



Kern City Klarion

April
2018

Don't miss these!

Apr. 3-- Social Club Mtg, 2p
Apr. 10-- Board Mtg, 9a
Apr. 12 -- DA's ofc speaks on scams, abuse. RSVP. Potluck follows
Apr. 13 -- 2nd Friday Potluck
Apr. 14 -- Soc. Club TEA, RSVP
Apr. 21 -- Pancake Breakfast
Apr. 26 -- Potato Bake, RSVP

Are you speeding?

One of the main complaints residents voice is that people drive way too fast through Kern City and put our seniors in jeopardy. The manager and directors have discussed several possible solutions with the police, the Traffic Department, and the community's city councilwoman and county supervisor. So far, there has been no real improvement, but new efforts are underway.

"We aren't giving up," said Jolene Simons, president of the board, "and in fact, we're trying to find new solutions right now. But in the meantime, we do know one thing that will make our streets safer, and that is if the residents who regularly speed will slow

down and drive the speed limit."

Simons said that speeding is not only illegal, it is a violation of our Declaration of Restrictions. Section 1, H, 15 of the Restrictions reads: "No noxious, offensive or illegal activities shall be conducted

Owners."

"If we identify residents who speed, we will call them to a hearing," she said. "At the hearing, after due process, the speeders can be fined. We don't like to do that, but if someone is causing our seniors not to be safe we will act.

"At this point, we are really asking residents to please slow down when they enter our streets and keep their speed to 25 or less," she added. "While that will not eliminate the problem, it should reduce it. Also, if residents drive the speed limit, outsiders driving behind them will be forced to slow down. We would appreciate everyone's help with this."

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

SPEED LIMIT 25 M.P.H

Stay for potluck lunch

DA's office to speak April 12 on elder abuse, scams, more

Patti Hock, a victim advocate specializing in Elder Abuse for the Kern County District Attorney's office, will give a free presentation for residents regarding issues that affect seniors, including abuse, scams, and more on Thursday, April 12, at 10:00 a.m. in the Town Hall.

The presentation will be made to the Senior

Exercise class but all residents are welcome if they RSVP to the office at 831-2035.

There will also be a potluck lunch following the speaker, and if residents would like to stay for that, they should bring a dish to share. There is no charge for the presentation or lunch.

Are you a great chili cook? Register now for May contest!



The Social Club will celebrate Cinco de Mayo on Friday, May 4, this year with a chili cook-off for dinner. If you think your chili is the best, enter to be a contestant now by calling Verda Varner at 520-1081 or Jolene

Simons at 835-5939. The cutoff to enter is April 23.

You can choose whatever kind of chili -- for example, with or without beans, vegetarian, etc. -- and it must be brought in a slow cooker.

Every resident is invited to attend the dinner, and besides being able to taste each contestant's chili, there will be salads, beverage and dessert provided, all for \$5 per person.

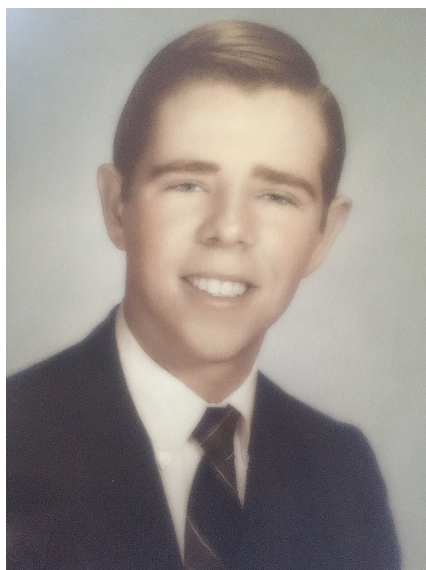
By May 2, call the office to RSVP to attend the dinner at 831-2035 and then you can buy your ticket at the front door the night of the event. There are only 96 seats available so be sure to let the office know you will attend.

3 Dining, fun events this month!

April 14 -- TEA, 2:00 p.m., refreshments & entertainment, come see the beautiful outfits! \$5, RSVP by April 12.

April 21 -- Pancake Breakfast, "best breakfast in town," 8-9:30 a.m., \$4 per person

April 26 -- LOADED POTATO BAKE, this is one of your favorite dinners! \$8, RSVP by April 24!



GUESS WHO?!

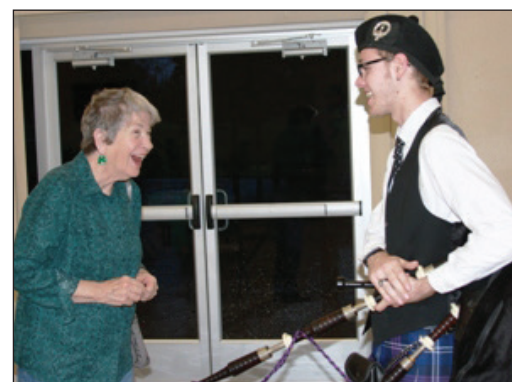
Eleven residents correctly identified the bride and groom in last month's Guess Who photo as Dianne and Fred Hufnagel. Because everyone does not receive the Klarion at the same time, we put the names of all the correct guessers in a bowl

then randomly drew one name. Flame Mercola was the winner.

This month we have a photo of a resident whom many people know. If you think you recognize him, 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.



WEARING HER ANTENNAE to tune into the leprechauns maybe, Wendy Amerine and Doug Abbott had a good time enjoying corned beef and cabbage and the company of neighbors.



A BAGPIPE LESSON -- Dinner guest Linda Hill received a personal lesson regarding bagpipes from one of the two entertainers at the St. Patrick's Dinner last month.

AROUND KERN CITY

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 April 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 4-1-18 to 4-30-18
 Only original coupon copies will be accepted.

President's Message

We occasionally hear a member ask “Why do I have to pay the entire assessment? I don’t use the pool (or the Sewing Room, Library, Woodshop, etc.).” The answer is because we are all equal owners of the association and usage of the rooms is available to every resident in a community like ours -- whether we use them or not -- and members agree to that when they purchase a property here.

Can you imagine what it would be like if we charged an annual assessment of \$425 to a homeowner who wants to use all our facilities, but charge only \$100 for someone who only wants to use the pool, and \$300 to someone who wants to use the Library, Sewing Room and Exercise Room? That would be a nightmare -- not only to figure out what to charge but to ensure that they only use what they pay for.

A community like ours was created to bring together people with something in common -- in our case, seniors who want to live in an area that is quieter, safer and well-maintained with activities seniors enjoy. The activities and events we have are what members have suggested and responded to and are open to all members and renters, except board meetings are for members only. If renters want to share ideas or complaints, they can still do that by contacting the office or a director.

We hope that people who buy in Kern City are well-educated by their real estate agents about what a Homeowners Association is before they move in, but we do understand some aren’t. During escrow, we try to help that by providing a package of material that explains what buyers are agreeing to, but we’ve learned that some people never read the documents. They learn the hard way that they have to follow not only the local, state and federal laws, but also our bylaws, restrictions and rules -- and that we have a common center with activities and events that all are welcome to and that all pay for with their annual assessment.

Fortunately, our association has one of the lowest assessments around for a community association of 1,024 properties -- you can check that -- and we offer wonderful activities and events.

Also, if residents would like us to offer some new or different activity or event, they can call or write the office or attend the Social Club meetings and let us know. It is our hope that residents will take advantage of what we have to offer, and I hope to meet each of you when you do.

Jolene Simons

Welcome Newcomers

Residents, please update your Kern City directory to include the people below. If you are new and want your name and information listed but haven’t seen it, please call or drop a note to the office (1003 Pebble Beach Dr., 831-2035).

Edwin Crosey 509 Cherry Hills 932-2168
Donald Gunder 401 New Stine 867-1220
Ilene Schechter 905 River Oaks 332-1212

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:

Frances Baguio, Gladys Kline

Manager's Report

Can you help us?

We would like to ask residents’ help in two areas this month.

First, signing in. When residents use the Pool Room and the Exercise Room, we ask them to sign in on a sheet that is on the counter in each room.

That helps us know if enough people are using the rooms to warrant their usage. Unfortunately, some people ignore the sign-in sheets, and therefore, we cannot tell enough about usage.

Please sign in when you visit the Pool and Exercise Rooms!

The second area we are requesting help with involves cutting through residents’ properties when coming and going to the golf course.

There are paths at regular intervals that are specifically for people who want to enter or exit the golf course. When people ignore those and just cut through by going in-between houses, it causes dogs to bark, frightens some residents, and wears down grass.

We’d really appreciate it if all residents would be courteous of their neighbors and use the pathways designed for that purpose.

Thank you for your help.

Jill Foley

Social Club News

Wasn’t that corned beef and cabbage good last month at the St. Patrick’s Dinner? The bagpipers were also awesome, and so friendly to walk around and meet residents and answer their questions!

If you weren’t able to attend that dinner, try to come to one or all of our three events this month. Each one promises to be fun and delicious.

First will be the Tea on Saturday, April 14, at 2:00 p.m. It’s only \$5 at the door, but please first make sure you make reservations before April 12 by calling the office at 831-2035, Marie at 832-4019 or Easter at 735-3738. Many love this event because of the beautiful outfits that some of the ladies wear. You’d think we’re having high tea with the queen. Whether you dress up or not, don’t miss this! Someone could even win a prize.

Our second event is our monthly Pancake Breakfast on Saturday, April 17, from 8:00 to 9:30 a.m. These pancakes and sausages are so good! Incidentally, I want to thank member Billye Bell for chairing the breakfast for the past 10 years. Billye, you have done an excellent job, and we all greatly appreciate it! Billye will be taking over Welcoming Newcomers for us.

Also, thank you Mindy and Al Garza for taking over the breakfast. I know it will be continue to be every bit as good as it has been.

The third event this month will be the Loaded Potato Bake on Thursday, April 26. Doors open at 5:00 p.m. and dinner is at 5:30. People love these potatoes with all the fixin’s available plus beverage and dessert. It is \$8 per person so please let us know by April 24 if you will be attending so we’ll know how many potatoes to buy. RSVP to the office at 831-2035.

As always, I invite you to attend the Social Club meetings on the first Tuesday of each month at 2:00 p.m. in the Town Hall Del Webb Room. We’d love to hear your ideas! I hope to see you there.

Scott Ford

Directors and staff wish residents a happy Easter and Passover.

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. Online it's www.kerncountylibrary.org. All events are FREE.

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

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

Wednesdays, 5:45 p.m.: 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, 2-4 p.m.: Math Clinic. Learn math or get assistance with your math homework. Open to all learners of all ages. Registration required: 868.0701.

Thursday, April 5, 5 p.m.: Cinema Macabre: Poltergeist. Join us for our Spring classic film series: CINEMA MACABRE! This film series is recommended for adults only. Come early for film-buff certified extras like behind the scenes footage, spooktacular music and a specially curated book selection to browse

through. The film begins at 5:00 p.m. and the doors open at 4:45 p.m. Auditorium.

Saturday, April 7, 14, & 21, 10 a.m.: Volunteer Orientation. Volunteer Orientation and Training for the Beale Library, for more information please call 868.0701.

Saturday, April 7 & 21, 10:30 a.m.: Color Me Happy. 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, April 14, 12 p.m.: 2nd Saturday Film Series. In honor of Shakespeare, who was born in April 1564, we will be showing the 1993 movie Much Ado About Nothing. Bring your lunch and watch a movie. The film begins at 12 p.m. and the auditorium doors open at 11:45 a.m. Children under 12 must be accompanied by an adult. Auditorium. Wednesday - Saturday, April 18, 19, 20, 21. Celebrate Earth Day. Join us each day for some family friendly activities and events in honor of Earth Day. Call .868-0701 for more information.

Thursday, April 19, 5 p.m.: POV Documentary Series: Web Junkie. An extraordinary look into an internet addiction rehab in Beijing, China, the first country in the world to classify this evolving diagnosis. 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, April 21, 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.

Tuesday, April 24, 5:30 p.m.: 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 and spirits at Goose Loonies.

Thursday, April 26, 5 p.m.: 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. PG -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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Lynda Watkins - 661-333-6453

Need free help with taxes?



AARP's Foundation Tax-Aide offers free tax preparation to seniors.

If you would like to make an appointment, call 246-7452 very soon. April 15th will be here before you know it!!

Citrus Trees

Again this year, Kern County is trying to eliminate a pest called the Asian Citrus Psyllid and will pay people to help.

This is part of a proactive program by the Kern County Citrus Pest Control District to mitigate damage the pests bring, primarily the "huanglongbing" (HLB), a devastating disease of citrus trees. This bacterial disease is transmitted to healthy trees by the psyllid pests.

To avoid a widespread problem here, Kern County is offering \$50 per tree if homeowners will allow their citrus trees to be removed now. Removing trees that can be attacked is one way to help eradicate the pests. Those who have their trees removed also must agree not to replant any citrus trees for five to six years.

For more information or to have a tree removed, call Myron Kimmel at 333-1556. Spanish speakers can call Blanca Lara at 912-6086.



Kern City Board Meeting Minutes

KCCA’S REGULAR BOARD MEETING MINUTES
March 13, 2018, 9:00 a.m.

I. CALL TO ORDER: President Jolene Simons called the meeting to order at 9:01 a.m. Other directors present: Roger Kirby, Steve Parks, Kyle Ray, Tim Smale and Donna Tyner and Manager Jill Foley. Absent: Bill Allen.
President Simons welcomed attendees, and member Fred Hufnagel led the flag salute.

ANNOUNCEMENT: President Simons said that a New Business item on the agenda regarding Earthquake Insurance would be moved up right after the Manager’s report to hear from Mike Cooper, our insurance broker.

II. MINUTES: Director Tyner. Director Kirby moved that the Feb. 13, 2018 regular board meeting minutes be accepted as presented. Vote: Passed, unanimous.

III. TREASURER’S REPORT: Director Tyner said that as of Feb. 28, 2018, the Operating Account had a balance of \$404,306.09 and the Reserve Account had \$206,620.01. She announced that last month \$102,500 was transferred 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 March 15. We learned of the passing of resident Gladys Kline. We will shortly lien properties of owners who have not paid their annual assessments or made payment arrangements.

V: NEW BUSINESS -- Directory Kirby. Insurance Broker Mike Cooper of Clifford and Bradford explained how earthquake insurance can save a business a lot of money if there is an earthquake and buildings are

damaged. He presented a bid from QBE Specialty Insurance for an annual premium of \$3,089.60 with a 5% per unit deductible (minimum \$25,000 deductible). The insurance would also cover bringing damaged buildings up to new code requirements.

V. COMMITTEE REPORTS

- a. Architectural -- Director Ray said we received requests to alter the following: 2 requests to replace single pane windows with dual panes; Install backyard fence; Convert carport to garage; Add door to carport; Paint a house the same color and trim; and Redo landscaping and move tree to backyard.
- b. RV Park -- Director Kirby reported that the park looks pristine thanks to Ray Hallmark. Roger will put down more pre-emergent shortly to combat the weeds.
- c. Pool -- Director Simons reported the pool overseers said we are ready for summer.
- d. Library -- Director Tyner reported that they’re ready to buy some new books and movies for the Library.
- e. Special Projects -- Director Tyner. Nothing to report.
- f. Inside Maintenance -- Director Ray reported that we need to replace an elliptical machine and treadmill in the Exercise Room. A CSUB professor will be here in a week to look at our equipment and make equipment recommendations. Director Kirby reported that we are awaiting a bid for the Town Hall floor and we will seek another one.
- g. Outside Maintenance -- Director Smale said we had replaced some of the mats outside doorways and noted that Jolene had added some lights by the Library so it isn’t so dark when people walk to their cars at night.

VI. OLD BUSINESS

Feral Cats -- Director Tyner said residents who feed feral cats are harming other residents. The problem is that no one will take the cats, and currently the city and county will only trap, neuter and release cats back

where they came from. Directors asked residents to please not feed cats or other wild animals. People who put food for the cats and kit foxes are probably unintentionally feeding other wild animals like raccoons and possums, too, and that draws more into backyards.

VII. NEW BUSINESS

- a. Discussion Regarding Speeding -- Director Tyner said that Kern City has a problem with people driving too fast through the community, often at speeds of 60 or more miles per hour. We are currently trying to work with the city and county to consider holding Kern City to a different standard than other areas because we don’t have enough speeders (believe it or not) to warrant more speed limit or stop signs. She said that in the meantime if residents would abide by the 25 mile per hour speed limit, that should reduce the problem.
- b. Earthquake Insurance (Continued from above): Director Kirby moved to accept the bid and to add up to \$500 for added flood insurance. Vote: Passed, unanimous.

VIII. PUBLIC FORM

- a. Directors Forum -- No comments.
- b. Social Club -- Member Fred Hufnagel said that reservations were closed now for the March 14th St. Patrick’s Dinner. The Pancake Breakfast will be March 17th from 8:00 to 9:30 and is considered the best breakfast in town.
- c. Audience -- One member spoke.

IX. ADJOURNMENT at 9:48 a.m.

Respectfully submitted,
Donna Tyner, Secretary-Treasurer
Meeting attendance: 19 (includes directors, manager and guest speaker)

Rules answer compliance questions on yards, number of vehicles, garbage

Below are the rules from the Declaration of Restrictions concerning yard maintenance, the number of vehicles allowed at each property, and putting out and bring back in garbage containers.

Section 1, H, 14a Property Maintenance.

A. Except to the extent that the Association shall be obligated to maintain and repair as may be provided in this Declaration, every Owner shall be responsible for the following maintenance and repair:
Each Owner shall be responsible for maintaining those portions of the exterior of his or her lot which are visible from the street on which lot adjoins, as well

as those portions of the exterior of his or her lot which are visible to the golf course, including but not limited to the walls, fences and roof of all structures on said lot, in neat, clean, attractive and safe condition and repair.
The number of operable vehicles permitted for each Owner to allow to be on his or her lot at any one time is three (3). Inoperative vehicles and vehicles not currently licensed must be removed within thirty (30) days.
Each Owner shall maintain all improvements on such Owner’s lot in a neat, clean, attractive and safe condition. Without limiting the generality of the forgoing, each Owner shall (1) keep

Owner’s lot free from litter and noxious weeds; (2) maintain, cultivate and keep in good condition and repair all lawns, plants and other landscaping; (3) and trim all trees, shrubs or planting of any kind. Such maintenance shall comply with applicable City and County ordinances.
No rubbish or debris of any kind shall be placed or permitted to accumulate on or adjacent to any lot, and no odors (excepting commercially sold manure when used as a lawn fertilizer) shall be permitted to arise or emit from any lot, so as to render any such lot or any part of it, or any activity on it, unsanitary, unsightly, offensive, or detrimental to

any other lot or the Common Area in the vicinity of the lot or to the occupants of such other lots. Trash, garbage and other waste shall be kept only in sanitary containers and shall be regularly collected or shall be deposited in bins or other trash collection receptacles located throughout Kern City and intended for trash collection purposes. No Owner shall permit or cause any trash or refuse to be kept within any part of Kern City other than in customary receptacles. Except on the scheduled day for trash pickup, these receptacles shall be located only in places specifically designated for such purposes.

The Healthy Geezer

Q. It seems to me that arthritis is a catch-all term for all kinds of aches and pains. What exactly is arthritis?

Arthritis, which comes in more than 100 different forms, is inflammation of the joints. Osteoarthritis, rheumatoid arthritis and gout are the three most common forms of arthritis among seniors. Osteoarthritis is the most prevalent. None is contagious.

Osteoarthritis

You get osteoarthritis when cartilage—the cushioning tissue within the joints—wears down. This produces stiffness and pain. The disease affects both men and women. By age 65, more than 50 percent of us have osteoarthritis in at least one joint.

You can get osteoarthritis in any joint, but it usually strikes those that support weight. Common signs of osteoarthritis include joint pain, swelling, and tenderness. However, only a third of people whose x-rays show osteoarthritis report any symptoms.

Treatments for osteoarthritis include exercise, joint care, dieting, medicines and surgery. For pain relief,

doctors usually start with acetaminophen, the medicine in Tylenol, because the side effects are minimal. If acetaminophen does not relieve pain, then non-steroidal anti-inflammatory drugs such as ibuprofen and naproxen may be used.

The dietary supplements glucosamine and chondroitin sulfate are used by many who say the supplements can relieve the symptoms of osteoarthritis.

Rheumatoid Arthritis

Rheumatoid arthritis, which is characterized by inflammation of the joint lining, is very different from osteoarthritis. It occurs when the immune system turns against the body. It not only affects the joints, but may also attack other parts of the body such as the lungs and eyes. People with rheumatoid arthritis may feel sick.

There's a symmetry to rheumatoid arthritis. For example, if the right knee is affected, it's likely the left knee will suffer, too. Women are much more likely than men to get rheumatoid arthritis.

Treatments for rheumatoid arthritis include exercise, medication and surgery. Reducing stress is important.

Some drugs for rheumatoid arthritis relieve pain.

Some reduce inflammation. And then there are the DMARDs (disease-modifying anti-rheumatic drugs), which can often slow the disease.

Gout

Gout usually attacks at night. Stress, alcohol, drugs or an illness can trigger gout. It's caused by a build-up of crystals of uric acid in a joint. Uric acid is in all human tissue and is found in foods.

Often, gout affects joints in the lower part of the body such as the ankles, heels, knees, and especially the big toes. The disease is more common in men. Early attacks usually subside within 3 to 10 days, even without treatment, and the next attack may not occur for months or even years.

Most people with gout are able to control their symptoms with treatment. The most common treatments are high doses of oral non-steroidal anti-inflammatory drugs, or corticosteroids, which are taken by mouth or injected into the affected joint. Patients often begin to improve within a few hours of treatment.



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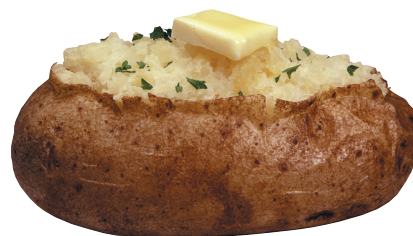
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Thursday, April 26 - \$8 per guest
Doors open at 5:00 pm, Dinner at 5:30 pm

BYOB - In the Town Hall

Serving: A potato with the works
Coffee & Tea & Dessert



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Tickets available in office
Deadline to buy: April 24, 2 pm



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Library News



Well here it is April, and as of this writing we’ve had a few early showers. Hope they continue as we certainly need the rain. Looking forward to those May flowers. We’re also looking forward to more of you checking out our Library. Our volunteers work hard to keep it neat and tidy and up to date.

If you have a new neighbor move in, please tell them about the Library and all it has to offer. A new puzzle is waiting each month for any and all to enjoy (Iand stress over!). We have moved the Audio Books to the front, right behind the counter and all on one shelf. Hopefully, they’ll be easier to navigate through. In their place are some of our new puzzle donations. Also want to remind everyone to check out the larger size paperbacks on the west wall. Lots of good authors and some newer releases. They are filed by author, not genre, but still easy to look through.

Our feature books this month are White Tigers and Dark Moon. Both are military books that were gifted to William “Bill” Garvey and donated from his collection by his widow. They are signed by the gifter. Mr.Garvey is featured in the books. White Tigers is a rare combination of an exciting adventure story, a well-documented special operations history, and a superbly written tale of war. It accurately describes the missing link between World War II’s partisans and today’s Special Forces in a way that makes Rambo-type fiction boring. Dark Moon is a story of exploits behind enemy lines in Korea is the early 1950’s, the story of American, Irish, and Korean special operations that has remained untold, tucked away in forgotten files of more than forty years .This book presents a detailed chronicle of the unit’s “dark of the moon” forays deep into North Korea to gather intelligence, conduct raids and sabotage, rescue POW’s and recruit and lead guerilla armies. They should be good reading for you war buffs!

APRIL ADDITIONS & DONATIONS

CSI Series
Blade Runner
The Dark Night
Caine
Enigma

Multiple
Harrison Ford
Christian Bale/ Michael

Dougray Scott/Kate Winslet

AUDIO – BOOKS ON CD

Breathless
Winter of the Wolf Moon

Koontz, Dean
Hamilton, Steve

BOOKS

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

N Baldacci, David
N Fortier, Anne
N Grisham, John
N Moyes, JoJo

N Parker, Robert B.
N Wroblewski, David
** Snelling, Laurine
M Burrell, Teresa
M Clark, Mary Higgins
M Cussler, Clive
M Elliot, Kendra
M Fowler, Earlene
M Horn, Stacy
M Lowell, Elizabeth

Hells Corner
The Lost Sisterhood
Ford Country
The Last Letter From Your Lover
The Bridge
The Story of Edgar Sawtelle
A Heart For Home
The Advocate’s Geocache
Pretend You Don’t See Her
The Mayan Secrets
Buried
Seven Sisters
The Restless Sleep
The Wrong Hostage

M Patterson, James	Private L.A.
M Reichs, Kathy	Devil Bones
NF Bush, George W.	41 A Portrait of My Father
NF Conant, Jenet	109 East Palace
ML Evanhoe, Ed	Dark Moon
ML Malcom, Col. Ben S.	White Tigers

Bunco

Everyone is welcome to
join us for Bunco on
Monday, April 16
in the Town Hall.

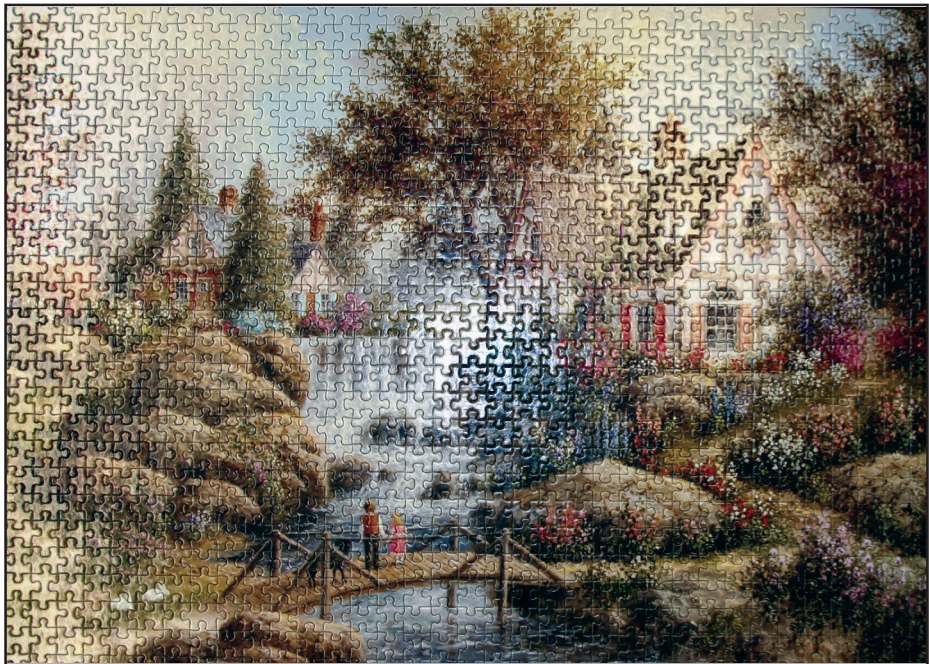
Doors open at 6:00 p.m.

Play starts at 6:30.

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

*** \$5 ***

Completed Puzzle





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

Game Winners:

2/20/18	2/27/18	3/6/18	3/13/18
Phyllis Cox	Allen Warnick	Phyllis Cox	Allen Warnick
Norman Rilling	Pat Loomis	Marian Wright	Madelaine Gifford
Jim Van Stedum	Madelaine Gifford	Norman Rilling	

Master Pinochle Player: Allen Warnick with a score of 483. This was the highest score for the period Feb. 20 - Mar 13.

Congratulations to all the winners!

Terry Ford

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* Annual Percentage Yield (APY) effective 03/16/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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Retirement age is rising, so are health problems

In 1983, wishing to contain costs, Congress raised the age at which seniors could collect their full Social Security benefits. A person born in 1937 or earlier could receive full benefits at age 65; since then, the age has been inching gradually upward so that people born in 1960 or later will have to wait until they are 67.

Congress justified this change with a prediction that Americans would be living longer, so they'd collect Social Security for more years, paired with another prediction that seniors would be healthier and hence able to work longer.

However, a recent study from the University of Michigan Health Lab shows that those 1983 predictions missed the mark. People today who are reaching Social Security age are, in fact, not healthier. And life expectancy actually may have declined a bit. According to the study author, economist and demographer Robert Schoeni, Ph.D., "We found that younger cohorts are facing more burdensome health issues, even as they have to wait until an older age to retire, so

they will have to do so in poorer health."

Schoeni and his team looked at the data from the Health and Retirement Study and the National Health Interview Survey, two major studies that tracked the health of many thousands of Americans over time. The data showed that the people who are reaching retirement age these days:

- Have higher rates of problems with thinking and memory.
- Rate their own health as "fair" or "poor" more often than their predecessors.
- Have more problems with the daily tasks of living, such as shopping, taking medications and getting out of bed.

Studies on longevity are a mixed bag. Are we living longer? It depends — on an individual's lifestyle, socioeconomic status, race and ethnicity, and the work that they did. Demographers warn that these findings should be kept in mind if lawmakers attempt to raise the full-retirement age even higher. They point out that seniors who work at physically demand-

ing jobs are less likely to be able to work into their later years — yet are the most likely to rely on Social Security for most of their retirement income.

In any case, it's certainly a good bet that the age won't be rolled back. So as we plan for our senior years, we should make retirement saving a top priority. Talk to a financial advisor early on. If your company has a retirement plan, participate.

Planning to take care of our health is just as important as financial planning. And there is overlap between the two. Experts estimate that today's retirees should expect to spend around \$250,000 on healthcare costs. The healthier we stay as we age, the more of our hard-earned money we'll have to spend on other things — and enjoy it.

Research-based healthy aging resolutions 2017 revealed six lifestyle choices that can make a big difference:

Lose weight. A study from the University of Edinburgh found that being overweight cuts life expectancy by

two months for every extra kilogram of weight a person carries. (For metrics-challenged Americans, that's a little over two pounds ... so, close to one month less of life per one pound of extra weight.) During 2017, research studies continued to confirm that exercise and diet are the twin pillars of a weight-loss program, along with stress reduction and treating depression and sleep problems.

Stay active. Maintaining a healthy weight is only the beginning when it comes to the benefits of exercise. Physical activity protects our heart, brain and bones, and lowers the risk of cancer, osteoporosis, diabetes and many other diseases. During the past year, researchers from the Mayo Clinic, Brigham Young University and the University of California, San Diego even showed that a sedentary lifestyle ages us at the cellular level! And while a high-intensity workout is great if we can do it, studies from 2017 showed that even small amounts of added activity can make a difference. For example, in

CONTINUED ON PAGE 15



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The Social Club cordially invites you to a

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at 2:00 p.m. in the Town Hall



Entertainment, Snacks

Tickets are \$5 at the door, but
RSVP first!

*Reserve your seat before April 12
from the office at 831-2035, or call
Marie at 832-4019 or Easter at 735-3738.*

If you choose, wear your pretty hats and outfits. You
might win a door prize!

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Bakersfield Swingtime Orchestra

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204-0920



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ABRAHAM ALDANA: 661-833-6033

Retirement age is rising, so are health problems

CONTINUED FROM PAGE 13

October the American Cancer Society noted that walking, even a small amount, is associated with a longer life.

Quit smoking. Most people know that smoking raises the risk of heart disease and some cancers. And in 2017, University of California, Berkeley experts noted that smoking may be responsible for up to 14 percent of all cases of Alzheimer’s disease. So if you’ve resolved to quit smoking before, make this the year you succeed! Talk to your doctor about a smoking-cessation program. Remember that most Medicare programs and many private insurance plans will pay for it — and a quick calculation will show you how much money you’ll save by quitting.

Manage your health conditions. Preventing the diseases that can shorten life and cause disability is an important goal as we grow older. But, most of us will be dealing with age-related health challenges if we live long enough, and managing these chronic health conditions also is important. Have regular checkups, and follow your healthcare provider’s advice if you are living with cardiovascular disease, diabetes, arthritis, vision or hearing loss, or other health conditions. Medication side effects also can have negative consequences, so have your doctor regularly review all the drugs you are taking.

Exercise your mind. In the University of Edinburgh study, the researchers noted

that on average, each year of school adds a year to our life expectancy. You might guess that this is because of increased earning power that allows us to have better food and healthcare — but that’s only part of the picture. Using our brains is tremendously protective of cognitive health. Resolve to learn a little something new every day. The research team said that people who are “open to new experiences might expect to live longer.”

Spend more time with others. Former Surgeon General Vivek Murthy warned, “We are facing an epidemic of loneliness and social isolation.” An array of recent studies have shown that social isolation puts us at risk of early death and disability — indeed, loneliness can be as damaging to our health as smoking and

obesity! We see the effect on every level: Rice University researchers even recently found that loneliness worsens the symptoms of the common cold.

Maybe you will be one of the increasing number of Americans to work beyond the traditional retirement age. The money is nice, and working can keep us mentally sharp and socially connected. Or, maybe you’ll be first in line to collect that gold watch. Whatever your choice and circumstances, protecting your health will pay off. Reprinted with permission from Right at Home, Inc. It is a national organization dedicated to improving the quality of life for those it serves. It fulfills that mission through a dedicated network of locally owned providers of in home care services.

Information your family should know

Director Kyle Ray found the following forms to be helpful and thought residents might appreciate them, also. The forms are courtesy of Rebecca Duncan who provides them to her clients at Farmers Insurance Agency, 4550 Coffee Rd., Ste J, Bakersfield, (661) 387-9858. She kindly permitted us to reproduce the forms here for your use. You can clip the forms out, fill in the information, and have them available in a safe place for your family.

Information for my family

Full name:

Date of birth:

Social Security Number:

Insurance Information

Medical Insurance Company:

Medical Insurance Policy Number:

Medicare Insurance Number:

Supplement Insurance Company:

Supplement Insurance Policy Number:

Life Insurance Company:

Life Insurance Policy Number:

(You will need the original death certificates for the life insurance company.)

Property Insurance Company:

(Home, renters, landlord)

Property Insurance Policy Number:

Vehicle Insurance Company:

Vehicle Insurance Policy Number:

Financial Information

Bank Accounts:

Bank name, address, account number

Bank name, address, account number

Investments:

Is there a safe deposit box?:

Location

Key

Is there a will or trust?:

Location

Attorney

People/businesses to notify:

Other important notes:

(Non-denominational)

All welcome to lunch-- RSVP to Pastor Al at 331-6977 by April 18th

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: 24" scalloped red bricks for edging. You remove and haul away. Leave message @ 837-8268.

FOR SALE

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

For Sale: Whirlpool washer and electric dryer, large capacity, in use now, very good condition, \$300. 412-8988.

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; Hewitt Packard HP Office Jet J-4500 copier, scans, etc., \$20; 2 Hewitt Packard keyboards, \$5 each. 412-8988.

For Sale: 3-wheeled Schwinn bicycle, perfect condition, \$225. Call Jean at 837-1550.

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 with impaired vision is offering free room and board to a man in exchange for conversation and who can be home at night. Please call Pam at 421-1310.

Dog Sitter Wanted: For two hours a day one week in May. Call Jan at 827-4621.

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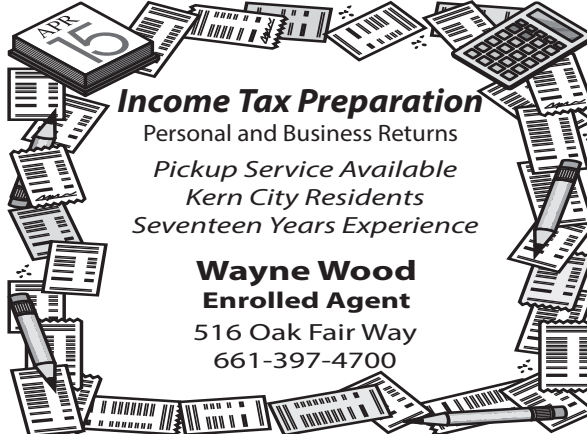
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Wanted: Polyester knit fabric. Prefer solid colors. Need approximately 5 yards, can be in 1-yard pieces. Patty at 663-8650.

SERVICES

CAT SITTER -- Anyone in need of a special person to babysit their precious kitty while away, I babysit and absolutely LOVE cats!! I used to work for Dr. Stiern at Southwest Veterinary Hospital on Brundage Lane when I was much younger. I've had over 20 kitties in my lifetime. References. Reasonable. Have flexible hours. Thank you, Debbie at 342-5033.

LOCKSMITH SERVICE -- Locks repaired, locks rekeyed. Buster Beebe, 833-1600.

NEED CLERICAL, ORGANIZATIONAL, RIDES HELP? -- I do clerical, typing, letter writing, bookkeeping, organizing and I can give rides if you need to go somewhere. I was in banking for over 20 years. Very reasonable! I'm a Kern City resident. Sharon, 340-0215.

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.

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

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.

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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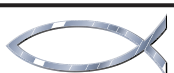
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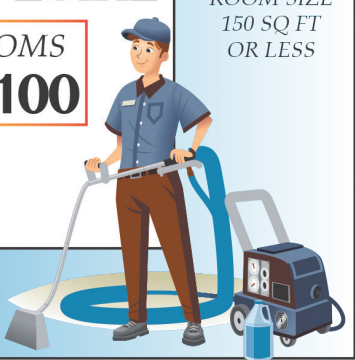


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April Calendar

1 Easter (Passover continues until April 7) KC Comm Church Service, 9:30-10:30a TH	2 Monday Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, Inter & Adv, TH Music Makers, 3-5 TH	3 Tuesday Put out blue Recycling can Social Club Mtg, 2p, CR	4 Wednesday Sr Exer, 10a-12p TH Bible Study, 10a, SR Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, SR	5 Thursday 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	6 Friday	7 Saturday Lafalot's Dance Free dance lesson at 6:15, Dance 7p, TH
8 KC Comm Church Service, 9:30-10:30a TH	9 Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, Inter & Adv, TH Music Makers, 3-5 TH	10 Reg Board mtg, 9:00 AM, TH Pinochle, 6p, CM	11 Sr Exer, 10a-12p TH Bible Study, 10a, SR Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, SR	12 <u>Street Sweeper</u> TOPS, 9-11, CM SR Bridge, 9-2:45 Sr Exer. 10a-12p TH Canasta 12:30-5p CM Choir practice 1p, TH Writing grp, 3:00p, SR Gamb Anon, 7p, SR * DA's ofc speaker on elder abuse, scam 10:00a, TH * Free	13 2nd Friday potluck Lunch, 12:00 TH	14 Social Club TEA 2:00p, TH RSVP to ofc by 4-12 \$5 at door
15 KC Comm Church, 9:30-10:30a, TH Coffee hour, 8:30a	16 KC Quilters 9a SR Line dancing, 1:15-4, Inter & Adv, TH Bunco	17 Put out blue Recycling can Pinochle, 6p, CM	18 Sr Exer, 10a-12 TH Bible Study, 10a, SR Line dancing adv only 2-4p TH OvereatersAnon 12 SR	19 TOPS, 9-11, CM Sr Exer 10a, TH No SR Bridge today Canasta 12:30-5pCM Choir practice, 1p, TH Chur. Bd Mtg 2:30 LIB Writing grp 3:00 SR Gamb Anon, 7p, SR	20	21 PANCAKE BREAKFAST, \$4, TH 8:00 - 9:30a
22 KC Comm Church Service, 9:30-10:30a 11:00 Lunch at a restaurant, RSVP to 331-6977	23 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, Inter & Adv, TH Music Makers, 3-5 TH	24 Scrabble, 1-3, CM Pinochle, 6p, CM	25 Sr Exer, 10a, TH Bible Study, 10a, SR Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, SR	26 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 Potato Bake, \$8 Doors 5, Dinner 5:30	27	28
29 KC Comm Church, 9:30a, TH	30 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, Inter & Adv, TH Music Makers, 3-5p TH					CR = Conf. Room inside TH CM = Comm. Rm L = Library P = Pool PR = Pool Room SR = Sewing Rm TH = Town Hall WS = Woodshop

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