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# kern county **Family** Magazine **free**

FEBRUARY 2018



**Is This  
NORMAL?**  
Baby Stuff  
No One Warned  
You About

A New  
Mom's Guide

# Baby Love

**TAKE  
CARE**  
*of your*  
**HEART**

*plus:* local dining review p.18 give the gift of love p.6  
KCFM GIVEAWAY! Best Baby Products p.12

**Special  
INSERT  
Inside!**



# Delivering humankindness.

Dear Mom-to-Be:

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**MEMBERS OF**



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**Baby Love!**

A New Mom's Guide

Cover/Left: Emi (4), Audrey (7) and baby Scottie (now 7 months), shown here with parents Andy and Stephanie Sheffield, were photographed by Lorie Chambless.

See more of her baby and family photography at [www.loriechambless.com](http://www.loriechambless.com)



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dear reader



Vaun Thygerson,  
Contributing  
Writer

**M**y friend once jokingly told me that I was one plastic bin away from being considered a hoarder. Although she said it sarcastically and all in good fun, there was some truth to the statement: My house could use a serious de-cluttering.

I was complaining about this to a few friends and we decided to start a 30-day "Clear the Clutter" Challenge from [www.thatonemom.com](http://www.thatonemom.com).

The first day of the challenge, I was tasked to find 10 things to sell or give away and we were supposed to text a picture of our discarded junk when we accomplished it. I was determined to do this and knew I could easily find 10 things to donate.

**I failed.** Instead of giving away 10 items, I bought at least 10 items during an unsanctioned, off-the-book excursion to the land of Nordstrom Rack.

Man, I need an intervention! My clutter is growing in the wrong direction. As Francine Jay says, "Your home is living space, not storage space."

This unruliness has been a lifelong problem. Growing up, my room was always a cluttered mess. My mom used to call it "creative chaos." I have one son who has followed in my footsteps, and if the cleanliness of his room equates to his level of creativity, then I have given birth to a creative genius. His room is cluttered with all of his interests – everything from football gear to music equipment to shoes. Oh, the shoes!

One way to get more organized is to make it a family affair and enlist all the kids to help out. After all, it will give you an excuse to spend quality time together.

In Dr. Kirk's article, "Displays of Love," he writes about how spending time together is one way you can show love to each other. He also writes

about how necessary it is to show affection and love at home. These seemingly simple actions make children feel loved. As constant role models to our children, we need to be considerate and thoughtful with our actions to help them reach their full potential.

In this month's Humor at Home column, "Too Much Starch," on page 16, Tracie Grimes writes about a day where things don't turn out as expected. After an already long and hard day, she starts to make gravy, but even that turns into mayhem. With a mishap when opening the starch box ends in cornstarch everywhere, including clumping in her wet hair, she loses it. She does her best to regroup and stand firm among the chaos.

And speaking of things not turning out as expected, what do you do when you have an infant that spits up after EVERY feeding or, when you change the dreaded diaper, it just looks, well, frightening? We'll tell you what to look for on page 8.

February brings with it Valentine's Day where we can celebrate our love and romance with chocolate, flowers, and ginormous, cuddly teddy bears.

Thank you to Rick Smoot, owner of Too Fat Sandwiches, for hosting a restaurant review, page 18, so KCFM can let its readers know about a fabulous place to eat. Not only do they offer delicious sandwiches, salads, soups, and desserts, they cater all types of events. You can also order your Valentine a fabulous fruit bouquet that will surely put a smile on his or her face.

*Happy Valentine's Day!*

Ready to take the  
Clear the Clutter  
Challenge?  
visit [thatonemom.com](http://thatonemom.com)  
for details and  
encouragement!

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

### FROM YOUR HOME

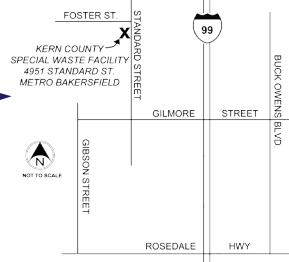
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## Recruiting Kern County Teachers

Registration is now open for the 18th Annual Kern County Teacher Recruitment Fair scheduled for Saturday, March 17, from 8 a.m. to noon at the Larry E. Reider Education Center, 2000 K St. Individuals who are fully-credentialed, intern-eligible and holders of bachelor's degrees or higher are invited to attend to see what positions or anticipated future openings may be available in the 2018-2019 school year.

Sponsored by the Kern County Superintendent of Schools Office, this is the county's largest gathering of school district recruiters in one location. Districts are interested in meeting individuals who qualify for multiple subject, special education, speech pathologist, school nurse, school psychologist, single subject credentials and substitutes.

All eligible individuals are encouraged to pre-register online at <https://trf.kern.org>. **For more information, please contact event coordinator Evelyn Feliciano at 661-636-4750.**

## Night to Shine Prom

Join Night to Shine for an unforgettable prom night experience for those with special needs, ages 14 and up. Sponsored by the Tim Tebow Foundation, this event will be held locally on Friday, Feb. 9, at CrossRoads Christian Fellowship, 2500 Fairfax Road, from 6 to 9 p.m.

Night to Shine is a worldwide event that will be celebrated at 540 churches, with 90,000 honored guests, with the help of 175,000 volunteers. The night will include a walk down the red carpet, dancing, and light snacks. A care provider room will be available.

To register, email [nighttoshineccf@gmail.com](mailto:nighttoshineccf@gmail.com). For more information, visit [www.timtebowfoundation.org](http://www.timtebowfoundation.org).

## Celebrate California History Day

Hundreds of students will step back in time at Kern County Museum's California History Day on Thursday, Feb. 22 from 9 to 11:30 a.m. Designed for fourth grade students based on California standards, trained docents will lead tours in many Pioneer Village buildings and educational hands-on stations.

**To schedule a tour for your class, please fill out a reservation form at [kcmuseum.wufoo.com/forms/tour-reservation](http://kcmuseum.wufoo.com/forms/tour-reservation).**

## Teen Girls' Self-Defense Class

The Alliance Against Family Violence and Sexual Assault Outreach Center will host a Teen Girls' Self-Defense class for girls ages 13 to 18 on Tuesday, Feb. 20 from 5:45 to 8:45 p.m. at 1921 19th St. Mothers are welcome to bring their daughters to this special class where they will learn practical self-defense techniques from David Woods of Bakersfield Elite Marshall Arts and Karen of Damsel in Distress Defense. Dress in comfortable clothing and socks.

Space is very limited, so reserve your spot by calling **661-322-0931**.

## Go Red for Women

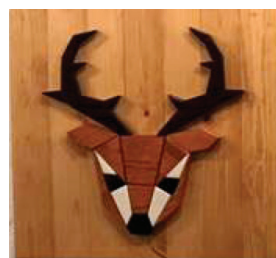
Don't forget to wear red on Friday, March 2, at the Go Red for Women Luncheon and Fashion Show at the DoubleTree by Hilton. Participate in the morning health conference from 9 a.m. to noon, with the luncheon program from noon to 1:30 p.m. This event is a fundraiser for the American Heart Association – Kern County to fight heart disease, promote awareness, and help save lives.

For more information, visit [www.ahabakersfield.ejoinme.org](http://www.ahabakersfield.ejoinme.org).



## Go Geometrix

An inspiring exhibit is bringing together the worlds of art and math while boosting opportunities for the success of our students. South High School is opening doors for careers in STEM while encouraging student creativity and expression. The power of geometry is explored in original student art-



work, and on display right now at the Empty Space Gallery, located at 706 Oak St., Bakersfield.

Geometrix will be available for viewing through March 3. A special reception is planned on Saturday, Feb. 17, from 2 to 5 p.m. There will be music and refreshments provided that afternoon, and prints of the student artwork will also be available for purchase for \$10 each. All proceeds will be

used to assist the AP Calculus students at SHS pay for the AP exam fee for the test in May.

## PRODUCTS YOU'LL LOVE



### Make Color

The Crayola Silly Scents Marker Maker (\$14.99, [shop.crayola.com](http://shop.crayola.com), ages 6+) gives kids the tools to create their own set of markers in custom colors and scents. The kit includes everything needed to design, assemble, and store 16 fruity scented markers, as well as Scratch & Sniff stickers and blank sticker sheets.



### Quick & Healthy Meals

One Potato (\$78-\$130, [www.onepotato.com](http://www.onepotato.com)) provides families with organic and local pre-prepped ingredients, plus simple step-by-step instructions to make delicious meals. Kits include tips on how to get kids involved and excited with cooking, and free organic cookie dough in every box. Special pricing is available for kids' meals.



### Be Comfy

Milk Boss from Itzy Ritzy (\$24.99, [itzyritzy.com](http://itzyritzy.com), ages birth – 24 months) is an infant feeding support, burping pillow and arm cushion all in one. Its unique, rolling egg shape finds the perfect position for baby's feeding and is lightweight, compact, portable and machine washable.



### Read & Learn

PBS KIDS 100 Words for Toddlers (\$9.99, [www.dtbwpub.com](http://www.dtbwpub.com), ages 2-3) is designed to help toddlers make their very first phrases. Curated by child development experts at PBS KIDS, this picture-packed board book empowers kids to identify and connect items in the book with what they see around them.



### Family Fun

The all-new Amazon Fire HD 8 Kids Edition (\$129, [www.amazon.com](http://www.amazon.com), ages 3-12) gives you access to 15,000 age-appropriate books, videos, apps, games, and a kid-friendly web browser, plus an 8" HD display, quad-core processor, and up to 12 hours of battery life. Parents can manage and customize up to four child profiles, set bedtime curfews, and control screen time and content.

## Give the Biggest Gift of Love

By Andrea Rose

While most people think about Cupid, roses and love on February 14, there is another side of the day that few celebrate but is about the most genuine kind of love you can imagine.



### February 14 is National Organ Donor Day.

To date, more than 14 million residents of California have agreed to become organ and tissue donors and sport the pink dot on their driver registration licenses.

"It is a question on the DMV list—do you want to be a donor," explained Linda Hartman, of J.J.'s Legacy, a nonprofit established to educate Kern County residents about organ and tissue donation and to inspire them to become registered donors.

The group started a program last year at Centennial High School, partnering with the Interact Club to promote the "Got the Dot" message. "We had five sessions and they learned about organ donation, including the 'hows' and 'whys' and how a person becomes an organ donor ... all the different questions people have," Hartman explained. "Part of the program was at the end they could get together in teams and create a video about organ donation. The kids really liked it. It was amazing what

some of these guys did."

Hartman said the top three video teams won scholarships.

"We thought it was important for them to be educated and know the facts so they can make an informed decision," Hartman said.

Hartman is passionate about organ donation. Her son is a double-lung transplant recipient after being on a waiting list for a year.

J.J.'s Legacy is named after Jeffrey Johns, a 1999 graduate of Garces Memorial High School who was a gifted athlete, playing both baseball and football.

After graduation, he entered the real estate appraisal business and became a successful loan officer for Countrywide Mortgage.

He enjoyed life, playing golf, snowboarding and hanging out with friends.

But Johns died in 2009 in the trauma center at Kern Medical Center from injuries suffered in a tragic accident.

That day, his family had to make a decision no parent wants to think about: whether to donate his organs and tissue through Donate Life California.

Though the family had never talked about donation in the past, it felt like the right thing to do, said his mother, Lori Malkin.

"Jeffrey was a giving person and if he knew that he could save someone else's life he would have done it in a heartbeat," she said.

Johns saved the lives of five people in need of organ transplants and healed 50 others through tissue donation.

His family formed the nonprofit to educate the community and provide support to donor families, each year, awarding financial support. "A lot of people don't realize you don't just get your lungs and you're good to go," Hartman said. "There is a tremendous amount of expense involved."

J.J.'s Legacy seeks to make Kern County one of the leading communities in organ and tissue donation.

**For more information on organ donation, visit [www.donatelifecalifornia.org/jjslegacy](http://www.donatelifecalifornia.org/jjslegacy).**

"Less than 1 percent of people that sign up to become donors actually become donors," Hartman explained. "There needs to be a lot of people signing up."

"Think about it now. Let your thoughts be known to your family," Hartman said. "Make that decision so your family at the time of a horrible crisis doesn't have to make that decision."

## Not even "YouTube Kids" is Always Safe

By Alexa Bigwarfe

In early November, The New York Times reported a mother who found her 3-year-old watching a video titled "PAW Patrol Babies Pretend to Die Suicide by Annabelle Hypnotized" on the YouTube Kids app. In this video, some of the characters from the Nick Jr. series died after their vehicle crashed into a light pole.

Other disturbing movies with characters such as Peppa Pig and other popular characters drinking bleach or doing other sinister activities are apparently widespread across the channel. The videos imply they are teaching the children nursery rhymes, colors, or other activities, but are actually showing inappropriate content to young viewers.

In a more recent YouTube event, the algorithms were manipulated so that whenever someone searched "how to have ...", the suggested searches were filling in with results like "how to have sex with kids."

BuzzFeed reported on this incident and postulated the occurrence was probably caused by people gaming YouTube's algorithm. If a group of people really wanted to, they could search for disturbing content, such as 'how to have sex with kids' frequently enough to make the search

result seem popular enough for it to autofill the suggested search result.

A second type of child endangerment on the site emerged as well. Videos of children on YouTube, some even uploaded by children themselves, started attracting explicitly pedophilic comments.

While these incidents are being closely monitored and fixed as quickly as possible, it's a reminder that even when our children are in "safe" areas of the internet, there are still dangers. Children need to be monitored regularly when they are accessing online content.



## New Book Answers 150 Questions

"Is the pacifier OK?"

"How do I know if my baby is allergic to a particular food?"

"How often do I need to take my child's temperature and what is the best way?"

Parents of children from birth to age 3 can turn to a new book to find answers from a pediatrician to their most frequently asked questions, from breastfeeding to fever, safe sleeping and everything in between.

"Baby and Toddler Basics: Expert Answers to Parents' Top 150 Questions" by Tanya Altmann, focuses on parents' top 150 questions, based on her years in practice, offering helpful, friendly and straightforward guidance in an easily digestible Q&A format.

Altmann's clear answers to the leading inquiries about baby and toddler health will help parents take the right actions at home and alert them when it would be best to call their pediatrician.

"Most new parents have questions—usually lots of them," Altmann said. "New moms and dads and even grandparents will greatly appreciate having trusted answers to the most frequently asked-about topics right at their fingertips."

While an internet search of these questions could yield dozens of answers, many from dubious sources, Altmann addresses parents' concerns with her expertise as a leading pediatrician backed by the trusted authority of the American Academy of Pediatrics.

"Baby and Toddler Basics" clear Q&A layout makes searching for info just as fast as an Internet search, but with immediate answers that parents can fully trust.

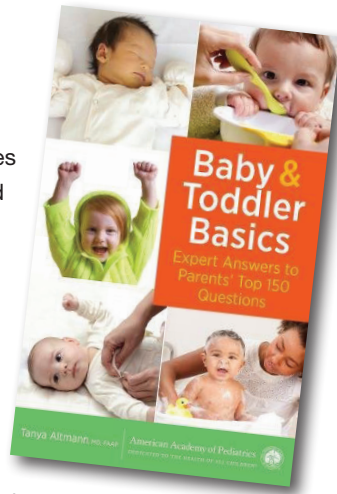
Topics covered include the delivery room, breastfeeding, developmental stages, fever, first aid and injuries, general baby care, pooping, safe sleeping and sleep challenges, stomach ache and illness, vaccines and much more.

With "Baby and Toddler Basics," parents can keep their own "portable pediatrician" in their diaper bag, on their nightstand or on their mobile device (for those who prefer e-book), always ready with reassuring answers.

Altmann, MD, FAAP, is a practicing pediatrician who founded Calabasas Pediatrics, frequent television news expert contributor and American Academy of Pediatrics spokesperson.

She is also an assistant clinical professor at Mattel Children's Hospital at UCLA, sits on the editorial advisory board for Sharecare and is the editor-in-chief of the upcoming seventh edition of the American Academy of Pediatrics flagship book, "Caring for Your Baby and Young Child: Birth to Age 5" and the author of "Mommy Calls and What to Feed Your Baby." She lives in Los Angeles with her husband and three sons.

The book is available on Amazon and in bookstores for \$16.95.



## Skip Hop Recalls Convertible High Chair

Skip Hop Inc., of New York, has recalled about 7,900 charcoal colored Tuo convertible high chairs, which can be converted into a toddler chair due to safety concerns.

The high chairs were sold at Babies "R" Us, Buy Buy Baby, Target, Kohls, Dillard's and other children specialty stores nationwide and online at Amazon.com and Skiphop.com from December 2016 through September 2017 for about \$160.

The highchairs have a reversible seat pad, removable tray, 5-point harness, beechwood footrest and legs.

Skip Hop has received 13 reports of the legs of the high chairs detaching, resulting in two reports of bruises to children.

Consumers should immediately stop using the recalled high chairs and contact Skip Hop for a free replacement.

The style numbers are 304200 and 304200CN with a date code found on the back of the chair as follows: HH102016, HH11/2016, HH3/2017 and HH4/2017.

Owners of the chairs should contact Skip Hop toll-free at 888-282-4674 from 9 a.m. to 5 p.m. ET Monday through Friday, or online at [www.skiphop.com](http://www.skiphop.com) and click on "Recalls" for more information.

## Early Puberty Predicts Depression

It is well established that girls who mature earlier than their peers face an increased risk of developing depression and antisocial behaviors during adolescence, but a new study shows that these problems persist into early adulthood, far longer than documented in any previous research.

The study, "Age at Menarche, Depression and Antisocial Behavior in Adulthood," followed 7,802 women over a 14-year span, and tracked their experiences with depression and antisocial behaviors (such as stealing, breaking and entering, and selling drugs).

Compared to later maturing peers, girls who started their periods early were more likely to experience symptoms of depression and antisocial behaviors not just during adolescence, but also as young adults (roughly age 28).

The magnitude of the early puberty effect was similar in adolescence and adulthood, suggesting that adolescent distress did not wane even after girls aged into adulthood.

Researchers conclude that pediatricians and adolescent health care providers should be aware of the increased mental health risks associated with earlier puberty and be sensitive to the duration of its effects.



## Blog of the Month: Mama Natural

Genevieve Howland used to be a "typical" mom. She ate whatever

*Mama Natural*

she wanted. She enjoyed adult beverages. She smoked a bit. But now, she eats whole foods, cut out

nicotine, alcohol and sugar and she's all about helping mothers-to-be and moms of wee ones to lead healthier and more natural lives.

Meet Mama Natural at [www.mamanatural.com](http://www.mamanatural.com) or [www.youtube.com/watch?v=mLAWLGkYPBg&feature=youtu.be](http://www.youtube.com/watch?v=mLAWLGkYPBg&feature=youtu.be)

Orange poop! Spit-up down my back!

# Is this NORMAL?!

By Andrea Rose

You've brought your baby home from the hospital. Life is great! You hold the baby and watch the baby and make sure she is breathing at least three times a night after you put her down. You feed him and burp him and get to know your little guy, counting all his fingers and toes.

And then comes time to feed and change him and—ohmygosh! What IS THAT?! The stuff in the diaper is green with orange flecks in it! That can't be normal, can it?

## Poop 101

"Green, yellow, orange—all completely normal," assures Crystal Carney, director of pediatrics at Bakersfield Memorial Hospital. "The color can change even though you are feeding them the same thing every time. It's just the body regulating what it needs and what it doesn't."

Carney said poop is something that makes many new parents nervous. "Babies don't do a whole lot to communicate with you. They eat, sleep and poop. That's all you have. It's the one measurable thing you have that they do," Carney said. "You freak out! You are so nervous you are gonna miss something and the baby doesn't give you a lot to work with."

But the nasty stuff inside the diaper doesn't have to be scary. Actually, Carney said, there's a few simple guidelines to keep in mind. Baby poop will usually start off brown. "For the first week or two, it will be brown because they are still eliminating things from mom's system," she explained.

"After that it will turn any shade of the rainbow—except it shouldn't be white, red like blood or black and sticky. If you see those shades, see a doctor immediately. Those are uncommon."

And when it comes to consistency, "This is gonna sound gross, but if you can spread it on a cracker, it's fine," Carney said.

She said one thing many of her parents worry about is that their babies may be constipated. "For the most part babies do not get constipated unless there is a serious medical condition," she said. "If it's just they haven't pooped in a few days, that's not a sign of constipation. For the most part, if a baby has not pooped for several days, it's actually normal, especially in breastfed babies. Sometimes, they can go up to seven days and that's normal as long as they're still eating."

Sometimes, parents mistakenly confuse their baby's gestures for indications of constipation. "Some babies will start to draw up their legs like they are trying to push out poop, but actually what they are doing is trying to push out gas," Carney said. "We all have gut flora. The by-product of that gut flora is gas. Babies aren't good at moving their gas."

But there is an easy solution for that. "I always suggest to parents—you can look it up online and see great videos—the 'bicycle maneuver.'



Babies love it and it's a nice interaction between mom and baby. You are moving some of those gas bubbles."

Still, she said, anytime a parent is worried about the color or texture of their child's bowels, it's OK to ask.

"Take a picture of it or even bring in the diaper to give your doctor an idea," she said. "I've had parents bring me in diapers all the time. They wanted to know, 'Is this normal?'"

## Out the other end: Spit-up

Another big question many parents have is, "Should my baby be spitting up after every feeding?"

Carney said she generally doesn't worry about that. "Babies have been spitting up since the beginning of time. That's why they have burp cloths," Carney said. "This is pretty normal."

The main reason babies spit up, Carney said, is because sometimes their eyes are bigger than their stomachs.

"Babies who take breast milk only, that's a harder meal to eat. Latching is a little more of a workout for a baby and they have to suck a little harder. As a result, babies who eat from bottles are more likely to overeat."

But as babies grow and get hungry, they will eat as much as they can without thought to whether or not their tiny tummies can hold it. "Growth spurts are often when this happens because they are taking in more than their stomachs can handle," she said.

So, should you do something to prevent having puke stains on every outfit you own?

"We tend to feed them then leave them flat on their stomachs," Carney said. "Hold baby upright for 30 minutes after feeding."

Some parents may want to consider purchasing the 15-degree angle wedges that go underneath the crib mattress to keep baby at an angle when sleeping. "If you lay baby flat right after feeding, you are basically just begging to be spit up on," she said.

Parents who bottle feed can reduce the amount they are feeding slightly to see if that makes a difference. And burping halfway through feeding is another technique that can prevent baby from consuming too much milk. "Most of the time, babies are vomiting up maybe a half an ounce to an ounce which is fine," Carney said.

The key is, is the baby still eating normally and is he peeing?

"If it's true vomiting and not just spit-up, they won't be peeing," Carney said. "If they are still peeing, but spitting up, they are probably spitting up extra they don't need."

She said most infants should pee at least four times a day. "If they're not peeing three to four times a day, it's something I would consider having checked."

## Don't be afraid to ask

Carney, who is a parent herself, said anytime a parent has a concern, it's best to ask rather than worry.

"I totally get it. I understand these fears," she said. "I would wake up in the middle of the night and check that my daughter was breathing and I'm a pediatrician."

She said parents should feel comfortable with their healthcare providers. "This is your most precious cargo and this is our job. If there's any concerns, take it to your physician," she said. "There's something in peace of mind. If you are concerned about anything, taking pictures or videos is helpful. At the end of the day, if you're nervous about telling your pediatrician about something, you need a new pediatrician."



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<https://trf.kern.org>

Pre-registered applicants will be admitted to the event at their scheduled times. Non-registered attendees should arrive at 11:00 a.m. Admittance will be determined by occupancy at 11:30 a.m.



**The heart of the matter**

The common belief is heart disease only affects older men, but that couldn't be further from the truth. "Any woman who is reaching the perimenopausal age has a risk factor," Mehta said.

**Raise awareness by donning red for National Wear Red Day on Friday, Feb 2. Go Red For Women is the American Heart Association's national movement to end heart disease and stroke in women. The movement encourages women to band together and collectively wipe out heart disease and stroke. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart-healthy life.**

He said health screenings can identify certain factors that contribute to heart disease. "In general, when someone starts reaching their early 40s, that's the time one should get checked," Mehta said. "If you have a risk factor—family history or other known indicator—certainly that age bar drops below into the 30s."

# Could Your Heart Be Broken? When chest pains aren't caused by anxiety

By Andrea Rose

Each year, one out of three women will die from heart disease—that's about one woman every minute, making heart disease the No. 1 killer in women. The statistics should make you see red. But are you concerned enough to do something about it?

The good news is 80 percent of cardiac events can be prevented with education and lifestyle changes.

"We can save lives just by creating awareness," said Viral Mehta, a cardiologist with Comprehensive Cardiovascular in Bakersfield and a clinical assistant professor at UCLA School of Medicine. "It is very preventable."

**Is it anxiety or something more serious?**

Many women experience chest pains or a feeling of a racing heart now and then, typically when under stress. To know the difference between anxiety symptoms and heart issues, you have

to look first for simple clues: Is your heart racing and do you feel clammy, sweaty or unwell while under duress or just while watching TV or sitting on the beach? Has it happened once or twice or consistently?

"Heart-disease related symptoms are not necessarily brought up by a particular trigger," Mehta said. "They will keep happening. They will not go away. If these things are persistent, absent of any obvious situation or triggers, that would be more suspicious."

Mehta said after you pay attention to when you feel chest discomfort, it may be time for a check-up with your physician.

"You cannot tell just by symptoms," he said of heart disease. But he suggests knowing your risk factors. "Smoking or tobacco use is a big one," he said. Family history of heart disease is another risk factor. High blood pressure and high lipids/cholesterol are other risk factors.

Mehta said women who want to check their heart health can begin at their family doctor, who will probably request tests that include a fasting glucose, cholesterol and lipid panel. If the tests come back normal, they will want to get retested about every five years.

Mehta said heart disease presents differently in women than in men and women often miss the clues.

"Women are playing a lot of different roles in this day and age," he said. "They are in the workplace and home and with children—they are providers for everybody. They forget to take care of themselves."

He said it's imperative that women take time to focus on their own health. "You are only going to be able to take care of others if you are well," he said. "Not neglecting your own health is very important."

Having a healthy heart is simple, Mehta said. "Understand the risk factors. Make healthy choices in your daily routine. Practice regular cardio/physical activity. Maintain an ideal body weight. And stay away from smoking and alcohol. "All those things are very important," Mehta said. "The earlier you detect it, the better the outcome."

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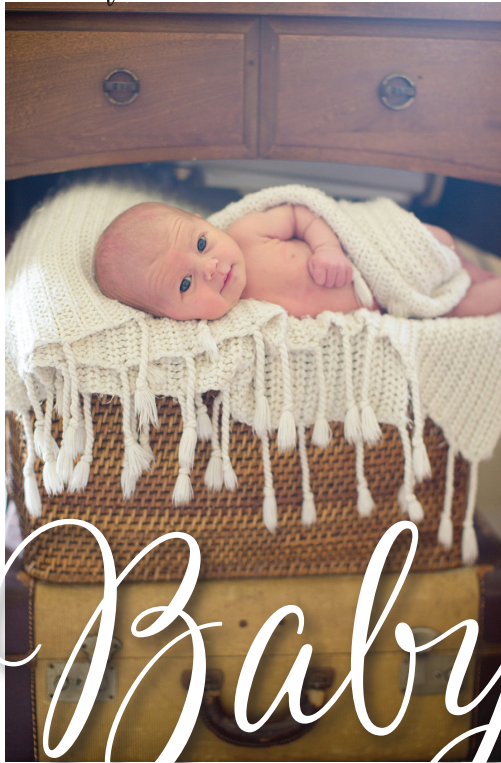


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# Baby Love

By Andrea Rose

photos by www.loriechambless.com

According to the U.S. Census Bureau, a baby is born nationwide about every eight seconds. At the last official count in 2016, the total number of babies born in the U.S. was 3,941,109.

That's a lot of little ones! But not all babies born are healthy. There are steps mothers can take to provide a healthy environment for their little ones before baby's first breath is taken.

"Healthy women have the best chance for a full-term pregnancy and a healthy baby," said Stacey D. Stewart, president of the March of Dimes. "So do all you can to make sure you are healthy, and that your body is ready for pregnancy."

Stewart said women who want to start a family should visit a healthcare provider for a pre-pregnancy check-up. Often, during the appointment, a physician will suggest women make dietary changes to provide the most healthy environment possible for baby.

The March of Dimes also offers guidelines to women who plan to become pregnant:

**Vitamins.** Start taking a daily multivitamin containing 400 micrograms of folic acid, a B vitamin. Folic acid every day, beginning before pregnancy and continuing through your pregnancy, is proven to help prevent serious birth defects of the brain and spine.

**Go green.** It's also a good idea to eat foods that contain folate, the natural form of folic acid, including lentils, green leafy vegetables, black beans, and orange juice. The March of Dimes also recommends foods made from enriched grain flour, such as bread, pasta, and cereals; and foods made from enriched corn masa flour, such as cornbread, corn tortillas, tacos and tamales.

**Be up-to-date with your vaccinations.** Ask your provider about vaccinations you should receive before pregnancy, including the flu shot and pertussis (whooping cough) booster. Learn how to avoid other infections such as Zika virus, cytomegalovirus and sexually transmitted infections.

**Take care outdoors.** Prevent bites from mosquitoes and other insects by using insect repellent and wearing long-sleeved shirts and long pants. Consider avoiding travel to areas with Zika virus.

**Practice good hygiene.** Wash your hands often with soap and water, especially before preparing or eating foods; after being around or touching pets and other animals. If you're around young children, don't share food, glasses or utensils and do not put a child's cup or pacifier in your mouth.

Every parent wants a healthy child. Make sure you take every precaution to stay as healthy as possible!

## Baby Love GIVEAWAY

New parents have so many products available to them to make life with their baby easier.

Over the next two pages, we're spotlighting some of our picks for 2018. A handful of lucky readers can even win our favorites, including

this amazing 4-1 Strolly Bike

(\$169.99, yvolution.com) convertible stroller!

Visit [www.kerncountyfamily.com](http://www.kerncountyfamily.com)

for more info!



WIN This Stroller!

# Baby Love GIVEAWAY

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## Yoee Baby

An adorable toy that helps babies develop all five senses while playfully connecting with parents and other caregivers. Featuring a teether, rattle, plush toy and signature synthetic feather tail. For ages birth-24 months  
\$24.99 | yoeebaby.com



## Lansinoh HPA Lanolin (Minis)

Safe, hypoallergenic and most effective relief for breastfeeding moms experiencing nipple soreness  
\$9.99 | www.lansinoh.com



## Lansinoh Simple Wishes™ Hands-Free Pumping Bra

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\$34.99 | www.lansinoh.com



## LatherMitts

Anyone who has given a baby a bath is familiar with how stressful and challenging it can be. They are squirmy and slippery, and the tiny washcloths you get at baby showers just don't get the job done. Sarah Stapp, founder of LatherUp Co. and inventor of LatherMitts, set out to help moms, dads, and caregivers with her revolutionary bath gloves. LatherMitts incorporates thoughtfully placed design elements to allow parents to keep a good grip on baby and get them clean, head to toe.

\$20 | www.latherup.co



## ONESIES® Brand

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\$2-\$8 | Walmart.com



## Lansinoh SmartPump Double Electric Breast Pump

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## UpSpring Milkscreen Test for Alcohol in Breast Milk

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**MORE** on page 14!

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# Baby Love GIVEAWAY

continued from page 13. Visit [kerncountyfamily.com](http://kerncountyfamily.com) to see how YOU can win!



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\$69.00 | [lorenacanal.us](http://lorenacanal.us)



## Binx Baby Shopping Cart Hammock

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## Feltman Brothers Girls Pique Collar Diamond Knit 2-Piece with Hat

This cotton pique set is adorned with a round peter pan collar with a trim that is just the added touch it needs to make it all the more special.  
\$59.95 | [www.feltmanbrothers.com](http://www.feltmanbrothers.com)



## Finn + Emma's Origami Romper

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## Finn + Emma Fawn Short Bodysuit

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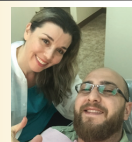
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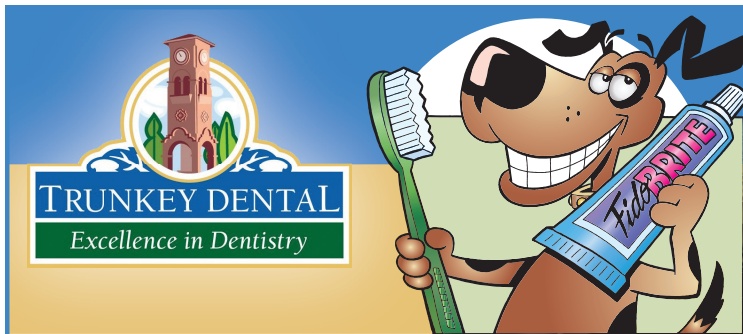
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## Too Much Starch

"Push in and lift." I had already read this instruction three times, but checked it once more just in case there was something I had missed. The flap would not budge.

"PUSH IN AND LIFT!" Now the box seemed to be screaming at me, mocking me for being so inept and incapable of following a simple instruction.

I really needed to use the cornstarch (I needed its magical powers to thicken the soup-like gravy I was making), so I tried once more to "push in and lift."

The top of the box came off in my hand along with the top of the paper liner that sealed in the powerful powder.

I looked like the leading lady in a bad sitcom, standing there with cornstarch covering almost every inch of my face.

Usually I can handle a little setback such as this. I take a deep cleansing breath, exhale slowly, and move on with my life.

But not this particular day. This particular day started out badly and was getting worse by the minute.

My bad hair day had just taken a turn for the worse because the cornstarch was congealing in my wet hair (I had just washed it).

It was one of those days where most females in the house were menopausal or PMSing (except for our dogs, Sadie and Millie). Nothing was going right. The syrup for the waffles was "too runny," according to my daughter. My son informed me that the sandwiches I had been packing for him were too soggy and made his locker "smell really weird."

I'll spare the details on how the rest of that day went; let's just say that, like Maxwell House coffee, those morning events were the best part of waking up on that particular day.

So, when the promise of pouring the smooth, creamy gravy over the fluffy mashed potatoes disappeared in a flash of white, wispy powder because I could not "push in and lift," my world came close to crashing in.

I caught a glimpse of myself in a mirror across the room as I was trying to unfasten this simple paper box, and it was not a pretty sight.

My face was contorted and tears were in my eyes as I screamed at the box and thrashed it against the countertop.

I looked like a character in a "Twilight Zone" episode who was trying to kill a small, box-shaped alien life form.

My three dogs, who witnessed the event, quivered and whined in fright. I put the empty cornstarch box down, stood up, wiped my tears, and bent down to console my quaking mutts.

"I'm better than this," I told my canine trio. "I don't need a ladle full of gravy to help me through hard times.

"My gravy may be a bit runny, my sandwiches may be soggy and emit a slightly unpleasant odor, but I am Woman, and I can hold my head high, even on the worst of hair days," I proclaimed to my furry audience as I smoothed back my hair.

The moment my fingers touched the first clump of clotted cornstarch, I knew I was just kidding myself. "I'm a loser," I whispered to nobody in particular. The dogs cocked their heads in unison, as if to say, "Tell us something we don't know."



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# Displays of Love

A child approaches her mother and asks, "Mommy, can I get a drink?" The mother, while continuing to look at her phone, says, "Yeah, sure honey, get yourself a drink."

The child stands there and, recognizing no further interaction is forthcoming, wanders off. This child will experience this event time and time again, because while the mother believes she is caring for her child through her minimalist response, she could do much more.

A father is at the city park with his two boys, ages 6 and 8 years old. As he sits on the bench, he pours over the available data on his iPhone.

Every so often, one of the boys come up to speak with him. He responds, but never takes his eyes off his phone. His answer to the son seems sufficient to him, but the child who walks away without any significant interpersonal interaction by the father, would like more.

When this scenario is repeated over and over again, a parent misses out on so much that can be given to a child, in such a loving and seemingly small way, but one that will impact a child forever.

Not only is it important to display affection toward the child, it is also essential to display affection toward your spouse.

Your children are always watching, and by being affectionate with your spouse, you are role-modeling how to be married.

Your children will model your marriage behaviors once they are older, and their happiness may depend on you consistently being affectionate with one another.

It is certainly known that affection from one person can encourage it from another, which prompts an ongoing positive relationship with the spouses and thus sets up for a relaxed and happy home for all to live.

What is essential here is we understand that as parents, we are always teaching our children about one's idea of love and attachment.

Attachment for each child is the behavior that the child commonly engages in with the parent to attain or maintain the parent-child relationship. Attachment behavior then is what the child does with a parent, which is learned over a period of time.

If a parent never makes eye contact with the child, the child will learn to not make eye contact with the adult. If the adult spends a considerable amount of time with a child in a positive sense, this then is what the child

will view as the sense of attachment.

Thus, our relationship with our children is defined day-by-day with how we interact with him or her. This then is how we tell our children they are loved—or not—by how we decide to continually interact with him or her.

The importance of displaying love in a family is essential so that the child may know, minute-by-minute, day-by-day, that he or she is loved. A child who feels loved makes good choices for oneself, does better than average in school, often plays a musical instrument, engages well with others, peers and adults alike, and does not use drugs.

When a parent displays love to a child, the parent is telling the child: You are lovable. The child then takes this message of importance and goes out into the world and acts out this message of love by being a good person. The family home is where all of this can start, but it takes the parent to initiate the acts of love.

When a parent is grouchy with a child, the child may question his or her worth. When a parent embarrasses a child, the child feels hurt. When a parent neglects a child, the child feels unwanted.

These are not acts of love, but may occur in a family home at any given time, unless the parent is wary and is careful about one's behavior. It is only when the parent expresses love through one's actions that the child will feel the love.

In order for our world to be a better place, a place where we are all treated with respect and kindness, then the message must begin at home.



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

**SAVE THE DATE!**  
**KCFM Summer Camp & Adventure Fair is April 26**  
Westside Church of Christ Gymnasium  
**Wanna be a vendor?**  
**Call Cheryl: (661) 861-4939**

**Harmony Road**  
Music School  
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- Music & Movement Classes (Ages 16m - 4 yrs.)
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[www.HARMONYROADBAKERSFIELD.com](http://www.HARMONYROADBAKERSFIELD.com)

# Too Fat Sandwiches

More Than Just Sandwiches

721 18th Street, Bakersfield  
1825 F Street, Bakersfield  
5011 Stockdale Highway, Bakersfield  
www.TooFatSandwiches.com  
(661) 631-8401

This Valentine's Day make your Valentine happy with a beautiful, fresh fruit bouquet from Too Fat Sandwiches.

Rick Smoot, owner of Too Fat Sandwiches, says most of his customers are creatures of habit and order the same meal when they come into one of his three shops. I am one of those consistent clients. My go-to order is a tri-tip sandwich served hot with BBQ sauce. When it came time to review this Bakersfield favorite, I decided I would venture out and try something else, and, in the process, I found a new favorite sandwich to order: a chicken salad sandwich on their specialty, baked-fresh-daily Holland Dutch Crust.

I have to admit that I am VERY picky about my chicken salad. But this chicken salad was perfect! Rick says the flavor comes from how they marinate the chicken in a broth with thyme and bay leaves. The rest is simple – celery, lettuce, tomato and onion seasoned with celery salt, salt and pepper. The Holland Dutch Crust bread they make in-house every day is the perfect complement to this salad. The chicken, egg, and tuna salads are all made with a simplistic flair that lets the main ingredient stand out. “A lot of people underestimate the goodness of the basic product,” Smoot says.

Most customers have a favorite sandwich. In fact, he says he remembers many of them by what they order, rather than their names. Rick's favorites are a #9 (turkey breast, Swiss, and avocado), which also happens to be their best seller, and the “Too Fat Special” (ham, turkey, and salami with American, Pepper Jack, and Swiss). His wife, Pam, usually orders the #9. I tried both of these sandwiches and they were both delicious!

Not only can you order cold sandwiches, but the menu also includes hot sandwiches, panini sandwiches, soups, and salads. Their signature hot sandwich is Killer Pastrami, which is like their regular pastrami, but smothered in picante salsa and avocado. I tried a Chicken Ranch Verde panini, which features roasted chicken, jalapeno bacon, avocado, Jack cheese, tomato, onion, and their own cilantro ranch sauce, grilled panini style.

No trip to Too Fat is complete without a homemade dessert. Their desserts are made every day from scratch and every creation I have ever



Owner Rick with General Manager Joady

tried has been delicious. Rick had me sample his favorite cookie, Almond Joy, which is named after the candy bar. It contains milk chocolate chips, almonds, and coconut. My go-to dessert there is usually the brownie, which is chocolatey and moist.

Too Fat Sandwiches is much more than just a great sandwich shop. In addition to their extensive menu, they offer catering and fruit bouquets. Although sandwich platters, box lunches, and fruit trays are catering options, I learned it includes so much more. With an extensive menu, Too Fat Sandwiches provides a lot of dishes like St. Louis BBQ ribs, Rosemary chicken, Country-style meatloaf, complete with appetizers, side dishes, and desserts. They can cater events of all sizes too – everything from a business lunch to an elegant wedding. No matter what the venue or occasion, Rick says his main goal is to provide a great meal that satisfies all guests, served on time, for a good price, and excellent customer service. For more details and a complete menu, just give him a call or visit www.TooFatSandwiches.com.

This Valentine's Day you can order your significant other a beautiful fruit bouquet made by Too Fat Sandwiches through 1800Flowers.com. If you want to save 15 to 20% on your order or customize it, you can contact Rick or Pam at (661) 331-4040 or (661) 631-8401. Make sure to get your order in soon for a Valentine's gift that is sure to delight!

KCFM DINING GUIDE



**Too Fat Sandwiches**  
Visit any of our Three Locations!

**Buy ANY Sandwich Get 2nd Sandwich FREE**  
(with coupon)  
Expires 2/28/18  
Not valid on delivery orders



• Sandwiches • Salads • Full Catering Menu

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



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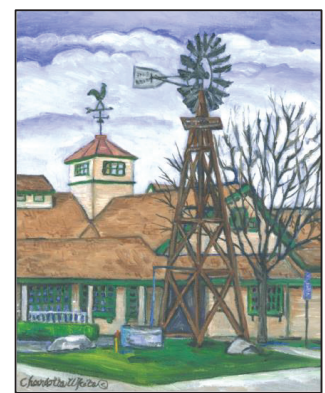
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# I Love American Kids!

**AKSC**  
AMERICAN KIDS & SPORTS CENTER

## Building Healthy Kids since 1984

Founded in 1984 as American Academy of Gymnastics, American Kids Sports Center (AKSC) has grown into one of California's most unique and successful kid's sports centers. Under the direction of owners Mike & Sheri Williams, AKSC has established an organization that sees its purpose as "helping children to learn strong VALUES with which they will set worthy GOALS and for which we must train them in the SKILLS needed to achieve those goals. Sport training is the tool we use to achieve that purpose.

We also understand achieving this purpose can be done in a setting that is positive, uplifting, rewarding, and even entertaining. And the parents' comfort and enjoyment is as much our concern as is the child's. When you first enter one of our facilities we believe you'll experience something you've never found with any of the other activities your child has been involved with. Our lobbies are spacious and clean. Our equipment is new and the most current available. The gym and lobby are air conditioned and parent viewing is the best anywhere! You have to experience it to understand how far we have gone to exceed your expectations!

# Gymnastics

If you're looking for fertile soil in which to grow life's champions... GYMNASTICS at AKSC is a great place to start!

Study after study confirms that kids involved in gymnastics are more likely to stay away from drugs, score higher on achievement tests, stay in school, have greater self esteem and live a healthier lifestyle.

Gymnastics is a multifaceted sport. This is a sport that develops physical strength, speed and agility. Not many sports encompass that variety. Gymnastics is the basis of all sports. The building blocks for athletic pursuits down the line are laid in gymnastics!

The qualities it takes to master these skills- courage, perseverance, risk, determination, vision-are the qualities that foster excellence in any endeavor.

Developing them will translate into valuable life skills and strength of character. Classes start as young as 18 months.



**AKSC**  
AMERICAN KIDS SPORTS CENTER  
**AKSC**

# Cheer

If you're looking for a sports activity that allows you to express yourself proudly, then cheerleading at American Cheer is for you! At American Cheer you'll find quality, value and variety taught by a talented staff. So whether you are interested in learning the basics or challenging yourself with more advanced cheer skills, American offers what you and/or your squad is looking for.



# Swim

Our heated indoor year-around learn-to-swim program is the most kid friendly program in town. Our goal is to teach children to swim in a positive, safe, and loving environment. We recognize that each child is an individual with different emotional and developmental abilities, and we cater each lesson to those needs. In addition to teaching the lifesaving skills of swimming, we also strive to develop each child's self-esteem, confidence and love for the water.

We strive to make our program one of the best in the world. Beginner class ratios are 3:1, the lowest in town, and our parents enjoy a comfortable air conditioned viewing experience. Our unique indoor pool is temperature controlled (water and air), the water has a salt chlorine dual computer controlled system with an ultraviolet sanitizer. Combine all of this with waveless gutters and underwater music for a beginner's paradise.

AKSC swim staff are Red Cross certified and receive constant training so that you can be assured quality instruction. We focus on making swimming safer, fun, and enjoyable, because creating a happy swimmer is a gift that lasts a lifetime! "Active members of the US Swim School Association"

# Dance

**Dance** is a powerful tool for developing many of the attributes of a growing child. Dance helps children mature physically, emotionally, socially, and cognitively. The physical benefits of dance are widely accepted, but the emotional, social and cognitive attributes have only recently begun to be appreciated. Children move naturally. They move to achieve mobility, they move to express a thought or feeling, and they move because it feels wonderful. When their movement becomes consciously structured and is performed with awareness for its own sake, it becomes dance. It is our philosophy that we develop the “whole” dancer meaning each dancer should be given a strong base of technical skills to grow from. Subscribing to this philosophy allows our dancers to soar!



# Ninja Zone

Ninja Zone is an awesome new sport discipline inspired by gymnastics, martial arts, and Ninja Warrior style obstacle courses. In the Ninja Zone classes children will learn a mix of flips, rolls, jumps, and kicks in combination with strength and agility courses. Our class goals are building confidence, trying new things, working through frustration, and challenges.

# Preschool Education

*Enroll Now!*

Active kids are active learners. It only made sense to us at American Kids that we bring the two together and combine our sports training values and principles with the academic. Our licensed preschool is dedicated to the education, growth, and overall health and development of children. By providing a structured learning environment for all activities, including academic and sports classes, children will be able to receive a comprehensive and cohesive learning opportunity inside the American Kids Sports Center!



# Martial Arts

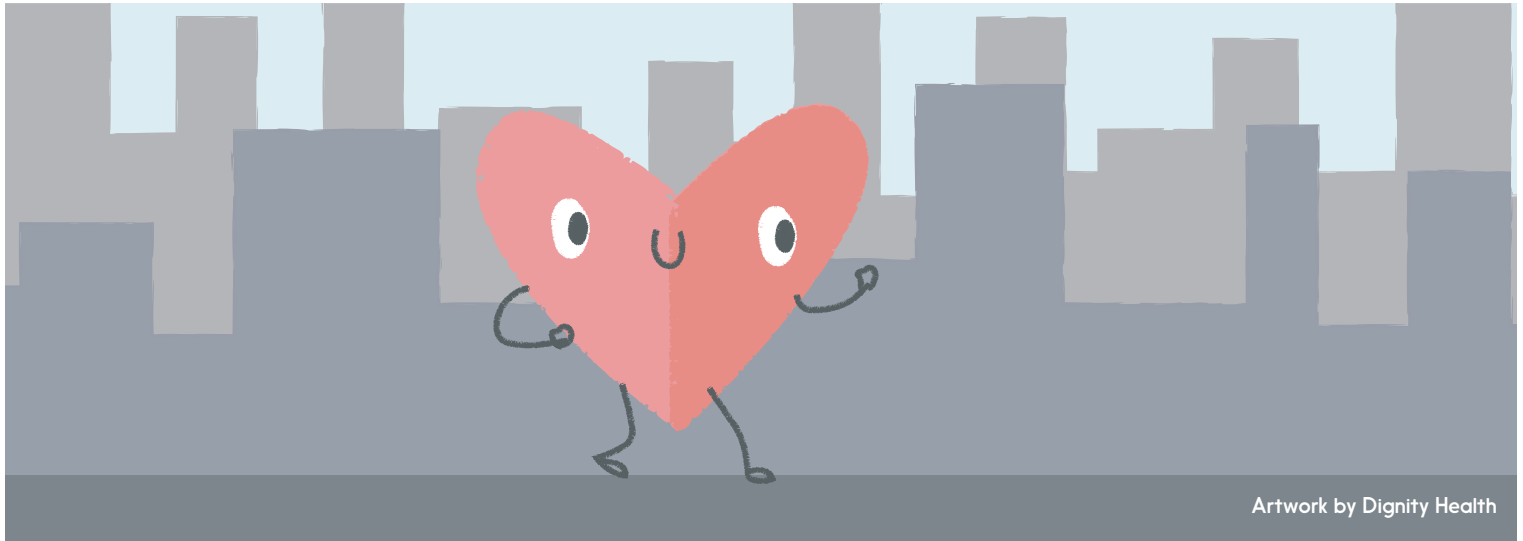
Our martial arts program offers taekwondo, mix martial arts which teaches self-confidence, self-control, self-discipline, integrity, perseverance and an indomitable spirit, as well as the ability to defend one's self. Our classes are aimed at kids as young as 30 months thru high school. We also offer self defense classes for the whole family.

American Kids Sports Center

[www.AKSC.com](http://www.AKSC.com) | 661.589.2100 | NW 3622 Allen Rd. | SW: 4401 Ride St.

# Show Kindness *to yourself!* KIND IS THE NEW COOL

We're used to seeing hearts everywhere we look during the month of February. With Valentine's Day, this month has come to be known for love and caring. Whether you're handing out cards to your coworkers, or giving roses to that special someone, you're spreading kindness. Amidst all this, it's important that we not forget about... ourselves! You might think, "Does kindness to myself just mean I get to eat all the chocolate I want?" Well...not quite. Kindness to ourselves can be quickly divided into three areas that address our health: nutrition, sleep, and mindfulness.



Artwork by Dignity Health



## Nutrition

Eating healthy can seem complicated, especially with so much misinformation and downright confusing diet trends out there. You could fill a whole book with nutritional

guidelines, so we'll just focus on one thing that we can all do to improve our health. **Eat. Less. Sugar.** We've all heard it before, probably since we were children, but it isn't just about getting a tummy ache or putting on the pounds. Overconsumption of sugar puts a unique strain on our body.

Fructose (the part of sugar that actually tastes sweet and wonderful) isn't what we need for energy. That would be glucose, and you probably remember hearing about it in science class at some point. Fructose, however, can only be processed in your body by one organ: your liver.

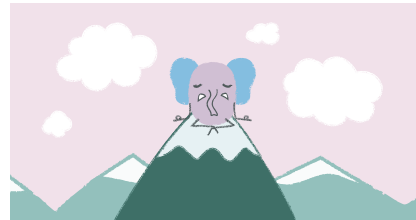
Your liver is really the MVP when it comes to letting you consume sugar. Unfortunately, your liver can get overworked. Imagine pulling an all-nighter to write an essay. At some point, you're going to make some spelling mistakes. These little mistakes happen with your liver, too. It sometimes results in the formation of bad cholesterol called "small, dense LDL," which increases the risk of heart disease. We can all agree – that's not sweet.

## Sleep

Hittin' the hay has long been regarded as a key to better health and overall happiness. We feel better about most things after a good night's rest. Believe it or not, it's only recently that we've discovered one of the most incredible things that happens during our sleep. Our brain actually gets washed. Kind of like a shower, or a car wash, our brain gets

cleansed with cerebrospinal fluid. According to Dr. Maiken Nedergaard, "It's almost like opening and closing a faucet. It's that dramatic." This cleaning flushes out waste proteins that can become toxic to our brains.

**Long story short: get some sleep!**



## Mindfulness

The topic of mindfulness has been gaining traction in public discussion for a few years now. If you're still unsure what it means, it essentially means "awareness." Practicing mindfulness encourages

taking time (even just 1 minute) to become aware of your thoughts, emotions, and surroundings. If you close your eyes and stand still for 1 minute, what do you hear? What can you feel? What can you smell? Learning to identify aspects of ourselves and our environment can help us be happier, and minimize stress. With that, we can keep not only a healthy body and brain, but also a healthy mind.

This month's Random Act of Kindness challenge is: try 5 new vegetables. And remember, "**Kind is the new cool!**"



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

local feature

# How do I love thee?

## Let me count the ways!

By Andrea Rose



a local spa or book appointments at Salt7even Float Center. The 1400 pounds of Epsom salt solution at 94 degrees creates a super buoyant environment that allows you to lie on your back in relaxation. [www.salt7even.com](http://www.salt7even.com)

**3. Enjoy an Empty Space.** Get tickets to the Empty Space theatre. This professional-quality live theater brings local actors, directors and technicians to work in a creative environment while providing great live entertainment. The 2018 season includes everything from Shakespeare classics to comedies to foreign plays. See more at [esonline.org](http://esonline.org).

**4. Be an animal-or just look at one.** Head over to the California Living Museum, between Lake Ming and Hart Park, to view more than 100 local animal species, including 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, and an underground reptile house.

**5. Get sweet.** Head over to Smith's Bakeries and pick out a sweet treat for your sweetheart. From cookies to cakes, you will find something to say "I love you." With a little planning, you could even have a custom-baked treat waiting!

**6. Gain a new perspective.** Tired of staring at the same four walls of the office or home? Grab your Valentine and head over to the Bakersfield Museum of Art for their Winter Exhibitions. Find the exhibit schedule at [www.bmoa.org](http://www.bmoa.org).

**7. Spice things up.** When was the last time you and your partner cooked together? Why not take a cooking class? The Kitchen in Bakersfield is a space devoted to cooking, food and friends. Take a hands-on class. Classes fill up fast, so make your reservation ASAP. Visit [www.thekitchenbakersfield.com](http://www.thekitchenbakersfield.com) for more.

Let's face it, you probably haven't been on a real date in weeks...months...years? **Why not?** What's that, you say you've been too busy and have no one to take care of the kids? Odds are, the kids have grown quite a bit since the last time you had date night and they may even be able to take care of themselves for an evening now.

Or maybe it's time to find that babysitter you've been talking about. Either way, it's Valentine's Day, so you have no excuse to forego date night this month—even if you don't celebrate on the 14th. **Out of ideas? Here are a few you can use:**

**1. Picnic in a park.** What's more romantic than a picnic in a park? Hart Park is one of Kern County's oldest parks, dedicated in 1929 as the Kern River Park and renamed in 1947 for Kern County Supervisor John O. Hart. But Hart Park sounds like the perfect place to toss

a blanket and break out a baguette and some vino and talk about anything—other than the kids. Or if you're feeling sporty, take a Frisbee or ball and be kids again.

**2. Float on.** Combine couple-time with relaxation when you book a couples' massage at

KCFM DINING GUIDE

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661.330.0100

f t i



# KERN COUNTY FAMILY MAGAZINE

## daily happenings

### THE BEST LOCAL CALENDAR OF EVENTS!

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



#### THURSDAY, FEBRUARY 1st

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

**BEACHBODY CARDIO & YOGA AT SOUTHWEST BRANCH LIBRARY:** 664-7716.

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

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800.

**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dance. 664-7716

**PERSONAL COMPUTER COACHING AT SOUTHWEST BRANCH LIBRARY:** Get personalized instruction from staff in 30-minute increments. 664-7716

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

**LEGO CLUB AT BEALE MEMORIAL LIBRARY:** Come build with us! All materials provided by the library. 868-0701.

**ALZHEIMER'S DISEASE ASSOCIATION OF KERN COUNTY CAREGIVER CLASSES:** 665.8871.

**CITY OF BAKERSFIELD RECREATION & PARKS ACTIVITIES:** For information on activities & programs, log onto [www.bakersfieldparks.us](http://www.bakersfieldparks.us) or call 326-3866.

**CSUB MEN'S BASKETBALL GAME:** Cheer on the Roadrunners! 7PM. 654-BLUE.

**FIRST AID:** For info regarding American Red Cross courses, call 324-6427.

**FREE WORKSHOPS FOR NON-CUSTODIAL PARENTS:** Come get answers to your important child support questions. 901-3212.

#### NOR RECREATION & PARKS

**ACTIVITIES:** For information on activities & programs, log onto [norrecreation.org](http://norrecreation.org) or call 392-2000.

**TEEN ADVISORY BOARD AT DELANO BRANCH LIBRARY:** Teens, grades 7-12. 725-1078.

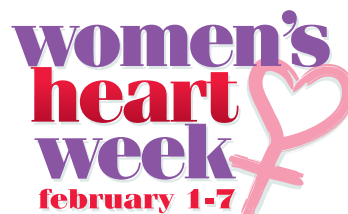
#### FRIDAY, FEBRUARY 2nd

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

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

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

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



**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Attend monthly craft projects & get creative! Arkelian Children's Room. 3PM. 868-0701

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

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** Enjoy stories, songs & craft. 824-2243

**FIRST FRIDAY ART WALK:** Family friendly arts event that showcases our county's best artists. 5 PM. 324-9000.

**FIRST FRIDAY CRUISE NIGHTS:** Come downtown and watch as classic cars cruise downtown Taft. 765-2165.

**FREE FRIDAY AT BMOA:** In participation with downtown Bakersfield's First Friday events, BMOA offers FREE admission. 323-7219.

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

#### SATURDAY, FEBRUARY 3rd

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

**TEEN ADVISORY BOARD AT SOUTHWEST BRANCH LIBRARY:** Hang out and socialize with other teens and help plan awesome programs suited to your interests! 664-7716

**GOOD SAMARITOTS AT SOUTHWEST BRANCH LIBRARY:** Kids and their families build, craft and offer thanks with carefully planned projects tailored to our community! 664-7716

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

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

**FARMERS MARKET:** 3201 F St, 8AM-12 PM.

**ASL JUNCTION AT SOUTHWEST BRANCH LIBRARY:** Storytime, crafts, and sign language all bundled together into a fun family event. 664-7716

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

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

**SPAY/NEUTER VOUCHERS KERN HUMANE SOCIETY:** Free vouchers given out for dogs and cats. 325-2589.

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

**JUST FOR KIDS PRESENTATION:** Just for kids science exploration and learning. 324-6350.

**CHILDREN'S ART CLASS (GRADES 1-6):** For additional information call 330-2676/869-2320.

**CSUB MEN'S BASKETBALL GAME:** Cheer on the Roadrunners! 654-BLUE.

**UKULELE CLUB AT BEALE MEMORIAL LIBRARY:** Join us for a rousing good time at this Uku-Nanny! 868.0701.

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

**SUNDAY, FEBRUARY 4th**  
**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.

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

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

**MONDAY, FEBRUARY 5th**  
**MOPS - NORTHSIDE COMMUNITY CHURCH:** MOPS International is dedicated to meeting the needs of mothers of preschoolers. 589-3535.

**4 AND 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054.

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

**TROOP 712 BOY SCOUTS OF AMERICA MEETING:** New/future scouts welcome to see what it's like. 832-2011

**ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.):** Free local Christian support group. 323-2851

**CHILDREN'S ART CLASS (GRADES 1-6):** Includes instruction in a variety of art skills. 330-2676/869-2320.

# FEBRUARY 2018 *daily happenings*

**COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY:** A relaxing stress-free fun way to socialize. 824-2243

**LITTLE LEARNERS:** Little Learners offer free educational, recreational, and social opportunities. 18 months-5 years. 392-2029/392-2054.

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

**C.A.L.M. SENIOR DISCOVERY DAY:** Seniors receive a discount. 872-2256

**TUESDAY, FEBRUARY 6th  
FREE ACTING CLASS:** For children 5-17 years old. 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.

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

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

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

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

**TEENS AND TECH AT SOUTHWEST BRANCH LIBRARY:** Create your own blog! Three session class. 664-7716

**TUTORING HELP AT SOUTHWEST BRANCH LIBRARY:** 664-7716

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

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-SING.

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** 301-2195/869-2320.

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

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

**PATHFINDERS AND ADVENTURERS:** A program for children 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. 868-0701.

**DO THE MATH:** Math help for students grades 4-12. Every Tues. & Wed., tutors are available. 636-HELP.

**LEGO CLUB AT DELANO BRANCH LIBRARY:** Come build with us! 725-1078.

**WEDNESDAY, FEBRUARY 7th  
UKULELE JAM AT FRAZIER PARK LIBRARY:** Join the strumming fun! Bring your own ukulele. 245-1267.

**MOMnext - OLIVE KNOLLS NAZARENE CHURCH:** MOMSnext is a ministry to mothers of school-age kids. 399-3303.

**CHILDREN'S ART CLASS (GRADES 1-6):** Includes instruction in a variety of art skills. 330-2676/861-2320.

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

**PHILOSOPHY FOR KIDS SOUTHWEST BRANCH LIBRARY:** Stretch your brain by discussing fascinating philosophical questions! 664-7716

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 831-4460.

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. Ages 3 years to Highschool. -833-4345.

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Class includes instruction in a variety of art skills. 330-2676/869-2320.

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** For parents interested in becoming foster families. 633-1700.

**FRESH HOPE MENTAL HEALTH SUPPORT:** A peer to peer wellness approach to mental health recovery. 871-1150.

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

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

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

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

**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. 868-0701.

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

**BC MEN'S BASKETBALL:** Cheer on the Renegades as they play! 7pm. 395-4266.

**TODDLER TIME AT DELANO BRANCH LIBRARY:** Parents are invited to accompany their 18-month-old through 2-year-old for music, nursery rhymes, stories and play. 725-1078.

**THURSDAY, FEBRUARY 8th  
BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 301-2195/869-2320.

**STEAM ACTIVITY AT SOUTHWEST BRANCH LIBRARY:** Crazy science experiments. 664-7716

## Listings of FREE Immunizations

# totshots

**Walgreens**  
**Thursday, February 1st**  
3301 Panama Lane, Bakersfield  
9:00 am to 2:00 pm

**Walgreens Pharmacy**  
**Monday, February 5th**  
4306 Ming Avenue, Bakersfield  
9:00 am to 2:00 pm

**The Park at Riverwalk**  
**Tuesday, February 6th**  
11298 Stockdale Hwy.,  
Bakersfield, 9:00 am to 2:00 pm

**Walgreens**  
**Wednesday, February 7th**  
40 Chester Avenue, Bakersfield  
9:00 am to 2:00 pm

**Walmart**  
**Thursday, February 8th**  
2601 Fashion Plaza, Bakersfield  
9:00 am to 2:00 pm

**Benton Park Center/  
Dollar Tree**  
**Monday, February 12th**  
2705 So. H Street, Bakersfield  
9:00 am to 2:00 pm

**Mercado Latino**  
**Tuesday, February 13th**  
2105 Edison Highway,  
Bakersfield, 9:00 am to 2:00 pm

**Kern County Dept. of Human Services**  
**Wednesday, February 14th**  
100 E. California Avenue,  
Bakersfield, 9:00 am to 2:00 pm

**Adventist Health Bakersfield**  
**Wednesday, February 21st**  
2800 Chester Avenue,  
Bakersfield, 1:00 pm to 6:00 pm

**Fiesta Market**  
**Thursday, February 22nd**  
9710 Main Street, LAMONT  
9:30 am to 2:00 pm

**NOR Riverview Park**  
**Monday, February 26th**  
437 Willow Drive, Bakersfield  
9:00 am to 2:00 pm

**La Hacienda Market**  
**Tuesday, February 27th**  
315 James St., SHAFTER  
9:30 am to 2:00 pm

**New Life Church**  
**Wednesday, February 28th**  
4201 Stine Rd., Bakersfield  
9:00 am to 2:00 pm

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

**CHILD CAREGIVER SUPPORT**

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

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

**PERSONAL COMPUTER COACHING AT SOUTHWEST BRANCH**

**LIBRARY:** Get personalized instruction from staff in 30-minute increments. 664-7716

**LEGO CLUB AT SOUTHWEST**

**BRANCH LIBRARY:** Come join us for fun with Legos. 664-7716

**FREE ACTING CLASS:** For children 5-17 years old. 322.2800.

**BABY BOUNCE AT SOUTHWEST**

**BRANCH LIBRARY:** Introduce your infants to stories, songs and dance. 664-7716

**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 providing free pregnancy tests, free medical pregnancy verifications and free ultrasounds in the first trimester of pregnancy. 326-1907.

**LEGO CLUB AT BEALE MEMORIAL**

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

**MOPS - VALLEY BAPTIST CHURCH:**

MOPS International is dedicated to meeting the needs of every mother of preschoolers. 631-6204.

**ALZHEIMER'S DISEASE ASSOCIATION OF KERN COUNTY CAREGIVER CLASSES:**

Alzheimer's & Dementia education, behaviors, stages, challenges, communication & more. 665.8871.

**CSUB WOMEN'S BASKETBALL**

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

**FREE FAMILY FLIX BEFORE 6:**

**BEALE MEMORIAL LIBRARY:** Enjoy watching the movie. The Princess and the Frog (2009, G), with your friends and family. 6PM. 868-0701.

**FRIDAY, FEBRUARY 9th**

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

**CITY OF BAKERSFIELD ANIMAL**

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

**TODDLER TIME AT SOUTHWEST**

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

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:**

Public skating FRIDAY AND SATURDAY nights from 6:30- 9:30pm.

**KIDS GET CRAFTY AT BEALE**

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

**BAKERSFIELD MINERAL MITES:**

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

**CONDORS GAME:**

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

**FAMILY STORYTIME AT MOJAVE**

**BRANCH LIBRARY:** Enjoy stories, songs & craft. 824-2243

**GAME ON! FAMILY FUN AT**

**BEALE MEMORIAL LIBRARY:** Enjoy family fun and new board games. 868.0701.

**SATURDAY, FEBRUARY 10th**

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy stories, songs, rhymes, & fun for the whole family. 664-7716

**FAMILY STORYTIME AT DELANO**

**BRANCH LIBRARY:** Enjoy stories, songs, rhymes, & fun for the whole family. 725-1078.

**FARMERS MARKET:**

3201 F St, 8AM - 12PM.

**MATH CLINIC AT BEALE**

**MEMORIAL LIBRARY:** Learn math or get assistance with your math homework. 868.0701.

**SAN EMIGDIO EXPRESS AT WIND**

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

**STORYTIME AT BARNES & NOBLE:**

Join us for a storytelling time for children and families. 631-2575.

**VOLUNTEER ORIENTATION AND**

**TRAINING:** M.A.R.E. provides therapeutic equine-assisted activities for the benefit of people living with special needs and disabilities. 589-1877.

**YOKUTS PARK FUN RUN:**

Bakersfield Parks and Recreation Department, and the Bakersfield Track Club present the Yokut's Park Fun Run. Empire Drive 7AM.

**2ND SATURDAY FILM SERIES:**

**BEALE MEMORIAL LIBRARY:** Bring your lunch and watch a movie. 868-0701.

**BSO CONCERT: IMMORTAL**

**BEETHOVEN:** Bakersfield Symphony Orchestra. 323-7928.

**COLOR ME HAPPY AT BEALE**

**MEMORIAL LIBRARY:** A relaxing morning of conversation & coloring. 868-0701.

**CSUB WOMEN'S BASKETBALL**

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

**SUNDAY, FEBRUARY 11th**

**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

**HAGGIN OAKS FARMERS MARKET:**

The Haggin Oaks Farmers Market is the place to be. 334-2033.

**VOLUNTEER DAYS AT WIND**

**WOLVES:** Our volunteer events are fun and rewarding. 858-1115.

**MONDAY, FEBRUARY 12th**

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

**CHILDREN'S ART CLASS (GRADES**

**1-6):** Class includes instruction in a variety of art skills. 330-2676/ 869-2320.

**GOLDEN EMPIRE CHORUS:**

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

**TROOP 712 BOY SCOUTS OF**

**AMERICA MEETING:** New/future scouts welcome to see what it's like. 832-2011

**IMAGE CLEAR ULTRASOUND**

**MOBILE UNIT:** Mobile Unit will be at the DreamCenter Bakersfield. 326-1907.

**COLOR ME HAPPY AT MOJAVE**

**BRANCH LIBRARY:** A relaxing stress-free fun way to socialize. 824-2243

**LITTLE LEARNERS:**

Free educational, recreational, and social opportunities where the parents and children prepare together for kindergarten readiness. 18 months-5 years. 392-2029/ 392-2054.

**KERN COUNTY CHAPTER OF**

**CALIFORNIA TURTLE AND TORTOISE CLUB:** 599-8425.

**LA LECHE LEAGUE MEETING:**

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



**C.A.L.M. SENIOR DISCOVERY DAY:** Seniors receive a discount. 872-2256

**TUESDAY, FEBRUARY 13th**

**FREE ACTING CLASS:** For children 5-17 years old. 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.



**BSO YOUNG PEOPLE'S CONCERT**

**Friday, Feb. 9**

Bakersfield Symphony Orchestra presents The Young People's Concert series: Musical Heroes. 9 am and 11 am at Rabobank Theater. 323-7928 or bsonow.org

# FEBRUARY 2018 *daily happenings*

**ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** 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.

**MOVE TO IMPROVE:** Low impact, semi private training for people with physical limitations. 588-8931

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

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-SING.

**STEAM POWERED AT SOUTHWEST BRANCH LIBRARY:** Join friends for activity and take your projects home. 664-7716

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS):** 301-2195/869-2320

**FAUNA FOR THE FUTURE REPTILE CLUB MEETING:** Families, children and reptiles welcome! 324-6350.

**TUTORING HELP AT SOUTHWEST BRANCH LIBRARY:** 664-7716

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Image Clear Ultrasound will be in Wasco. 327-1907.

## KERN BRIDGES POST ADOPTION SUPPORT GROUP:

Find out more about Foster Care Adoption. 396-2301.

*Happy Valentine's Day!*  
**FEBRUARY 14**

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

**N.A.M.I. FAMILY SUPPORT GROUP:** The National Alliance on Mental Illness offers support for families, friends, and individuals living with mental illness. 398-8907/858-3255.

**PATHFINDERS AND ADVENTURERS:** A program for

children 6-15 through Hillcrest Seventh Day Adventist Church. 871-5000.

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, songs, rhymes, & fun for your 3 to 5 year old. 868-0701.



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

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

**WARMLINE MOM & TODDLER GROUP:** Bring their children for a fun play session and interact with other moms in the community. 323-3531.

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

**GAME ON! FAMILY FUN AT DELANO BRANCH LIBRARY:** Enjoy family fun and new board games at the library for all ages. 725-1078.

**WEDNESDAY, FEBRUARY 14th CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 330-2676/869-2320.

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

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

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 831-4460.

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. Ages 3 years to Highschool. 833-4345.

**LEGO CLUB AT MOJAVE BRANCH LIBRARY:** Unleash your creative side. 824-2243

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

**BARKS AND BOOKS AT SOUTHWEST BRANCH LIBRARY:** Practice your reading skills by reading to therapy dog. 664-7716

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Class includes instruction in a variety of art skills. 330-2676/869-2320.

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** For parents interested in becoming foster families. 633-1700.

**FRESH HOPE MENTAL HEALTH SUPPORT:** A peer to peer wellness approach to mental health recovery. 871-1150.

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

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

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

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

**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. 868-0701.

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

**THURSDAY, FEBRUARY 15th OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP:** Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 301-2195/869-2320.

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

**FREE ACTING CLASS:** For children 5-17 years old. 322.2800.

**BEACH CARDIO AND YOGA AT SOUTHWEST BRANCH LIBRARY:** 664-7716

**MOVE TO IMPROVE:** Low impact, semi private training for people with physical limitations. 588-8931

**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dance. 664-7716

**PERSONAL COMPUTER COACHING AT SOUTHWEST BRANCH LIBRARY:** Get personalized instruction from staff in 30-minute increments. 664-7716

**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.

**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:** Mobile Unit will be in Arvin. 326-1907.

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

**LEGO CLUB AT BEALE MEMORIAL LIBRARY:** Come build with us! 868-0701.

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

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

**SPANISH RESOURCE FAMILY ORIENTATION:** 3711 Columbus St. 631-6204.

**THIRD THURSDAY AT BUENA VISTA MUSEUM OF NATURAL HISTORY:** 324-6350.

**CRAFTY TEENS CLUB AT BEALE MEMORIAL LIBRARY:** Create and learn a new craft. 868.0701.

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

**FRIDAY, FEBRUARY 16th BABY CAFE:** Bring the baby and get your questions answered. 747-5195.

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

**TODDLER TIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy stories, songs, rhymes & fun. 664-7716

**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:** Enjoy stories, songs & craft. 824-2243

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Join us for the craft of the month. 868-0701.

**SATURDAY, FEBRUARY 17th FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Public skating FRIDAY AND SATURDAY nights from 6:30-9:30pm.

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy stories, songs, rhymes, & fun for the whole family. 664-7716

**FAMILY STORYTIME AT DELANO BRANCH LIBRARY:** Enjoy stories, songs, rhymes, & fun for the whole family. 725-1078.

**FARMERS MARKET:** 3201 F St, 8AM - 12PM.

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

**STORYTIME AT BARNES & NOBLE:** Storytelling time for children and families. 631-2575.

**BLACKOUT NIGHT HIKE:** Naturalists discuss nighttime wonders. 858-1115.

**WHAT THE KNIT AT SOUTHWEST BRANCH LIBRARY:** Bring your yarn and your smile. 664-7716

**BOOK CLUBS FOR KIDS AT SOUTHWEST BRANCH LIBRARY:** Check out a book about Martin Luther King Jr. 664-7716

**CASH FOR COLLEGE WORKSHOP AT BEALE MEMORIAL LIBRARY:** Find out more about financial aid opportunities. 868-0701.

**CSUB MEN'S BASKETBALL GAME:** Cheer on the Roadrunners! 7PM. 654-BLUE.

**UKULELE CLUB AT BEALE MEMORIAL LIBRARY:** Join us for a rousing good time. 868.0701.

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

**SUNDAY, FEBRUARY 18th 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

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

**AFRICAN AMERICAN READ-IN CELEBRATION:** All families are welcome and the event is FREE. 378-6343.

**ECOKIDZ:** Parents come out and enjoy a free outdoor activity with your kids. Fun for all ages. 858-1115.

**MONDAY, FEBRUARY 19th MOPS - NORTHSIDE COMMUNITY CHURCH:** MOPS International is dedicated to meeting the needs of every mother of preschoolers. 589-3535.

**4 AND 5 READY TO STRIVE:** Get your child ready for kindergarten. 392-2054.

**ACTING COURSES FOR CHILDREN:** Professional classes are Monday-Friday. 322.2800.

**TROOP 712 BOY SCOUTS OF AMERICA MEETING:** New/future scouts welcome to see what it's like. 832-2011



**CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 330-2676/869-2320

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

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Mobile Unit will be at the DreamCenter Bakersfield. 326-1907

**LITTLE LEARNERS:** Free educational, recreational, and social opportunities where the parents and children prepare together for kindergarten readiness. 18 months-5 years. 392-2029/392-2054.

**ACRYLIC PAINTING AT THE ART & SPIRITUALITY CENTER:** Explore and

learn about yourself while working with acrylic paints. 632-5747.

**C.A.L.M. SENIOR DISCOVERY DAY:** Seniors receive a discount. 872-2256

**TUESDAY, FEBRUARY 20th FREE ACTING CLASS:** For children 5-17 years old. 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.

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

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

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

**ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** 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:** Bring the baby and get your questions answered. 747-5195.

**BAKERSFIELD BLEND CHORUS:** Women Singers Wanted. 497-SING .

**BEGINNING ART CLASS (GRADES 7-12 & ADULTS)** 301-2195 /869-2320.

**TUTORING HELP AT SOUTHWEST BRANCH LIBRARY:** 664-7716

**YOUNG STORYTELLERS AT SOUTHWEST BRANCH LIBRARY:** Bring a story or make one up on the spot. 664-7716

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

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

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

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, songs, rhymes, & fun for your 3 to 5 year old. 868-0701.

**COLOR ME HAPPY AT DELANO BRANCH LIBRARY:** De-stress from daily life with conversation and coloring. 725-1078.

**D.O.O.R. DISCOVERING OUR OWN RECOVERY:** D.O.O.R. is a women's support group that meets every month and offers a safe place to talk about the many facets of an ongoing illness. 632-5747.

**WEDNESDAY, FEBRUARY 21st 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:** MOMSnext is a ministry to mothers of school-age kids. 399-3303.

**WOMEN'S SELF DEFENSE WORKSHOPS:** Learn to defend yourself. 322-0931.

**CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 330-2676/ 869-2320.

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

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 831-4460.

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. Ages 3 years to Highschool. 833-4345.

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Class includes instruction in a variety of art skills. 330-2676/869-2320.

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** For parents interested in becoming foster families. 633-1700.

**LEGO CLUB AT MOJAVE BRANCH LIBRARY:** Unleash your creative side. 824-2243

**BARKS & BOOKS AT MOJAVE BRANCH LIBRARY:** Build your reading skills by reading to a furry friend. 824-2243

# FEBRUARY 2018 *daily happenings*

**FRESH HOPE MENTAL HEALTH SUPPORT:** A peer to peer wellness approach to mental health recovery. 871-1150.

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

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

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

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

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

**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. 868-0701.

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

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

**THE PLAY'S THE THING- PLAY READING:** At Beale Memorial Library. Come "play" with us! 868-0701.

**THURSDAY, FEBRUARY 22nd OPTIMAL HOSPICE CARE - GRIEF SUPPORT GROUP:** Grief Support Group open to anyone in the community who has suffered a loss. 716-4000.

**BEGINNING ART CLASSES FOR GRADES K THRU 12 AND ADULTS:** 301-2195/869-2320.

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

**FREE ACTING CLASS:** For children 5-17 years old. 322-2800.

**BEACH CARDIO AND YOGA AT SOUTHWEST BRANCH LIBRARY:** 664-7716

**PERSONAL COMPUTER COACHING AT SOUTHWEST BRANCH LIBRARY:** Get personalized instruction from staff in 30-minute increments. 664-7716

**LEGO CLUB AT SOUTHWEST BRANCH LIBRARY:** Come join us for some building time with Legos. 664-7716

**BABY BOUNCE AT SOUTHWEST BRANCH LIBRARY:** Introduce your infants to stories, songs and dance. 664-7716

**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.

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

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Mobile Unit will be in Arvin. 326-1907.

**LEGO CLUB AT BEALE MEMORIAL LIBRARY:** Come build with us! 868-0701.

**ALZHEIMER'S SURVIVOR CHAT GROUP:** Come and share your grief with others who understand the loss of a loved one who had Alzheimer's. 665-8871.

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

**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 disabilities. 665-7815.

**CSUB MEN'S BASKETBALL GAME:** Cheer on the Roadrunners! 654-BLUE.

**OTAKU CLUB: ANIME & MANGA CLUB AT BEALE MEMORIAL LIBRARY:** Join us and discuss your favorite anime, manga, music, & more! 868-0701.

**FRIDAY, FEBRUARY 23rd BABY CAFE:** Bring the baby and get your questions answered. 747-5195.

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

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

**FAMILY AND PUBLIC SKATE NIGHT AT THE ICE CENTER OF BAKERSFIELD:** Public skating FRIDAY AND SATURDAY nights from 6:30-9:30pm.

**FIT N FUN FRIDAYS:** Free for parents of children 18 months-5 years. Play activities followed by a simple science, creative, and/or hands-on-activity in this class. 392-2029/392-2054.

**KIDS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Join us to create the craft of the month. 868-0701.

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

**FAMILY STORYTIME AT MOJAVE BRANCH LIBRARY:** Enjoy stories, songs & craft. 824-2243

**GAME ON! FAMILY FUN AT BEALE MEMORIAL LIBRARY:** Enjoy family fun and new board games at the library for all ages. 868-0701.

**GRANDMA'S ATTIC STORYTIME AT SOUTHWEST BRANCH LIBRARY:** Enjoy stories, songs, rhymes, & fun for the whole family. 664-7716

**SATURDAY, FEBRUARY 24th FAMILY STORYTIME AT DELANO BRANCH LIBRARY:** Enjoy stories, songs, rhymes, & fun for the whole family. 725-1078

**FARMERS MARKET:** Come to the Farmer's Market. 3201 F St, 8AM - 12PM.

**SAT PREP AT SOUTHWEST BRANCH LIBRARY:** Get some guidance from a test-prep guru on how to excel on the SAT! 664-7716

**MATH CLINIC AT BEALE MEMORIAL LIBRARY:** Learn math or get assistance with your math homework. 868-0701.

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

**STORYTIME AT BARNES & NOBLE:** Storytelling time for children and families. 631-2575.

**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.

**COLOR ME HAPPY AT BEALE MEMORIAL LIBRARY:** Join the coloring craze with a relaxing morning of conversation & coloring. 324-7825.

**CSUB MEN'S BASKETBALL GAME:** Cheer on the Roadrunners! 654-BLUE.

**SUNDAY, FEBRUARY 25th 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

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

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

**MONDAY, FEBRUARY 26th 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. 322.2800.

**CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 869-2320.

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

**ALCOHOL AND CHEMICAL TREATMENT SERIES (A.C.T.S.):** Free local Christian support group. 323-2851



## GEOMETRIX VIEWING RECEPTION

### Saturday, Feb. 17

Geometrix- a South High School Accelerated Math Art Project- will be available for viewing through March 3 at Empty Space Gallery. A reception is planned on Saturday, Feb. 17, from 2 to 5 p.m. Prints of student artwork will be available for purchase for \$10 each. All proceeds will be used to help AP Calculus students at SHS pay for the AP exam fee for the test in May.

**COLOR ME HAPPY AT MOJAVE BRANCH LIBRARY:** A relaxing stress-free fun way to socialize. 824-2243

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** Mobile unit will be on location at the DreamCenter Bakersfield. 326-1907.

**LITTLE LEARNERS:** Free educational, recreational, and social opportunities to prepare for kindergarten readiness. 18 months-5 years. 392-2029/392-2054.

**TROOP 712 BOY SCOUTS OF AMERICA MEETING:** New/future scouts welcome to see what it's like. 832-2011

**TUESDAY, FEBRUARY 27th FREE ACTING CLASS:** For children 5-17 years old. 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.

**ALLIANCE HUMAN SERVICES RESOURCE PARENTS ORIENTATION:** 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. 497-SING.

**BAKERSFIELD'S BETTER BREATHERS CLUB:** For people who deal with chronic lung disease. 323-5500.

**BEACH CARDIO AND YOGA AT SOUTHWEST BRANCH LIBRARY:** 664-7716

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

**TUTORING HELP AT SOUTHWEST BRANCH LIBRARY:** 664-7716



**STEAM POWERED AT SOUTHWEST BRANCH LIBRARY:** Join friends for activity and take your projects home. 664-7716

**IMAGE CLEAR ULTRASOUND MOBILE UNIT:** The Bakersfield Pregnancy Center ICU Mobile Unit will be on location at the Greenfield Resource Center. 837-3720.

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

**N.A.M.I. FAMILY SUPPORT GROUP:** The National Alliance on Mental Illness offers support for families, friends, and individuals living with mental illness. 398-8907/858-3255.

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

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

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

**PRESCHOOL STORYTIME AT BEALE MEMORIAL LIBRARY:** Enjoy stories, songs, rhymes, & fun for your 3 to 5 year old. 868-0701.

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

**WARMLINE MOM & BABY GROUP:** 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.

**GOT YARN AT DELANO BRANCH LIBRARY:** Join yarners of all ages & skill levels as we sit & stitch. 725-1078.

**WEDNESDAY, FEBRUARY 28th CHILDREN'S ART CLASS (GRADES 1-6):** Class includes instruction in a variety of art skills. 330-2676/869-2320.

**ADULTS GET CRAFTY AT BEALE MEMORIAL LIBRARY:** Enjoy an evening devoted to the joy of crafts & conversation. 868-0701.

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

**AWANA AT WESTSIDE CHURCH OF CHRIST:** Westside Church of Christ is excited to bring Awana to Wednesday evenings. 831-4460.

**AWANA CLUB AT FELLOWSHIP BAPTIST:** Children will learn Bible verses and play games. Ages 3 years to Highschool. 833-4345.

**BARKS AND BOOKS AT SOUTHWEST BRANCH LIBRARY:** Practice your reading skills by reading to therapy dog. 664-7716

**DRAWING AND PAINTING CLASS FOR GRADES 7 THROUGH 12:** Instruction in a variety of art skills. 330-2676/869-2320.

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

**FOSTER FAMILY NETWORK FOSTER PARENT ORIENTATIONS:** Social workers talk to parents interested in becoming foster families. 633-1700.

**FRESH HOPE MENTAL HEALTH SUPPORT:** Peer to peer wellness approach to mental health recovery. 871-1150.

**HOFFMANN HOSPICE- HEALING HEARTS:** For adults who have suffered the loss of a child. 410-1010.

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

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

**PERSONAL COMPUTER COACH AT BEALE MEMORIAL LIBRARY:** Volunteers coach one-on-one computer learning. 868-0701.

**U.S. NAVY SEA CHANTERS - FOX THEATER:** The Navy Band Sea Chanters is the official U.S. Navy chorus. Tickets FREE. 322-5200

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

**TODDLER TIME AT BEALE MEMORIAL LIBRARY:** Parents are invited to accompany their 18-month-old through 2-year-old. 868-0701.

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

**BARKS & BOOKS AT BEALE MEMORIAL LIBRARY:** Build your reading skills by reading aloud to a furry friend. 868-0701.



## SEND US YOUR EVENTS!

Our daily happenings section is dedicated to bringing the most current events to you, but in order to do so, we need your help! You can submit your calendar events online at [kerncountyfamily.com](http://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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**Ash**  
Wednesday  
February 14



**Bakersfield Central SDA Church**  
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Saturday Sabbath School  
Classes for All Ages: 9:15am  
Saturday Worship Service:  
10:40am

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**Fellowship Baptist Church**

Sunday  
9:30 am - Bible Studies for all ages (English & Spanish)  
10:45 am - Worship Celebration (English & Spanish)  
4:30 p.m. - Trek & Journey (7<sup>th</sup> - 12<sup>th</sup> grades)  
5:00 pm - Enrichment Classes, & Ra's, Ga's (1<sup>st</sup>-6<sup>th</sup>)

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



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

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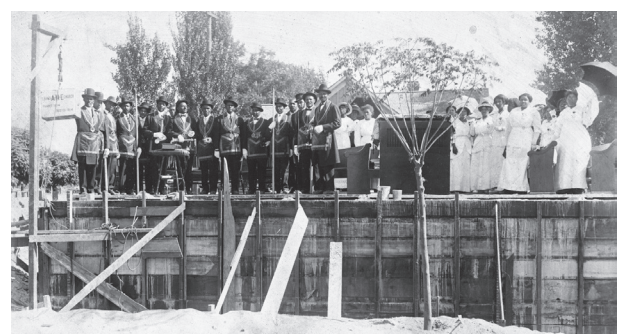



**SOUTHWEST CHRISTIAN CENTER**  
Church of God, Cleveland, TN  
3700 N. Stine Rd.

Sunday Services  
9:00 a.m. & 10:30 a.m.  
Children's Worship 10:30 a.m.  
Small Group Studies 6:00 p.m.  
Dr. Robert Proctor, Pastor  
WWW.SWCC.US.COM

BLACK HISTORY MONTH SPECIAL FEATURE

**QUICK PIX: A Look Back**



(L-R): Ruth Love, 1950; Benjamin Pinkney, circa 1918; Cornerstone laying at Cain's African Methodist Episcopal Church in Bakersfield with Masons and Eastern Star, 1914.

From Kern County Museum's Spring Lecture Series. "African Americans in Kern County: From Civil War Reconstruction to Doo Wop." The Series provide lessons in the how, what, where and why our community is the way it is today. The lectures are free for members, \$5 for students, or \$10 for the public. For a complete list and details, visit kerncountymuseum.org.



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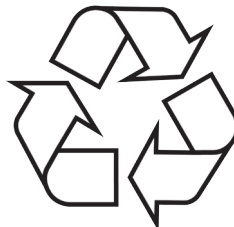
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**KCFM Mom MINUTE**

How many times do you find little footprints on the back of the driver's seat in your vehicle? And what about the gross stuff that transfers from your kid's hands to the car seat or your purse or ... just about anywhere on the go. If you've outgrown a diaper bag, don't forget to keep a container of wet wipes in the car. They're great for just about anything!



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**Crossword:**

**Across:**

- Schedule
- Bole
- Sorts
- Organize

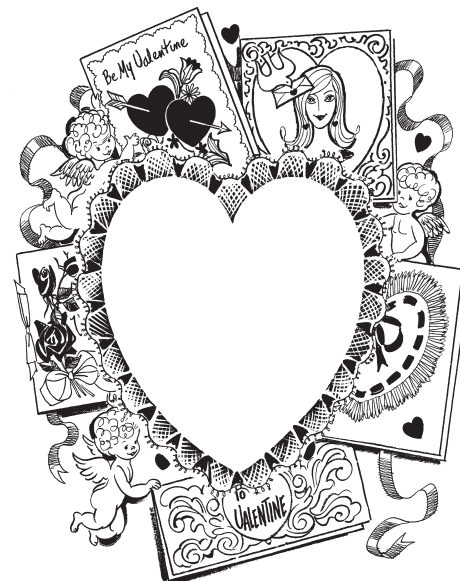
**Down**

- Subzero
- User
- Eras
- EST
- PG

**Scramble: Doctor Visit**

**Sudoku:**

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



**Find the Difference:**

- Extra egg yolk
- Flour missing from spoon
- Pat of butter
- Egg different color



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**Upcoming Fundraiser, Workshop, & Seminar...**

- Super Bowl-Sports LEGO Workshop Sat, 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 Plank, Autistic Adult Topic: Adult Transitions-Puberty, Relationships, Bullying, College Adventist Health Med Bldg, 1524 27th St., 2nd Floor, Rio Bravo Rm 1 & 2

**Monthly Support Groups:**

Family Support & Sibling Autism Support Groups  
Tuesday, Feb 20th, 6-7:30pm • Canyon Hills Assem. of God Church



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- Repetitive language
- Little or no eye contact
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- Preoccupation with object parts
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### Sudoku

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

Level: Beginner

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve: the number 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. Figure out the order the numbers will appear by using the clues already provided in the boxes. The more numbers you name, the easier it gets!

### Crossword Puzzle

1					2		3
4			5				
			6				
		7					
8							

#### ACROSS

- 1. Plan of time
- 4. Tree trunk
- 6. Divides
- 8. Put things in proper places

#### DOWN

- 1. Below zero
- 2. Operator
- 3. Periods of time
- 5. Easter Standard Time (abbr.)
- 7. Movie rating



### Healthy Heart Word Find

Find the hidden words in the puzzle

- |          |          |        |
|----------|----------|--------|
| ARTERIES | EXERCISE | PULSE  |
| BEAT     | HEART    | PUMP   |
| BLOOD    | MUSCLE   | RHYTHM |
| CHEST    | OXYGEN   | VEINS  |

Z F L G P E B R E A W P  
R H G A L T J L R W U R  
R T Z C V W A T O L L F  
L I S D V B E E S O F H  
A U R D E R M E B N D L  
M H T S I E J H E A R T  
P N Y E N B L S T P C O  
M E S A S C R Q J Y H L  
U G E S I C R E X E H R  
P Y M N I T R D H O J R  
C X T S E H C Q E W V C  
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### What's the Difference?

There are four things different between picture A and picture B. Can you find them all?



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