in opportunities for consistent intergenerational learning and support.

The young and the old have become

more vulnerable as a result of this geographic separation. The young family members have become to expect limited contact with their elder family members who, historically, have been present to support their growth and learning, introduce values and offer wisdom, skills and unqualified love and understanding.

Older adults subsequently have been experiencing limited contact with younger family members who provide contemporary social insights, vitality, unqualified love, support and the offering of information regarding the burgeoning new technological skills such as computer technology and cell phones.

Both groups lose the special, dependable support offered by the family member from the opposite end of the life continuum. There is an absolute need for creating more opportunities in which intergenerational learning, meaningful relationships and social and emotional growth could occur between biologically connected children, youth and older adults who represented this new population concern emerging in our community.

Just how do we do this, we include everyone in the upcoming plans.

We invite others over for festivities, we invite grandparents to be the mentors they were meant to be by having them participate in the child-rearing process. For example, "We are going out this weekend and we were hoping you and grandmother could take over for us while we are gone?"

By involving the grandparents when possible they are able to develop and enhance their relationship with the grandchildren. This learning and role-modeling that can take place is an effective opportunity for the children to learn about family history, interact on a intimate level with grandparents from shopping, to cooking, to board games and outside activities.

One grandfather is teaching his granddaughter to play the guitar, one grandmother is teaching her grandson to sew. Grandparents can teach anything because they often have a slight bit more time for it as mother and father are often working. One grandfather was talking with his granddaughter about molecules and a grandmother was teaching her 3-year-old granddaughter about gardening, working away pulling weeds from the garden while the granddaughter chewed on strawberries from the garden.

Relationships give a child a sense of meaning and belonging. This is something they will carry with them their whole lives in a very beneficial way, passing it all on to the next generation.

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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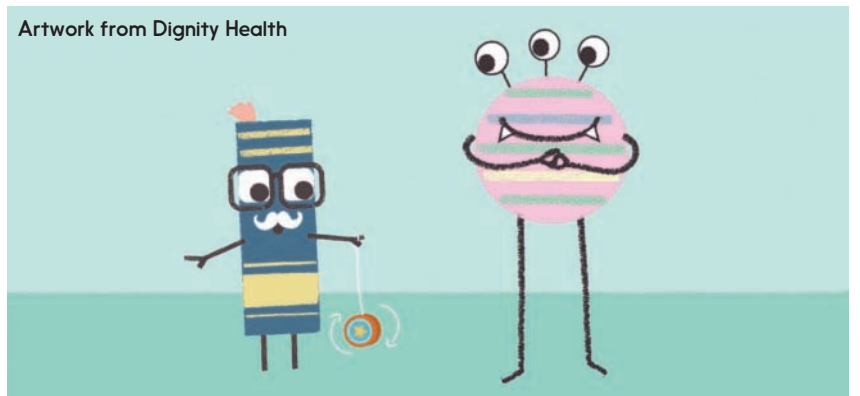
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Charity: December's Spirit of Kindness

The "most wonderful time of the year" doesn't just happen on its own. Like any community effect, the holiday spirit spreads from one person to another. This can be through our words, our actions, and combinations of the two. Few things embody kindness during the holidays more than the spirit of giving. This month we encourage ourselves to focus on what we can give to make the world a better place.

Artwork from Dignity Health



Let's Donate What We Don't Need. Has it been ages since you read that book? Have you outgrown that hat? And are your competitive yo-yoing days behind you? Many things that we don't have an express need for, can make a real difference in someone else's life. Donating our unused belongings lets us participate in a timeless tradition of utility and generosity.

Every year, so many things are thrown away simply because we've not used them for some time. Introducing these belongings to new people means introducing them to new minds, new lives, and new uses. There's a great feeling to be had when we know a little piece of our kindness is out somewhere else in the world, being appreciated and put to good use. Let's not forget the value of preventing clutter from amassing in our own lives! There are many avenues for donating belongings. Some emerge during the holiday season and are clearly aimed at making an impact during December, but be aware that there is always an organization or venue ready to accept your donations, almost every day of the year.

If you're having difficulty finding the time to donate something, make it a group experience! Your charity has an impact on its own, but when combined with others, the impact gets even bigger. Involving others in our acts of kindness is a great way to motivate ourselves to make it actually happen.

Let's Donate Our Time
This time of year can start to feel like "spend, spend, spend," especially as we try to find or make gifts for all our loved ones. Donating money or belongings is hard sometimes, but we can always donate our time. There are tons of places where the best gift you can give is a helping hand, wrapped with a positive attitude. In this respect, donating our time to charity is a very easy way to meet new people, spend time with friends by volunteering as a group, or both!

If we really feel like not leaving home, but want to still donate our time or effort to a charitable cause, there are many holiday-driven organizations that make it possible. Volunteer to write Christmas cards to people you don't know around the world! Charity makes the world a better place, and we live in the world, so let's make it a better place. It's never as hard as you think, because all the small acts of kindness we do, begin to compound into a huge amount of kindness before we know it.

This month's Random Act of Kindness challenge is: donate one belonging to charity. And remember, "kind is the new cool."



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

you can do it

Deliciously LOCAL

This month, KCFM invited two local readers to share their favorite holiday recipes. For more, please see page 33.

Recipe and photos courtesy of Wendy Horak, Bakersfield

Our family has many Christmas traditions. One is to make sugar cookies for Santa on Christmas Eve. Santa loves grandma Lucille's sugar cookies. She always made them as big as saucers. I've continued that tradition with my children and grandchildren. I love watching them be creative with sprinkles. Their cookie creations are amazing.



I'm pretty lucky, as all my grandmothers were amazing cooks. I have many recipes that have been in our family for generations. I plan to pass these recipes and a few of my own down to my children and my grandchildren.

My great grandma Lucille was especially amazing at baking. I remember as a

child her making these cookies. We always looked forward to her big saucer size sugar cookies. They're sweet with a slight tang to them.

I think my great grandma Lucille would be tickled that I'm sharing her sugar cookie recipe.

Grandma Lucille's Sugar Cookies

In a medium bowl, mix:

- 2 cups Flour
- 1/2 tsp Baking Soda
- 1/2 tsp Cream of Tarter
- 1/2 tsp salt

In a mixing bowl mix:

- 1/2 cup butter
- 1 egg
- 1 tsp vanilla
- 1 cup of sugar
- 1/2 cup Shortening

Preparation

1. Add flour mixture to wet mixture, mix well.
2. Remove dough from bowl and cut in quarters. Roll out one quarter at a time on a floured surface and cut using cookie cutters. If you aren't planning to frost these cookies you can sprinkle crystal sugar on them before you bake.
3. Place cut cookies on cookie sheet lined with parchment paper. Bake at 375 degrees for about 8 minutes. Check at 5 minutes as all ovens aren't the same.

Want a Snickerdoodle cookie?

- In a small bowl mix:*
- 1/4 cup of sugar
 - 2 Tbsp cinnamon

Using a spoon, scoop and roll in a ball Grandma Lucille's Sugar Cookie dough then roll ball in sugar & cinnamon mix. Place on cookie sheet lined with parchment paper. I like to use a cup and flatten the balls a little before I put in the oven. Bake at 375 degrees for about 8 minutes.

continues on page 33

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31						



Look for the tree for Holiday themed activities!

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

FRIDAY, DEC. 1st

BABY CAFE: Need help breast-feeding? Bring the baby and get your questions answered. 747-5195.

FIT N FUN FRIDAYS: Free for parents of children 18 months-5 years. 392-2029/392-2054.

30TH ANNIVERSARY HOLIDAY COTTAGE GRAND OPENING:

We seek to fulfill the wishes of children placed in foster care. 631-6600.

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

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

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

HOLIDAY LIGHTS AT C.A.L.M.: A holiday tradition, Holiday Lights features a dazzling musical tree show and creative, animated displays with more than 3 million colorful, energy-efficient LED lights. 872-2256.

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Attend monthly craft projects & get creative! 3PM. 868-0701.

SHAFTER LIONS CHRISTMAS PARADE: The Shafter Lions Club will be hosting their 2nd annual

Christmas parade on DEC. 1st at Mannel Park. 5PM.

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

TAFT CHAMBER PHOTOS WITH SANTA: Join us for free photos with Santa followed by Cruise Night on Center Street. 5PM. 765-2165.

THE MUSIC OF CHARLIE BROWN: Presented by Salvation Army, this concert will feature Jim Martinez's music from Charlie Brown. 864-1701.

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading and enjoy stories, songs, rhymes & fun. 10AM. 664-7716.

SATURDAY, DEC. 2nd

ALIZA MCCrackEN-HOLIDAY AUTHOR EVENT: Join us for an inspiring holiday gathering with local artist and author, Aliza McCracken. 4001 California Ave., Bakersfield. 2-5PM. 631-2575.

BAKERSFIELD MASTER CHORALE CONCERT: Hear familiar and new tunes of the season. 323-7928.

BREAKFAST WITH SANTA: Come take photos with Santa then enjoy breakfast! 616-9122.

CHILDREN'S ART CLASS (GRADES 1-6): Class includes instruction in a variety of art skills. 330-2676.

CHILDREN'S CRAFT DAY: \$8 per child, includes snack and all supplies. 48 Manor Street, Bakersfield. 9AM - 12PM. 327-5921.

CHRISTMAS ON THE FARM: *Sleigh* Hay Rides, Super Slides, Animal Train, Visit with Santa, Corn Cannons, Christmas Crafts, Cozy Bonfire with Roasted Marshmallows, U-pick Oranges and Christmas Trees. 6700 General Beale Rd, Bakersfield. 8AM - 6PM. 330-0100.

CRAFT SHOW & SALE: A fundraiser for Relay for Life by Team G.E.E.K. 1142 South P Street, Bakersfield. 9AM - 4PM.

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

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

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

GOOD SAMARITOTS AT SOUTHWEST BRANCH LIBRARY: Kids and their families build, craft, and offer thanks with carefully planned projects tailored for our community. 3PM. 664-7716.

LAMONT CHRISTMAS PARADE: Enjoy the lights and festivities of this beautiful Christmas parade. 10AM. 845-1992.

MISS KERN COUNTY PAGEANT: Donate toys and enjoy the pageant. Proceeds benefit local children's

charities. 1001 Roberts Lane, Bakersfield. 9AM - 2PM.

SANTA 5K/10K FUN RUN & CRAFT FAIR: Valley Schools has partnered with Ronald McDonald House Charities again this year to host the fourth annual event. 325-5084.

UKULELE CLUB AT BEALE MEMORIAL LIBRARY: Join us for a rousing good time at this Uku-Nanny! Lake Room. 11AM. 868-0701.

SUNDAY, DEC. 3rd SENSORY SENSITIVE SUNDAYS: Early entry with minimal crowds at Chuck E. Cheese. 397-7855.

SAN EMIGDIO EXPRESS AT WIND WOLVES: This is a weekend shuttle service to catch a ride along the historic El Camino Viejo (The Old Road) to trailheads within San Emigdio Canyon. 858-1115.

BREAKFAST WITH SANTA: Come take photos with Santa then enjoy breakfast! 9000 Ming Avenue, Bakersfield. 8AM. 616-9122.

ART CLASS FEATURING REINDEERS & WINTER TREES (GRADES K-12 & ADULTS): Drawing, painting, mixed media, sculpture, hand-built ceramics class. 301-2195.

BATTLE OF THE BOWTIES: The event hosts anyone vs anyone Drag Racing! 33559 Famosa Rd, Bakersfield. 10AM - 5PM. 844-346-4876

CHRISTMAS CRAFT FAIR: Come to Skateland to shop with local Vendors selling their products or handmade items. 9AM - 4PM. 831-5567.

CHRISTMAS TEA: All are welcome to enjoy tea and snacks while looking around the museum's Christmas decorations. 1-3:30PM. 765-6664.

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 **HOLIDAY CANDLELIGHT TOUR AT BEALE MEMORIAL LIBRARY:** Join us for a magical, candlelit evening in which we will tour the library and listen to cozy holiday stories from special guest readers! 868-0701.

 **STRING ALONG AT WASCO BRANCH LIBRARY:** Learn how to string popcorn for decorating your tree! 3:30 PM. 758-2114.

 **TAFT CHRISTMAS PARADE:** Enjoy the lights and festivities of this beautiful Christmas parade. Center Street, Taft. 6PM. 765-2165.

TUESDAY, DEC. 5th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

AWESOME ART: Free for parents of children ages 18 months-5 years. 392-2029/392-2054.

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): For teens dreaming about a career in aviation, space, or the military. 12yrs-19yrs old. 399-3505.

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.

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

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.

BAKERSFIELD BIRTH NETWORK: THE NEST: A community gathering, focusing on topics related to pregnancy, birth, breastfeeding and babies. 9280 Rosedale Hwy, Bakersfield. 6:30 PM.

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

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

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

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

LEGO CLUB AT DELANO BRANCH LIBRARY: Build anything you can imagine at the library. 4:30 PM. 725-1078.

LEGO CLUB AT WASCO BRANCH LIBRARY: Come join us for some building time with LEGO's. 4PM. 758-2114.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. 11AM. 868-0701.

TEENS AND TECH AT SOUTHWEST BRANCH LIBRARY: Keyboarding. Polish your skills, improve your typing speed, and have competitions with your classmates! 664-7716.

WEDNESDAY, DEC. 6th 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, and positive training on how to thrive in group settings. 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 com-

munity who has suffered a loss. 760-379-5038.

SPINNING TALES: Come join the fun with your child and listen to a new storybook each week. 392-2029/392-2054.

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

 **AN IRISH CHRISTMAS:** Take a journey through Christmas in Ireland with superb dancing, singing and Irish traditional music celebrating the international spirit of the holiday season. 322-5200.

COREY SMITH CONCERT: Enjoy the lively tunes of Corey Smith at the Crystal Palace. 328-7560.

DRAWING & PAINTING CLASS (GRADES 7-12): Class includes instruction in a variety of art skills, focusing on drawing and painting using a variety of materials. 330-2676.

LIGHT UP A LIFE CELEBRATION: This celebration of life includes a personal reflection by an Optimal hospice family member. 559-320-8000.

PHILOSOPHY FOR KIDS AT SOUTHWEST BRANCH LIBRARY: Stretch your brain by discussing fascinating philosophical questions with an expert facilitator. 3:30 PM. 664-7716.



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TODDLER STORYTIME AT DELANO BRANCH LIBRARY: Stories and activities for toddlers 18 months-2 years. 11:30 AM. 725-1078.

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

 **TREE DECORATING AT WASCO BRANCH LIBRARY:** Help decorate the Library's Christmas tree. 12PM. 758-2114.

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

THURSDAY, DEC. 7th
FREE ACTING CLASS: For children 5-17 years old who have never attended before. 4:30 PM. 322.2800.

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: Free pregnancy

tests and ultrasound services for women in their first trimester. 600 Bear Mtn Blvd, Arvin. 2-5PM. 326-1907.

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

2ND AUTISM SPECTRUM DISORDER SEMINAR: On Hidden Autism: Women & Girls on the Autism Spectrum by Carly Fulgham. 489-3335.

ARTFUL EVENINGS AT ART & SPIRITUALITY CENTER: Join us after work to de-stress and let your creativity flow at Artful Evenings. 632-5357.

 **BAKERSFIELD CHRISTMAS PARADE:** Nothing lights up a dark winter night like the sights and sounds of a festive Christmas Parade. 20th Street, Bakersfield. 6:30 PM. 301-2081.

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

CRAFTY TEENS AT BEALE MEMORIAL LIBRARY: Are you crafty or do you like to make stuff? 4:30-6PM. 868-0701.

GAME ON AT WASCO BRANCH LIBRARY: Game day at the library. 4PM. 758-2114.

S.T.E.A.M. ACTIVITY AT SOUTHWEST BRANCH LIBRARY: This is the perfect activity to set your inner "mad scientist" free. 4PM. 664-7716.

TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY: Help plan what's going on at your Library. 5PM. 725-1078.

VOLUNTEER DAYS AT WIND WOLVES: We need your help.

Working alongside rangers, you have the opportunity to save endangered species, remove invasive plants, and more. 858-1115.

FRIDAY, DEC. 8th
BABY CAFE: A drop-in breastfeeding center providing information, education, and support for breastfeeding moms and their babies. 747-5195.

CITY OF BAKERSFIELD ANIMAL CARE CENTER: Vaccine and licensing clinic. 832-7387.

FIT N FUN FRIDAYS: Experience with your child play activities followed by a simple science, creative, and/or hands-on-activity in this class. 392-2029/392-2054.


KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Attend monthly craft projects & get creative! 3PM. 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: Celebrate reading and enjoy stories, songs, rhymes & fun. 10AM & 4PM. 664-7716.


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

CSUB MEN'S BASKETBALL GAME: Cheer on the Roadrunners as they play against Life Pacific College! 11AM. 654-BLUE.

 **NOR CHRISTMAS PARADE:** Join us for the 45th annual NOR Christmas Parade. North Chester Ave, Bakersfield. 10AM. 392-2059.

 **HOLIDAY LIGHTS AT C.A.L.M.:** Holiday Lights features a dazzling musical tree show and creative, animated displays with more than 3 million colorful, energy-efficient LED lights. 872-2256.

THE LION, THE WITCH, AND THE WARDROBE PLAY: A new dramatization of C.S. Lewis' classic. Fri at 7PM, Sat at 1PM & 7PM. 1920 18th Street, Bakersfield. 392-2020.

 **WALK THROUGH BETHLEHEM:** Have you ever wondered what the first Christmas in Bethlehem was like? Fri 5-8:30PM Sat-Sun 3-8:30PM. 2801 Bernard Street, Bakersfield. 871-5000.

SATURDAY, DEC. 9th
STORYTIME AT BARNES & NOBLE: Join the local Barnes & Noble for a storytelling time for children and families. 11AM. 631-2575.


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

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


FELIPE ESPARZA COMEDY: Felipe hosts a weekly podcast on the All Things Comedy Network called "What's Up Fool?" 324-1369.

 **HOLIDAY CARD MAKING AT ART & SPIRITUALITY CENTER:** In this workshop, you will be guided to get your imagination working to product some really stunning greeting cards to celebrate the holidays. 632-5357.

 **HOLIDAY LAMPLIGHT TOURS AT KERN COUNTY MUSEUM:** Experience Christmas in the 1800's. 437-3330.


 **MEET SANTA AT SOUTHWEST BRANCH LIBRARY:** Sponsored by ASL Junction. Make crafts and celebrate the holidays. 2PM. 664-7716.

SATURDAY FILM SERIES AT BEALE MEMORIAL LIBRARY: Bring a lunch and enjoy a movie. Showing Memphis Bell. 12PM. 868-0701.

 **CHRISTMAS ON THE FARM:** "Sleigh" Hay Rides, Super Slides, Animal Train, Visit with Santa, Corn Cannons, Christmas Crafts, Cozy Bonfire with Roasted Marshmallows, U-pick Oranges and Christmas Trees. 330-0100.

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


SUNDAY, DEC. 10th

 **CHRISTMAS CHOIR SERVICE:** Enjoy Christmas classics with a twist during this musical and spiritual service. 10:45 AM. 3001 Stine Rd, Bakersfield. 833-4345.

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

JOHN MUELLER'S WINTER DANCE PARTY: Each live concert performance includes over two hours of unbridled, high voltage entertainment featuring all the hit songs of the 50's era. 324-1369.

SPIRITUAL CINEMA SUNDAY: Showing "Patch Adams," a true story about a man determined to become a medical doctor because he enjoys helping people. 2215 Truxtun Avenue, Bakersfield. 2PM. 632-5357.

 **CHRISTMAS CELEBRATION:** A great family event celebrating our Lord's birth, with Christmas carols, and a special musical presentation highlighting Calvary Bible's array of musicians, followed by dessert! 6PM. 48 Manor Street, Bakersfield. 327-5921.


MONDAY, DEC. 11th
COUNTRY LINE DANCING: Beginning and intermediate line dancing. 392-2010.

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: The California Turtle and Tortoise Club (CTTC) was 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.

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

 **CHRISTMAS ORNAMENT MAKING AT WASCO BRANCH LIBRARY:** Make a ornament to put on our Christmas tree. 3:30PM. 758-2114.

TUESDAY, DEC. 12th
ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

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



FAUNA FOR THE FUTURE REPTILE CLUB MEETING: Families, children and reptiles welcome! 2018 Chester Ave, Bakersfield. 7PM. 324-6350.

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

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

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



**BSO POPS CONCERT:
HOME FOR THE HOLIDAYS**

Saturday, December 16th

Everyone's favorite holiday classics with the Bakersfield Symphony Orchestra and the Bakersfield College Choirs. 323-7928.

PATHFINDERS AND ADVENTURERS: A program for children ages 6-15 through Hillcrest Seventh Day Adventist Church. 2801 Bernard Street, Bakersfield. 6 -7:30PM. 871-5000.

WARMLINE MOM & BABY GROUP: For moms with babies birth through one year. Room 104. 11:15AM. 4301 Calloway Dr, Bakersfield. 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. 9AM. 323-3531.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. 11AM. 868-0701.

TUTORING HELP AT SOUTHWEST BRANCH LIBRARY: Get homework help with math, reading and other subjects. 664-7716.

GAME CLUB AT DELANO BRANCH LIBRARY: Are you ready to game? Enjoy family fun board games at the library for all ages. 4:30 PM. 725-1078.

KERN AUTISM NETWORK SUPPORT GROUPS: Family & sibling support group. Daycare for the children on the spectrum. 489-3335.

WEDNESDAY, DEC. 13th
AWANA AT WESTSIDE CHURCH OF CHRIST: Awana is a faith-based children's program designed to help kids develop biblical values, strong character. 6-7:30 PM. 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.

FRESH HOPE MENTAL HEALTH SUPPORT: A peer to peer wellness approach to mental health recovery based on 6 tenets. 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. 7-8PM. 342-2078.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. 10AM - 11AM. 631-2575.

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

BARKS & BOOKS AT SOUTHWEST BRANCH LIBRARY: Practice your reading skills by reading to therapy dogs. Registration required. 664-7716.

 **CHRISTMAS WITH THE CRANKTONES:** They are back once again! The Cranktones are simply the finest studio and touring musicians in the world. 204.7685.

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

MOVIE TIME AT WASCO BRANCH LIBRARY: Come see 12 Dogs of Christmas at the library. 3:30 PM. 758-2114.


THURSDAY, DEC. 14th
MOPS - VALLEY BAPTIST CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 387-6352.

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

RESOURCE FAMILY ORIENTATION: 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.

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

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


BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY: Introduce your infants to stories, songs and dances as a way to bond with your little ones. 11AM. 664-7716.

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

 **ASL STORYTIME AT BEALE MEMORIAL LIBRARY:** Special holiday American Sign Language Story Time—an appearance from Santa Claus! 11:30 AM. 868-0701.

EBOOK EXPERIENCE AT DELANO BRANCH LIBRARY: In this workshop, you will learn how to download & set up eBooks. 5PM. 725-1078.

FRIDAY, DEC. 15th

 **HOLIDAY LIGHTS AT C.A.L.M.:** A dazzling musical tree show and creative, animated displays with more than 3 million

colorful, energy-efficient LED lights. 872-2256.


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: Celebrate reading and enjoy stories, songs, rhymes & fun. 664-7716.

BOARD GAME CAFE AT BEALE MEMORIAL LIBRARY: Are you ready to game? Do you enjoy adopting secret identities? 3:30 PM. 868-0701.

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

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

 **MERRY CHRISTMAS BAKERSFIELD:** Sip on hot cocoa, get creative in our interactive craft rooms, snap selfies in our photo booths. 587-2010.

BAKERSFIELD SWIM ACADEMY






Lessons for All Ages

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



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WALK THROUGH BETH-LEHEM: Bring the family to experience the history, culture and people in the days of Jesus' birth, with all the sights and sounds of the Nativity. Fri 5-8:30PM Sat-Sun 3-8:30PM. 871-5000.

SATURDAY, DEC. 16th STORYTIME AT BARNES & NOBLE: Join the local Barnes & Noble for a storytelling time for children and families. 11AM. 631-2575.

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

A VERY MERRY LORI BROCK CHRISTMAS AT KERN COUNTY MUSEUM: Enjoy holiday themed activities including Christmas treat making, Christmas craft, visit with Santa, and a special production of "Dude, Where's My Sleigh" 1-3PM. 437-3330.

BOOK CLUB FOR KIDS AT SOUTHWEST BRANCH LIBRARY: Check out a book about Dinosaurs and come to our Book Club for Kids ready to talk about your favorite part. 12PM. 664-7716.

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

CSUB WOMEN'S BASKETBALL GAME: Cheer on the Lady Roadrunners as they play against Whittier College! 1PM. 654-BLUE.

ELF OLYMPICS 2017: Activities include Santa Run, Ornament Toss, Corn Hole Tournament, Costume Contest, Live Music, Holiday Shopping, Food and Craft Vendors, Bounce Houses and Holiday Fun. Rails to Trails, Taft. 10AM. 765-2165.

PHILOSOPHY FOR CHILDREN AT BEALE MEMORIAL LIBRARY: Bring your children to this introductory and fun philosophy discussion! 1:30 PM. 868-0701.

SKATE WITH SANTA: Come skate with Santa in honor of the holiday season! 415 Ming Avenue, Bakersfield. 7:30-10PM. 426-8059.

SUNDAY, DEC. 17th

CHRISTMAS ON THE FARM: *Sleigh* Hay Rides, Super Slides, Animal Train, Visit with Santa, Corn Cannons, Christmas Crafts, Cozy Bonfire with Roasted Marshmallows, U-pick Oranges and Christmas Trees. 330-0100.

KERN RIVER VASA LODGE'S LUCIA & JUL CELEBRATION: We will have traditional Scandinavian style Christmas food, music and festivities. 889-4988/201-1433.

THE LOANED MANGER: Kid's Choir Christmas Program. Program Free, nursery care for children 2 and under. 6:30 P.M. 48 Manor Street, Bakersfield. 327-5921.

MONDAY, DEC. 18th COUNTRY 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.

LITTLE LEARNERS: Little Learners offer free educational, recreational, and social opportunities where the parents and children prepare together for kindergarten readiness. 392-2029/392-2054.

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

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

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.

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.

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

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. 12PM. 868-0701.

MOVIE TIME AT WASCO BRANCH LIBRARY: Come see The Polar Express at the library. 1PM. 758-2114.

STUFFED ANIMAL SLEEPOVER DROPOFF AT MOJAVE BRANCH LIBRARY: Your stuffed animal will enjoy a library sleepover. 824-2243.

TUESDAY, DEC. 19th ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION: Alliance Human Services will be holding weekly orientations for families interested in becoming foster families. 325-6939.

AWESOME ART: Work together with your child on an age appropriate activity in this class. 392-2029/392-2054.

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

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

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.

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

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

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. 11AM. 868-0701.

BEACHBODY CARDIO & YOGA AT SOUTHWEST BRANCH LIBRARY: Now you can exercise your body at the same place you exercise your brain. 5:30 PM. 664-7716.

MIRANDA SINGS: Colleen Ballinger, AKA Miranda Sings, has become an international phenomenon whose YouTube channels has amassed over 12 million devoted subscribers and over two billion views. 324-1369.

WEDNESDAY, DEC. 20th AWANA AT WESTSIDE CHURCH OF CHRIST: Each session includes activity time, small group time with an Awana teacher, and large group time with the whole class. 831-4460.

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: Kids will have a great time learning Bible Stories, making crafts, singing and playing games. 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: We'll have a great time with stories, coloring or crafts, and some snacks. 10-11AM. 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.

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.

COMPUTER COACHING AT DELANO BRANCH LIBRARY: One-on-one sessions to learn computer basics. 12PM. 725-1078.

MOSCOW BALLET'S GREAT RUSSIAN NUTCRACKER: All ages are invited to celebrate the Magic of Christmas with Moscow

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

Norman Vincent Peale

Ballet's almost 40 ballerinas and danseurs. 2001 H Street, Bakersfield. 7PM. 322-5200.

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

WINTER PARTY AT MOJAVE BRANCH LIBRARY: Come join us for a winter themed crafts, games & prizes! 2PM. 824-2243.

THURSDAY, DEC. 21st FREE ACTING CLASS: For children 5-17 years old who have never attended before. 322.2800.

IMAGE CLEAR ULTRASOUND MOBILE UNIT: The unit 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.

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

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

MOPS - THE BRIDGE BIBLE CHURCH: MOPS International is dedicated to meeting the needs of every mother of preschoolers. 587-2010.

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

BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY: Introduce your infants to stories, songs and dances as a way to bond with your little ones. 11AM. 664-7716.

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. 10AM. 868-0701.

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

HOLIDAY FUN AT DELANO BRANCH LIBRARY: Celebrate the holidays with us. 3PM. 725-1078.

VOLUNTEER DAYS AT WIND WOLVES: Our volunteer events are fun and rewarding. 858-1115.



NEW YEAR'S EVE CONCERT

Sunday, December 31st

Tehachapi's Blue Steel Band will be celebrating New Year's Eve with a record release party at Bakersfield Music Hall of Fame. Call 864-1701 for more info.

FRIDAY, DEC. 22nd

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

CITY OF BAKERSFIELD ANIMAL CARE CENTER: Vaccine and licensing clinic. 832-7387.

FIT N FUN FRIDAYS: Experience with your child play activities followed by a simple science, creative, and/or hands-on-activity in this class. 392-2029/392-2054.

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

Saturday DEC. 23rd

KIDS YOGA CLASS (AGES 4-10): Yoga helps kids to develop body awareness. 374-8693.

STORYTIME AT BARNES & NOBLE: Join the local Barnes & Noble for a storytelling time for children and families. 4001 11AM. 631-2575.

BAKERSFIELD CARS & COFFEE: Come out to look at some fancy cars and talk to their owners. NW Promenade, Rosedale Hwy, Bakersfield. 7-9AM.

HOLIDAY LIGHTS AT C.A.L.M.: Holiday Lights features a dazzling musical tree show and creative, animated displays with more than 3 million colorful, energy-efficient LED lights. 872-2256.

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Lean math or get assistance with your math homework. 868.0701.

WALK THROUGH BETHLEHEM: Have you ever wondered what the first Christmas in Bethlehem was like? 871-5000.

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

GUIDED NATURE HIKE AT WIND WOLVES: This hike is perfect for families looking to get some exercise together, and learn about wildlife and plants along the way. 858-1115.

SUNDAY, DEC. 24th

WESLEY UNITED METHODIST CHURCH CHRISTMAS EVE SERVICE: Hear the Christmas Scriptures, sing carols, and celebrate the birth of Jesus! 6PM. 1314 Oswell Street, Bakersfield. 871-3030.

TRINITY ANGLICAN CHURCH CHRISTMAS EVE SERVICE: Advent 4 Holy Communion at 9AM, Christmas Eve Holy Communion 3PM, Christmas Eve Candlelight Communion 11PM.

11300 Campus Park Drive, Bakersfield. 665-7713.

FELLOWSHIP BAPTIST CHRISTMAS EVE SERVICE: Candlelight service, communion, and celebratory music. 6PM. 3001 Stine Rd, Bakersfield. 833-4345.

CHRIST'S CHURCH OF THE VALLEY CHRISTMAS EVE SERVICE: Family Service at 4PM, Candlelight Communion Service at 5:30PM. 13701 Stockdale Hwy, Bakersfield. 588-2268.

CHRISTMAS EVE SERVICE AT SOUTHWEST CHRISTIAN CENTER: Experience where the gospel began in this service. 10:30 A.M. 3700 N. Stine Rd, Bakersfield.

MONDAY, DEC. 25th



TUESDAY, DEC. 26th

AWESOME ART: Work together with your child on an age appropriate activity in this class. 392-2029/392-2054.

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

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

N.A.M.I PEER SUPPORT GROUP: The National Alliance on Mental Illness (NAMI) offers support for families. 247-5426.

WARMLINE MOM & BABY GROUP: For moms with babies birth through one year. 323-3531.

WARMLINE MOM & TODDLER GROUP: FREE, Walk-in's Welcome! Bring the toddler. Let's talk about life with little ones underfoot. 323-3531.

IMAGE CLEAR ULTRASOUND UNIT: We will be providing free pregnancy tests and peer counseling for pregnancy related issues.

5400 Monitor St., Bakersfield. 9AM - 12PM. 837-3720.

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

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. Arkelian Children's Room. 11AM. 868-0701.

CHRISTMAS TREE RECYCLING: Drop off your Christmas trees at the Fairgrounds. 8AM - 5PM.

S.T.E.A.M. POWERED AT SOUTHWEST BRANCH LIBRARY: Join your friends for a S.T.E.A.M. themed activity and take your projects home. Ages 6-12. 4PM. 664-7716.

WEDNESDAY, DEC. 27th KWANZAA CELEBRATION: This celebration will include Obblinyanko Drum & Dance Ensemble, Eyo, the Stiltwalker with the Teye Sa Thiosanne Drummers, a Kora Musician/ Baba, the Griot, and Harabee African Art Exhibition. Free. 1PM. 1000 South Owens Street, Bakersfield.

BARKS & BOOKS AT BEALE MEMORIAL LIBRARY: Build your reading skills & enhance self-esteem, by reading aloud to an affectionate furry friend. Ages K-8. 868-0701.

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

GAME ON! FAMILY FUN AT MOJAVE BRANCH LIBRARY: Enjoy family fun board games at the library for all ages. 3-5:30PM. 824-2243.

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

PRE-NEW YEAR FUN AT WASCO BRANCH LIBRARY: Make your own noise-maker & glasses

for the New Year's party. 2PM. 758-2114.

THURSDAY, DEC. 28th KWANZAA TOY GIVEAWAY: This celebration is in honor of African heritage, family, fun and includes limited free gifts for children. Free. 2PM. 1000 South Owens Street, Bakersfield.

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

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.

BOLLYWOOD CINEMA AT BEALE MEMORIAL LIBRARY: The film begins at 6pm and auditorium doors open at 5:45pm. Children under 12 must be accompanied by an adult. 868-0701.

HOLIDAY FUN AT DELANO BRANCH LIBRARY: Celebrate New Year's with us. 3PM. 725-1078.

JOHN BERRY CONCERT: Enjoy the lively tunes of John Berry at the Crystal Palace. 328-7560.

LEGO CLUB AT SOUTHWEST BRANCH LIBRARY: Come join us for some building time with LEGO's. 5:30 PM. 664-7716.

FRIDAY, DEC. 29th

HOLIDAY LIGHTS AT C.A.L.M.: Holiday Lights features a dazzling musical tree show and creative, animated displays with more than 3 million colorful, energy-efficient LED lights. 872-2256.

CHRISTMAS TREE RECYCLING: Drop off your Christmas trees at the Fairgrounds. 8AM - 5PM.

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

SATURDAY, DEC. 30th FARMERS MARKET: Looking for the freshest fruits and vegetables?

3201 F St, Bakersfield. 8AM - 12PM.

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: Give your whole family the gift of fresh fruits, vegetables, and homemade goodies. 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.

SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for more hiking opportunities. 858-1115.

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

MATH CLINIC AT BEALE MEMORIAL LIBRARY: Lean math or get assistance with your math homework. 868.0701.

SUNDAY, DEC. 31st HAGGIN OAKS FARMERS MARKET: Check out the best selection of seasonal and fresh vegetables, fruit, local honey, eggs, hummus, and just about everything. 9AM - 2PM. 334-2033.

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

CSUB WOMEN'S BASKETBALL GAME: Cheer on the Lady Roadrunners as they play against UC Irvine! 1PM. 654-BLUE.

NEW YEAR'S EVE SERVICE: Start your new year off right with a relationship with God. 10:30 A.M. 3700 N. Stine Rd, Bakersfield.

NEW YEARS EVE SKATE: Family friendly skate night. 415 Ming Avenue, Bakersfield. 7:30 PM - 12:30 AM. 426-8059.



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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Sunday Mornings

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Thursday Nights

6:00 Celebrate Recovery

www.goCBC.org



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Pastor Kevin Hart

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Classes for All Ages: 9:15am
Saturday Worship Service:
10:40am

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www.bakersfieldcentralsda.adventistfaith.org

Christmas Season
Please join us for these events...

Dec 10 - 10:45am
Adult Choir Presentation

Dec 24 - 6pm Christmas Eve
Candlelight Service &
Lord's Supper

Sunday Regular Schedule
9:30 am - Bible Studies for all ages (Adult English & Spanish)
10:45 am - Worship Celebration (English & Spanish)
Wednesday
6:00 pm - Awana, Bible Study & Prayer & Youth

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Christmas Worship Service
December 24th 10:30 A.M.
New Year's Eve Worship Service
December 31st 10:30 A.M.

Dr. Robert Proctor, Pastor
www.swcc.us.com

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Sunday, 8:00 A.M. & 10:00 A.M.

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9am Advent 4 Holy Communion
3pm Christmas Eve Holy Communion
11pm Christmas Eve Candlelight Communion

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www.trinitybakersfield.com

Wesley United Methodist Church
Christmas Eve Celebration
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December 24 - Christmas Eve Service at 6 pm
Hear the Christmas scriptures,
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Dec. 8-10	Dec. 15-17
Fri. 5-8:30 pm	Fri. 5-8:30 pm
Sat. 3-8:30 pm	Sat. 3-8:30 pm
Sun. 3-8:30 pm	Sun. 3-8:30 pm

Dec. 22-23

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

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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*



Anthony, DJ, Damian, Nick and Isaiah at BKE



Galilea, 8mo

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.

totsshots

Walgreens Pharmacy
Monday, Dec. 4th
4306 Ming Avenue,
Bakersfield, 9 am to 2 pm

The Park at Riverwalk
Tuesday, Dec. 5th
11298 Stockdale Hwy.,
Bakersfield, 9 am to 2 pm

Walgreens
Wednesday, Dec. 6th
40 Chester Avenue,
Bakersfield, 9 am to 2 pm

Walgreens
Thursday, Dec. 7th
3301 Panama Lane,
Bakersfield, 9 am to 2 pm

**Benton Park Center/
Dollar Tree**
Monday, Dec. 11th
2705 So. H Street,
Bakersfield, 9 am-11:30 am

Mercado Latino
Tuesday, Dec. 12th
2105 Edison Highway,
Bakersfield, 9 am to 2 pm

**Kern County Dept. of
Human Services**
Wednesday, Dec. 13th
100 E. California Avenue,
Bakersfield, 9 am to 2 pm

Walmart
Thursday, Dec. 14th
2601 Fashion Plaza,
Bakersfield, 9 am to 2 pm

Wal-Mart Supercenter
Monday, Dec. 18th
5075 Gosford Rd.,
Bakersfield, 9 am to 2 pm

**Adventist Health
Bakersfield**
Wednesday, Dec. 20th
2800 Chester Avenue,
Bakersfield, 1 pm to 6 pm

New Life Church
Wednesday, Dec. 27th
4201 Stine Rd., Bakersfield
9 am to 2 pm

Fiesta Market
Thursday, Dec. 28th
9710 Main St., LAMONT
9:30 am to 2:00 pm

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

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2. Extra ornament in bowl
3. Missing hanging ball
4. Second glass has liquid in it

Crossword

- | | |
|------------|-----------|
| Across: | Down |
| 1. Warming | 1. Winter |
| 5. Won | 2. Rear |
| 7. Terra | 3. Now |
| 9. No | 4. Snowed |
| 11. Plowed | 6. On |
| | 8. Real |
| | 10. Row |

Sudoku:

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

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ANSWER: CHRISTMAS WREATH

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Upcoming Workshop & Seminar...

- Autism Spectrum Disorders Seminar Series 2: Thursday, December 7th, 2017, 9am to Noon
- Speaker: Carly Fulgham, Autistic Adult
- Topic: "Hidden Autism: Women & Girls on the Autism Spectrum"
- NEW Location: Adventist Health Med Office Bldg, 1524 27th St., 2nd Floor, Rio Bravo Rooms 1 & 2
- Super Bowl-Sports LEGO Workshop Saturday, Feb. 3rd, 10am-12:30pm Canyon Hills Assem. of God Church Gym

Monthly Support Groups:
Family Support & Sibling Autism Support Groups
Tuesday, Dec. 12th, 6-7:30pm
Canyon Hills Assem. of God Church
Call or visit our website for event details.

EARLY SIGNS OF AUTISM:

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you can do it (continued from page 21)

Brian's Noel Nog

Recipe courtesy of Kay and Brian Pitts of Bakersfield, CA and Claudia True's 2017 Calendar



Reprinted with permission

Ingredients:

- 8 large eggs
- 2 cups granulated sugar
- 2 cups half-and-half
- 2 cups heavy cream
- 1/4 teaspoon of nutmeg, plus some for garnish
- 1 teaspoon pure vanilla extract
- 1/4 cup bourbon
- 1/4 cup brandy
- 6 large egg whites

Directions:

1. In a heavy-bottomed saucepan, beat together the eggs and sugar. Stir in the half-and-half. Cook over medium-low heat, stirring constantly, until the mixture is thick enough to coat a metal spoon and in at least 160 degrees. Remove from the heat. Stir in the cream, nutmeg, vanilla, bourbon, and brandy. Cool, then cover and refrigerate until ready to serve.
2. Just before serving, beat the egg whites until stiff peaks form, then fold them into the eggnog. You may add a little sugar and a dash of vanilla extract to the egg whites when beating. Serve cold and sprinkle with nutmeg.

Makes 8-10 cups. Should serve within 24 hours of preparation.

The front yard flamingos greeted AAUW members at a progressive holiday brunch. There was a concern about serving spiked eggnog because of the age of many of the members. My thought was that "these are big girls, many of whom lived through WWII, I am not going to treat them like kids." When they arrived, they hit the spiked eggnog like locusts. Soon it sat empty next to the nearly full bowl of non-alcohol eggnog. They left laughing and happy as their designated drivers drove them to the next house.

Birthday Word Find

Find the hidden words in the puzzle



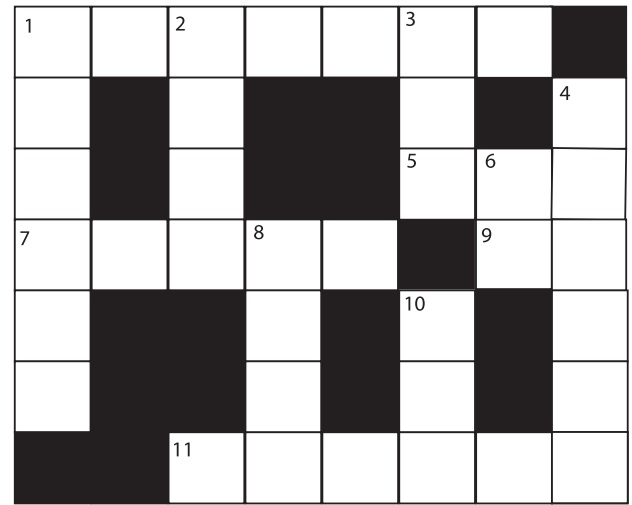
AGE
BALLOONS
BIRTHDAY
CAKE

CANDLES
CELEBRATION
CONFETTI
FRIENDS

GAMES
PIZZA
PRESENT
PRIZES

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

Crossword Puzzle



ACROSS

1. Heating up
5. Was victorious
7. Ground
9. Negative
11. Cleared away

DOWN

1. Cold season
2. In back
3. Currently
4. ___ in: blocked by snow
6. Opposite of "off"
8. Not fake
10. Line of things

Sudoku

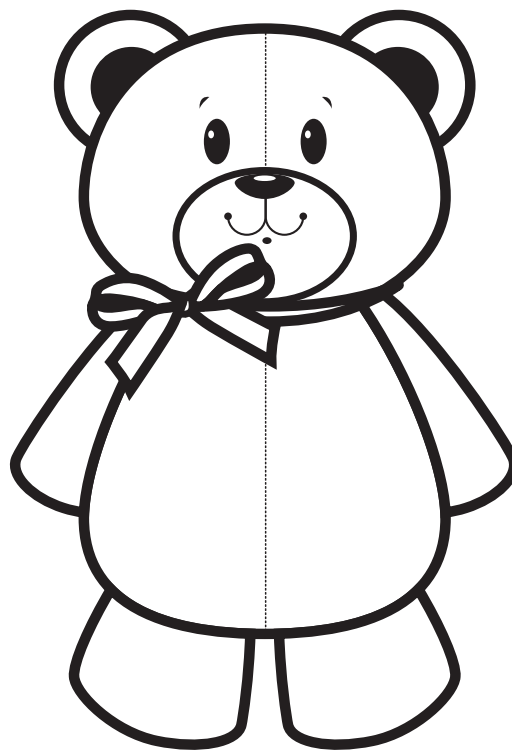
				1	7			5
	3		2	5		7		4
		7		3	6	1		
			6		5			
1	4		8				5	7
		5		4		8	6	2
					4	2		
2	8	4	1					6
5	1						8	9

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!



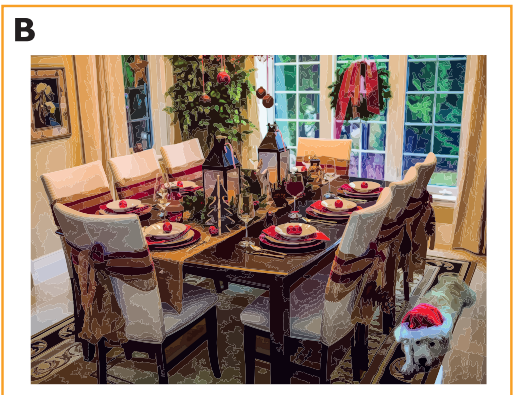
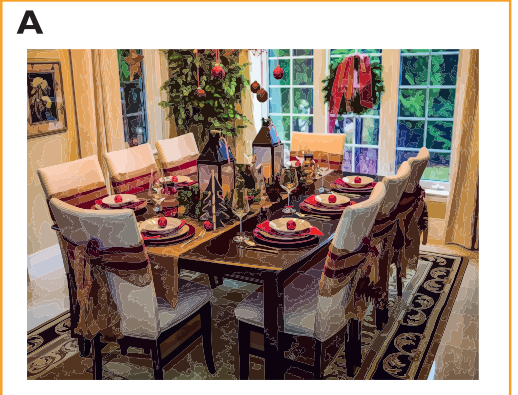
Creative Coloring



What's the Difference?

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

Can you find them all?



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