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JANUARY 2018

Family

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Back to Mom:
S-T-R-E-T-C-H
IT OUT!

Parenting
in the
NEW
YEAR

10 Local
Family Date
IDEAS

Oh,
How We've
GROWN!

Previous KCFM Cover Kids
Sloane, Gracee & Troy
Celebrate With Us

plus:

humor@home p.24 local pediatric ER now open p.11

2018 private education guide p.12

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MEMBERS OF



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Cover Story:
Oh, Look How We've Grown!

Cover/Left: Troy Kouklis, Sloane De La Cruz and Gracee Chambers show off their past covers. Read more about they-and KCFM-have grown and changed on page 8. Photography by Wendy Horak.



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Health Feature:
A Local ER Designed Just for Kids



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10 Great Parent/Child Date Ideas



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Back to Mom:
Stretch it Out

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dear reader



Vaun Thygerson,
Contributing
Writer

"If you can be anything in this world, be kind!" This year, 2018, is going to be the year of KINDNESS for us. That's our one and only resolution for the New Year.

I believe with this resolution, everything else will just fall into place as it should. In our home, we already practice "Hustle Kindness" Fridays, where we try to perform (at least) one Random Act of Kindness during the day.

Madison "Peach" Steiner started this movement. Her nonprofit, Peach's Neet Feet, creates custom, hand-painted shoes to celebrate children fighting cancer and living with disabilities.

She wanted to take it one step further and create a national kindness campaign. Armed with shirts, social media and a compassionate heart, Peach started encouraging people to make Fridays a day to include everyone and show love.

Our family jumped on the proverbial train. We even had the chance to meet Peach at her organization's headquarters in Farmington, New Mexico. So, this new year, I want my family to take it one step further, and try to hustle every day.

For more information on this amazing non-profit, check out www.passiton.com or www.peachsneetfeet.org.

One of the best places to practice kindness is within your own families. Being nice to each other really does go a long way. Dr. Kirk writes about parenting in the New Year with his article this month. He suggests really taking stock in the relationship you're building with your children as it will last a lifetime. The sooner you begin to analyze the parent-child relationship, the sooner you can make tweaks to help become a more successful parent. He says the best relationships require positivity,

calmness, and a loving manner. To read his expert advice, turn to page 25.

Tracie Grimes's Humor@Home article, "Alice Doesn't Live Here," on page 24, refers to the 1970s iconic, super woman, Alice, from "The Brady Bunch," and how nice it would be to have an Alice, who lived with us and helped us out as much as she helped them. But, alas, without our own Alice, we have to do more as moms. Of course, the kids help around the house, but Tracie writes that there are many times when they don't. She says instead of getting frustrated with the messes and chaos, we should change our perspective and embrace it.

Also, in this New Year's issue, you can find the annual Private Education and Resource Directory. This guide features local private schools where you can find the right fit for your children's educational journey. Many private schools feature different educational opportunities and enrichment activities, so to find out what school has the right accommodations to meet your child's unique needs, turn to page 12.

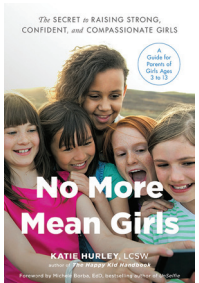
As the new year brings all kinds of new and exciting adventures and challenges, try to face them with a positive attitude. The smallest gestures like holding the door open for someone, greeting a stranger with a smile, letting someone cut in front of you in line at the grocery store, or taking flowers to a friend, can really make all the difference!

Let's make 2018 the year of kindness and hustle it every day!
#hustlekindness #RAK



Happy New Year!

PRODUCTS YOU'LL LOVE



Raise Strong Girls
No More Mean Girls by Katie Hurley (\$17, www.amazon.com) is a terrific book for parents of elementary and middle school age children. Hurley, a child and adolescent psychotherapist, provides practical advice on how to nip mean girl behavior in the bud and nurture strong, confident, and compassionate girls.



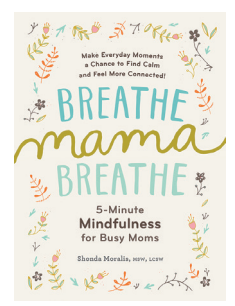
Build It
Unique Shapes Towers by Strictly Briks (\$39.99, www.strictlybriks.com, ages 5-12) provide stackable baseplates to allow your child's imagination and creative building skills to go to the next level.



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This 4-in-1 Strolli Bike (\$169.99, yvolution.com; ages 10+) has everything you need to enjoy the outdoors. The parent-controlled stroller converts to a trike and balance bike as children gradually gain the confidence to cruise on their own.



Learn & Play
Lovevery Baby Gym (\$140, loveverybaby.com; ages birth to 2) is designed by child development experts to provide fun and learning for your baby. Comes with sustainable-sourced wood legs, organic cotton high contrast Montessori ball, sustainably sourced wooden batting ring and organic cotton teether with BPA-free silicone ring.



Be in the Moment
Breathe, Mama, Breathe by Shonda Moralis, MSW, LCSW (\$14.95, www.theexperimentpublishing.com) provides practical and easy-to-follow practices for busy moms to reset and refocus with mindfulness techniques. Short, daily practices are provided throughout the book.

This month, we are excited to begin 2018 with wonderful community services and organizations around our area. We are also grateful for the many events our families can enjoy. Here are a few happenings for January we thought you may want to know about.

Get your little feet to this sale

Little Feet Repeats Semi-Annual Consignment Sale gives local families the opportunity to buy and sell their like-new items they have outgrown from clothing to toys, cribs to bikes and strollers to shoes. The next LFR sale will be held Jan. 11-13 at Harvest Hall at the Kern County Fairgrounds. As a consignor, you get to pick your price, and as a shopper, you get fantastic deals on everything you need for your growing family. You can get your Savvy Shoppers Pass for \$15 to shop one day before the sale opens to the public. **For more information on how to participate as a shopper, seller, or team manager visit www.littlefeetrepeats.com.**



Lace up! The Rumble is coming

It's time once again to lace up your shoes and break out your mountain bikes for the 2018 Rio Bravo Rumble on Saturday, Jan. 13 at Rio Bravo Ranch, 15701 Highway 178.



Presented by Glinn & Giordano Physical Therapy with support from community sponsors, there are races for individual duathlon, team duathlon, solo events, ultra half-marathon

and short kid races, with varying registration prices. **For more information, visit www.ggphysicaltherapy.com/rio-bravo-rumble/.**

A Polar Plunge

Splash into the New Year by taking an icy plunge into the activity pool at McMurtrey Aquatic Center on Monday, Jan. 1.

This annual event has grown to become a Bakersfield tradition with more than 200 Polar Bears taking the plunge every year. Participants go down the slide into icy water and swim 25 yards, or they can choose to jump in and swim 25 yards before climbing out onto dry land to enjoy some hot chocolate. Slide-riders must be 7 and up and be at least 48" tall. Participants ages 7 to 17 must have written parental consent. Polar Bear Club Sweatshirts are available for \$20 each. Polar Bears must wear swimsuits only; no wet suits, t-shirts, pants, water shoes, etc. Registration the day of the event begins at 10:30 a.m. and closes at 11:30 a.m. Registration is \$5 for ages 7 and older. The event will be held at the McMurtrey Aquatic Center, 1325 Eye St. **For more information, visit www.bakersfieldcity.us/gov/depts/recreation_n_parks/aquatics/default.htm**



A Dream Gala

The League of Dreams 2018 Annual Gala will be held on Saturday, Jan. 27 at Hathaway Ranch, 16073 Highway 65, from 6 to 11 p.m. The night will feature live music, dinner, drinks and a live auction to help the cause. Created and founded by Tim Terrio of Terrio Physical Therapy and Fitness, the League of Dreams gives everyone a chance to play sports regardless of an athlete's disabilities. **For more information, please visit www.ourleagueofdreams.com.**



A Grammy-winning performance

Spend an evening with two-time Grammy-winning vocalist, Gregory Porter, to share his fondest memories through the music of Nat King Cole. "Coming Home: An Evening with Gregory Porter," will be held on Saturday, Jan. 20, at 5:45 p.m. at California State University Bakersfield's Dore Theater. Proceeds will help Bakersfield Habitat for Humanity. Porter recently released his fifth studio album, "Nat King Cole & Me," a heartfelt tribute to the legendary singer, pianist and Capitol recording artist. "He was one of a kind," Porter said. "He left such great music, such beautiful things to listen to that you can't help but be influenced by that extraordinary timbre, style, and ultimate cool." **For tickets and more information, visit www.habitatbakersfield.org**



Victims of Bullying More Likely to Turn to Weapons

One in five teens reported being the victims of bullying over the past year and a new study "Weapon-Carrying among Victims of Bullying," found that these victims were overall twice as likely to carry a weapon such as a gun or knife to school and additional risk factors—fighting at school, being threatened/injured at school, and/or skipping school out of fear for their safety—made it incrementally more likely that teens will bring weapons to school.

Researchers examined data from the 2015 Youth Risk Behavior Survey for grades 9-12. They found 20 percent of students reported being a victim of bullying over a 12-month period and four percent of students reported carrying a weapon to school in the past month. When the impacts of additional risk factors were analyzed individually, the odds of weapon carrying by victims of bullying who reported skipping school out of fear for their safety, fighting at school, or being

threatened/injured at school were, respectively, three, five and nearly six times greater compared to non-victims.

Those teens who experienced all three additional adverse experiences were much more likely to carry weapons to school compared to non-victims (46 percent vs. two percent). By contrast, victims of bullying who did not experience any of these additional risk factors were not at increased risk of carrying a weapon to school. Researchers concluded that parents, school personnel and pediatricians should be watchful for red flags such as unexplained bruises or injuries, school avoidance, and/or frequent truancy, but more research is needed to understand how bullying impacts girls and boys differently and the reasons teenagers decide to bring weapons to school.



Childhood Zika Infection Presents Problems Later

Most children born with microcephaly – small head size for age – and evidence of congenital Zika virus infection face severe health and developmental challenges at ages 19-24 months, according to results from a new investigation led by the Centers for Disease Control and Prevention in collaboration with the State Health Secretariat of Paraiba and the Ministry of Health of Brazil.

The report is the first to describe the health and developmental effects of congenital Zika virus infection in children with microcephaly through 2 years of age. These problems include an inability to sit independently, difficulties with sleeping and feeding, seizures, and hearing and vision problems. Many of the children faced challenges in multiple areas.

Although previous publications described the health effects in infants born with microcephaly during the Zika outbreak, this is the first investigation to characterize the health and development of these children as they age. The findings give a more complete picture of the lifelong challenges that will affect children born with microcephaly during the Zika outbreaks in Brazil and elsewhere.

The investigation took place in northeastern Brazil, where Zika affected thousands of children born during 2015 to 2016. The results provide important information to help the U.S., Brazil, and other countries prepare for the unprecedented challenges posed for children affected by Zika virus infection.

"Children severely affected by Zika virus are falling far behind age-appropriate developmental milestones, and their challenges are becoming more evident as they age," said CDC Director Brenda Fitzgerald. "Continued monitoring of all children with congenital Zika exposure is critical to understand the full impact of the infection during pregnancy and to support these families for the long-term."

"As children born affected by Zika virus grow up, they will need specialized care from many types of healthcare providers and caregivers," said Georgina Peacock, director of CDC's Division of Human Development and Disability. "It's important that we use these findings to start planning now for their long-term care and stay vigilant in Zika prevention efforts in the United States and around the world."

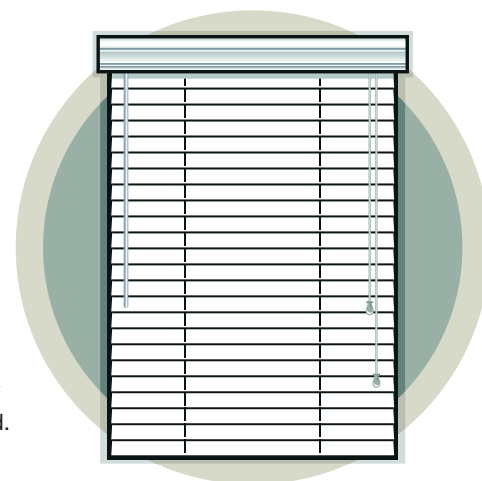
For the most current information about Zika virus, visit <http://www.cdc.gov/zika/> and <https://www.cdc.gov/pregnancy/zika/data/pregnancy-outcomes.html>.

Be Careful With Those Cords

Window blinds have been a known child safety hazard for more than 70 years, but despite existing voluntary safety standards and prior recalls, a recent study found that window blind cords continue to pose serious strangulation risk to young children.

According to the study, "Pediatric Injuries Related to Window Blinds, Shades, and Cords," nearly 17,000 children under age 6 were treated in U.S. hospital emergency departments for window blind-related injuries from 1990 through 2015. Injury risk was highest among toddlers. Among children who became entangled in cords, most frequently it happened while the child was under the care of a parent and left alone for less than 10 minutes—often after being put to bed. On average, roughly one child died each month, usually from strangulation after the child's neck became entangled in inner cords, such as those in

horizontal blinds and roman shades, as well as in cords that raise or lower the blinds. Children also got caught in continuous loop cords such as those in vertical blinds and roll-up shades, and even in loops tied by consumers attempting to keep the cords out of a child's reach. Two-thirds of the entanglements resulted in death. Authors of the study said their findings suggest a mandatory safety standard eliminating accessible window blind cords should be adopted.



Screenings Save Lives

Infant deaths from Critical Congenital Heart Disease decreased more than 33 percent in eight states that mandated screening for CCHD using a test called pulse oximetry. In addition, deaths from other or unspecified cardiac causes decreased by 21 percent.

Pulse oximetry is a simple bedside test to determine the amount of oxygen in a baby's blood and the baby's pulse rate. Low levels of oxygen in the blood can be a sign of a CCHD.

CCHD screening nationwide could save at least 120 babies each year, according to a new study published in the Journal of the American Medical Association. This study is the first look at the impact of state policies to either require or recommend screening of infants for CCHD at birth.

The study shows that states that required their hospitals to screen newborns with pulse oximetry saw the most significant decrease in infant deaths compared with states without screening policies. Voluntary policies or mandated policies not yet implemented were not associated with reductions in infant death rates. The encouraging news is that 47 states and D.C. now have mandatory screening policies in place and one additional state, California, requires screening be offered. These results serve as a reminder to hospitals across the country to remain vigilant in their screening for CCHD.

"More families are able to celebrate special milestones in a child's life thanks to the early identification and treatment of heart defects," said CDC Director Brenda Fitzgerald. "Screening newborns for critical congenital heart disease in every state, tribe, and territory will save lives and help babies thrive."

About 1 in every 4 babies born with a congenital heart defect has CCHD and will need surgery or other procedures in the first year of life. In the U.S., about 7,200 babies born each year have one of seven CCHDs. Without screening by a pulse oximetry reading, some babies born with a congenital heart defect can appear healthy at first and be sent home with their families before their heart defect is detected.



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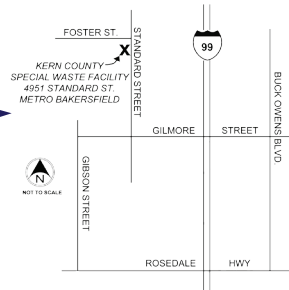
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Oh, how we've grown!

Kern County Family debuted more than 20 years ago

By Andrea Rose



Cover Kids Troy Kouklis, Gracee Chambers and Sloane De La Cruz
Photos by Wendy Horack

In 1996, Kern County Family Magazine was created to bring information and entertainment into the hands of families across Kern County. Back then, the publication was the size of a newspaper. The cover was in color, but the inside was all black and white.

The parent paper was distributed mainly in schools, but expanded into doctors' offices and, eventually, retail locations.

As the publication grew, readers began subscribing. The distribution points increased, too. Over the years, the magazine has matured. We've featured hundreds of Kern County children on our covers.

One of the cover kids was Gracee Chambers. Gracee was 2 when she first was on the cover. Like the magazine has grown, Gracee is now 12 and in junior high.

"Gracee has become a young woman who is not only smart but talented, and is always putting others before herself," said her mother, Cristy Chambers. "She has the kindest heart!"

Cristy said Gracee literally grew up with the magazine. "The magazine has given our family so many resources over the years. So many great articles and advertisements that we have used to help guide us throughout the years," Cristy said.

One of Gracee's friends, Troy Kouklis, was also featured on the cover when he was little. Troy, now a seventh-grader at Warren Junior High, was in kindergarten when he appeared on the front.

I'm just so thankful our readers have invited us into their families and continue to welcome us, and to our advertisers who partner with us to continue to bring Kern County news and entertainment. I look forward to every single month and am thankful for another opportunity to share our magazine with Kern County." - KCFM Owner LJ Radon

Since then he has developed a love for music. He loves to sing, enjoys his school chorus and is taking voice lessons, according to this mother, Kathie Kouklis.

The family are huge fans of USC and enjoy attending games.

Kathie said she has enjoyed reading Kern County Family over the years. "I've enjoyed KCFM for such a long time and look forward to each new issue," she said.

Sloane De La Cruz, 3, appeared on the cover last year. "Sloane has gotten even more full of life since the last time she was photographed," said her mother, Vanessa De La Cruz. "She is still loving life and dancing to the beat of her own drum."

In addition to playing cover model, Sloane has found a niche in ballet class. At school, she is learning both English and Spanish.

"I can see a big difference between then and now," Vanessa said. "The hair has only gotten bigger and crazier, but she is growing into a little lady. She knows what she wants and doesn't want. Everything is an adventure for Sloane, she is very adventurous and not shy in the slightest. She is always doing something new and different."

Like the other mothers, Vanessa said she has used KCFM to guide her family through stages of life and activities.

"The magazine is absolutely amazing," Vanessa said. "I have always enjoyed it and love it even more now. The articles are enlightening and entertaining. My favorite part has always been the calendar of events. I look forward to marking my calendar with new events that our little family can enjoy together. I am happy that the magazine is readily available for free to anyone in Kern County."

Like these cover kids have gone through so many stages—and are still growing—KCFM is also growing. You'll notice the biggest change right away. We've changed the size of our magazine! We've also changed the paper quality from newsprint to glossy stock throughout the publication.

"The upgrade in paper quality and the more user-friendly size is just one way we can continue to deliver the relevant content readers want in a size and quality that is more convenient," said Publisher L.J. Radon. "You can more easily put this magazine in your purse, totebag or briefcase."

And the ink won't rub off on your hands, either!

Like any mother, Radon said she can't take all the credit for the growth of the magazine—she has just guided it through its journey.

"This is all thanks to the community support that has kept us in the marketplace," Radon explained. "I'm just so thankful for our readers who have invited us into their families and continue to welcome us, and to our advertisers who partner with us to continue to bring Kern County news and entertainment. I look forward to every single month and am thankful for another opportunity to share our magazine with Kern County."

Radon said she always looks forward to feedback from readers. Reach out to her at LJ@kerncountyfamily.com. Let her know what you think of her grown-up "baby!"



Sloane
De La Cruz
June 2016



Gracee
Chambers
February
2007



Troy
Kouklis
September
2011



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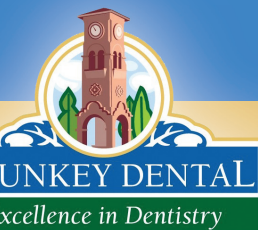


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Emergencies Happen An ER Designed *Just For Kids*

By Andrea Rose

After much anticipation, the Robert A. Grimm Children's Pavilion for Emergency Services at Memorial Hospital is open—and it's changing the way kids' emergencies are handled.

Until now, when parents took their children to the ER, it was typically an unsettling experience.

As if the trauma of the situation wasn't enough, the wait could be intolerable—often with a room full of adults whose problems you may not want before your child's eyes. And then there is the intimidation of scary equipment, big needles and even bigger medical terms.

But the Children's Pavilion is changing all that. The latest addition to the Pediatric Services at Memorial Hospital, a Dignity Health hospital, is the only dedicated pediatric emergency department between Los Angeles and Madera.

The 5,000-square-foot emergency room offers care for infants through age 13 and is staffed 24 hours a day, seven days a week. The Robert A. Grimm Children's Pavilion for Emergency Services is located adjacent to

the hospital's existing emergency room and features separate waiting and treatment areas in a kid-friendly environment.

Valet parking is available from 8 a.m. to 5:30 p.m. Also available is an online waiting service, InQuicker, that allows parents to select an estimated arrival time and wait in the comfort of their homes.

"Everything is designed with the child in mind," explained Jenny Wilson, director of emergency services for Dignity Health Memorial Hospital. "We want to make it a positive experience so kids aren't afraid or anxious."

The medical needs of children are unique. That's why all pediatric patients visiting the Children's Pavilion will be seen by doctors and nurses specially trained in pediatric medicine. The Pavilion also has a Child Life Specialist to provide emotional support to children and their parents.

How to Know When to Visit the Emergency Department

Parents who aren't sure whether to take their children to an urgent care center or the emergency department can start here to determine when it's time for the ED. These situations generally are better served at an emergency department:

- Broken bones/fractures
- Difficulty breathing
- Problems with airways
- Changes in mental status
- Severe symptoms uncharacteristic of child's normal illnesses

You Know Your Child

If you're still unsure when deciding whether to take your sick or injured child to urgent care or the emergency department, Dr. Kian Azimian, an emergency medicine doctor with Dignity Health Mercy and Memorial Hospitals, offers this general rule of thumb: "If you notice that your child is not feeling quite right, but is not severely ill, urgent care might be the right choice for treatment. However, if your child seems much more ill than normal, I would bring him or her to the emergency department."

Source: Dignity Health

Outstanding EDUCATORS

Kern County Family Magazine's 2018 Private Education Guide

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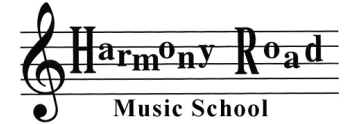
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www.harmonyroadbakersfield.com



Alexandra Hawley
Owner

Harmony Road Music School offers group piano classes for children from tots to teens.

Early childhood music classes are for little ones ages 16m- 4 yrs and include movement, singing, playing with rhythm instruments, finger games, rocking/cuddling songs, activities with balls, scarves, and hoops, and keyboard introduction. A parent participates in each class.

Group piano classes are for ages Pre-K and up that feature singing, solfege, ear training, note reading, rhythm and keyboard ensembles, and eventually, composing and improvisation. Recitals are twice yearly. A parent participates in all classes. Advanced students have the opportunity to participate in adjudicated events such as Certificate of Merit, Guild, Jazz/Pop Festival, and much more!

New classes begin the week of January 15. Check out our website for the complete schedule. We are also having a *FREE* Demo Class on Saturday, January 13. Space is limited, reservations required. Call us today!

CONTINUES ON PAGE 15



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Daniel Barrett,
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Heritage Christian Schools provides an outstanding education in a Christ-centered environment. Since 1967, HCS has consistently addressed the spiritual, academic, emotional, and physical needs of children, through a qualified teaching staff. HCS are accredited through Association of Christian Schools International and the Western Association of Schools and Colleges.

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Dawn Holleman,
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The Mexican American Opportunity Foundation (MAOF) is a non-profit, community-based organization that was established in 1963 in order to serve disadvantaged individuals and families in the Los Angeles area. MAOF is the largest Latino-oriented, family services organization in the United States, and has achieved this status by providing high quality social services and programs to those communities where the need is the greatest.

The mission of the Mexican American Opportunity Foundation (MAOF) is to provide for the socio-economic betterment of the greater Latino community of California, while preserving the pride, values and heritage of the Mexican American culture. This is accomplished through programs in early childhood education and family services, job training, and senior lifestyle development throughout the multi-cultural communities served by MAOF.

Education – MAOF values education as a tool for upward mobility and greater equality with an emphasis on early education and commitment to continuing education.

Excellence – MAOF values high ethical standards and organizational excellence through the quality programs we offer and the dedicated professionals who provide our services.

Innovation – MAOF values innovation as a cornerstone for growth and distinction by promoting creativity and implementing unique programs.

Advocacy – MAOF values advocacy, based on research and knowledge, as a means of responding to community needs and ensuring opportunity for all.

Culture – MAOF preserves and promotes the essence of the Mexican American culture and values the strength of a multi-cultural America.

Partnerships – MAOF recognizes and values strong community partnerships through an engaged Board of Directors and with the support of civic and corporate leaders.

CONTINUES ON PAGE 16

outstanding educators continued from page 15

Olive Knolls Christian School

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Rusty Rhodes,
Principal

Our life with Christ is to be an adventure filled with joy, love, learning, laughter and community. That's what Olive Knolls Christian School offers your child, beginning in preschool all the way through the eighth grade.

In today's cultural decay you search for a safe place where your students are more than educated – they are prepared!

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When your students graduate from OKCS middle-school, they are equipped and confident to face a world that is often hostile to your values – but they will stand strong to face their challenges with character.

That's what we do here at Olive Knolls Christian School. We have been established to inspire and equip generations of students who will activate their sense of responsibility, commit to a Christ-called character, seek truth with a passion, maximize their God-given talents, and pursue a life-long vision to transform their world for the glory of God!

Call us today. OKCS was established in 1979 and has both ACSI and WASC accreditations.

Ridgeview Christian Preschool

8420 Stine Road
Bakersfield CA 93313
(661) 834-9796

ridgeviewchristianpreschool.com

LIC## 153808073



Jennifer Vlahos,
Director

Ridgeview Christian Preschool is a Christ-centered, state-licensed program for children ages 2-6, that operates Monday-Friday 7am-6pm. Our center offers a safe and encouraging environment as we strive to help each child in their academic, social, physical, and spiritual development. Our center provides hands on learning activities. Many of these activities emphasize academics and kindergarten readiness.

Additional activities include children's chapel, music and movement, art projects, science, and indoor & outdoor play time for social and motor development. Included in our curriculum is Amazing Athletes

which is a developmental sport and fitness program that teaches children the basic fundamentals and mechanics of different sports while enhancing their overall education experience. Ridgeview Christian Preschool is a ministry of Ridgeview Community Church, and was created out of our sincere love for children and their families within our community. It is our goal and desire to bring excellence to Early Childhood Christian Education.

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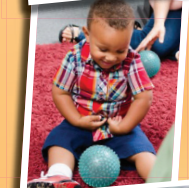
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Carey Carpenter,
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Tours are recommended and may be scheduled on Tuesdays and Fridays at 10:30 a.m. For more information or to schedule a tour, please visit our website or call Victoria Waugh at (661) 763-7775.

Valley Montessori Academy

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www.valleyma.com



Cristal Victoria
Garza,
Director

Valley Montessori Academy is an authentic Montessori preschool where we are committed to providing intellectual, emotional and physical development of the whole child according to the educational philosophy developed by Dr. Montessori and guided by the principles of the American Montessori Society. Montessori education is a unique cycle of learning designed to take advantage of a child's sensitive years between three and six, when children simply absorb information from an environment. Our main goal is to cultivate each child's own natural desire to learn. This goal is achieved by allowing the child to experience the excitement of learning by their own

choice rather than by being forced. Students have individual learning plans and are carefully observed by specially trained teachers. In VMA Enriched, a thoughtfully prepared environment, children are exposed to math, language, art, and sensorial materials. Extra curriculum activities include: music, sports, grace, courtesy, cooking, Spanish classes, and mindfulness.

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Play Time!

Are your children getting enough exercise?

By Andrea Rose



When children are preschoolers, parents often wonder how they have so much energy—the kids always seem to be running around. In elementary school, children run off their energy on the playground at recess. High school typically offers gym class and sports teams to those who choose to participate.

But are kids today getting enough play time? Are they exercising their bodies as much as they exercise their brains?

The Centers for Disease Control and the American Academy of Pediatrics recommend that children and teenagers participate in at least 60 minutes of physical activity per day.

According to the AAP, regular physical activity is important in weight reduction, as well as to control and prevent health issues, including diabetes and hypertension, in addition to improving self-esteem and self-concept concerns.

Here are a few activities to get your kids moving:

- | | | |
|--------------|----------------|--------------|
| Playing tag | Soccer | Basketball |
| Tug of War | Swimming | Relay races |
| Jumping rope | Walking | Martial arts |
| Hop scotch | Climbing walls | Push-ups |
| Skating | Gymnastics | Sit-ups |

Even the youngest children can benefit from play. Most parents are quick to park a toddler in front of the TV or computer or hand over a cell phone to a small child for educational games, but the AAP warns, children under age 2 should have no screen time whatsoever. Instead, imaginative play should be encouraged. And instead of stroller rides preschoolers should spend some of their time walking hand-in-hand.

Beyond the physical benefits, play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive and emotional strength and is critical to brain development.

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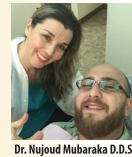
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S-T-R-E-T-C-H *it out*

By Andrea Rose

Do you feel you never seem to get a good night's sleep? Are you constantly rushing around trying to get everyone where they need to be and get everything done? Do you lose your temper more than you'd like to?

Stop! Breathe!

Seriously, breathe! Basic yoga breathing and a simple pose or two can make a world of difference in your stress level, in addition to easing minor aches and pains.

According to the Mayo Clinic, stretching has multiple health benefits.

It improves your joint range of motion, helps your athletic performance and decreases your risk of injury, no matter what your age.

One great way to practice stretching is to try yoga. Yoga offers a break from the demands of life. When you are focused on your breathing and moving your body, your cares are forgotten.

Yoga involves a combination of certain postures (asanas), regulated breathing techniques (pranayamas), hand poses (mudras) and meditation (dhyanas). Whether a pose is done standing, sitting, or lying down, each one can challenge various muscle groups.

And, if you can't break away from your family to try yoga solo, it's also great for kids! Children and teens are an ideal population to benefit from the therapeutic and health benefits of yoga.

The American Academy of Pediatrics recommends yoga as a safe and potentially effective therapy for children coping with emotional, mental, physical and behavioral health conditions. Children with special needs, for example, often have tension and rigid muscle tone—yoga can help with this.

Stretching the body can relieve tension and holding yoga poses increases strength when practiced regularly. Yoga also has many bending and stretching poses that can help move and stimulate the digestive system and relieve constipation, too!



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10 Great Parent/Child Date Ideas

By Andrea Rose

Would you love to spend some quality one-on-one time with your kids? Maybe a mother-son date or a daddy-daughter date. Perhaps you are a "weekend warrior" single parent looking for ways to make memories. (Or why not just make the date into a family affair?) We've got 10 great LOCAL date ideas you'll want to keep at hand for the next time you're looking for fun:

A sporting good time.

Go-karts, bumper boats, kiddie rides, oh, my! No matter how many children you're looking to entertain, Camelot Park Family Entertainment Center has you covered. Whether you want to play into your competitive side in a batting cage or are just looking for an easy game of miniature golf, this is the place. There's also an arcade and snack bar. **Camelot Park is at 1251 Oak St., Bakersfield. For more information, visit camelotparkbakersfield.com.**



Pick a park.

Whether you head to Yokuts Park or Jastro Park or another one of the area's great public parks, you'll find plenty to do. Grab a racquet and balls or a basketball and shoot a few hoops. Or maybe play a game of Follow the Leader and skip across the trails. Let your imagination run wild or let the kids guide you in the activity. Best of all—it's free fun! **Find local parks at kerncounty.com/gsd/parks or bakersfieldcity.us/gov/depts/recreation_n_parks/parks_facilities/default.htm**



Challenge the gutters.

How long has it been since you've been bowling? Pull on some socks and take the kids out to the lanes! There's something about an afternoon or evening spent in rented shoes that is bound to be memory-making. Most lanes offer the option of adding bumpers to the lane to ensure even the littlest child had a chance at knocking down pins. And thanks to computers, you don't even need to worry about keeping score—it does all the work for you! It doesn't really matter who wins. Just have a good time!

Go native.

Head over to the California Living Museum. CALM is located on 14 park-like acres and features more than 100 species of non-releasable animals and California native plants. Natural exhibits feature black bears, birds of prey, a mammal round that houses bobcats and several species of foxes, a waterfowl pond with resident mallards that attracts spring and fall migrants, deer yard, an underground reptile house, and a children's petting zoo with domestic animals. Spend an hour or two at the zoo!

CALM is located at 10500 Alfred Harrell Hwy (between Lake Ming and Hart Park).

Visit calmzoo.org for more information.



Try the tracks.

A classic form of fun can be found on the model train railroad and Bakersfield has a Golden Empire Historical and Modeling Society that can put you on your way to miniature railroading. The layout occupies a 37-by-10-foot room on the third floor of a commercial building in downtown Bakersfield and offers a train layout with more than 848 feet (14 scale miles) of mainline track that crosses mountains, valleys, river canyons and hillsides between the large classification yards and engine facilities located at "Bakersfield" and "Mojave."

Get acquainted with the group by visiting the club any Tuesday night about 7 p.m., Saturdays at 10 a.m., or by special appointment by emailing Larry7719@sbcglobal.net, or by phone at 661-589-0391. Find them at 1530 19th Street, Bakersfield.



Be artsy!

The Bakersfield Museum of Art, 1930 R Street, has offered a variety of exhibits designed to enhance the quality of life through art appreciation and educational opportunities in the visual arts for Bakersfield and Kern County residents and visitors for more than 60 years. BMOA also offers Kids Winter Art Workshops. **For hours, workshop schedules and more, check them out at Bmoa.org.**

War game the day.

China Lake US Naval Museum of Armament and Technology, 1 Pearl Harbor Way, Ridgecrest, is open daily offering a large variety of present and past US Navy aircraft, weapons and technology for close-up viewing and scrutiny. If you have a child who loves military history, you'll want to indulge him or her. **Visit chinalakemuseum.org for more information.**



Get smart!

If you've got teens, you know how difficult it can be to get them to have a conversation with you, let alone be seen with you in public. Why would they want to hang with mom or dad? You know nothing about life today, right? Take them to Bakersfield Escape Room. Don't worry. It's not as intimidating as it sounds! This escape room is an adventure game where participants are placed in a room and have to use teamwork along with elements of the room to solve a series of puzzles, find clues and "escape" the room within a set time limit. Each room is themed and has a unique story-line that engages the players through their environment. None of the rooms are intended to scare or startle, and there are no actors in the rooms. You can show your kids just how smart you really are! **Bakersfield Escape Room is located at 3616 Coffee Road, Bakersfield. For more information, visit bakersfieldescaperoom.com.**

Celebrate your inner geek.

Head over to the Buena Vista Museum of Natural History and Science, 2018 Chester Ave., Bakersfield. BVMNH is the only museum in central California with exhibits of anatomy, astronomy, anthropology, archeology, biology, geology and paleontology—all in one location, plus a hands-on interactive Science Discovery Center the "Oh! Zone" and "Explore-it Zone" designed for children. **See Buena Vista Museum's many offerings at sharktoothhill.org**



Explore another realm.

You may have seen this on TV. Silver City Ghost Town, located in the Kern River Valley near Lake Isabella, is home to 21 historic structures and is operated as a museum and film location. It has been featured on Bio HD, A&E, The History Channel, in dozens of film shoots, music videos, commercials and magazines. It is open to the public daily where guests of all ages can experience the history and the mystery of the site. Visitors can explore on their own or on a guided night tour hosted by curator-director, J Paul Corlew. Is it really haunted? Find out for yourself! **More information available at silvercityghosttown.com.**

Recycle Your Christmas Tree it's Easy as 1-2-3

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Alice Doesn't Live Here

OK, people, in case you're waiting for Alice from "The Brady Bunch" to pick up your dirty laundry and load your dirty dishes into the dishwasher, NEWS FLASH: ALICE DOESN'T LIVE HERE! She never did, and she never will!

I've said these words on more than one occasion (in my exorcist "mom voice," no less), but I might as well be talking to a bunch of plants.

I can walk into any given room in my house at any given time and find a.) A boatload of dirty dishes; b.) A week's worth of dirty clothes; c.) A deflated SpongeBob Square Pants birthday balloon; d.) A mountain of empty plastic water bottles (which would probably bring in \$20 at the recycling center); e.) Something moving underneath the week's worth of dirty clothes; or (most often) f.) All of the above.

How is it possible that these people aren't seeing what I'm seeing? How is it possible that the smell alone isn't calling them into action to tidy their living quarters? You'd think if they saw a mountain of clothes moving on its own across the room they'd at least want to see what form of life is lurking beneath.

I decided to see what I could find out about this strange phenomenon I like to call "the lazy factor," and did a little investigating.

Here's what I found on goodhousekeeping.com*: "Recent research suggests that this stunning obliviousness to self-made chaos may be rooted in biology. Landmark brain-scan studies from the National Institute of Mental Health reveal that an adolescent's frontal lobe — the region responsible for organizing, planning, paying attention, and stopping and starting activities — is still under construction. So, it may not be that kids won't organize the mess; it's that they can't."

Huh. This is NOT good news. This is pretty much telling me that if I want them to step into the world of cleanliness, I'm going to have to teach them and work with them. Or I can find clever ways to trick them into doing it. Mwhahahahaha.

Although tricking my kids into doing my bidding never gets old, it is a lot of work. There's a lot of plotting and planning—and who has time for that when you have 125 essays to grade?

I think the best way to maintain my sanity is to change my definition of cleanliness. Instead of shuddering at the sight of an illuminated light fixture with a half-inch of dust, I'll keep the light off.

And the mounds of paperwork piled on the utility room countertop? Cover them up with a couple of festive tablecloths when company comes over.

As for the dishes and dirty clothes, the threat of losing screen time or taking away the phone works well in a pinch.

I also came across a couple of ideas I think I'll try out in 2018: I'll keep in mind that the best mini-vac for an after-meal clean-up is the dog; that dust bunnies can actually be very good company because they agree with everything I say; and a sparkling house is a fine thing if the children can be tricked and/or bribed into keeping it that way!

* www.goodhousekeeping.com/life/parenting/tips/a17276/kids-clean-room-may07/

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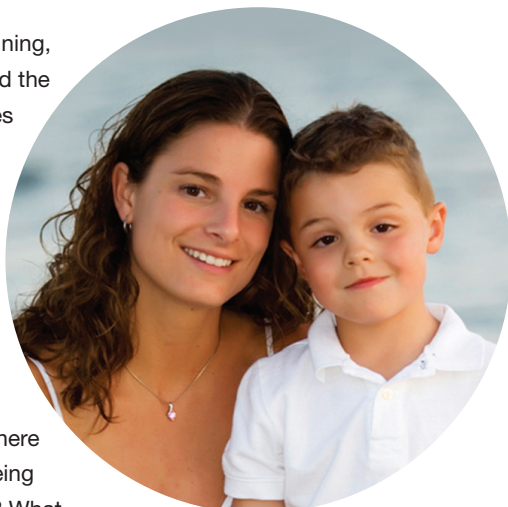
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661.330.0100

Parenting *in the* New Year

Creation. In the beginning, there was the parent and the child. What opportunities await you both – the thrill of the challenge and the excitement of success!

How often do parents seriously think about the relationship they have with their child? What it is, and where it is headed? What is being created with their child? What should I do differently?



The sooner you begin to analyze what is occurring in the parent-child relationship, the sooner you may be able to adjust your parenting style to be a more successful parent in the coming year.

Mattie states, "All I do is butt heads with my son. He ignores me even when I yell at him!" Valerie agrees, "All my son does is play video games. To get him to do anything at all is like pulling teeth. I end up crying about the way I behave, but nothing else works."

Roger concurs, "The only thing my daughter is interested in is texting, and I catch her doing it all night long. We fight over the cell phone more than anything else."

These parents refuse to recognize that they are part of the problem.

Perhaps, they could change their approach.

Each parent is acknowledging that the system they have created for interacting with their child is nonproductive, but they continue with it nonetheless. Rather than creating a successful relationship with their children, it appears they are destroying the relationship.

While we sometimes do have positive interactions with our children, oftentimes, these positive interactions are outweighed by the negative interactions we have with them.

When you fight with your child, he is encouraged to be a combatant. When you yell at your child, he shouts back and becomes an arguer. When we behave abusively toward a child and strike, speak harshly or impulsively take things away as punishment, the child becomes harsh and impulsive toward us, as well.

Our actions teach a child how to be a person.

We are the teachers; the child is the student, an "adult-in-training." He gives back to you what you have given him.

Perhaps, it is time to change the parenting process to a more thoughtful and considerate approach.

When you respond to a child's behavior with a frown, an angry voice, or a negative touch, you are mistakenly making sure the child will repeat the behavior, because you are reinforcing his behavior through your response to him.

Plus, every interaction you have with your child gives a direct message to him: you are OK or you are not OK. The child carries these messages about himself – OK or not OK – everywhere. Perhaps, we could offer more messages that the child is okay.

Create a new relationship with your child by always interacting in a positive, calm, and loving manner, or choose not to interact at all.

Interacting in any other fashion than this is a mistake, and you will reap the repayment of the mistreatment.

Remember the catch phrase: Give and you shall receive! Mattie could speak softly to her son. Valerie could encourage her son to help her with a project. Roger could take custody of the cell phone at bedtime. Simply change your tactic and change the relationship for the better.

This year, choose to be a better and calmer parent. Wait for the right moment to interact; ignore that behavior you dislike; be calmly attentive to your child for his good behaviors.

Your thoughtfulness will be reflected in his improved relationship with you all year long.

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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Cooking Up a Healthy NEW YEAR

After a holiday season filled with indulgent food and limited time for exercise, there's no time like the New Year to adopt some new, healthy habits.

Change up your routine. Start by making a few lifestyle changes, such as maintaining a healthier diet or increasing your exercise regimen. Changing up your eating (and drinking) habits can be the first step on the path to healthy success.

Start at the tap. Make sure your healthy eating habits include cooking with the best-tasting water possible. You may be surprised to know that the water coming from your faucet may contain unwanted contaminants such as lead and mercury. Visit PUR.com to learn more about superior faucet filtration systems and how to get cleaner, better-tasting water.

Create healthy, hearty recipes. There are plenty of delicious and nutritious recipes that can help fuel your body all year long. For example, this hearty soup is full of tasty, powerful ingredients like protein-rich chicken sausage; nutrient-dense kale and butternut squash, which are excellent sources of fiber; plus vitamins and minerals. Garlic, onions and cloves add a kick of antioxidants and flavor.

White Bean Soup with Spicy Sausage

Recipe courtesy of Keri Glassman, Family Features
 Cook time: 30 minutes

Ingredients

- 4 cups kale, chopped
- 1 medium butternut squash, peeled and cut into 1/2-inch pieces
- 1 can (14 oz) cannellini beans, drained
- 2 cups water
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 links precooked spicy chicken sausage, diced
- 3 1/2 cups low-sodium chicken broth
- salt, to taste
- freshly ground black pepper, to taste



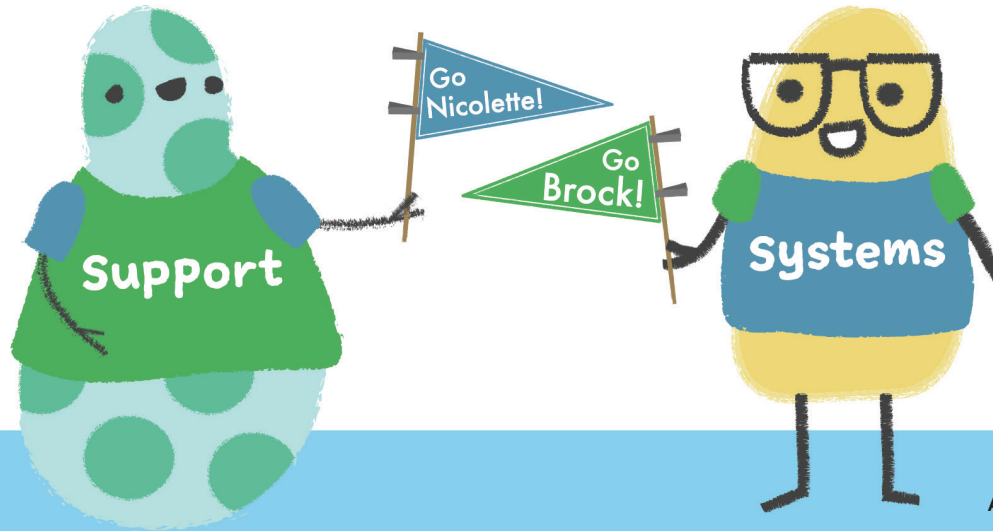
Preparation

1. Rinse kale, squash and cannellini beans in filtered water. Set aside.
2. In pot over medium heat, heat oil. Add onion and garlic, stirring frequently until softened, about 5 minutes. Add sausage and saute 2 minutes, or until warmed through and slightly browned.
3. Add squash, kale, broth and 2 cups filtered water. Cook, partially covered, 15-20 minutes, or until squash is softened.
4. Reduce heat to low. Add beans and gently simmer uncovered 3 minutes. Season with salt and freshly ground black pepper, to taste, before serving.

Support Systems & Kindness

KIND IS THE NEW COOL

Each new year inevitably brings some new goals along with it. Lots of people make resolutions, and some put deadlines to meet new goals. Whether we're chasing our dreams or just making some small improvements, there's something that can make it all easier: support systems. We're not talking about bridges or concrete foundations, but rather a dependable group of people who help us achieve our best. With a strong support system, difficult endeavors become easier. This is why we should strive to be a part of others' support systems.



Artwork by Dignity Health

Support Systems are Usually Reciprocal

When you're a dependable person who supports someone else's endeavors, the kindness is usually returned. Think about someone in your life who is always there for you when you need a hand. Now ask yourself, aren't you always there for them? You probably are! One of the easiest ways to grow our own support system is to be a strong part of someone else's. On top of that, it's a great way to experience someone else's interests ourselves. Do you have a friend that is passionate about something? That friend is probably able to talk endlessly about their passion and tell you all about it. This means you've got a great resource for trying out that activity or hobby yourself. You never know when you'll discover your inner passion for a new pursuit. For example, in helping your friend get ready for their violin recital, you might realize that you want to try learning an instrument too! And if you do, you'll already have someone to talk about musical instruments with!

We're very used to our teachers and parents being the ones to help us learn new skills, but lots of people in our lives can teach us new things. Our peers often make great mentors, and ignite the spark in us to follow our own newfound goals. Have you ever thought about how you could teach someone about your favorite hobby or pursuit? You probably have never realized just how much you could inspire another person to share your same passions. Because of how reciprocal they are, support systems are very powerful and beneficial to everyone involved.

How Do We Even Start?

If you're stuck wondering just how to become a stronger part of someone's support system, remember this: don't settle for "Good luck." It's often all too easy to simply wish someone good luck rather than be a part of their experience. It takes less time, less physical effort, and usually less driving. However, this is why being an active part of someone else's experience makes all the difference. Your extra effort and commitment are noticed beyond the sea of countless "good luck" comments or silent *thumbs up* icons. Remember the old, Golden Rule? **Treat other people how you'd like to be treated.** We often think about this in terms of not treating other people badly, but it applies equally to supporting others. Would you appreciate your friends' or family's presence, feedback, support, and celebration? Then make sure you're providing that to others too!

This month's Random Act of Kindness challenge is: encourage 5 friends to do their best. And remember, **"Kind is the new cool!"**



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



NOMINATE TODAY!

Know a child, teen, school group or organization who worked to better Bakersfield in 2017? Recognize their contributions by nominating them for a 2018 Beautiful Bakersfield Award.

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www.bakersfieldchamber.org

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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

JAN. 2018

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

MONDAY, JAN. 1st



TUESDAY, JAN. 2nd

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.

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

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

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

CIVIL AIR PATROL-BAKERSFIELD COMPOSITE SQ 121 MEETING (CADETS):

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

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.

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: The Nest is 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 call: 636-4357 or in other areas call toll free: 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 (blanketeers). 549-4967.

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

BEACHBODY CARDIO & YOGA AT SOUTHWEST BRANCH LIBRARY: Now you can exercise your body at the same place you exercise your brain! Remember to bring a towel and water. 5:30 PM. 664-7716.

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Beginning Drawing, Painting, Mixed

Media and Sculpture class. 301-2195/869-2320.

INTRODUCTION TO PHOTOGRAPHY FOR TEENS: This three-day workshop is designed for teens who desire a better understanding of their DSLR camera and its technical functions. info@makebakfield.com.

LEGO CLUB AT DELANO BRANCH LIBRARY: Join us in building LEGO creations. 4:30 PM. 725-1078.

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

WEDNESDAY, JAN. 3rd HOFFMANN HOSPICE- HEALING HEARTS: This group is for adults who have suffered the loss of a child. 410-1010.

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

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

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE: For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 10:00 AM. 631-2575.

ALZHEIMER'S CAREGIVER SUPPORT GROUP: NEW LOCATION. Come and share your experiences in a safe place to talk and listen to others. 1:30 PM. 665.8871.

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

UKULELE JAM AT FRAZIER PARK LIBRARY: Join the strumming fun! Bring your own ukulele. All Ages and skill levels welcome. 5PM. 245-1267.

CHILDREN'S ART CLASS (GRADES 1-6): Class includes instruction in a variety of art skills, focusing on drawing and painting, sculpture, printing ceramics and crafts. 330-2676. 869-2320.

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

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

THE PLAY'S THE THING AT BEALE MEMORIAL LIBRARY: Come "play" with us! Everyone takes a role and reads along. 868.0701.

TODDLER STORYTIME AT DELANO BRANCH LIBRARY: Enjoy stories, movement, songs, & fun with your 18-month-old to 2 years old. 11:30 AM. 725-1078.

THURSDAY, JAN. 4th HOFFMANN HOSPICE- ADULTS GRIEF SUPPORT GROUP: If you or someone that you love has suffered a loss we encourage you to try a support group. 410-1010.

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Image Clear Ultrasound Mobile Unit will be in Arvin each Thursday afternoon, providing free pregnancy tests, free medical pregnancy verifications and free ultrasounds in the first trimester of pregnancy performed by Registered Nurse. 326-1907.

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.

LEGO CLUB AT BEALE

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

TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY:

Teens, grades 7-12, you are invited to chat about your favorite books & movies, play awesome games with friends, & make the library a great place. 5PM. 725-1078.

FRIDAY, JAN. 5th

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.

CITY OF BAKERSFIELD ANIMAL CARE CENTER:

Vaccine and licensing clinic. 832-7387.

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

FIRST FRIDAY CRUISE NIGHTS:

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

TEEN NIGHTS IN TAFT: The first Friday of every month is Teen Night! 765-6677.

CERAMICS ART CLASS (GRADES K-12):

Students will learn step-by-step instruction of inventive hand build projects from the simple coil built pot to complex slab build sculpture. 301-2195/869-2320.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:

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

KIDS GET CRAFTY AT BEALE

MEMORIAL LIBRARY: Attend monthly craft projects & get creative! 3PM. 868-0701.

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:

Celebrate reading and enjoy stories, songs, rhymes & fun. 9:30 & 10:30 A.M. & 4 P.M. 664-7716.

SATURDAY, JAN. 6th

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

A.S.C.E.N.D. YOUTH PROGRAM:

A free mentoring program for high school students. 331-6137.

GUIDED NATURE HIKE:

Join a Naturalist for a casual guided hike from the Main Canyon Parking Lot to Ravens Landing and back. 858-1115.

JUST FOR KIDS PRESENTATION:

Just For Kids Science exploration and learning for kids! 324-6350.

KIDS' TOOL SAFETY

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

ASL JUNCTION AT SOUTHWEST BRANCH LIBRARY:

Storytime, crafts, and learning sign language, all bundled together into a fun family event! 11:30 AM. 664-7716.

CSUB WOMEN'S BASKETBALL

GAME: Cheer on the Lady Roadrunners as they play! 654-BLUE.

FAMILY STORYTIME AT DELANO BRANCH LIBRARY:

Celebrate reading by enjoying stories, songs, rhymes, & fun for the whole family. 2:30 PM. 725-1078.

TEEN ACTING WORKSHOP AT BEALE MEMORIAL LIBRARY:

Come work on your acting chops with a pro! 10AM. 868-0701.

TEEN ART CLASS (GRADES 7-12):

Class includes instruction in a variety of art skills, focusing on drawing, painting, sculpture, Printing, ceramics and crafts. 330-2676/869-2320.

UKULELE CLUB AT BEALE

MEMORIAL LIBRARY: Join us for a rousing good time at this Uku-Nanny! 11AM. 868.0701.

SUNDAY, JAN. 7th

SAN EMIGDIO EXPRESS AT WIND WOLVES:

Catch a ride with us for more hiking opportunities. 858-1115.

MURRAY FAMILY FARM FUN:

Come by Murray Family Farm and have fun picking your own fresh and local fruit! 330-0100.

SENSORY SENSITIVE SUNDAYS:

Early entry with minimal crowds at Chuck E. Cheese. 397-7855.

MONDAY, JAN. 8th

4 and 5 READY TO STRIVE: Get your child ready for kindergarten. 392-2029/392-2054.

ACTING COURSES FOR CHILDREN:

Professional classes are Monday-Friday at different times for different ages. Please call to reserve space. 322-2800.

GOLDEN EMPIRE CHORUS: BARBERSHOP HARMONY

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

IMAGE CLEAR ULTRASOUND

MOBILE UNIT: Image Clear

Ultrasound Mobile Unit will be at the DreamCenter Bakersfield providing free pregnancy tests, free pregnancy verifications, free ultrasound for first trimester pregnancy. 326-1907.

KERN COUNTY CHAPTER OF CALIFORNIA TURTLE AND TORTOISE CLUB:

Created for 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.

totshots

Walgreens
Wednesday, January 3rd
40 Chester Avenue, Bakersfield
9:00 am to 2:00 pm

Walgreens
Thursday, January 4th
3301 Panama Lane, Bakersfield
9:00 am to 2:00 pm

Walgreens Pharmacy
Monday, January 8th
4306 Ming Avenue, Bakersfield
9:00 am to 2:00 pm

The Park at Riverwalk
Tuesday, January 9th
11298 Stockdale Hwy.,
Bakersfield, 9:00 am to 2:00 pm

Kern County Dept. of Human Services
Wednesday, January 10th
100 E. California Avenue,
Bakersfield, 9:00 am to 2:00 pm

Walmart
Thursday, January 11th
2601 Fashion Plaza, Bakersfield
9:00 am to 2:00 pm

**Benton Park Center/
Dollar Tree**
Monday, January 15th
2705 So. H Street, Bakersfield
from 9:00 am to 2:00 pm

Mercado Latino
Tuesday, January 16th
2105 Edison Highway,
Bakersfield, 9:00 am to 2:00 pm

Adventist Health Bakersfield
Wednesday, January 17th
2800 Chester Avenue,
Bakersfield, 1:00 pm to 6:00 pm

Wal-Mart Supercenter
Monday, January 22nd
5075 Gosford Rd., Bakersfield
from 9:00 am to 2:00 pm

Vallarta Market
Thursday, January 25th
600 Bear Mountain Blvd., ARVIN
from 9:30 am to 2:00 pm

NOR Riverview Park
Monday, January 29th
437 Willow Drive, Bakersfield
from 9:00 am to 2:00 pm

Walmart
Tuesday, January 30th
401 Central Ave., WASCO
from 9:30 am to 2:00 pm

New Life Church
Wednesday, January 31st
4201 Stine Rd., Bakersfield
from 9:00 am to 2:00 pm

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

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. 869-2320.

TUESDAY, JAN. 9th

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.

BABY CAFE: Bring the baby and get your questions answered. 747-5195.

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

EVENING CAREGIVER SUPPORT GROUP:

Come and share your experiences with people who understand what you're going through. 393-8871.

FAMILY NIGHTS AT THE ICE CENTER OF BAKERSFIELD:

Get the whole family together for tons of fun. 852-7400.

FAUNA FOR THE FUTURE REPTILE CLUB MEETING:

Families, children and reptiles welcome! 324-6350.

FREE ACTING CLASS: For children 5-17 years old who have never attended before. 322-2800.

HOFFMANN HOSPICE- ADULTS GRIEF SUPPORT GROUP:

If you or someone that you love has suffered a loss we encourage you to try to locate a support group in your area. 410-1010.

IMAGE CLEAR ULTRASOUND MOBILE UNIT:

Image Clear Ultrasound will be in Wasco to offer free pregnancy tests, free medical pregnancy verifications and free ultrasound for first trimester pregnancy. 327-1907.

MOPS - OLIVE KNOLLS NAZARENE CHURCH:

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

N.A.M.I. FAMILY SUPPORT GROUP:

The National Alliance on Mental Illness (NAMI) is a non-profit

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.

WARMLINE MOM & BABY GROUP:

For moms with babies birth through one year. 323-3531.

WARMLINE MOM & TODDLER GROUP:

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

BEGINNING ART CLASS (GRADES 7-12 & ADULTS):

Beginning Drawing, Painting, Mixed Media and Sculpture class. 301-2195/869-2320.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:

Celebrate reading by enjoying stories, songs, rhymes, & fun for your 3 to 5 year old. 11AM. 868-0701.

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.

S.T.E.A.M. ACTIVITY AT SOUTHWEST BRANCH LIBRARY:

Join your friends for a STEAM themed activity, and take your projects home! Ages 6-12. 4PM. 664-7716.

WEDNESDAY, JAN. 10th

AWANA AT WESTSIDE CHURCH OF CHRIST:

Each week, kids will experience Biblical teaching, games and activities, and 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. Ages 3 years to Highschool. 6PM. 833-4345.

HOFFMANN HOSPICE- HEALING HEARTS:

This group is for adults who have suffered the loss of a child. 410-1010.

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER:

It's like VBS every week, for kids 4-12! 7PM. 342-2078.

SIP N' SIT:

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

SPINNING TALES: Free for parents of children 18 months-5 years. 392-2029/392-2054.

TODDLER TIME WITH MISS JADE AT BARNES & NOBLE:

For toddlers to third grade. We'll have a great time with stories, coloring or crafts, and some snacks. 10AM. 631-2575.

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. 4PM. 664-7716.

CONDORS GAME: Cheer on the Condors as they play. 324-7825.

LEGO CLUB AT MOJAVE BRANCH LIBRARY:

Unleash your creative side and design your best LEGO creation. Sponsored by Recurrent Energy. 2PM. 824-2243.

THURSDAY, JAN. 11th

FREE ACTING CLASS:

For children 5-17 years old who have never attended before. 322-2800.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP:

FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

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.

MOPS - VALLEY BAPTIST CHURCH:

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

SPECIAL FRIENDS, JOYFUL HEARTS:

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

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.

CSUB MEN'S BASKETBALL GAME:

Cheer on the Roadrunners! 654-BLUE.

FRIDAY, JAN. 12th

BAKERSFIELD MINERAL MITES:

Rock & mineral club for ages 7-18 yrs. Special activities monthly. 324-5907.

FIT N FUN FRIDAYS:

Free for parents of children 18 months-5 years. Experience with your child play activities followed by a simple science, creative, and/or hands-on-activity in this class. 392-2029/392-2054.

FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:

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

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:

Attend monthly craft projects & get creative! Join us to create the craft of the month. Arkelian Children's Room. 3PM. 868-0701.

BC MEN'S BASKETBALL:

Go and cheer on the Renegades as they play! 395-4266.

CONDORS GAME:

Cheer on the Condors as they play! 324-7825.



FREE FAMILY FLIX BEFORE 6

Thursday, January 11th

Enjoy watching the movie, *The Jungle Book* (Live Action 2016, PG), with your friends and family. The film begins at 6:00 p.m. and doors open at 5:45 p.m.

Beale Memorial Library 868.0701.

SATURDAY, JAN. 13th
FREE DAY at the MARTURANGO MUSEUM: Entrance to the museum exhibit areas is FREE for everyone on the second Saturday of each month. 10AM-5PM. 760-375-6900.

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

YOKUTS PARK FUN RUN: Choose from a 2, 3, or 5 mile run. 7AM.

SESAME STREET LIVE: Jump to the beat with your friends on Sesame Street! Introducing an all-new, interactive show that unfolds on one of the world's most famous streets at the funniest, furriest party in the neighborhood... get ready for Sesame Street Live! Let's Party! Rabobank Arena, 2pm/6pm. 852-7309.

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.

CPR/AED FOR THE PROFESSIONAL RESCUER AND HEALTH CARE PROVIDER: Red Cross training combines discussions and video with hands-on skills training. 324-6427.

BOOK CLUB AT SOUTHWEST BRANCH LIBRARY: Martin Luther King, Jr. Check out a book about Martin Luther King, Jr., and come to our Book Club for Kids ready to talk about it! 12PM. 664-7716.

OUTDOOR SURVIVAL PREPAREDNESS: Kids and their parents learn how to stay safe and sound in nature. 858-1115.

FAMILY STORYTIME AT DELANO BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for the whole family. 2:30 PM. 725-1078.

SUNDAY, JAN. 14th
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: Spend your Sunday at the Farm, petting the animals in the petting zoo, enjoying a hay ride, playing with the corn cannons, bouncing on the giant pillow and riding the train. 330-0100.

MONDAY, JAN. 15th
ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.): Be encouraged by God's word to overcome addictions. 323-2851 xt 30.

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.

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

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

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

TUESDAY, JAN. 16th
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.

CIVIL AIR PATROL-BAKERSFIELD COMPOSITE SQ 121 MEETING (CADETS): If you're dreaming about a career in aviation, space, or the military, CAP's Cadet Program is for you. 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.

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

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

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

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

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

KERN COUNTY'S ROSIE THE RIVETERS AT BEALE MEMORIAL LIBRARY: Lori Wear of the Kern County Historical Society will talk about the amazing women who worked during World War II. 11:30 AM. 868.0701.

TEENS & TECH AT SOUTHWEST BRANCH LIBRARY: Video Game

Design. Design your own game, and after three classes, you can save it on a flash drive and share it with friends and family! 3:30 PM. 664-7716.

WEDNESDAY, JAN. 17th
AWANA AT WESTSIDE CHURCH OF CHRIST: Awana is a faith-based children's program designed to help kids develop biblical values, strong character and the tools they need to build a solid, spiritual foundation for their lives. 831-4460.

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

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

KIDS CONNECT 2 CHRIST AT SOUTHWEST CHRISTIAN CENTER: It's like VBS every week, for kids 4-12! 7PM. 342-2078.

OPEN CALL DAY FOR ACTORS AND ACTRESSES: All ages welcome for talent agency representation. Actors and models must bring headshot and/or resumes. 322.2800.

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

SPINNING TALES: Free for parents of children 18 months-5 years. Come join the fun with your child and listen to a new storybook each week. 392-2029/392-2054.

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

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

ALZHEIMER'S CAREGIVER SUPPORT GROUP: Come and share your experiences in a safe place to talk and listen to others. 665.8871.

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

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

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.

BC MEN'S BASKETBALL: Go and cheer on the Renegades as they play! 7PM. 395-4266.

COMPUTER COACHING AT DELANO BRANCH LIBRARY: Arrange a one-on-one computer session with a coach. 12PM. 725-1078.

WINNIE THE POOH DAY AT MOJAVE BRANCH LIBRARY: Come join us for crafts, games & prizes! Dress as your favorite Winnie the Pooh character! 2PM. 824-2243.

THURSDAY, JAN. 18th 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: Image Clear Ultrasound Mobile Unit will be in Arvin each Thursday afternoon, providing free pregnancy tests, free medical pregnancy verifications and free ultrasounds in the first trimester of pregnancy performed by Registered Nurse. 326-1907.

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

MARTY STUART AND HIS FABULOUS SUPERLATIVES: Come hear them play at the Crystal Palace. 328-7560.

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

MOPS - THE BRIDGE BIBLE CHURCH: 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.

CRAFTY TEENS CLUB AT BEALE MEMORIAL LIBRARY: Are you crafty? Do you like to make stuff? Create and learn a new craft with the supplies provided. Tejon Room, 2nd floor. 4:30 PM. 868.0701.

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

TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY: Teens, grades 7-12, you are invited to chat about your favorite books & movies, play awesome games with friends, & make the library a great place. 5PM. 725-1078.

FRIDAY, JAN. 19th 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.

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

KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY: Attend monthly craft projects & get creative! Join us to create the craft of the month. 3PM. 868-0701.

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading and enjoy stories, songs, rhymes & fun. 9:30 & 10:30 A.M. & 4 P.M. 664-7716.

SATURDAY, JAN. 20th FARMERS MARKET: Looking for the freshest fruits and vegetables? 3201 F St, Bakersfield. 8AM-12PM.

LAKESHORE FARMER'S MARKET-WOFFORD HEIGHTS: We have some great farmer's markets in Kern County, and this is another one. 760-417-9575.

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

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

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 10:30 AM. 664-7716.

CASH FOR COLLEGE WORKSHOP AT BEALE MEMORIAL LIBRARY: Sponsored by Youth 2 Leaders Education Foundation. For more information, call Maria Moreno, Program Coordinator, at 374-8817.

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

FAMILY STORYTIME AT DELANO BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for the whole family. 2:30 PM. 725-1078.

SUNDAY, JAN. 21st 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.

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.

MONDAY, JAN. 22nd 4 and 5 READY TO STRIVE: Get your child ready for kindergarten. 392-2029/392-2054.

ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.): Be

encouraged by God's word to overcome addictions. 323-2851 xt 30.

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Image Clear Ultrasound Mobile Unit will be at the DreamCenter Bakersfield providing free pregnancy tests, free pregnancy verifications, free ultrasound for first trimester pregnancy. 326-1907.

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

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

CHILDREN'S ART CLASS (GRADES 1-6): Class includes instruction in a variety of art skills, focusing on drawing and painting, sculpture, printing ceramics and crafts. 869-2320.

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

TUESDAY, JAN. 23rd 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.



FREE ACTING CLASS: For children 5-17 years old who have never attended before. 322.2800.

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

MOPS - OLIVE KNOLLS NAZARENE CHURCH: MOPS



TRAXXAS MONSTER TRUCK TOUR

Fri. January 19th

Motorsport entertainment's epicenter with the nation's most competitive Monster Trucks. **Rabobank Arena, 7:30pm. 852-7300.**



GOLDEN DRAGON ACROBATS

Sat. January 27th

If you like thrilling and heart stopping acrobatics, enthralling contortionists, graceful and elegant traditional dance, and beautiful costumes, you and your family will not want to miss this! **Fox Theater, 7pm. 322-5200.**

International is dedicated to meeting the needs of every mother of preschoolers. 399-3303.

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

WARMLINE MOM & BABY GROUP: Don't sit at home alone with your baby; come on out and join with other moms to discover the world of mothering together. 323-3531.

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

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

BEGINNING ART CLASS (GRADES 7-12 & ADULTS): Beginning Drawing, Painting, Mixed Media and Sculpture class. 301-2195/869-2320.

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

GOT YARN AT DELANO BRANCH LIBRARY: Whether you love to knit, crochet, or loom, join yarners of all ages & skill levels as we sit & stitch. Bring your own yarn & needles. 5PM. 725-1078.

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

WEDNESDAY, JAN. 24th ALZHEIMER'S SPOUSE SUPPORT GROUP: Come and share your experiences in a safe place to talk and listen to others. 665.8871.

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

FRESH HOPE MENTAL HEALTH SUPPORT: Fresh Hope is a peer to peer wellness approach to mental health recovery based on

6 tenets that empower people to connect both their faith and recovery principles. 871-1150.

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

OPEN CALL DAY FOR ACTORS AND ACTRESSES: All ages welcome for talent agency representation. 322.2800.

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (LAKE ISABELLA): FREE Grief Support Group open to anyone in the community who has suffered a loss. Please call ahead if you have a child in need. 760-379-5038.

SPINNING TALES: Come join the fun with your child and listen to a new storybook each week. 11AM. 392-2029/392-2054.

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

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

CHILDREN'S ART CLASS (GRADES 1-6): Class includes instruction in a variety of art skills, focusing on drawing and painting, sculpture, printing ceramics and crafts. 330-2676/869-2320.

BARKS & BOOKS AT BEALE MEMORIAL LIBRARY: Build your reading skills & enhance self-esteem, by reading aloud to an affectionate furry friend. Ages K-8. Registration Required. 868.0701.

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

BC MEN'S BASKETBALL: Go and cheer on the Renegades as they play! 7PM. 395-4266.

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

THURSDAY, JAN. 25th 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 GROUP: FREE Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Free medical pregnancy verifications and free ultrasounds in the first trimester of pregnancy performed by Registered Nurse. 326-1907.

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

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

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

BEGINNING ART CLASS (GRADES K-12 & ADULTS): Beginning Drawing, Painting, Mixed Media and Sculpture class. 301-2195/869-2320.

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

OTAKU CLUB AT BEALE MEMORIAL LIBRARY: Anime fans unite! Join us and discuss your favorite anime, manga, music, & more! Teen Lab. 4PM. 868.0701.

FRIDAY, JAN. 26th 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: Free for parents of children 18 months-5 years. 392-2029/392-2054.

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

CERAMICS ART CLASS (GRADES K-12): Students will learn step-by-step instruction of inventive hand build projects from the simple coil built pot to complex slab build sculpture. 301-2195/869-2320.

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

TODDLER TIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading and enjoy stories, songs, rhymes & fun. 9:30 & 10:30 A.M. & 4 P.M. 664-7716.

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

GAME ON! FAMILY FUN AT BEALE MEMORIAL LIBRARY: Are you ready to game? Enjoy family fun and new board games at the library for all ages. 3:30 PM. 868.0701.

SATURDAY, JAN. 27th STORYTIME AT BARNES & NOBLE: Join the local Barnes & Noble for a storytelling time for children and families. 11AM. 631-2575.

BAKERSFIELD CARS & COFFEE: We know that all kids, young and old are obsessed with cars. 7-9AM.

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

GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes & fun for the whole family. 10:30 AM. 664-7716.

TEEN ACTING WORKSHOP AT BEALE MEMORIAL LIBRARY: Come work on your acting chops with a pro! 10AM. 868-0701.

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

FAMILY STORYTIME AT DELANO BRANCH LIBRARY: Celebrate reading by enjoying stories, songs, rhymes, & fun for the whole family. 2:30 PM. 725-1078.

EL CAMINO VIEJO WILDERNESS HIKE: Naturalists will lead a 4-6 mile hike through wilderness that once was the route of the wagons traveling between El Pueblo de Los Angeles and early San Francisco. 858-1115.

SUNDAY, JAN. 28th SAN EMIGDIO EXPRESS AT WIND WOLVES: Catch a ride with us for more hiking opportunities. 858-1115.

HAGGIN OAKS FARMERS MARKET: The Haggin Oaks Farmers Market is the place to be. 334-2033.

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

BEGINNING ART CLASS (GRADES K-12 & ADULTS): Beginning Drawing, Painting, Mixed Media, Ceramics and Sculpture class. 301-2195/869-2320.

MONDAY, JAN. 29th 4 and 5 READY TO STRIVE: Get your child ready for kindergarten. 392-2029/392-2054.

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

IMAGE CLEAR ULTRASOUND MOBILE UNIT: Image Clear Ultrasound Mobile Unit will be at the DreamCenter Bakersfield providing free pregnancy tests, free pregnancy

verifications, free ultrasound for first trimester pregnancy. 326-1907.

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

CHILDREN'S ART CLASS (GRADES 1-6): Class includes instruction in a variety of art skills, focusing on drawing and painting, sculpture, printing ceramics and crafts. 330-2676/ 869-2320.

COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY: De-stress from daily life with conversation and coloring. Materials provided. 4PM. 824-2243.

TUESDAY, JAN. 30th 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.

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

OPTIMAL HOSPICE CARE - GRIEF SUPPORT (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.

PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY: Celebrate reading by enjoying

stories, songs, rhymes, & fun for your 3 to 5 year old. 11AM. 868-0701.

PUZZLEMANIA AT DELANO BRANCH LIBRARY: Join us as we celebrate National Puzzle Day! 4:30 PM. 725-1078.

YOUNG STORYTELLERS AT SOUTHWEST BRANCH LIBRARY: Bring a story or make one up on the spot, and get help making your story really POP! 4PM. 664-7716.

WEDNESDAY, JAN. 31st AWANA CLUB AT FELLOWSHIP BAPTIST: Children will learn Bible verses and play games. 833-4345.

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

HOFFMANN HOSPICE- HEALING HEARTS: There is nothing like losing a child and Hoffmann understands that. We care for children and their families as part of our Starlight Pediatric Program. 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.

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

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.

READER ADVISORY BOARD AT SOUTHWEST BRANCH LIBRARY: Wondering what to read next? 5PM. 664-7716.



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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Traditional Service at 8:00
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Sunday Afternoons
4:00 GriefShare Class

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

Thursday Nights
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10:45 am - Worship Celebration (English & Spanish)
4:30 p.m. - Trek & Journey (7th - 12th grades)
5:00 pm - Enrichment Classes, & Ra's, Ga's (1st-6th)

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



The Tradition of the Epiphany

By Family Features

While some may think the holiday season ends once New Year's Day comes and goes, for Christians, the season continues into January with the feast of the Epiphany.

The Epiphany occurs 12 days after Christmas, which falls on January 6 (or January 19 for some Orthodox churches that celebrate Christmas on January 7). The Epiphany celebrates the Three Kings, also known as the Three Wise Men, who visited Jesus shortly after his birth.

The Epiphany is celebrated by Catholics and Orthodox Christians. Among Hispanics, the day is known as El Día de los Reyes.

Many traditions are included in Epiphany celebrations. According to the Center for Christian Ethics at Baylor University, three historical traditions of the Epiphany include baking a "Kings' Cake," marking a door lintel with the Magi's blessing, and participating in worship with lighted candles. Some families also exchange gifts on the Epiphany to commemorate the gifts of gold, frankincense and myrrh that the Three Wise Men presented to Jesus upon arriving at the manger.

Chalking doors

Celebrants of the Epiphany can mark their own doors, also called "chalking the doors." This tradition is a centuries-old practice that serves as a request of Christ to bless the homes marked so that all those who dwell inside remain blessed throughout the year. The marking includes the first digits of the year, followed by the initials of the Magi — Caspar, Malchior and Balthazar — followed by the last digits of the year. For 2018 the formula should read: 20+C+M+B+18. Others believe the letters represent the abbreviation of the Latin phrase "Christus mansionem benedicat," or "May Christ bless the house."

King cakes

King cakes vary by region. In Spain, local bakers make a special ring-shaped roll. In France, it is a flat almond cake with a toy crown cooked inside. In Mexico, bakers put a figure of Baby Jesus inside a cake. The person who finds the figure is awarded the honor of baking or providing the cake for the following year and hosting the Epiphany celebration.

Lighting candles

Individuals are urged to keep candles lit on the Epiphany. This is to symbolize how Jesus' presence on Earth was comparable to light entering a darkened world.

The arrival of the New Year beckons an important religious celebration that extends the magic of the Christmas season.

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- Super Bowl-Sports LEGO Workshop Saturday, Feb. 3rd, 10am-12:30pm Canyon Hills Assem. of God Church Gym
- Autism Spectrum Disorders Seminar Series 3: Sat., March 17th, 9am-12pm, with Speaker Alex Plunk, Autistic Adult Topic: Adult Transitions-Puberty, Relationships, Bullying, College & More

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7	2	9	1	6	8	3	4	5
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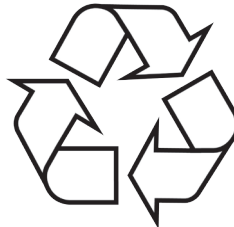
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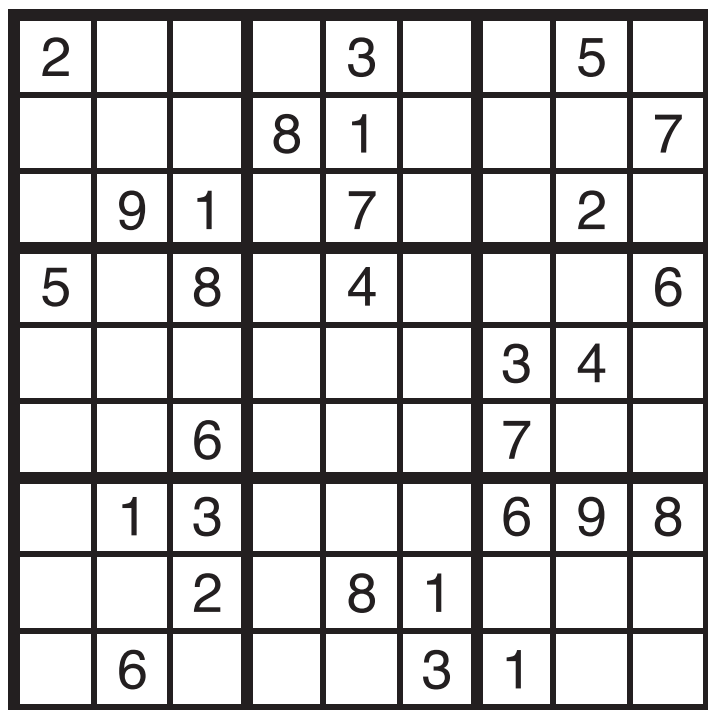
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Sudoku



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!

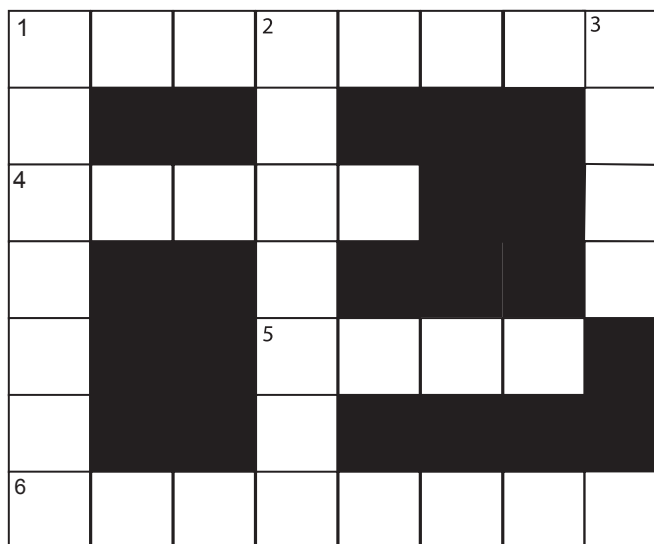
Get Scrambled

Unscramble the words to determine the phrase

BYCRE CSEYUTIR



Crossword Puzzle



ACROSS

- Starchy side dish
- Mexican-style food in shells
- To eat
- Food between bread slices

DOWN

- Meat and vegetable in pasty doughs
- Stayed away from
- Hot broth

Technology Word Find

Find the hidden words in the puzzle

COMPUTER
DATA
DELETE
FILES

INTERNET
LOCK
ONLINE
PASSWORD

PERSONAL
PRIVACY
SECURE
SHARE

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