



Kern City Klarion

March
2018

Don't miss these!

- Mar. 6 -- Social Club Mtg, 2p**
- Mar. 9 -- 2nd Friday Potluck**
- Mar. 11 -- Daylight Saving**
- Mar. 13 -- Board Mtg, 9a**
- Mar. 17 -- Pancake Breakfast**
- Mar. 23 -- Exercise Room closed
for cleaning**

Are you the one feeding the cats?

Kern City has received more complaints recently about residents feeding stray cats. Putting food out for the feral cats causes them to increase and they damage neighbors' properties by going through yards and patios and leaving messes and making noise. Some are sick and can infect other cats.

"We know that it's hard not to give food to a cat or other animal like a kit fox that doesn't have a home, but that can weaken the animal's natural ability to find its own food and it can attract other wild animals," said Jolene Simons, president of the KCCA board of directors.

According to the city's CatNip program, feeding stray cats is only kind if they are then trapped and taken to be spayed or neutered. The city's program

requires that the cats then be returned to the neighborhood they came from. While doing that may seem that it doesn't help, spaying and neutering cats keeps them from increasing, and according to the city, those cats will not be as messy or noisy as untreated cats.

"When residents cause cats to be a problem for their neighbors, that becomes a nuisance and that is against our CC&RS," Simons said.

She cited the Declaration of Restrictions, Section H15, which reads: No noxious, offensive or illegal activities shall be conducted within Kern City. Nothing shall be done on or within Kern City that may be or may become an annoyance or nuisance to the residents or Owners, or that in any way

interferes with the quiet enjoyment of residents or Owners.

Simons suggested that if residents are experiencing problems due to a neighbor feeding feral cats, to "please try to talk to them first and help them understand the situation. It is important that we all not only think about how things affect us but how they affect other residents. Being a good neighbor is vital in a community like ours."

Residents whose actions create a nuisance will receive a letter notifying them of the violation, and the penalty process, which can include a hearing and fines after due process, will begin.

To participate in the CatNip TNR (trap, neuter, release) program, people can call 868-6999.



NO SMOKING!

Just a reminder -- The Kern City common area is a No Smoking Zone except for outdoors by the blue bench and the parking lot.

Please do not smoke inside or outside any of the rooms or pool.

Thank you for helping everyone avoid the dreaded second-hand smoke!

Get your green out and your appetites ready!

There will be a St. Pat's Dinner with corned beef, cabbage, potatoes, cornbread, dessert, beverage and entertainment on Wednesday, March 14, at 5:00 pm. Sign up in the office!

Set clocks forward

Residents, don't forget to set your clocks forward one hour on Sunday, March 11, or the night before. Daylight Saving Time will be here, and that means there will be more light in the evening.





GUESS WHO?!

Five residents correctly identified those handsome brothers in last month's Guess Who photos as Fred and Ray Hallmark. Because everyone does not receive the Klarion at the same time, we put the names of all the correct guesses in a bowl then randomly drew one name. Janette Milam was the winner.

This month we have a wedding photo of a couple who have lived in Kern City for a long time. If you think you know them, call the office at 831-2035. If you guess correctly, your name will be put in a bowl with other winners' names. The person whose name is drawn will win \$10.



LORENE'S RANCH HOUSE

Lorene's Coffee Shop • Ming Ave, Bakersfield, CA

Business Hours: Monday-Saturday 6am to 9pm, Sunday 7am to 4pm

We would like to thank our friends at Kern City for their continual support. So we would like for you to receive a 20% discount on your next visit. You may use the coupon below for Breakfast, Lunch or Dinner.



Lorene's March Coupon



Receive 20% off the total of your bill. Cannot be accompanied with other offer. May use for breakfast, lunch or dinner. Please present to server before ordering.

Coupon good for 2 people from 3-1-18 to 3-31-18
Only original coupon copies will be accepted.

President's Message

Time passes quickly and here we are in the third month of the year already. In the latest news, Picasso visited our community last month but the perpetrator was identified and caught by the police. Don't worry -- it had nothing to do with gangs or hate crimes. The Graffiti Erase team came out and cleaned things up. It is a good resource to call if you see or experience that kind of vandalism. Its number is 323-7273.

St. Patrick's Day is just around the corner and if you want a delicious meal, don't forget to sign up for the March 14th dinner with corned beef and cabbage. Please RSVP by March 12th to the office at 831-2035.

The pool is looking good and it won't be long before it will be warm enough to swim. Members Tom Colbert and Gene Davis have been adjusting the ladder and checking things out so the pool will be ready.

We received many calls about the black pit bull running loose. We have since been alerted that Animal Control picked it up.

We love our dogs and cats and we really appreciate those owners who take responsible care of them.

The board wishes you all a Happy Springtime!

Jolene Simons



Social Club News

March signals springtime and we're ready to greet it with a St. Patrick's Dinner on March 14th. The cost is only \$10 and will be worth it with catering by Keith Barnes and bagpipe entertainment. If you like corned beef and cabbage, don't miss this! There will be potatoes and cornbread plus dessert and beverage.

Also, on St. Patrick's Day morning, there will be another delicious Pancake Breakfast. This is such a popular event, and the cost is only \$4 per person. Billye Bell and her crew do such a wonderful job on the breakfast so I hope new people will come to the Town Hall between 8:00 to 9:30 a.m. that Saturday.

Wasn't the Valentine's Potluck Dinner great? The deep pit beef was so delicious and so were the beans, salads and desserts! So many residents are fabulous cooks!

Also, the Taco Tuesday has proven to be a great addition to our events. We had another one last month and people are already wanting more. So, mark your calendars for May 22 because your wish will come true. Watch the Klarion for more information.

Please also mark your calendars for the upcoming TEA on April 14th. Just observing the lovely hats and clothes some ladies wore to the tea last year was fun. I can't wait to see the fashions this year! The tea details will be in next month's Klarion.

If you are available during the day-time, why don't you attend our monthly Social Club meeting? It's on the first Tuesday of each month at 2:00 p.m. in the Town Hall Del Webb Room. I hope to see you there!

Scott Ford

Manager's Report

Every week it seems that something sweet, funny or unusual happens that makes working in Kern City exciting. And let me tell you, "exciting" is the correct word. When Jennifer came to work in our office over three years ago, she confided that when she was asked to interview here she worried that working in a place for seniors might be boring.

I laugh every time I think of that. Neither she nor I have had even one boring day here. We have fallen in love with the residents, and we both love to see how we might solve the challenges and help the people who regularly walk through the door.

We laughed again recently about an invitation Kern City received to attend the Midwest Poultry Federation Convention. In what universe, or internet search engine, is Kern City listed that even remotely connects us with chickens and other poultry?

On another note, I am so happy that a new resident has moved here who is a seamstress. We lost two other residents in the last two years who sewed for people but moved away, and we have received so many calls asking if we knew of anyone else who sews. Well, May Cooper does, and she is reasonably priced. If you need alterations, you can call her at 859-8339.

We all hope you have a wonderful March and spring!

Jill Foley

Neighborhood Watch

Last month some properties were vandalized with paint splatter and/or swastikas. The damage occurred primarily on Indian Wells and around the Town Hall. The Graffiti Erase team cleaned up most damage. The police caught the perpetrator.

If any resident experiences vandalism, it is important that the police are called at 327-7111 and then that the office be informed at 831-2035.

In other reports, a truck was stolen from Demaret Avenue. Also, someone snuck into a garage on River Oaks while the owner left the door open to run inside the house. The thief stole a purse and other items, and tried to steal the vehicle but the key broke off in the lock.

Even though Kern City is safer than a lot of areas of town, it is important to be proactive regarding safety. Do not leave garage doors open! Especially if your keys and purse and other things are in the vehicle. Thieves drive around town looking for "opportunity" thefts, and open garage doors -- even for five or ten minutes -- are opportunities.

One way to be proactive is to start a Neighborhood Watch. If you would like to do that, call the police department at 326-3053 or email BPDCCommunity@bakersfield-pd.us.

Condolences

The Board of Directors and staff of the Kern City Civic Association offer their thoughts and prayers to the families and loved ones of the residents here who passed away recently:

Trudy Douglass, Michael Myers, Doris Parrott, Henry Rivera, Glenn Simpson



Opportunities

Please note that the events below for seniors are at the Beale Library downtown at 701 Truxtun Ave. Call 868-0701 for more information or to register for any event below that requires registration. All events are FREE. www.kerncountylibrary.org

Tuesdays, 5:30 pm: Legal Help Clinic. Local attorneys will hold a free informational workshop to answer questions from those in attendance. Lake Room.

Wednesdays, 5pm: Craft Corner. Enjoy an evening devoted to the joy of crafts & conversation. Create a new craft, work on on-going projects, or bring a craft from home. Tejon Room, 2nd floor.

Wednesdays, 5:45 pm: Personal Computer Coach. Sign up at the Reference Desk or call 868-0701 to reserve 30-minute sessions with a volunteer coach for one-on-one computer learning.

Saturdays, (Except March 24) 10 am: Volunteer Orientation. Volunteer Orientation and Training for Beale Library.

Saturdays, 2-4 pm: Math Clinic. Learn math or get assistance with your math homework. Open to all learners of all ages. Registration required: 661.868.0701.

Thursday, March 1, 5pm: Cinema Macabre: What Ever Happened to Baby Jane. Join us for our Spring classic film series:

CINEMA MACABRE! A truly gruesome good time, hosted by the Boogeyman himself. And it wouldn't be a film night without a trivia sheet and free snacks! The film begins at 5:00 p.m. and the doors open at 4:45 p.m. Auditorium.

Saturday, March 3& 17, 11 am: Ukulele Club. Join us for a rousing good time at this Uku-Nanny! Bring your ukulele, and any songs you'd like to share. We will have printouts available here as well. Lake Room.

Thursday, March 8, 6pm: Family Movie Night. Enjoy watching the movie An American Tail (1986,G), with your friends and family. The film begins at 5:00 p.m. and the doors open at 4:45 p.m. Children under 12 must be accompanied by an adult. Auditorium.

Saturday, March 10 & 24, 10:30 am: Color Me Happy. Stressed out? Join the coloring craze with a relaxing morning of conversation & coloring. A variety of stress-relieving coloring pages will be provided. Auditorium.

Saturday, March 10, 12pm: 2nd Saturday Film Series. The March movie will be the 2015 film Suffragette in honor of Women's History Month. The film begins at 12 pm and the auditorium doors open at 11:45 am. Children under 12 must be accompanied by an adult. Auditorium.

Thursday, March 15, 5 pm: POV Documentary Series. March's movie is Tea Time, a charming and poignant look at how a seemingly mundane routine of tea and pastries has helped five Chilean

women commemorate life's joys and cope with infidelity, illness and death. The film begins at 5:00 p.m. and the auditorium doors open at 4:45 p.m. Children under 12 must be accompanied by an adult. Auditorium.

Saturday, March 17, 3 pm: ASL Storytime. American Sign Language: Kids & teens ages 8-17 are invited to learn American Sign Language. Arkelian Children's Room.

Tuesday, March 20, 1 pm: DNA From Iowa To Kern County. Art Murray and Barbara Long of the Kern County Genealogical Society will discuss the fascinating connections of DNA and tracing your family history. To be held in the Tejon Room 2nd floor.

Tuesday, March 27, 5:30 pm: Book Club at the Pub: Adults are invited to participate in good conversation with a new title chosen by group participants monthly. Enjoy local food & spirits at Goose Loonies.

Wednesday, March 28, 4 pm: Barks & Books. Build your reading skills & enhance self-esteem, by reading aloud to an affectionate furry friend. Ages K-8. Registration Required. Arkelian Children's Room.

Thursday, March 29, 6 pm: International Cinema. Showcases films from around the world. The film begins at 5:00 p.m. and the doors open at 4:45 p.m. Children under 12 must be accompanied by an adult. IdiotasPG -13 (2017) Auditorium.



Kern City Klarion

KERN CITY OFFICE HOURS:
9 a.m. to 2 p.m. Monday through Friday
Closed holidays

BOARD OF DIRECTORS
Bill Allen, Roger Kirby, Steve Parks, Kyle Ray,
Jolene Simons, Tim Smale, Donna Tyner

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Secretary-Treasurer: Donna Tyner

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Want to lose weight?

There's a "weigh" to do it healthfully!
Drop in to the new TOPS group
(Take Off Pounds Sensibly)

Thursdays from 9:00 - 11:00 a.m.
in the Community Room.



For more information, contact Judy Harris at 831-7613 or email ibejudyh@sbcglobal.net
or call John Reed at 319-8781 or email him at shortround9@aol.com.

Kern City Board Meeting Minutes

DRAFT KCCA'S REGULAR
BOARD MEETING MINUTES
Jan. 9, 2017, 9:00 a.m.

- I. CALL TO ORDER: President Jolene Simons called the meeting to order at 9:00 a.m. Other directors present: Bill Allen, Roger Kirby, Steve Parks, Kyle Ray, Tim Smale and Donna Tyner and Manager Jill Foley. President Simons welcomed attendees, and member Fred Hufnagel led the flag salute. ANNOUNCEMENT: President Simons said there would be an Executive Board Meeting immediately following the regular board meeting for a hearing regarding a property violation.
- II. MINUTES: Director Tyner. The Jan. 9, 2018 regular board meeting minutes were accepted as presented.
- III. TREASURER'S REPORT: Director Tyner said that as of Jan. 31, the Operating Account had a balance of \$499,871.99 and the Reserve Account had \$104,100.49. She announced that this month we will transfer \$102,500 from the Operating Account to the Reserve Account per the 2018 budget.
- IV. MANAGER'S REPORT: Jill Foley. The deadline for Letters to the Editor and Classified Ads for the Klarion is Feb. 15. We learned of the passing of residents Trudy Douglass, Michael Myers, Doris Parrott, Henry Rivera and Glenn Simpson. We have received 95 percent of the annual assessments, and we will send out pre-lien letters shortly for those who have not paid and are not on a payment plan.
- V. COMMITTEE REPORTS
- a. Architectural -- Director Ray said we received requests to alter the following: 2 replace garage doors, replace rotting fence, raised back side fence to 6 feet (not on golf course), moving gate across entry way and pour cement slab, install solar to back of house, paint a house the same color and trim and redo landscaping.
- b. RV Park -- Director Kirby reported that he and

- Ray Hallmark put down 400 pounds of pre-emergent in the park last month to combat the weeds. We also looked into adding another security camera but the cost outweighs that when you consider that hoodies hide the people so they can't be identified.
- c. Compliance -- Director Ray said the following issues were dealt with: 2 dogs loose without leashes, overgrown trees, bushes, possible rental before permitted time, 2 houses with underage residents, over 3 vehicles at property, trailer parked too long, noise and nuisance, and neighbor putting junk on another's property.
- d. Pool -- Director Simons said we are getting ready for summer and there will be more to report later.
- e. Library -- Director Tyner reported that the Library has received some good donations of new books from residents. Also, the Library has been rearranged to better show off its books and other items. She said many puzzles were donated recently to the school district which said it greatly appreciated them because autistic children especially enjoy working puzzles. The Library will continue to donate when it has extra or unneeded items.
- f. Special Projects -- Director Tyner said the board will work with the Social Club to put on the annual Ice Cream Social on June 14, Flag Day.
- g. Inside Maintenance -- Director Allen reported that we need to remove the elliptical in the Exercise Room because it is hard to use and is not a commercial model which is required by our insurance. It was donated to us. We would like to know if residents are interested in having a different elliptical machine before automatically replacing it.
- Outside Maintenance -- Director Smale said we had had some paint vandalism around the Town Hall but it has been cleaned up. The perpetrator was caught.
- VI. OLD BUSINESS
- a. Town Hall Floors -- Directors Allen and Kirby reported that a recommendation regarding replacing the floor will be postponed until after they have time to study the different kinds of floors and all the costs.

- b. Sheds -- Director Ray said a shed committee needs to be established so that new rules can be created to meet the city's shed requirements and also to better serve Kern City. He will gather information and share it starting next month.
- VII. NEW BUSINESS
- a. Action for TOPS to Meet -- A request has been made from a resident to allow the TOPS (Take Off Pounds Sensibly) group to meet weekly. The group's purpose is to help people lose weight healthfully and it will meet on Thursdays in the Community Room and be open to residents. Director Kirby moved to allow TOPS to meet here. Vote: Passed, unanimous.
- b. BBQ Use by Groups -- Director Parks said one of the groups that meets in Kern City would like to use the BBQ pit to make lunch occasionally. Director Ray moved to allow groups approved to meet here to use the pit if they make reservations in advance with the office and clean up the area immediately after use. Vote: Approved, unanimous.
- c. Action to Replace Exercise Equipment -- Discussed under Committee Reports. This will be deferred for more information.
- VIII. PUBLIC FORM
- a. Directors Forum -- Director Kirby said our insurance agent will be invited to the next board meeting to discuss earthquake insurance.
- b. Social Club -- Member Fred Hufnagel reminded people who already had reservations to attend the Valentine's Dinner and said reservations were closed now. The Pancake Breakfast will be Feb. 17th from 8:00 to 9:30.
- c. Audience -- Some members spoke.
- IX. ADJOURNMENT at 9:55 a.m.
- Respectfully submitted,

DonnaTyner, Secretary-Treasurer
Meeting attendance: 20 (includes directors and manager)

What happens in March?

Besides Daylight Saving Time which occurs on March 11, March ushers in spring (also called the March equinox or vernal equinox). That falls on Tuesday, March 20, this year at 9:15 a.m. Pacific Daylight Time. This event marks the astronomical first day of spring in the Northern Hemisphere.

March also celebrates St. Patrick's Day on the 17th, and Kern City's Social Club will have a St. Patrick's Dinner on March 14 and a breakfast on St. Patrick's Day.

Did you know that Saint Patrick's day is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. Interestingly, the first St. Patrick's Day parade did not take place in Ireland. It took place in New York City, in

1762.

You have probably heard the phrase "Erin Go Bragh" many times but do you know what it means? The translation is "Ireland Forever."

Other special celebrations in March include: Women's History Month, Irish American Heritage Month, National Kidney Month, National Nutrition Month, Problem Gambling Awareness Month (Kern City has a weekly Gamblers Anonymous meeting), National Poison Prevention Week (fourth week), March 4 is Hug a GI Day, March 5 is World Book Day (check out our Library), March 11 is Johnny Appleseed Day, March 12 is Genealogy Day, March 22 is American Diabetes Alert Day, and many more.

And of course, there is the Ides of March (Latin: Idus Martiae, Late Latin: Idus Martii) and it is a day on the Roman calendar that corresponds to March 15. It was marked by several religious observances and became notorious as the date of the assassination of Julius Caesar in 44 BC.

The Healthy Geezer

By Fred Cicetti

Q. I'm having a devil of time controlling my bladder. Any suggestions?

About 10 percent of men and women over the age of 65 have trouble with bladder control, also known officially as urinary incontinence. Women suffer from this more than men.

During urination, muscles in the bladder contract, forcing urine into the urethra, a tube that carries urine out of the body. At the same time, muscles surrounding the urethra relax and let the urine pass. If the bladder muscles contract or the muscles surrounding the urethra relax without warning, the result is incontinence.

Short-term incontinence is caused by infections, constipation, and some medicines. If the problem persists, it might be caused by weak bladder muscles, overactive bladder muscles, blockage from an enlarged prostate, damage to nerves that control the bladder from diseases such as multiple sclerosis or Parkinson's.

In most cases urinary incontinence can be treated and controlled, if not cured. If you are having bladder control problems, go to your doctor. Doctors see this problem all the time, so there is no need to be embarrassed.

Your doctor may do a number of tests on your urine, blood and bladder. You may be asked to keep a daily chart about your urination.

There are several different types of urinary incontinence.

* If urine leaks when you sneeze, cough, laugh or put pressure on the bladder in other ways, you have "stress incontinence."

* When you can't hold urine, you have "urge incontinence."

* When small amounts of urine leak from a bladder that is always full, you have "overflow incontinence."

* Many older people who have normal bladder control but have difficulty getting to the bathroom in time, have "functional incontinence."

There are many ways to treat urinary inconti-

nence. The method depends upon the type of problem.

You can train your bladder with exercises and bio-feedback. You can also chart your urination and then empty your bladder before you might leak.

Your doctor has other tools he can use. There are urethral plugs and vaginal inserts for women with stress incontinence. There are medicines that relax muscles, helping the bladder to empty more fully during urination. Others tighten muscles in the bladder and urethra to cut down leakage.

Surgery can improve or cure incontinence if it is caused by a problem such as a change in the position of the bladder or blockage due to an enlarged prostate. Common surgery for stress incontinence involves pulling the bladder up and securing it. When stress incontinence is serious, the surgeon may use a wide sling. This holds up the bladder and narrows the urethra to prevent leakage.

Even if treatment is not fully successful, management of incontinence can help you feel more relaxed and comfortable about the problem.



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Around Kern City



ARE YOU A VEGETARIAN? -- If so, you better attend a Social Club dinner because Al and Mindy Garza are outstanding vegetarian cooks and they have brought delicious dishes to several events!



DECKED OUT IN RED -- The Valentine Dinner wasn't only delicious, the decorations were beautiful and the camaraderie was great! Member Terry Wiersum worked for hours getting the hall ready.

WOW! The Valentine Dinner was a feast with four tables holding deep pit, chicken, beans, salads, rolls and butter with an additional three tables holding desserts. What a great way to spend an evening enjoying the company of neighbors and friends. Thank you to everyone who attended and brought food.

No event can happen or be successful without the help of others. Knoxville Frost played the piano and at the last minute rallied the Music Makers to perform when our scheduled entertainment cancelled and they looked like they were having a good time. Thank you Pat Hamlett for coming to the club house early to give me a lesson in using the 100-cup coffeepot. And, last but by no means least, thank you to Jan, Carol, Sam and Sue, Mindy and Albert, and Maritza.

Terry Wiersum



WORKING HARD -- Member Jan Kennedy added her special decorating skills to help make the party festive.



ENJOYING A VALENTINE DINNER -- Members (from left) Laurie Silvius, Helen Haslett and Phyllis Cox were some of the lucky ones who made it to the Valentine Dinner last month. The Town Hall was packed and by all accounts the food was great!



Taco Tuesday

Thank you to all who participated in last month's Taco Tuesday! Participation is what makes it a success. To all who helped, and that includes Sam, Carolann, Mindy, Albert, Rose, Nancy and Marie, it could not have been done without you! Thanks so much for all your help!

Mark your calendars because the next one will be May 22 and will include dessert. Watch for the announcement in the Klarion.

Jolene Simons





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2nd Friday Potluck Lunch FREE!

***Friday, March 9
12 noon, Town Hall***

*First-timers do NOT need to bring any food,
and there is no charge to attend.*

All others can bring a dish to share. Please join us!

Also, don't forget that this is the day to pick up your free specialized phone if you ordered one. The phones will be handed out in the Town Hall conference room between 11:00 a.m. and 2:00 p.m.

If you would still like to order one, you can pick up an application in the office and get your doctor to sign it right away and then bring the signed application to the Town Hall on Feb. 9 between 11:00 and 2:00.



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Library News

It's been a busy month for the library, thanks to all of you who have donated books and puzzles, among other things. Thanks to Terry W. for the newer releases and to Tony P. for the great puzzles. And thank you to all the others who have donated. Our patrons appreciate it more than you know. And now we have the possibility of getting some large print books donated. Those will be greatly appreciated.

We've been able to donate some of our duplicate books to the Senior program again and some puzzles to the Discovery Shop, which supports the Cancer Society. Most exciting was our donation of children's VHS movies and puzzles to the School District to be used in the Special Education Dept. We received a heartwarming letter of thanks from them telling us how valuable those donations were to their program. Hopefully we can help them again with our excesses. All this is made possible by your generous donations to us so a big thank you to all.

Our feature book this month is a 2017 release by John Grisham entitled THE ROOSTER BAR. It involves three law students out to change the world. Then they find they've been duped. The owner of the law school is a shady New York hedge fund operator who owns a bank that specializes in student loans. The three know they have been caught up in The Great Law School Scam and their goal is to find a way out. We also have two more in the Advocate Series by Teresa

Bunco

Everyone is welcome to join us for Bunco on Monday, March 19 in the Town Hall.

Doors open at 6:00 p.m.

Play starts at 6:30.

If you've never played and would like to learn, call Carolyn Holtschulte at 832-7368.

*** \$5 ***



Burrell. Come check out what we have to offer.

There are also some new puzzles to be found on the table on the west wall, right next to the oversize paperbacks. Feel free to take one home to work and return it when you're done. Oh, don't forget that the magazines are there for you to enjoy but if you take one home to read, please return it so others can enjoy it too. Thanks!

MARCH ADDITIONS & DONATIONS

DVDs

The Bank Job	Jason Statham
Blood Diamond	Leonardo DiCaprio/Jennifer Connelly
Cinderella Man	Russell Crowe/Renee Zellweger
The Inheritance	Tom Conti/Meredith Baxter

AUDIO – BOOKS ON CD

A Time to Kill/	John Grisham
King of Torts	
The Intruders	Stephen Coonts

BOOKS

M = Mystery LP = Large Print ** = Christian Novels
NF=Non-Fiction N=Novel ML= Military

N McMurtrey, Larry	The Last Kind Words Saloon
N Russo, Richard	That Old Cape Magic
N Shelton, Paige	The Cracked Spine
NF Bingham, Mark A.	Vanished In Broad Daylight
NF Bugliosi, Vincent	Helter Skelter

NF Emery, Ralph	More Memories
** White, Roseanna M.	Ring of Secrets
M Burrell, Teresa	The Advocate's Experte
M Burrell, Teresa	The Advocate's Felony
M Clark, Mary Jane	To Have and To Kill

M Grisham, John	The Rooster Bar
M Holt, Anne	Blind Goddess
M King, Stephen	Under The Dome
M Larson, Erik	Dead Wake
M Martini, Steve	The Judge
M Patterson, James	Jack and Jill



HAVE YOU VISITED THE LIBRARY LATELY? Director Donna Tyner and her volunteer group of Library helpers have been busy moving around furniture and making improvements. We think the downtown library would be jealous!



Pinochle Club

We invite all Kern City residents and their guests to join us on Tuesday evenings in the Community Room on the south side of the complex. Play starts at 6:00 p.m. If you are interested in learning to play the great game of Pinochle, please call: Terry Ford at 735-7955 or Claire Patrick at 203-3517.

Double Pinochle Award: Norma Sloan, Gordon Bisbee, Marjorie Bethke, Vernon Fike, Claire Patrick, Jim Van Stedum

Game Winners:

1/16/18	1/23/18	1/30/18	2/6/18
Gordon Bisbee	Diane Mello	Gordon Bisbee	Allen Warnick
Norma Sloan	Norman Rilling	Phyllis Cox	Madelaine Gifford
Norman Rilling	Allen Warnick	Marian Wright	Diane Mello

2/13/18
Jim Van Stedum
Allen Warnick
Terry Ford
Marjorie Bethke

Master Pinochle Player: Diane Mello with a score of 500. This was the highest score for the period Jan. 16 - Feb. 13, 2018.

Congratulations to all the winners!

Terry Ford

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Religion

(Non-denominational)

Kern City Community Church (In Town Hall)

Morning Worship

Bible Study (in Sewing Room)

Communion

Coffee Hour

Sundays at 9:30 a.m.

Wednesdays at 10:00 a.m.

March 4

March 18, 8:30 a.m.

Kern City Music Makers

The music makers welcomes resident singers, musicians and wannabes Monday afternoons from 3:00 to 5:00 p.m. in the Sewing Room. Questions, call Marilyn at 835-0539.



“All occasion” greeting cards and calendars

Cards are in the Community Room. It is just north of the Sewing Room on the same wing.

A donation of 10 cents per card and 25 cents per calendar goes to the Social Activities Club.

If you would like to donate new (unused) cards, you can bring them to the Kern City office between 9:00 a.m. and 2:00 p.m. Monday through Friday.

Thank you one and all for the donations of cards and money!

Your Social Activities Club



A MOMENT WITH PASTOR AL

I love writing this article each month, and my wife, Barbara, and I love Kern City! We love all the people here. We moved here in 2011 and have enjoyed every minute of our time here. As with most communities, there are good people and not so good people. But, we have found more than average good people here in our community. The Bible tells us *“Do all that you can to live in peace with everyone” -Romans 12:18*

God’s word also tells us in *Psalms 133:1, “How wonderful and pleasant it is when brothers live together in harmony!”* So, let each one of us do our best to not only get along with each other but to go out of our way to LOVE each other.

As I have told you many times before, God’s plan is that we do two things:

- *Love Him with all our hearts*
- *Love each other like we love ourselves*

My oldest son, Eric, has told me a number of times that we have a unique ministry here I Kern City, an almost forgotten ministry. Senior Citizens!

They say that with age comes wisdom. If this is true, then we are the wisest community in Kern County. I do know for a fact that with old age comes a whole new avenue of life. Someone once said “Old age is not foe sissies.”

On the lighter side, I once heard it said that older women have a lot more attention from the male species. They regularly have visits from

ART ritus

BEN gay

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Let’s all make our senior years the BEST years of our lives!

Barbara and I love all of you very much!

Pastors Al and Barbara Rountree

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**Questions, call Shari Fortino at
204-0920**

~ Mark your calendar now ~

**The Social Club will hold a Tea
on Saturday, April 14,
at 2:00 p.m. in the Town Hall**



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Experts' latest findings about falls

Research studies offered new insights — and some surprises

Each year, one-third of people older than 65 will fall. Many of these seniors will suffer a fracture, brain damage or other debilitating injury. Each day, an average of 75 older adults will die from the effects of a fall. Falls cost our healthcare system upwards of \$30 billion every year.

This is an important topic, and the Caring Right at Home newsletter frequently reports on ways seniors can reduce their risk. We can't emphasize enough that seniors should remove fall hazards from their home, have regular eye exams, wear proper shoes, have their medications reviewed, get plenty of the right kind of exercise, wear their hearing aids, limit alcohol consumption, and talk to the doctor about ways to lower their personal risk factors. Read "The Rate of Senior Falls Is Not Falling" in the September 2017 issue of Caring Right at Home to find a good overview of these risk factors.

A recent Caring Right at Home poll asked readers if they had discussed fall prevention with their older loved ones. While most had done so, many indicated that the conversation had not gone well! Poorly worded discussions about the risk of falls can quickly put senior loved ones on the defensive, feeling as if their competence is being questioned.

For a change of strategy, how about talking about all the research that's happening on this topic? Make it a current-events discussion! Here are some of the new and sometimes surprising findings that can start a conversation while updating your own fall-prevention savvy.

1. Foot problems are a bigger risk factor than we thought.

In May 2017, researchers from Harvard School of Public Health noted that many factors could cause a fall — but if a senior falls again and again, sore feet or flat feet are often the cause. Said associate professor Marian Hannan, "We know that having more than one fall can be of concern. Many don't think of feet as the culprit. However, higher odds of recurrent falls were seen for those with

foot pain, especially severe foot pain, as well as those with planus foot posture [flat feet], indicating that both foot pain and foot posture may play a role in falls." Hannan's team says that treating foot problems could significantly reduce fall injuries and loss of independence among older adults.

2. A car crash can raise your risk of falling — and the reverse also is true.

Reduced body strength and flexibility, balance problems, and vision loss make a senior less safe both while driving and while walking. Falls and car accidents are further interrelated: When a senior has a car accident, resulting injuries and emotional trauma can raise their risk of falling. Coming full circle, in September 2017, experts from the AAA Foundation noted that senior drivers who have suffered a fall are then at higher risk of having a car crash, due to the effect of injuries and perhaps inactivity. Fall-protection classes and senior driving classes might be in order to lower the risk all around.

3. Middle-aged people who fall should schedule an eye exam.

In November 2017, University of Michigan researchers noted that while many people consider falls to be a problem exclusive to seniors, in fact, around 10 percent of people between the ages of 40 – 60 also will experience a serious fall. As assistant professor Carrie Karvonen-Gutierrez says, "Do we hit the magic number of 65 years old and suddenly become at risk for falls, whereas we are somehow immune before that? Certainly not." Karvonen-Gutierrez and her team believe that many of these falls are caused by treatable vision problems, such as nearsightedness. They hope to use this research to advocate for increased vision screening among younger people.

4. The role of medications is a complicated one.

A second University of Michigan

study, this one from May 2017, examined the relationship between depression, depression medications, and falls. The researchers noted that depression raises the risk of falls — but so do many of the medications often prescribed for older adults with depression. They urged doctors to carefully calibrate a senior's use of these medicines, and to choose non-drug treatments when possible. Another 2017 study, this one from Penn State University, noted that seniors who have poor sleep may get out of bed during the night, which can lead to a fall — yet if the doctor prescribes a sleep medication, that also increases the risk of falls. According to associate professor Orfeu Buxton, these medications "often have side effects that cause problems with balance, memory and situational awareness." Buxton suggests that nondrug approaches to sleep problems, which don't raise the risk of falls, also can be more effective.

5. It takes seniors only milliseconds longer to realize they're falling — but that makes a difference.

In October 2017, researchers from the University of Waterloo in Ontario noted that it takes seniors twice as long to realize they're falling, as compared to younger adults. Among a group of test subjects, younger adults took 44 milliseconds, while people older than 60 took twice as long — 88 milliseconds. That's less than one-tenth of a second, but, said kinesiology professor Michael Barnett-Cowan, "This lag means that by the time older adults realize they are falling, it's often too late for them to consciously do anything about it. These findings highlight both the importance of adequate assessment for older adults and the need to expedite new prevention technology."

6. Icy sidewalks don't top the hazard list.

Many seniors believe that their greatest risk of a serious fall injury is to slip on an icy surface during the cold days of

winter. But they shouldn't let their guard down during summer or when they're indoors. An October 2017 study published by the American Society of Anesthesiologists analyzed the instance of hip fracture, one of the most serious consequences of falls. The data showed that, in fact, more than half of these fractures occurred during warmer months — and more than 75 percent happened indoors. Tripping over a throw rug and falling out of bed were the most common causes. Said study author Dr. Jason Guercio of the Hospital of Central Connecticut in New Britain, "Given the results of this study, it appears that efforts to decrease fall risk among the elderly living in cold climates should not be preferentially aimed at preventing outdoor fractures in winter, but should focus on conditions present throughout the year, and most importantly on mitigating indoor risk."

There is a lot we can do to lower our risk of falling. The Centers for Disease Control and Prevention (CDC) reports that fewer than half of older adults tell their doctor they've fallen, but that information is definitely not something to skip during your next checkup! Talk about your fall history and your personal risk factors, and ask for a "prescription" for fall protection.

If your family uses home care to support the well-being of an older loved one, make fall prevention a priority.

A professional caregiver can keep the home free from hazards, and provide supervision and assistance during activities that could be dangerous, such as bathing, navigating stairways, or getting in and out of bed.

Caregivers support overall good health by preparing nutritious meals, taking clients to health appointments, and supervising exercise to promote improved strength and balance.

And though it's impossible to prevent all falls, families can rest easier knowing that if their loved one were to fall, a trained caregiver would be on hand to assist right away.

CLASSIFIEDS

Advertisers, please note.

1 - If you want your ad to run more than one month, you must notify the office by the 15th of the month prior to each month you want it to run.
2 - Please provide us with your ad in writing with your name, address and phone number. You can bring it to the office M-F between 9:00 a.m. and 2:00 p.m., email it to kcca@bak.rr.com, drop it through the mail slot on the street side of the office or mail it to KCCA, 1003 Pebble Beach Dr., Bakersfield, CA 93309. -- Editor
All telephone numbers in ads are in area code 661 unless otherwise listed.

FREE

Free: Large foam wedge in cover, good for sitting up in bed, size 23" across, 25" down, and the wedge is 10" high. Call the office at 831-2035 to claim it.

FOR RENT

For Rent: 2 bedrm (large master), 1 bath house in Kern City, nice -- was recently upgraded inside, includes gardener, \$950 + deposit, year lease. Call for appointment, Judy @ 398-8483.

FOR SALE

For Sale: Brother Laser printer, color, MFC 9460, \$25. Call Wayne at 303-6781.

For Sale: Dark oak dining room table with four chairs, 59 x 37" plus leaf, \$60; black tall kitchen table, 35 x 35" with four benches, \$60. Ann at 412-1313.

For Sale: Adult wheelchair, new condition, bought for son but it's too big for him. Joe or May, 859-8339.

For Sale: Bunk bed mattress, pad & sheets, \$250 or OBO. 735-8083.

For Sale: Pride Jazzy Select 6 electric wheelchair, great condition, new batteries, charged up, ready to roll, \$350 OBO. If interested, call 205-3002.

For Sale: Electric slide-in range, white, perfect working order, 578-4046.

For Sale: Electric space heater, made like an iron stove, with burning logs, includes remote control, \$50. 805-423-0470.

For Sale: 36 x 24 x 20 metal cabinet, formica top, 1 shelf, 1 drawer, \$25. 205-3002.

For Sale: New (never used) Elite Fitness Deluxe inversion table, model IT9600-E, \$100. 837-1301.

For Sale: Burial plot, Greenlawn at Panorama & River Dr., Rock of Ages, \$2,975, 837-1757.

For Sale: 2 sets of vertical blinds, white with valances, sized for Kern City bedroom windows, approx. 44 x 70". 321-6413.

For Sale: Peak Life brand new premium prostate care, 2 bottles unopened, paid \$45 will sell for \$20, 412-8988.

For Sale: Left hand golf clubs, Wilson 1200 LT, \$40 OBO; 1 like new Swiss gear backpack, \$25; 2 Hewitt Packard HP Office Jet J-4500 copier, scans, etc., \$20; 2 Hewitt Packard keyboards, \$5 each. 412-8988.

For Sale: Hewitt Packard HP 51931a, 16" color monitor, \$20; window blind 34" x 72" new, white wood grain, paid \$45 but will sell for \$12. 412-8988.

WANTED

Wanted -- Gentleman requires help with taking meds, light meals and occasional errands. Must have car. In exchange for free rent and utilities, master bedroom and bath included, free to come and go. Man or woman. Please call Pam at 421-1310.

Wanted: Polyester knit fabric. Prefer solid colors. Need approximately 5 yards, can be in 1-yard pieces. Patty at 663-8650.

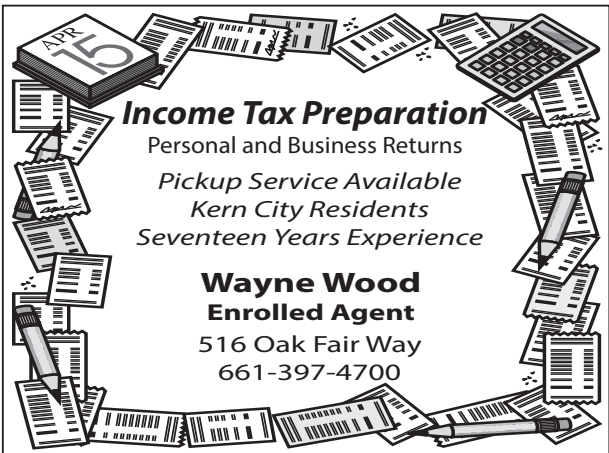
Wanted -- Many thanks to all of those who donated items for the animal shelters. It was more successful than I ever dreamed it would be. I will continue accepting donations in 2018. For pickup, call Judy @ 831-7613, leave a message or by email ibejudyh@sbcglobal.net

Wanted -- Clothing for the homeless and needy, especially warm clothes for winter. All clothes including shoes will be appreciated. Also, unused Bibles. Thank you, Jim at 529-5819, 105 Glen Oaks.

Wanted -- All sporting goods, including old and new golf clubs, all fishing items old and new, old knives, antiques and electric golf carts. I live in Kern City. 397-0234.

SERVICES

CLEAN HOUSE -- If you need someone to clean your house, call me. I'm Shirley and a Kern City resident at 487-4157.



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AVON -- To buy or sell Avon, contact Judy Harris at 831-7613 or by email at ibejudyh@sbcglobal.net.

CAREGIVER: I'm a caregiver with over 15 years' experience. I do light housekeeping, run errands, and transport to appointments; my grandmother was a long-time resident of Kern City. We still own a property in Kern City. References available. Haylee at 323-5163.

RIDES/OTHER HELP: Resident will give you a ride to the store, doctor appointment, bank, etc. For references and prices, please call Lori at 805-216-9832.

JAFRA SKIN CARE: I sell Jafra Skin Care products and may be contacted at: Debra, 428-4199.

PERSONAL HELP -- I can give light care, running errands or to the doctor. I live in Kern City. 699-6261.

SEAMSTRESS -- I just moved to Kern City. I worked 20 years in Alterations, and I would like to offer my services here. If you need sewing done, call me. Reasonable prices. May at 859-8339.

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St. Patrick's Dinner

Wednesday, March 14

In the Town Hall



**Catered Corned Beef and Cabbage Dinner
with Potatoes and Cornbread,
Dessert and Coffee.**

\$10 per person

Entertainment: Bagpipers!

Get tickets in office, 9:00a —2:00p, M-F. Ticket Deadline: March 12

Doors open 5:00 pm, Dinner at 5:30

March Calendar

Sunday	Monday	Tuesday	Wednesday	1 Thursday	2 Friday	3 Saturday
CR = Conf. Room inside TH CM = Comm. Rm L = Library P = Pool PR = Pool Room SR = Sewing Rm TH = Town Hall WS = Woodshop				SR Bridge, 9-2:45 TOPS, 9-11, CM Sr Exer. 10a-12p TH Canasta 12:30-5pCM Choir practice, 1p, TH Writing grp, 3p, SR Gamb Anon,7p, SR		Lafalot's Mardi Gras Dance Free 2-step lesson at 5:15, Dance 7p, TH
4 KC Comm Church Service, 9:30-10:30a TH	5 Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, Inter & Adv, TH Music Makers, 3-5 TH	6 Put out blue Recycling can Social Club 2p, CR Pinochle, 6p, CM	7 Sr Exer, 10a-12p TH Bible Study, 10a, SR Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, SR	8 Street Sweeper TOPS, 9-11, CM Sr Exer. 10a-12p TH Canasta 12:30-5p CM Choir practice 1p, TH Writing grp, 3:00p, SR Gamb Anon,7p, SR	9 2 nd Friday potluck Lunch, 12:00 TH	10
11 Daylight Saving KC Comm Church, 9:30- 10:30a, TH	12 KC Quilters 9a SR Line dancing, 1:15-4, Inter & Adv, TH Music Makers, 3-5 TH * St Pat's RSVP due before 2p	13 Reg Board mtg, 9:00 AM, TH Pinochle, 6p, CM	14 Sr Exer, 10a-12 TH Bible Study, 10a, SR NO Line dancing OvereatersAnon 12 SR St Patrick's Dinner \$10, Doors open 5:00p, TH	15 TOPS, 9-11, CM Sr Exer 10a, TH SR Bridge, 9-2:45 Canasta 12:30-5pCM Choir practice, 1p, TH Chur. Bd Mtg 2:30 LIB Writing grp 3:00 SR Gamb Anon,7p, SR	16	17 St Patricks Day PANCAKE BREAKFAST, \$4, TH 8:00 - 9:30a
18 KC Comm Church Service, 9:30-10:30a Coffee hour, 8:30a	19 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, Inter & Adv, TH Music Makers, 3-5 TH Bunco	20 1st day of Spring Put out blue Recycling can Scrabble, 1-3, CM Pinochle, 6p, CM	21 Sr Exer, 10a, TH Bible Study, 10a, SR Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, SR	22 TOPS, 9-11, CM Sr Exer 10a, TH Canasta 12:30-5pCM Choir practice, 1p, TH Writing grp 3:00 SR Gamb Anon,7p, SR	23 EXERCISE ROOM is CLOSED TODAY For cleaning	24
25 KC Comm Church, 9:30a, TH	26 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, Inter & Adv, TH Music Makers, 3-5p TH	27 Pinochle, 6p, CM	28 Sr Exer, 10a, TH Bible Study, 10a, SR Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, SR	29 TOPS, 9-11, CM Sr Exer 10a, TH Canasta 12:30-5pCM Choir practice, 1p, TH Writing grp 3:00 SR Gamb Anon,7p, SR	30	31

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