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January 2023



TEACH KIDS TO
EMBRACE *Life!*
pg 9

2023 PRIVATE
EDUCATION
GUIDE
pg 18

plus

11 ways to organize in 2023 pg 14 hot tea's health benefits pg 6
hello, happy mama: Katie Kreiser pg 12 pre-reader literacy program pg 5

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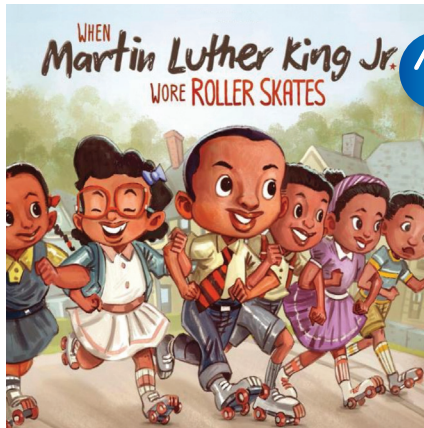
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Pictured, Katie with children Kyle, Carson, & Kenzie
Photography by Cecily Jones Photography



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



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dear reader by Vaun Thygerson



Vaun Thygerson, Contributing Writer

My favorite micro moments include that first bite of ice cream that just melts in your mouth, hitting every green light when driving down Rosedale Highway, finding Rock Star parking at Target when the lot is full, and finding anything miniature-sized like a mini bottle of Nutella at World Market. During this New Year in 2023, my resolution is to focus on all things small. In fact, smaller than small - micro. I want to spend less time searching for the big, grand gestures and revel in the micro moments that happen every second of the day. Hopefully, this shift in gratitude will make my New Year even better and spark more joy.

With New Year's resolutions on everyone's mind, KCFM wanted to know what our readers were planning to manifest this year. In the article, "January Readers Respond: What will your New Year's resolution be for 2023?" on page 10 you can see their answers. They range from spending more time with family to being more productive and organized. One reader had a mantra similar to mine where she wants to find joy every day. I love her plan!

Getting the house back in shape and more organized after the Holidays is no small feat. In Callie Collins' article, "11 Ways to Get Organized After the Holidays and into the New Year," she writes about how January can be overwhelming when it's time to clean up the messy holiday

festive-ness. Some of her suggestions: ask for help, manage your time, and plan your tasks. To read all 11 tips, turn to page 14.

January's first Happy Mama featured in Callie Collins' monthly article is the Kern County Leukemia and Lymphoma Society's Woman of the Year. In her article, "Hello, Happy (Resilient) Mama - Katie Kreiser," she writes about this mother of three and her amazing accomplishment of raising more than \$100,000 for blood cancer research. She did this in honor of her late husband Chris Kreiser, who passed from follicular lymphoma in 2018. To read her inspiring story, turn to page 12.

In this month's Humor at Home article, "Baby Propaganda: How the Doctor's Office Makes You Want Another Child," Julie Willis writes about how the ob/gyn office's set up makes it hard to not want another baby or at least feel nostalgic about your pregnancy days. To read all about her baby-fever-inducing visits to her doctor, check out page 22.

As we hang up our new calendars for the New Year and you look at the 12 blank months ahead of us, have anticipation and excitement for all the days coming our way where we get to find JOY. With this New Year, whether you are enjoying the BIG moments or the LITTLE things, remember that you have a clean slate and can make 2023 a year for the books!

Happy New Year!!!
May 2023 be your best year yet!



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New Year, New Happenings

As this month rings in a New Year, you can find all kinds of fun things to do around town with your family by turning to the "Happenings" section on page 24 or visit our website's calendar.

If you are an organizer and want to publish your event, please visit www.kerncountyfamily.com to add it to our digital calendar and some events are even printed in the magazine.

Stockdale High School Senior Awarded Heisman High School Scholarship



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Congratulations to Stockdale High School Senior Sofia Truong for being

named the Heisman High School Scholarship State Winner and receiving \$1,000. The Heisman High School Scholarship trust chose 100 state winners out of thousands of scholar athletes in recognition of outstanding achievements in academics, athletics, and community service. She is now in the running to compete for the national Heisman High School Scholarship and up to \$10,000.

For more information, please visit www.heismanscholarship.com.

Jaywalking Legal in California

Governor Gavin Newsom recently signed the Freedom to Walk Act, which gives allows Californians to cross the street outside of a formal intersection, if safe to do so, without being ticketed. The law says that pedestrians can only be ticketed for jaywalking if there is immediate danger of a collision. Always make sure to be safe and cross any street with caution.

Compliment Day is January 24

It's always nice to compliment people, but on Tuesday, January 24, it's Compliment Day where you can make a conscious effort to be more complimentary. After all, they're free, easy to give and receive, and are sure to make someone's day.



To find out more at <https://www.timeanddate.com/holidays/fun/compliment-day>.

1,000 Books Before Kindergarten, A Literacy Program for Pre-readers



The Kern County Library offers a fun, easy, and FREE program, 1,000 Books Before Kindergarten, that promotes reading to newborns, infants, and toddlers.

This program is designed to encourage reading for pre-readers to garner critical literacy skills they'll use later in life. With milestone achievement certificates and prizes, KCL guides parents to accomplishing their 1,000-book goal and when you sign up you will get a free lanyard for your little one to store his or her library card.



To join the reading challenge, register at www.kerncountylibrary.org/1000-books-before-kindergarten/ and start tracking the books you read together. If you read "I Love Trucks" four times, log that as four books.

Slow Cooker Safety



Slow cooking is a popular way for busy families to enjoy a delicious home-cooked meal no matter how hectic their schedule may be. The Academy of Nutrition and Dietetics emphasizes the importance of ensuring

slow cookers reach a bacteria-killing temperature so slow-cooked meals are as safe as they are convenient. To ensure slow cookers reach that temperature, start them on the highest temperature setting for the first hour and then switch it to low for longer cooking. January is Slow-Cooker Safety month, so make sure your foods are reaching proper temperatures.

Feeling Sad?

About 5% of the U.S. population experiences seasonal depression, a condition also known as seasonal affective disorder (SAD), in a given year, according to a study published in the journal *Progress in Neurology and Psychiatry*.



A separate study published in the journal *BMC Psychiatry* in 2021 found that 12.7 percent of students attending higher education or vocational schools who responded to a survey showed SAD. The organization Mental Health America notes that SAD is a subtype of depression or bipolar disorder that occurs and ends around the same time every year, typically beginning in fall and continuing into the winter.

570,000 cervical cancer diagnoses are made across the globe each year



Around 99% of cases are linked to infection with high-risk human papillomaviruses. Most of those cancer cases are preventable, as the WHO notes that HPV vaccination and secondary approaches like screening and treatments for precancerous lesions can help to reduce the number of diagnoses. Early screening also contributes to recovery rates. If you haven't been screened, ask your doctor about getting checked.

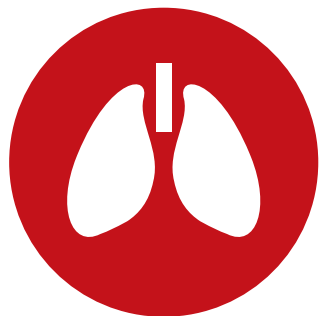
Hot Tea = Healthy Dividends



A small study published in the *Journal of Hypertension* found that drinking black tea could improve cardiovascular function. A separate study also found that drinking black tea and green tea could decrease

risk of stroke and coronary heart disease. Black tea drinkers should keep in mind that, unlike most teas, black tea is caffeinated, so moderation is best to ensure the benefits of black tea are not offset by the overconsumption of caffeine.

Lung Cancers & Radon



3% to 14% of all lung cancers in a country are caused by radon, the World Health Organization estimates. The final percentage depends on two factors: the national average radon level and the prevalence of smoking within the country. Though individuals may think only excessive levels of radon can contribute to lung cancer,

the WHO notes that studies conducted in various parts of the world, including Europe, North America and China, have found that even low concentrations of radon like those found in residential settings can contribute to the occurrence of lung cancer.

January is Radon Action Month and a good time to test older buildings, especially those with basements for radon levels to ensure the safety and healthy of the inhabitants.

In Season: Vitamin C

Vitamin C is one of the major vitamins you will need for the winter season. It helps stimulate the activity of white blood cells, gives enough protection by boosting the immune system, therefore, helping you appropriately fight against cold and flu. It also helps maintain the bones, detox the body, nourish the skin and enhance wound healing during the season. We absorb Vitamin C best from food so aim to get yours from citrus fruits, red and yellow bell peppers and kiwi.



Kids can set the pace for long term health

Long-term health is not something that many young people routinely consider. After all, it's easy to feel invincible during one's childhood and adolescence. But the steps that young people take early on can affect their health as they get older.

According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood and adolescence is more beneficial to long-term health than trying to change poor behaviors in adulthood. The following are some ways young people can set the course for healthy outcomes throughout life.

Prioritize healthy foods

According to the childhood recreation group Mountain Kids, habits and actions performed subconsciously are hard to break because repeat habits trigger dopamine in the brain, causing pleasurable feelings that reinforce the behavior. So grabbing a slice of cake after school for a snack becomes rote. Instead, stocking the refrigerator and pantry with sliced fruits and vegetables, low-fat yogurt, lean protein like hummus and whole wheat dipping crackers can set the course for more responsible eating behaviors.

Eat meals and shop together

Kids can learn what healthy eating and portion control looks like if it is modeled by their parents. Children should be involved with reading nutrition labels and understanding the ingredients that comprise the foods they commonly eat. When dining out, choose restaurants that utilize menus that indicate the caloric content of meals. Children will learn to recognize and embrace nutritious foods and that can continue into adulthood.

Eating as a family also benefits mental health. Stanford Children's Health says eating together as a family can encourage children's confidence in



The CDC says **21 percent of adolescents 12 to 19 are obese, and two in five have a chronic health condition.**

themselves and improve communication. Children who regularly converse and interact with their parents may be less likely to engage in substance abuse or act out at school.

Increase physical activity

The CDC says 21 percent of adolescents aged 12 to 19 are obese, and two in five students have a chronic health condition. A sedentary lifestyle may be one contributor to these statistics. At home and in school, adults can encourage physical activity as an effective means to prevent obesity. The Department of Health and Human Service recommends that children and adolescents age six and older get at least one hour a day of moderate or vigorous aerobic activity, such as running or biking. Muscle and bone strengthening activities are also recommended. Kids who learn early on to appreciate physical activity reap long-term benefits that extend well into adulthood.

Avoid tobacco

Tobacco and nicotine vaping products can contribute to many negative health conditions. Youngsters who avoid these products throughout their lives may improve longevity and reduce their risk for various illnesses.

Children who learn healthy behaviors at a young age are more likely to continue those good habits into adulthood, which ultimately benefits their long-term health.



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Teach Kids To Embrace *Life!*



SLOW DOWN.....

Today's society encourages us to rush from one thing to the next and fill up every waking moment. Try to pause and appreciate the beauty around you. Take time to notice the sunrise in the morning, appreciate the fresh snow on the ground, watch squirrels chase each other and point these things out to your kids. Show your kids how to taste their food, take deep breaths of fresh air, and snuggle a little longer before bed. You don't have to stop participating in activities you and your kids enjoy, but when you have a free moment, pause to enjoy it.

TALK TO STRANGERS.....

Encourage your kids to meet new people and the joy of making a new friend. One of life's joys is connecting with other people and the experience of being part of a community. If you are at a park playing, encourage your child to say hello to another kid their age. If your child has a new classmate, suggest they go out of their way to include them at recess. Welcome a new neighbor by taking a plate of cookies to their door and introducing yourselves. This may be out of your comfort zone, but it is worth it to make a new friend. A great way to embrace life is through relationships with people in our community.

GO FOR IT.....

Offer support when your child expresses interest in trying something new or if they want to set a goal for themselves. Finding new hobbies and activities they love can help kids understand their place in life and feel part of a group or team. This is a great way to embrace and love the life they are living. Trying new things can be overwhelming but the reward can far outweigh the risk and sense of accomplishment your child will feel when they reach their goal.

LAUGH.....

Laughter is truly the best medicine and can turn your entire day around. If you are mad, sad, or just feeling bored, finding something to laugh about can change your attitude for the better. After laughing so hard that tears are streaming down my face or until my face hurts from smiling, my heart feels fuller and the worries seem lighter. Laughter can't wipe away all your troubles but it can turn your day around and help you appreciate and bond with the other people in your life. Laugh with your kids and allow them to be silly and laugh. Life passes too quickly not to find some humor along the way. Enjoying moments of fun and laughter with people you love is a great way to embrace life.

What comes to mind when you hear the phrase "Live life to the fullest"? My first thought was something daring and adventurous like rock climbing, skydiving, running a marathon, or traveling the world. For some, these things might sound fun and exciting but others may go to extreme measures to avoid these activities altogether. While these activities may be fun on occasion and a great way to live life to the fullest, most of our lives are lived in day-to-day activities, not the high that comes after an exciting adventure. How can we as parents embrace life during the routine of daily life and pass that priority on to our children?

CULTIVATE A SERVANT'S HEART.....

One way to appreciate the blessings you have in life, is to give back to those in need. Consider serving your community as a family. Ideas could include collecting non perishable foods for a local food pantry, doing yard work for a neighbor, taking a meal to a friend in need, hosting a playdate for a mom who needs a break, writing thank you cards to teachers, or lending a hand when you see someone who needs help in the grocery store. Your kids will follow your lead and will begin to not only notice what they have to be thankful for but to pass that joy along to others as well.

LOOK FORWARD.....

As I have watched each of my kids grow and mature, the temptation is to feel sad that time is passing so quickly. I have also found myself looking forward to events and milestones in the future with anticipation or worry. When I am stuck in either of these mindsets, I miss what

is going on today and forget to appreciate the joys and challenges my kids are experiencing. The best balance is to live in the here and now and teach your kids to do the same. When you are spending time together, enjoy that moment rather than worrying about yesterday or tomorrow.

As I reflect on these tips, I see a theme. The things that matter in life are people and time. How you spend your time and who you spend it with are what makes for a happy and fulfilled life. Adventures like ziplining, vacations, and skiing are fun and exciting and certainly produce joy in our lives but that doesn't mean we can't embrace the wonderful moments in our daily lives as well. Laugh hard, love fiercely, try new things, talk (and listen) to people in your life, slow down to see the beauty in the world around you. Your child is watching you and learning how to live life to the fullest from your example. Embrace the life you are living right now before the moment passes by.

Ideas to Embrace Daily Life



- Eat a sprinkled donut
- Give someone a hug or a high five
- Read a book
- Have a playdate with a friend
- Bake a cake for no reason
- Try a new restaurant
- Have a campout in the living room
- Take the kids to the dollar store and pick out one item
- Eat your dessert first
- Go to a movie
- Eat dinner together
- Play a game
- Have a dance party
- Tell silly jokes
- Share a blessing from today

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The new year is here! We asked our readers about their plans this year. A selection of their answers is featured below.

Q. What will your New Year's resolution be for 2023?

Emi Tsukamoto

I will license my small business!



Brenna Smith

To take more time to enjoy the little things!



Johnnie Lisuk

I will make a point to reach out to family members I don't see on a regular basis, to check in and just say hi.



Every year I say I will do this..! This year I already started making small changes so I can make bigger changes next year. No resolutions, just smaller changes that will help me be a better version of myself.

-Janet Maness

Breanna Westenbroek

Watch my kindergartener begin to read independently.



My resolution for the new year will be to do volunteering with my kids at some local organizations.

-Luz Garcia

To be more organized.

-Cari Cowling

Jon Blystone

More random acts of kindness.



To make my mornings early and productive.

-Corrie White

Visit a new destination.

-Monica Licon

Victoria Avalos

New Year's resolution to visit family once a week.



William Linley

To be more social with friends and family. Work less and play more.



To have joy every day regardless of the circumstances in life.

-Andrea Jackson

Get off my phone and spend more time with my children.

-David Haworth



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Resilient

Hello, Happy Mama:

Katie Kreiser: Kern County Leukemia and Lymphoma Society's Woman of the Year



L to R: Kyle, Katie, Kenzie, Carson
Cecily Jones Photography

Katie Kreiser has raised more than \$100,000 for blood cancer research, with the hope of contributing to an eventual cure for the disease that took her husband's life. Thanks to her fundraising efforts, two grants were awarded for this specific purpose.

"I am a widow and a mother of three. I lost my husband, Chris Kreiser, to follicular lymphoma after he fought a hard battle that ended Dec. 17, 2018. We have fought and pushed through with our faith and the help and support of friends and family," said Katie. "The Woman of the Year humbled us and gave us opportunities to share about the Society and raise money, with the hope to someday cure cancer."

Chris and Katie, both from Bakersfield, met on a blind date arranged by mutual friends in 2011. They attended Bakersfield College's annual Sterling Silver dinner. Chris shared during the event that the date marked the three-year anniversary of his mother's passing from bile duct cancer. Katie also mentioned the loss of her sister in a car accident several years before. They shared community connections but also a sense of grief experienced when close family members pass away, without any hint the sentiment would have a place in their own story. They married in 2013 and later welcomed oldest son, Carson,

now 8, Kyle, who is 6, and Kenzie, age 4.

At first, nothing with Chris' health seemed amiss but Katie now recognizes concerning signs.

"Chris was young and healthy but he did have a cold in October of 2017 that didn't go away and he also lost 25 pounds without trying. That should have been an indicator but it didn't really trigger any light bulbs for us over the next three months. In January, we went to a different doctor, which led to his ultimate diagnosis," explained Katie, who was pregnant at the time.

"About halfway through his chemo treatments, the staff told me 'You can't be here because you're pregnant' and that was extremely difficult. I had to rely on other people like his father and brother and my family to be there for him when I couldn't. It was hard not to support him in that regard," said Katie. Together, they welcomed their daughter in March 2018.

Katie continued working full-time throughout Chris' treatment, then at Mission Bank. She continues to work as a loan processor at Summit Financial.

"I picked up the kids and made dinner and did all the mom things and kept life normal for

our children as much as we could," said Katie. "But it was still strange. Chris wore a mask pre-COVID and we just had to take it one day at a time and see what that day brought. We had and continue to have a good support system to help out. My parents would help out with anything that we needed."

Even with both families offering support, Katie described that time as a heavy one.

"I reached out and leaned on people. I prayed a lot and I started reading a couple of books, like "Anxious for Nothing: Finding Calm in a Chaotic World" by Max Lucado," said Katie.

When it comes to advice for others going through similar situations, Katie recalls a visit from her uncle.

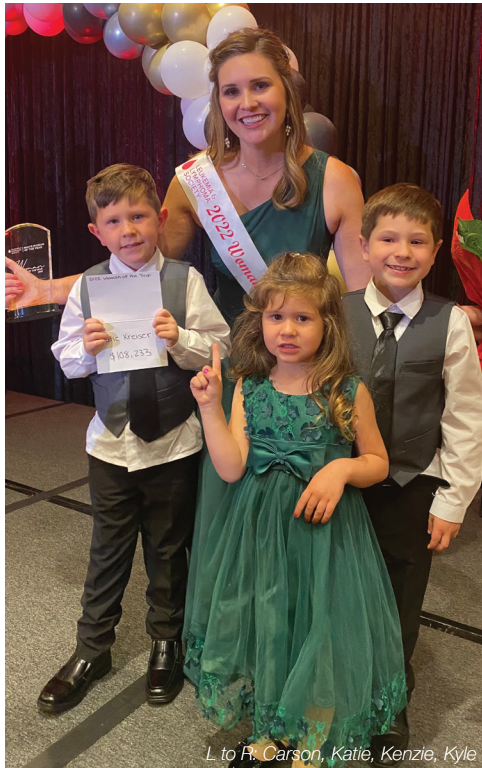
"Right after Chris passed away, one of my uncles brought us dinner and his advice was 'If somebody says they want to help you, you say 'okay.' You say 'yes,' because they want to cover you with love and help in any way possible but they don't know how. If it's dinner, or to walk your dog, or fold laundry, just say 'okay' or tell people how they can help. I can be strong, brave for my kids but that is what they can do," said Katie.

She also suggests how helpful simple actions like babysitting for an hour, giving a gift card or simply letting the other person cry can be.

"You don't actually have to say anything. Just listen to the person who is grieving. People are going to say things that are not right and awkward and to the grieving person, I would say you can't hold onto those things. Others are nervous and shaky and the words don't come out right," said Katie. "When that happens, give them grace and give yourself grace; know they're there out of love and kindness and accept that."



L to R: Kenzie, Katie, Carson, Chris, Kyle
Cecily Jones Photography



L to R: Carson, Katie, Kenzie, Kyle

She also recommends sharing stories of the person who has passed away.

"I don't want my kids to not remember their Dad and see pictures and videos only. Tell people that funny story and fill their heart with that love," said Katie.

Life continues in the Kreiser household as each person continues to live with and process the loss. Katie recommends talking with school districts for grief counseling resources for children, which have become more available since the COVID-19 pandemic due in part to the loss of parents and siblings.

"I knew if I didn't jump back into my regular routine that I wouldn't do justice for my life and Chris' life and the lives of our children. I would still be stuck in that emotional state and I wanted to keep moving forward, take one step at a time. In our present lives, we are thriving. I love the life we have made so far," she said.

Other practical issues to consider in similar circumstances include setting up a family trust with affidavits for health matters, handling bank information and taking necessary steps to help avoid probate. She recommends looking into life insurance as well.

"You think you're young and you don't need it but you do. Life insurance is something you hope never to have to use but it is one of the most important things so our kids can go to college," Katie explained.

Staying involved with the Leukemia and Lymphoma Society has also been important to Katie. Tiger Fight is a local leukemia and lymphoma supportive charity that sponsored Katie in Light

the Night, the Society's annual awareness event.

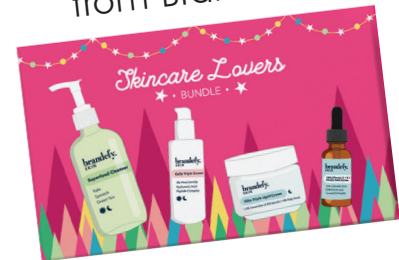
"The Leukemia and Lymphoma Society reached out and nominated me every year for Woman of the Year but I kept telling them 'Not yet, no, my kids are too little' and I finally said yes because one of my friends had won and she said to me 'you do hard things every day this is just one more thing. Add one more hard thing to your list.'"

Katie is now on a leadership committee for the Society as a co-chair. The 2023 title will change to "Visionaries of the Year" instead of "Man and Woman of the Year," titles observed at chapters nationwide. Katie's \$100,000 fundraising effort came together with a variety of fund raisers, including writing letters to about 150 people on her Christmas card list, using social media, coordinating raffles and hosting a birthday party in celebration of Chris' life at Dewar's Candy Shop.

"People tell me all the time, 'I don't know how you do it.' My kids are the reason why I get up every day. They are my purpose and I love them so much and I want to love them so much," she said. "I am still here for a reason: to be part of an amazing community, to help raise great kids, to help fund raise and support the community wherever I can. That became my why; he became my why and also why I want to give back."

Find out more about the Leukemia and Lymphoma Society at <https://www.llsvisionaries.org/>.

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Editor's note: Katie wishes to express her sincere thanks to her parents, Bob and Loretta Ivester. "I want to say how amazing my parents have been through this," she added. "I would be lost without them."

4

Recommendations from Katie Kreiser

Q. What is your parenting PSA?

A. No parent has it all together, even if it looks that way.

Q. Are there any specific book passages you would like to share with our readers?

A. Anxious for Nothing by Max Lucado: "It does you no good to obsess yourself with your trouble. The more you stare at it, the bigger it grows. Yet the more you look to God, the quicker the problem is reduced to its proper size."

Q. Are there any self care practices you recommend for family members who grieve?

A. Try to be active every day. It could be a walk around the block for 5 minutes or 30 minutes at the park playing with your kiddos. Nature helps heal and it brings clarity to those who are open to it.

Q. What is your best life advice?

A. You don't know what battle others are going through, so be kind... Always.

11 WAYS TO get organized in the new year

The mess and joy of the holidays may seem glorious in the moment but the season's cheer tends to fade as the calendar turns to January. All the trappings of festive bliss can feel overwhelming after the occasion. Here are 11 ways to make an intentional shift into 2023.



01

CLEAN BEFORE YOU ORGANIZE

Clean the basics like floors, blinds and sheets so you can work in a clean space.

02

HIRE HOUSEKEEPING HELP IF NEEDED

Consider a professional service or trade tasks with a friend to barter baking or babysitting in exchange for an outside source of help.



04

ADD IN DAILY USE ITEMS

Don't forget to include the daily use items that almost certainly need maintenance. Purse, car, closet, drawers: note what bothers you.



05

BUY SUPPLIES

Do you need containers and cleaning supplies? Budget those into your 2023 plan, especially if you have an ongoing cleaning routine.



03

MAKE A PLAN

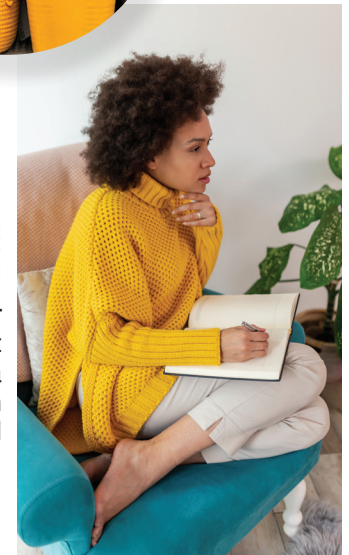
Prioritize which areas need your attention. Notice what nettles you and create a list. And don't forget, Monday, January 9th is National Clean your Desk Day this year! Why not upgrade your working environment with a clutter-killing adjustable monitor riser.



06

BUY A PLANNER AND FIGURE OUT A DIGITAL VERSION

Whether on paper or online works best for you, decide on a system where you can outline your time and track your progress.



KCFM RECOMMENDS THE QUARTET ADJUSTABLE HEIGHT MONITOR RISER WITH DRY-ERASE BOARD IN CELEBRATION OF NATIONAL CLEAN YOUR DESK DAY ON MONDAY, JANUARY 9th!

The Quartet Monitor Riser allows you to declutter your desk using the neat and organized retractable GreenGuard certified tempered glass dry-erase board. The adjustable riser legs will raise your laptop or monitor to eye level ensuring comfortable posture. **\$75.00 www.quartet.com**



07

SCHEDULE TIME

Organizing your space can only happen if you organize your time first. Whether it's 20 minutes a day set aside to fulfill a designated purpose or allocating an entire afternoon, make the most of your time.

08

PUT AWAY ALL HOLIDAY DECOR

Change your perspective by storing items, throwing away what will not work next year and moving on with your surroundings.



09

FIGURE OUT REPETITIVE TASKS

Laundry and dishes are part of daily life. Devise a routine that works for you, whether it's one load of laundry a day or a dedicated laundry day each week, for example.



10

DON'T GO IT ALONE

Every person who lives in the home should share tasks to the best of their ability. Delegate tasks to each family member according to that level of skill.



11

COMMIT TO CHANGE

New Year's resolutions have one factor in common: the willingness to do things differently. Small changes do add up and you'll soon form new habits into 2023 and beyond.

BOYS & GIRLS CLUBS
OF KERN COUNTY

AFTER SCHOOL PROGRAM
22/23 SCHOOL YEAR

ARMSTRONG YOUTH CENTER
801 NILES STREET
BAKERSFIELD, CA 93305
661-325-3730
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LAMONT, CA 93241
661-845-4253

STOCKDALE CLUB
5207 YOUNG STREET, STE. 200
BAKERSFIELD, CA 93311
661-663-8733
TRANSPORTATION AVAILABLE

FOR A COMPLETE LIST OF LOCATIONS PLEASE VISIT:
BGCLUBSOFKERNCOUNTY.ORG/LOCATIONS

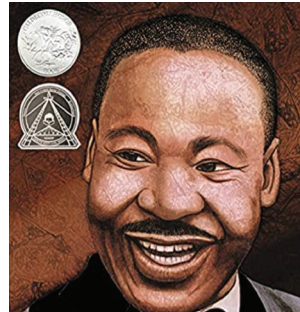
HOMEWORK ASSISTANCE, PERFORMING ARTS, FINE ARTS, SPORTS, TECH CENTER,
SNACKS, FIELD TRIPS, TEEN PROGRAM, AND MORE!

COMMUNITY CONNECTION ACCEPTED

Books to Learn and Honor: Martin Luther King Jr.

Few people in history have earned the universal respect that Dr. Martin Luther King, Jr. commands. This month we celebrate the life, intellect, and contributions of this world-changing man on Monday, January 16th. Below you will find book selections for all ages to learn about the life and work of the late Dr. Martin Luther King, Jr. All these not-to-be-missed books can be purchased at Amazon or checked out at your local library.

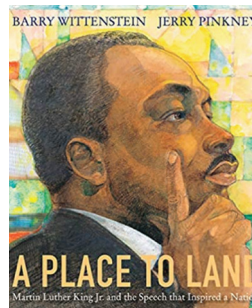
Martin's Big Words: The Life of Dr. Martin Luther King, Jr.



by Doreen Rappaport & Bryan Collier
 Publisher: Little, Brown Books for Young Readers
 \$8.99; 5-8 years
www.amazon.com

This biography of Dr. Martin Luther King, Jr. brings his life and the profound nature of his message to young children through his own words. The author uses quotes from some of MLK's most beloved speeches to tell the story of his life and his work in a direct way.

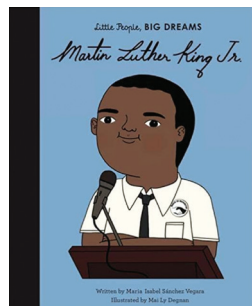
A Place to Land: Martin Luther King Jr. and the Speech That Inspired a Nation



by Barry Wittenstein
 Illustrations by Jerry Pinkney
 Publisher: Neal Porter Books
 \$10.99; 7-10 years
www.amazon.com

Much has been written about Martin Luther King, Jr. and the 1963 March on Washington. But there's little on his legendary speech and how he came to write it. Martin Luther King, Jr. was once asked if the hardest part of preaching was knowing where to begin. No, he said. The hardest part is knowing where to end. "It's terrible to be circling up there without a place to land." Finding this place to land was what Martin Luther King, Jr. struggled with, alongside advisors and fellow speechwriters, in the Willard Hotel the night before the March on Washington, where he gave his historic "I Have a Dream" speech.

Martin Luther King Jr. (Little People, BIG DREAMS, 33)



by Maria Isabel Sanchez Vegara
 Illustrations by Mai Ly Degnan
 Publisher: Frances Lincoln Children's Books
 \$8.99; 4-7 years
www.amazon.com

This moving book features stylish illustrations and extra facts at the back, including a biographical timeline with photos and a profile of the activist's life.



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CAPTURE THEIR ATTENTION...



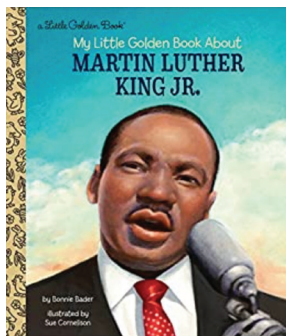
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OR EMAIL: KCFM@KERNCOUNTYFAMILY.COM

My Little Golden Book about Martin Luther King Jr.

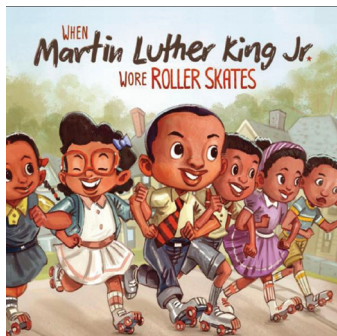


by Bonnie Bader
Illustrations by Sue Cornelison
Publisher: Golden Books
\$4.99; 2-7 years
www.amazon.com

This Little Golden Book for preschoolers captures the essence of Martin Luther King, Jr. for the littlest readers. They'll learn how his childhood in segregated Atlanta—and in his father's church—shaped the future civil rights leader. And they'll

gain a clear understanding of the way he became an eloquent, powerful voice for African Americans.

When Martin Luther King Jr. Wore Roller Skates



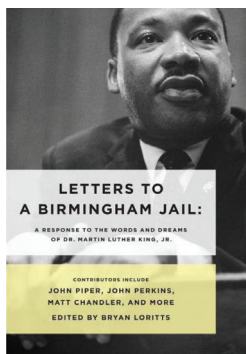
by Mark Andrew Weakland
Illustrations by Patrick Ballesteros
Publisher: Picture Window Books
\$7.95; 6-8 years
www.amazon.com

Martin Luther King Jr. led the American Civil Rights Movement. But do you know what he was like as a child? From roller skating to playing football and basketball, Martin was a fun-

loving child. This playful story of his childhood will help young readers connect with a historic figure and will inspire them to want to achieve greatness.

For Adults:

Letters To Birmingham Jail: A Response To The Words And Dreams Of Dr. Martin Luther King, Jr.



Contributors Include: John Piper, John Perkins, Matt Chandler, and More
Edited by Bryan Loritts
Publisher: Moody Publishers
\$15.99; www.amazon.com

More than fifty years ago, Dr. Martin Luther King, Jr. wrote his Letter from a Birmingham Jail. Much has transpired in the half-century since, and progress has been made in the issues that were close to Dr. King's heart. Thankfully, the burning crosses, biting police dogs, and angry mobs of that day are long gone.

But in their place, passivity has emerged. A passivity that must be addressed.

For more information on Kern Literacy Council, call us at 661-324-3213, or check out our website at www.kernliteracy.org.



FAMILY
LITERACY
PROGRAM



23RD ANNUAL KERN COUNTY Teacher Recruitment Fair

Sat., Feb. 4, 2023 • 8 a.m. – 12:00 p.m.
Larry E. Reider Education Center
2000 K Street, Bakersfield

2023-2024 Anticipated Positions

- Multiple Subject
- Single Subject
- Special Education
- Speech Pathologist
- Occupational Therapist
- School Nurse

Online pre-registration deadline: February 1, 2023. Onsite registration: February 4, 2023, at 11:00 a.m.

<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.

Kern County
Superintendent of Schools
Office of Mary C. Barlow ...advocates for children

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Looking for alternatives to a public education?

Consider a private school

By Andrea Rose

For many families, a public school seems like the natural choice for a child's education. But what if a public education isn't the right fit? Perhaps a private education is the way to go!

Doing the math:

According to the California Department of Education, there are 49 private schools (those with six or more students) in Kern County, and more than 470,000 students enrolled in private schools statewide.

While the CDE doesn't have the authority to license, evaluate, recognize, approve or endorse any private school or course, nor does it oversee private school operations, the CDE does oversee aspects of some programs and services offered to private schools. The CDE does require private schools to ensure their staff and faculty go through background checks, however private school teachers are not required to hold a state teaching credential. Private schools may seek accreditation through an accrediting body—and that may be an important distinction when making a decision on a private education.

"Parents will want to make sure the school is accredited and should review the graduation requirements, courses offered and extra-curricular activities to ensure their student will have a great overall high school experience," said Lou Ann Durrett, of Graces Memorial High School in Bakersfield. "Along with the coursework, parents should look at academic standards, graduation rates, student-teacher ratios, technology and college matriculation rates."

Finding common denominators:

Families who search for private schools may notice some offer a particular focus such as faith or religion, while others may focus on the arts or science and technology. For example, Graces is a Catholic high school, which brings faith to the forefront.

"We believe on focusing on more than just academics," Durrett said. "We nurture the mind, body, and soul of our students while developing the whole child. As a private school, we can pray together and pray for each other."

While a focus on faith may not be for every family, many private schools do try to encourage a sense of community within the school by encouraging parents to play a larger role in their child's education than in public school.

"Private schools typically offer a safe learning environment with a high degree of parental involvement and a strong sense of community," Durrett said. "Because private schools are usually smaller than public schools, there is more individualized attention from teachers and increased access to co-curricular opportunities."



Summing up:

There are many factors to consider when choosing a private school. If you're thinking about a private school education for your child, here are some basic questions to ask:

- Is there a waiting list?
- What is the application process like? Is testing required?
- What is the cost? Is financial aid available?
- How far will you/your child have to travel? Does the school offer transportation?
- What is the class size and teacher-student ratio?
- What grades does the school offer and will your child need to find another school at any point?
- What, if any, unique focus does the school have? Military? Religion? College Prep? Arts?
- How does the school handle extracurricular activities, including sports/music?
- What is the school's discipline process?
- How will the school communicate with parents?
- What is the graduation rate (if appropriate)?
- What is the curriculum like? (Foreign language, AP courses, etc.?)
- Are there parents of children in that school you can talk with?

Ultimately, it's up to each parent to decide what makes a private school the right choice for their student.

"Parents should ask themselves is this school a good fit for their child," Durrett suggested. "Parents should find a school where their child will grow and thrive and graduate ready for the next step in their lives. A private education requires sacrifice for many families, so parents should want to make sure that their child will get individualized attention when needed and opportunities for growth spiritually, academically and socially."



Your Future is Looking Bright

2023 Kern County Family Private Education Guide



Each January, we bring you a collection of some of the top Kern County Private Education options. Get a leg up on the 2023/24 school year, and contact the schools directly for enrollment information.



PROVIDENCE
CLASSICAL ACADEMY



“The mission of Providence Classical Academy is to provide the children entrusted to its care with an education grounded in the Christian scriptures and the Western tradition, with the goal of forming godly, virtuous, self-governing men and women.

www.BakersfieldClassical.com



Providence Classical Academy

4500 Rosedale Lane
Bakersfield, CA 93314
(661) 381-1503

Lydia Stroud - Headmaster



PROVIDENCE
CLASSICAL ACADEMY

Education for the glory of God and the freedom of man.

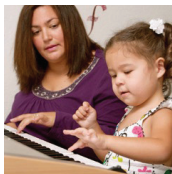
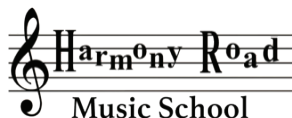
Providence Classical Academy may be new to town, but our curriculum and our methods are time-tested and traditional. Classical Christian Education is a movement to recover the traditional goals, contents, and methods of education that Western Civilization developed over the centuries and have largely been neglected in our own day. The mission of Providence Classical Academy is to provide the children entrusted to its care with an education grounded in the Christian scriptures and the Western tradition with the goal of forming godly, virtuous, self-governing men and women.

Full-time day school is available for grades Pre-K through 8th. We are also happy to offer a homeschool support program for parents who are interested in classically educating their children at home, including opportunity for homeschoolers to join our day school students on campus on Fridays for chapel and enrichment studies.

We invite you to learn more about our school by attending a school tour or parent info night. Visit us at bakersfieldclassical.com or contact us at office@bakersfieldclassical.com for additional information.



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Bakersfield, CA 93309
(661) 665-8228



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Did You Know That. . .

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Garces Memorial High School
2800 Loma Linda Dr.
Bakersfield, CA 93305
(661) 327-2578



Kent Hickey - Garces Transitional President

Garces Memorial is celebrating its 75 years of providing excellence in Catholic education in Kern County. Garces is known as the beautiful small school on the hill where the students are treated like family and challenged to become the best version of themselves.

At Garces, students explore a rich world of spiritual, academic, and extracurricular possibilities while making real connections with a diverse student body. Our staff and faculty are committed to the task of educating young people to live full, responsible, and meaningful lives strengthened through the curricula and experiences unique to a Catholic school.

One thing uniting all our students is the desire for an excellent college preparatory environment. Garces offers dual enrollment courses and honors and AP classes taught by outstanding and responsive faculty members who are invested in their student's success.

Along with rigorous academic curricula, Garces offers more than 35 student clubs, four academic teams, fine arts programs, and 37 athletic teams. There are numerous opportunities for students to find a place to belong on our campus and to grow in areas of interest to them.

Contact our admissions director to set up your tour today or visit our website for more information at www.garces.org.

Garces Memorial High School



VOTED BEST PRIVATE SCHOOL



Come be a part of the Best Private School in Kern County. Apply online today at www.garces.org.

Class of 2027 Placement Exam Dates

- Saturday, January 21, 2023
- Saturday, January 28, 2023

Please visit our website to register for the Placement Exam.

For more information, please contact Eric Coleman, Director of Admissions at ecoleman@garces.org or 661-327-2578 ext. 122



FOUNDED ON FAITH, ROOTED IN TRADITION, GROWING IN EXCELLENCE.

Stockdale Christian School

4901 California Ave.
Bakersfield, CA 93309
(661) 327-3927



Jeff Mudrow - Head of School

Welcome to Stockdale Christian School. If you were given the gift of 20,000 hours, how would you invest it? Did you know that your child will spend nearly 20,000 hours under the direct instruction of a teacher, director, or coach between the time kindergarten begins, and high school graduation occurs? If those important adults pursue academic goals and believe in biblical values that align with your own, your child will be set up for academic and spiritual success.

At Stockdale Christian School we have three primary goals for each of our students. First, we want each student to BELIEVE in Jesus Christ as their Lord and Savior, and then we want to help that relationship grow. Second, our teachers help each child recognize God's divine design in their lives and push them to ACHIEVE academic and co-curricular goals built on excellence. Finally, our students are taught the importance of loving their neighbor and are given opportunities to SERVE courageously in their community and beyond.

Our desire as a school is to walk alongside you in the parenting journey, believing in the scripture that tells us to train up a child in the way they should go so that when they are old, they will not depart from it. Christian education is an investment into the heart and mind of your child, and it is an investment that every parent should prayerfully consider. Contact us at www.stockdalechristian.com.

Good To Know

Enhance your Educational Development by Participating in Extracurricular Activities



A 2019 study published in The Excellence in Education Journal found that students who participated in extracurricular activities earned a significantly higher grade point average than those who did not engage in such activities.

Join the FUN at Trinity Preschool!



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www.stockdalechristian.com

Baby Propaganda

How the Doctor's Office Makes You Want Another Child

"The ob/gyn office needs to stop trying to get people to have babies. I mean, you go in there, you see all these cute moms with their cute baby bumps and their cute hair and their cute maternity clothes, and you think, "Aw..." and you start waxing nostalgic about your first baby, back before you appeared in public with spit-up on your shirt and a messy bun that was not at all deliberate and mismatched shoes. (Please tell me I'm not the only one who has left the house in shoes that did not match.)

They call you back for your Depo shot, and they take you PAST all the exam rooms, to the big room with beds that are curtained off. I don't know why you need a bed to get a shot in your hip, but if I were the nurse on duty, I would be asking why I had to clean the room when NOTHING happened in it. But there you are, standing awkwardly, waiting for the nurse to come in with the needle, when, lo and behold, you hear a baby's heartbeat from beyond the curtain. And it brings back memories of listening to your babies' heartbeats. And you think, "Wow, I had forgotten that sound." And you have this overwhelming urge to crawl under the curtain and hold the mother's hand and tell her it will be ok. But then you hear her husband chatting with the nurse and decide against embarrassing yourself.

And then you hear the nurses talking about you. Because, after all, there is only a curtain between you and them—not a door. And they're deciding which of them has to give you the injection, so the other can go on her break. And you think, "All I am is an item on someone's checklist." And you start to think that if you had a baby growing inside you, maybe you would matter.

And when you are finally leaving, they tell you to call back in a month to schedule your next injection. And you start wondering what will happen if you accidentally-on-purpose don't call them. Will they call you? You hope not. At least for a minute.



And then you think how different things might be if you weren't already ... well, let's be honest, 48. And a half. And you think, "If I had started younger, maybe I could have had a third—or fourth—child." And you remember the things you did in your 20s and how much fun it all was but how much better being a mom is than any of it. And you start questioning your choice of pursuing your career first and your family later, as if family mattered less.

And then you finally get out to the safety of your car, only to discover that you are parked at the perfect angle to see the exact parking spot where you parked the day you brought your firstborn home from the hospital. That hospital, right there, just beyond the parking lot you are in. And you remember how long you had waited for her to be released from the NICU. And how you buckled her in for the first time. And how your dog greeted her when you got home, gently, with sniffing and no actual licking. And how proud and happy you were at that moment. (Of the dog. Which seems silly now, but back then, you were definitely proud of your dog for not licking the baby.)

And you decide it is most definitely a conspiracy. This place is made for having babies, not preventing them. How could you go there and not want to come out with a baby?

WE LOVE IT! JANUARY 

By Elena Epstein, Director of the National Parenting Product Awards

For more product reviews, visit nappaawards.com

Naturalistas Fashion Dolls



A sleek line of contemporary natural-hair dolls representing the beauty and uniqueness of naturally textured black hair. \$12.99-

\$24.99, ages 3+, mynaturalistas.com

Purse Pets Print Perfect!



Interactive purses that really blink and respond to touch. Features new trendy designs and stylish details with over 30

new sounds and reactions. \$26.99, ages 5+, spinmaster.com

Letters & First 100 Words Flash Cards



Make learning fun with 50 colorful flash cards. Learn about letters and 100 words. \$14.97, ages 18 mos-4 years, amazon.com

CaDA Elements Mighty Airplanes



Layout your runway, build your own unique airplane and let your imagination soar with this

immersive and play-packed set. The all-new clip brick can be used with paper, cardboard, or even leaves, letting kids build beyond traditional construction sets. \$24.99, ages 6+, decadastore.com

GIGABOTS



Featuring a new line of six intergalacticaction figures that transform from their energy core

capsules into a 13" fully-articulated action figure. Can be disassembled and stored again in their original capsule. \$16.99, ages 5+, giga-bots.com

Disney Doorables Let's Go! Around The World



Open the airplane doors to discover an exciting destination—all with a unique collection of 5, 6, or 7 figures and collector cards. These

charming surprise toys take kids around the world. \$12.99, ages 5+, justplayproducts.com

Pixobitz Studio



Magically transform your custom designs into 3D creations by using a spray of water. Decorate with the included PVA accessories. \$29.99, ages 6+, spinmaster.com

I'm Sad Today



Helps parents explore the wonders of imagination, self-discovery and self-awareness with their children. \$18.95, ages 4-8, cuentodeluz.com

you can do it

Pop Into 2023!

Sweet-n-Salty Popcorn Pretzel Sticks



Get Messy

Learning how to create and explore is often productive (and fun) when children can get their hands dirty. Sweet 'n' Salty Popcorn Pretzel Sticks are a perfect canvas for letting kiddos work directly with the ingredients as they can roll pretzels in peanut butter, add sprinkles to their heart's content and press popcorn into their newfound favorite treat.

Find more kid-friendly recipes to get the whole family involved in the kitchen at popcorn.org.

Servings: 6

- 6 tablespoons peanut butter
- 6 large pretzel rods
- 3 cups popped popcorn
- decorative sugar sprinkles
- 3/4 cup mini chocolate chips (optional)

Spread 1 tablespoon peanut butter over one pretzel, leaving 2-inch "handle" without peanut butter. Repeat with remaining peanut butter and pretzels.

Press and roll popcorn onto peanut butter to coat each pretzel. Sprinkle with sugar sprinkles.

To make optional chocolate drizzle: Place chocolate chips in small resealable plastic bag and seal bag. Microwave 30 seconds, or until chocolate is melted.

Clip small corner from bag and squeeze to drizzle chocolate over popcorn.

Sprinkle with additional sugar sprinkles. Allow chocolate to harden before serving.

Happy New Year from Our Family to Yours

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John 14:6

THANK YOU KERN COUNTY!

WE APPRECIATE OUR CONTRIBUTORS AND READERS -
WE ARE PROUD TO ANNOUNCE THAT WE WON NATIONAL
EDITORIAL AND DESIGN AWARDS IN 2022!

WE LOOK FORWARD TO SERVING OUR COMMUNITY IN
2023 AND PLAN TO MAKE IT THE BEST YEAR YET!



Want to learn more?
Scan the code or visit our website:

WWW.KERNCOUNTYFAMILY.COM



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

December 26-January 6

Winter Day Camp

Day camp offers weekly themes, field trips, arts & crafts, and outdoor games.

Boys & Girls Club of Kern County
7am-6pm
Register online
<https://www.bgclubsofkerncounty.org/>

December 31

New Year's Eve Celebration!

Ring in 2023 at The BLVD! The ball will drop early at 9pm for kids.

The BLVD
3200 Buck Owens Blvd.
Bakersfield, CA
www.blvdbakersfield.com

January 1



We at Kern County Family Magazine wish you a joy-filled, healthy, and prosperous New Year. Thank you for being a part of our journey!

January 1



Polar Bear Plunge

Make a splash in 2023 by jumping into the icy water or going down a water slide!

McMurtrey Aquatic Center
1325 Q Street
Bakersfield, CA
11am
www.bakersfieldswim.us
(661) 852-7430

January 3-6

Winter Break Art Workshops

Keep your young artists engaged during winter break!
\$30 for members/\$40 for non-members

Bakersfield Museum of Art
1930 R Street
Bakersfield, CA
(661)323-7219
info@bmoa.org

January

In celebration of National Get Organized Month, check out our 11 Ways to Get Organized in the New Year on Page 14.



January 5, 11, 14, & 26



CSUB Men's Basketball Game

Icardo Center
9001 Stockdale Hwy.
Bakersfield, CA
7pm
www.gorunners.com

January 7

Buena Vista Museum of Natural History: Family Day

2 Adults and up-to 6 kids only \$20
10am-4pm
Buena Vista Museum of Natural History and Science
2018 Chester Ave
Bakersfield, CA
info@buenavistamuseum.org

January 14

Youth Jersey Giveaway Night- Bakersfield Condors Game



The first 2,000 kids 12 and under will receive a #11 James Hamblin youth jersey.

Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA
7pm
www.bakersfieldcondors.com

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

January 16

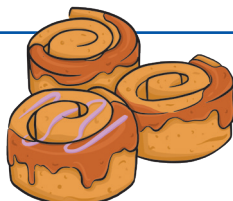
Honoring
Dr. Martin Luther King, Jr.

See our list of book recommendations celebrating Martin Luther King Jr. on page 16.



January 18

**ADAKC
Cinnamon Roll
Drive**



Pick up your tin of hot Hodel's cinnamon rolls and support the mission of ADAKC. 6am until sold out!

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Bakersfield, CA
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January 19



Bluey's Big Play

Bluey's Big Play is a brand-new theatrical adaptation of the Emmy® award-winning children's television series. Join the Heelers in their first live theatre show made just for you, featuring brilliantly created puppets. This is Bluey as you've never seen it before, brought to real life.

Mechanics Bank Theater
1001 Truxtun Ave.
Bakersfield, CA
6pm

January 21



Frontier Titans for Ukraine 5K Run

All proceeds benefit enginprogram.org

The Park at Riverwalk
11298 Stockdale Highway
Bakersfield, CA
10am-12pm

January

**National Slow-Cooker Safety
Month!**



Check out our slow-cooker safety tips on page 6!

January 22



Chinese New Year, also called Lunar New Year, is a celebration of the turn of the annual calendar based on a lunisolar calendar structure. Over 2 billion people around the world celebrate the holiday. 2023 will be the year of the Rabbit on the Chinese Zodiac time line.

January 27



National Chocolate Cake Day

Yes, it's a real thing! Enjoy a slice, then run one of the 5K races from our January Calendar!

January 28



**Star Wars Night – Bakersfield
Condors Game**

The Condors will wear specialty Star Wars Jerseys and characters from the 501st Legion will be on hand for pictures.

Mechanics Bank Arena
1001 Truxtun Ave.
Bakersfield, CA
7pm
www.bakersfieldcondors.com

January 28

Race Against Trafficking 5K

The Kern County Human Trafficking Task Force is excited to host its first Race Against Trafficking 5K Run/Walk supporting the Kern County Family Justice Center Foundation for human trafficking victims.

The Park at Riverwalk
11298 Stockdale Hwy., Bakersfield, CA
661-868-1669
info@buenavistamuseum.org
7am-2pm

ONGOING HAPPENINGS

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

Every Saturday through April 1st League of Dreams Fitness Classes

This 12-week program features 60-minute exercise sessions.
A3 Sports Performance
5203 Young Street Bakersfield, CA
www.leagueofdreams.org

Every Saturday through February 11 Adaptive Fencing

Fencing classes in partnership with Kern Athletic Fencing Foundation.
Classes are for athletes with physical and developmental disabilities.
Women's Club of Bakersfield
2030 18th Street Bakersfield, CA
www.leagueofdreams.org

Every Tuesday Optimal Hospice Grief Support

First United Methodist Church
44600 Stockdale Hwy Bakersfield, CA
10am
(661) 716-4000

Every Sunday

Haggin Oaks Farmers Market
8800 Ming Ave. Bakersfield, CA
9am-2pm

Second Tuesday of Every Month Smitten Kids

Come listen to songs and stories on the patio. Free for families.
Smitten Café
909 18th Street Bakersfield, CA
9am

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PAGE
29

ACTIVITY CORNER ANSWERS

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

- CROSSWORD
- Across
- 1. House
 - 2. Sale
 - 3. Hi
 - 4. Interest
 - 5. Bakeware
 - 6. Enjoy
 - 7. Jut
 - 8. Man
 - 9. As
 - 10. Talent
- Down
- 1. Hobbies
 - 2. Scale
 - 3. Hi
 - 4. Interest
 - 5. Bakeware
 - 6. Enjoy
 - 7. Jut
 - 8. Man
 - 9. As
 - 10. Talent



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"Kern Autism Network Inc. provides support, awareness, information and education to families and the public throughout Kern County"



Happy New Year from the Kern Autism Network Board of Directors.
Parent Support Group: Wednesday, January 11th register via Eventbrite
Females Support Group: Thursday, January 19th register via email

- | | |
|---|---|
| EARLY SIGNS OF AUTISM: | SERVICES OFFERED: |
| <ul style="list-style-type: none"> • Delayed language development • Repetitive language • Little or no eye contact • Repetitive mannerisms • Inflexible routines or rituals • Preoccupation with object parts • Little interest in friendships | <ul style="list-style-type: none"> • Monthly Parent Support Groups • Adults on the Spectrum Support Group • Law Enforcement Trainings • Autism/Asperger Workshops-Seminars • Local Resources, Community Projects • Camps & Activity Scholarships • Evening & Weekend Phone support |

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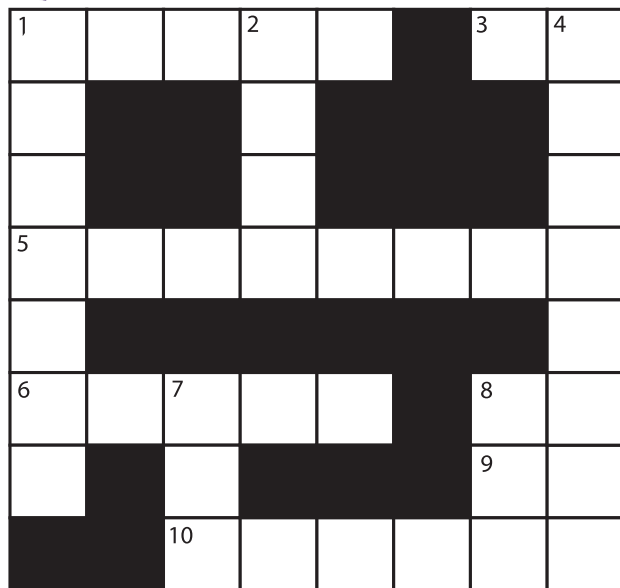
kerncountyfamily.com



JANUARY ACTIVITY CORNER

puzzle answers on page 26

Crossword



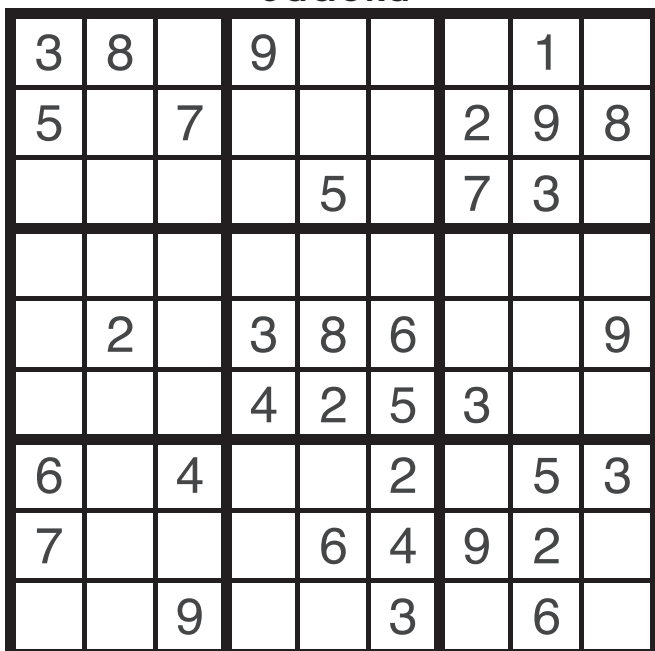
ACROSS

1. Place to live
3. Short for "hello"
5. Pans
6. Like to do
8. Taylor Swift song
9. Word used in comparisons
10. Natural aptitude

DOWN

1. Fun interests
2. Exchange of goods
4. Something enjoyed
7. Stick out
8. Male

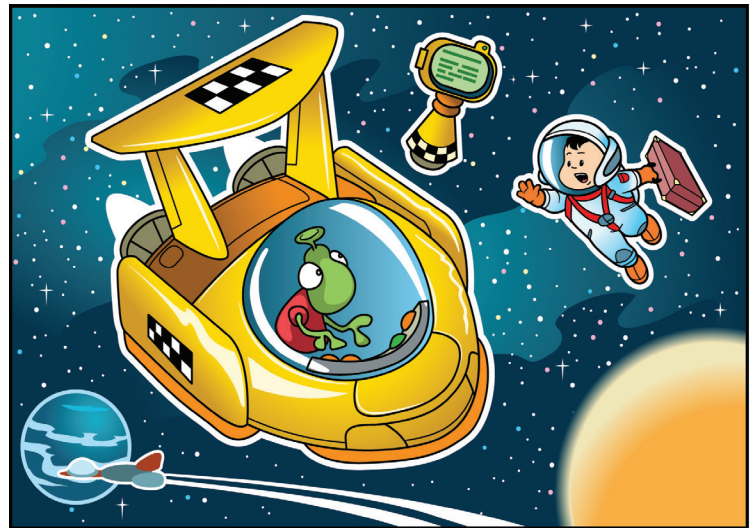
Sudoku



Level: Beginner

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

There are 10 differences in the pictures below. Can you find them all?



DID YOU KNOW?

The island nation Kiribati is the first place to ring in the New Year every year.

Kiribati, also known as Christmas Island, is located in the Central Pacific.





JANUARY ACTIVITY CORNER

New Start Conquer Clutter Word Search

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puzzle
answers
on page
26

U M E O D N E P T U C Y N V R E D T O S
 N O D O I S N T C C A E Y S S B A R H Y
 U B Y R I C R M L C T V L H I D Y E Z G
 G I L Z D O Y O A L E N R U R E L P E V
 T L A Y S R S R G E G R Z C D V O V V H
 U I B M H E S A C A O E E P I E A Y L T
 Y Z E P T H R G G N R T O N I I H V T P
 H E L Y E B R N S I Y T G B G M L C Y N
 T B M A A S R I S N U U C T E T T A S O
 C G S G M E R O E G S L R M M D R E T I
 E D E S H T H T M M E C M D S R U Z B T
 L M T D R A M Z N L D B S I A G H I L A
 L C E D M N S P Z E R M I S B L A N N N
 O P N A R I Z L D E A M I T C I P A G O
 C O I E N D T A Y O O D C R Z L Y G P D
 V D B L O R D N G S H M L I B O N R T Z
 L Z A A E O D N R T C C C B D T A O D S
 H A C R T O N I O S N G R U L R E D R O
 Z P S B B C R N U I T O N T Y L I G U B
 H C H Y D V S G P L Z S T E E B I S A T

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 DISARRAY
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 DONATION

GARBAGE
 GROUP
 HOARD
 LABEL
 LEAD

LISTS
 MESS
 MOBILIZE
 ORDER
 ORGANIZE

PLANNING
 SCHEDULE
 SHELVING
 SORT



Q&A: Get to Know Clinica Sierra Vista's new Chief Executive Officer, Dr. Olga Meave

Q: Please us about your background.

I was born and raised Hermosillo, Sonora, Mexico. I am the only child of my amazing parents—my mother is a Family Medicine Physician, and my dad is an Agricultural Engineer. I lived in Hermosillo for 15 years and then moved to Upstate New York to finish high school. After graduating high school, I started college in Rochester, NY. Unfortunately, after the 9/11 attack on our nation, my parents brought me back to Mexico and I attended Medical School at Universidad Autonoma de Guadalajara (UAG).

Q: What made you want to be a doctor?

I literally grew up in a doctor's office. Since my mom was a physician, naturally I had the opportunity to be mentored by her through my early childhood and adolescent years. After school, I would go to my mother's medical office to do my homework there and would daydream about becoming a doctor one day. I have been surrounded by healthcare professionals my entire life and had the opportunity to see the compassion that my mother and her colleagues had for their patients. It inspired me to help people and strive to have a positive impact on health outcomes for those who need it the most.



Dr. Olga Meave
CEO, Clinica Sierra Vista

Q: You started your career in Clinica Sierra Vista's residency program. Why were you interested in coming to Kern County?

Applying for Residency Training in the US is very competitive, especially for International Medical Graduates like myself. When I first moved to California, I moved to Long Beach and volunteered at a hospital before joining UCLA's International Medical Graduate Program (IMG). This program helped me prepare for "The Match", which is the interview and selection process for medical residency candidates.

I applied for residency programs located in California only and ranked Rio Bravo Family Medicine Residency, which is sponsored and housed by Clinica Sierra Vista, and affiliated with UCLA, as my number one option. I loved the clinical and hospital environment that Clinica Sierra Vista has and felt that I could fit in to meet the needs of the community. Luckily, I got in, and honestly felt that I was home here!

Shortly after starting my medical training, I decided I wanted to stay in the Central Valley and explore the opportunities here. During my year as Chief Resident, I decided to stay with Clinica Sierra Vista permanently and continue caring for my patients. After I graduated, I transitioned from a Family Physician to Associate Medical Director for Kern County, to Interim Chief Medical Officer, to Chief Medical Officer during the COVID-19 pandemic and was recently appointed to Chief Executive Officer of Clinica Sierra Vista. I am grateful for the opportunity to serve our community, and call Kern County my home.

Q: You're the poster child for healthcare in Kern County, moving from a local residency program to practicing and now running one of our largest healthcare providers. What made you want to stay?

Honestly, I love living in Bakersfield. I have heard negative things about our city on television and on the internet, but until those people have experienced the culture, beautiful landscape, and how diverse our economy is, they really shouldn't judge. We feed the world, power our nation, and have exceptional healthcare professionals in the community who genuinely care and want to make a difference. I'm honored to call Bakersfield my home, where I can grow professionally and give back to my community. It's a great place to raise a family, while still being close to recreational amenities. I'm humbled that the Clinica Sierra Vista's Board of Directors chose me to serve as their permanent CEO to help improve health outcomes for our patients. I am grateful to lead my compassionate team of physicians, healthcare providers, organizational support staff and am proud that together, we provide quality, affordable, and accessible healthcare to over 150,000 patients annually.

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Clinica Sierra Vista WIC

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