

President's message

Is your sidewalk clear?

We've received some complaints recently about trees and bushes protruding over sidewalks and interfering with those walking on the sidewalks.

This is one of the issues that we really want to see cleared up right away because this is a very serious safety issue.

You probably are aware that one of the most dangerous things that can happen to a senior is to sustain a fall. It often causes serious damage and sometimes death. And what causes a fall? Something that is in the way of a moving person.

Because our seniors love to get their exercise by walking around Kern City, it is imperative that the sidewalks do not have low overhanging trees or hedges sticking out. Those impediments can cause seniors to have to move off the sidewalk into the street, and that can be

an accident waiting to happen.

The standard the city's Code Enforcement group uses is this: Trees must be a minimum of 7 feet over the sidewalk and 12 feet over streets.

We will be sending out letters to owners of properties whose trees or bushes are interfering with open passage on sidewalks because that is a nuisance to residents and it is a city violation.

Also, this is a notice to those who park or allow their visitors to park at the end of their driveways because that also blocks sidewalks.

Please see our Declaration of Restrictions and the city codes here for the rules that are being violated.

Thank you for your help in eliminating these problems..

Jolene Simons

CONTINUED ON PAGE 3

Newcomers orientation this month

New residents who would like to learn more about Kern City, tour the common area, and/or just ask questions, are invited to an orientation in the Town Hall's Del Webb Room on Wednesday, July 10, at 10:00 a.m.

There is no charge to attend, and any interested resident is welcome.

Please RSVP to the office at 831-2035.



Don't miss these!

FREE for you this month! See inside for details.

July 4 -- Potluck, bingo, fireworks, 5p

July 9 -- Board Mtg, 9a

July 9 -- Mary Poppins Returns movie, 2p

July 10 -- Newcomers orientation, 10a

July 23 -- Breakfast, seminar on creating your safe dream home, 9:00a

Note: The following will NOT meet this month: Social Club Meeting, Pancake Breakfast, 2nd Friday Potluck Lunch, Writing group and Pinochle. The Ice Cream Social has been moved to Aug. 13.



Veterans, pet lovers: we want your photos!

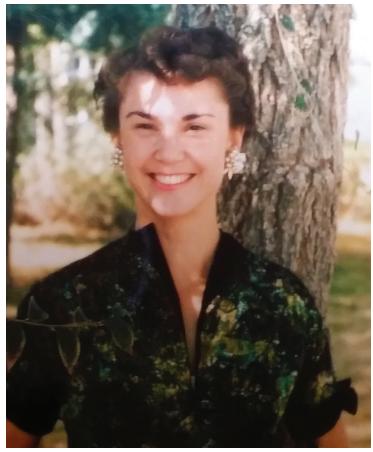
We would like to run photos of our residents in future issues! First, we want a photo of veterans showing when you were in the service wearing your uniform. Those photos will go in our November paper.

Second, we'd like to show photos of residents with their pet(s).

Please bring your photo to the office Monday through Friday between 9:00 a.m. and 2:00 p.m. and we'll scan it and give it right back to you.

Thank you!

July 2019 Kern City Klarion



GUESS WHO?!



Last month we ran a Guess Who photo and Judy Poole correctly guessed that the lady was Lorie Fox, the leader of the Senior Exercise Group that meets on Mondays, Wednesdays and Thursdays at 10 a.m. in the Town Hall.

Each month we run a photo of a resident or someone many residents here know. This month we have another resident's photo for you. She has lived here for 21 years and also has some relatives here. If you know who she is, call the office at 831-2035. If we receive more than one correct answer, we will put the names in a hat and draw one winner who will receive \$10. Also, if you've won before, two months must pass before you can win again. Thanks for playing!

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 July Coupon

Receive <u>20% Off</u> 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 7-1-19 to 7-31-19 Only original coupon copies will be accepted.

President's Message

CONTINUED FROM PAGE 1

City of Bakersfield Municipal Code: Encroachment 12.20.020 Permit requirements— Revocation.

A. It is unlawful for any person, firm or corporation to place, erect or maintain, or to permit the placing, erection, maintenance or existence of any encroachment, as defined in Section 12.20.010, upon, over or under any street, avenue, lane, alley, sidewalk, court, place, public way, property or rights-of-way, now open or dedicated or which may hereafter be opened or dedicated to public use within the city, or upon, over or under any property belonging to the city, without a permit from the city engineer granted as provided in this chapter or, if the encroachment is by a pipeline for conveyance of petroleum products to or from a refining facility, without a license agreement therefore approved by the city council.

12.40.090 Duty of private owners—Removal of hazardous trees— Charging costs of work done by city.

A. It shall be the duty of every person, firm or corporation having charge or control of any lot or premises, either as owner, agent, lessee, tenant or otherwise, to trim or cause to be trimmed, or remove or cause to be removed, all trees, shrubs or plants or any part or parts thereof, growing or standing on said property, which may constitute a hazard or an impediment to the progress or vision of anyone traveling on any street or public place.

Kern City Declaration of Restrictions, Section 1, H: 14. 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. 15. 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.

Manager's Report

One of the things I'm most grateful for is that my mother was able to stay in her home until her death because she had never wanted to go to a rest home. One of the reasons she was able to stay at home was because we modified places throughout the house to make it easier and safer for her.

Those modifications also made things much easier for everyone at our home so this month we are having a free seminar on how to make your homes safer -- and more beautiful. On Tuesday, July 23, at 9:00 a.m., DreamMaker's Patty Gray will discuss the changes that can be made to help seniors stay at home longer. While Kern City is not able to recommend a business, we are able to have business representatives speak on subjects on which they are experts. Patty and her business have been helping seniors and others for years.

She will share everything from how to make small inexpensive changes to modifying entire rooms. This meeting is educational only and there is no charge or commitment required.

Also, there will be a continental breakfast waiting for you, so if you'd like to just learn how to be safer in your home, don't miss this. RSVP to 837-1117 or let us know in the office.

Jill Foley

Welcome Newcomers

Residents, please update your Kern City directory to include the newcomer 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). All phone numbers are area code 661 unless otherwise listed.

Marion & Juanita Oster 5524 Sundale 412-4447

PLEASE NOTE:

These events will be on vacation in July and August:

The Pancake Breakfast

Pinochle

2nd Friday Potluck Lunch **Social Club Meeting**

Writing Group

Music Makers

OPPORTUNITIES

CAN YOU VOLUNTEER? -- If you feel like you could help deliver the Klarion newspaper to a block or two once a month, we'd love to give you a route. If interested, please call the office at 831-2035 and leave your name and phone number.

Want to look good in that bathing suit? Or maybe just in everyday clothes?

TOPS (Take Off Pounds Sensibly) is reminding residents they are invited to its meetings in the Community Room on Thursdays from 9:00 to 11:00 a.m.

Would you like to know how to use your smart cell phone?

To: * Take & print photos * Do emails * Forward messages

*Download and use Apps * Save a lot of money at Von's Grocery

If you would like to learn any of these things, please call the office at 831-2035 to sign up for a class this month led by our resident techie person, Jennifer. If you leave a phone message, please include your phone number.

Note: This class will be held mid-month, and Jennifer will call those registered with the date and time.



8200 STOCKDALE HWY • STE K-4 • BAKERSFIELD, CA 93311 (661) 282-5223 • Open Daily 11am-10pm, Fri. & Sat. 11am-11pm

FREE Classic Coleslaw, made on site, with purchase of 2 combo meals



WOODSHOP HELP





BEFORE (TOP LEFT) -- Don Gunder showed Nola Allen how to measure and cut wood to create a dog bed. He is available in the Woodshop on Tuesdays and Thursdays this month from 1:00 to 4:00 p.m. to help any resident who would like help creating a wood project. Think bird house, magazine rack, serving tray -- even a dog bed. Just show up and Don will help you.

AFTER (TOP RIGHT)-- A complete dog bed and it's comfortable! Just ask Daly.



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

BOARD OF DIRECTORS
Roger Kirby, Ray Hallmark, Steve Parks, Kyle Ray,
Jolene Simons, Donna Tyner, Carol Toms

OFFICERS

President: Jolene Simons Vice President: Roger Kirby Secretary-Treasurer: Donna Tyner

Publisher: Belaire Publishing and Consulting Editor: Jill Foley 1003 Pebble Beach Drive, Bakersfield, CA 93309 661-831-2035

Email: kerncity1003@gmail.com
Website: www.kerncity.org
For Advertising Contact: belairepub@gmail.com
Lynda Watkins - 661-333-6453

Kern City Klarion July 2019 5

KERN CITY BOARD MEETINGS

D R A F T KCCA'S REGULAR BOARD MEETING MINUTES

June 11, 2019, 9:00 a.m. In Town Hall Del Webb Room

I. CALL TO ORDER: Director Jolene Simons called the meeting to order at 9:00 a.m. Other directors present: Ray Hallmark, Roger Kirby, Steve Parks, Kyle Ray, Carol Ann Toms and Donna Tyner and Manager Jill Foley. Director Simons welcomed attendees, and member Willie Flaherty led the flag salute.

Announcements: President Simons reported the following:

- 1 We were told that the deal with the Sundale Country Club fell through.
- 2 Emergency Vote: The floor has been installed in the Town Hall and we just learned that the finish on the linoleum tiles must be removed and the tiles cleaned and waxed before use. It will cost about \$1,500 more than the original bid which was approved last month. Because that information and cost should have been included in the original bid, directors will pursue the matter with Stockdale Tile but in the meantime, the floor needs to be finished or the Town Hall won't be able to be used in July or later. Donna moved to approve up to \$2,000 for the additional floor work. Vote: Passed, unanimous.
- II. MINUTES: Director Tyner. Director Toms moved that the May 14, 2019 board meeting minutes be accepted as presented. Vote: Passed, unanimous.
- III. TREASURER'S REPORT: Director Tyner reported that as of May 31, the Checking Account had \$290,84.26 and the Reserve Account had a balance of \$444,449.26. Director Simons reported that as previously approved, she moved \$100,000 into a CD. Rabobank currently pays .16% APR but the bank agreed to pay 2.25% for transferring the \$100,000 into a six-month CD. She reminded people that \$76,800 of the Reserve Account is for a new swimming pool in the future and directors had wanted to add a little more to that to earn even more interest.

IV. MANAGER'S REPORT: Jill Foley. Any Klarion classified ads and Letters to the Editor are due June 14. She told residents that if they have work done at their homes to be sure to check that the workers have licenses. She also reminded residents that if they want their listings changed in the new Kern City directory they should provide that information in writing to the office during June. They'd like to have the directories finished in July but not all residents have made changes or approved their listings.

V. COMMITTEE REPORTS

- a. Architectural -- Director Ray reported that we have approved the following: 1 local association repainted the outside of its condos (on Sundale); 1 cinder block fence; 2 added cement to a driveway; 1 landscape front dirt yard with grass; 1 re-stucco house; 1 install rain gutters; 1 install awning; and 1 add solar.
- b. Compliance -- Director Parks said the situation has been resolved with an underage person living at a property, and the person has moved. He said he and some other directors will be driving around and listing properties that have trees or bushes that overhang or interfere with sidewalks. Then those owners will be contacted.
- c. RV/Garden -- Director Kirby reported that the garden area continues to be converted to RV spaces, and he'll discuss an RV issue under Old Business.
- d. Outside Maintenance -- Director Hallmark said that a pipe broke in the front lawn but the California Water Service will repair it because it is on the water company's side of the meter. He also reported that Director Simons will replace a dead plant outside the office door with a succulent.
- e. Pool -- Director Simons said everything looks good at the pool and she asked people to follow the rules, especially complying with hours specified for children. Children can be in the pool or the pool area only between 10:00 a.m. and 2:00 p.m. daily plus 6:00 to 8:00 p.m. Saturdays.
- f. Library -- Director Tyner reported there was no new news.

- g. Inside Maintenance -- Director Toms said the Town Hall flooring was discussed earlier and so directors expect the room not to be available until July 1.
- h. Special Projects -- Director Toms said that because the Town Hall will be closed longer than expected, the Ice Cream Social will be pushed out. Watch the Klarion for the new date. She also reminded residents that the Volunteer Luncheon will be on Oct. 22 and the Klarion will start promoting it in July. Volunteers should make sure to sign up with the RSVP program so they'll be registered as volunteers and will be eligible to attend the Volunteer Luncheon.

VI. OLD BUSINESS:

Action on Asphalt for the RV Park -- Director Kirby said the City of Bakersfield's Code Enforcement notified us that the RV Park cannot have gravel near the entrance of the driveway. There must be 30 feet of concrete or asphalt where people drive out to the street so that the gravel isn't dropped into the street. Using concrete would mean closing the park for a week while the asphalt would only need 24 hours to set. Director Kirby sought four bids for asphalt and only two bids came back, for \$3,700 and \$3,750. He moved to hire Big Valley Asphalt for \$3,700. Vote: Passed, unanimous.

VII. NEW BUSINESS: None

VIII. AUDIENCE: Two members commented.

IX. ADJOURNMENT: President Simons adjourned the meeting at 9:41 a.m.

Respectfully submitted,

Donna Tyner, Secretary-Treasurer

Meeting attendance: 17 (includes directors and manager)

July 2019 Kern City Klarion

Save The Date!!!

What: Volunteer, Appreciation Luncheon

When: Tuesday, Oct. 22

Where: Kern City Town Hall

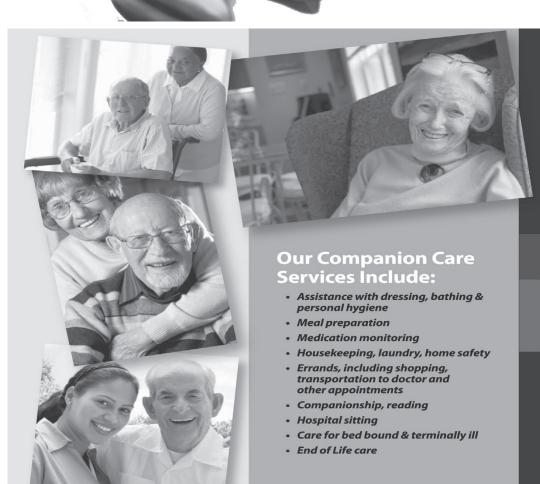
Time: Doors open at 11:30 am – Lunch served at noon

This luncheon is to show our appreciation for all the time and work that is put forth by our Kern City Volunteers. There will be great food, amazing entertainment and prizes for all in attendance. Remember, it's for volunteers only and you must sign up with the volunteer program in the office first. If not you won't be admitted. Sorry...

The office will also begin accepting RSVPs between Sept. 3rd and no later than Oct. 15th for those who can attend the luncheon.

Watch for reminders in the Klarion each month.

See you there!



thank

Ensuring Quality of Life

Serving your family's healthcare needs for 25 years

EXCEPTIONAL HEALTHCARE FOR ALL STAGES OF LIFE.

Mention this ad and receive 10% off your first 30 days of service.



Call today for a no cost in-home care assessment

661-324-4277

5251 Office Park Drive Suite 400 Bakersfield, CA 93309

LIC 154700003

Pool exercises

Don't forget that we have two Aquasize exercise times: The first is at 9:00 a.m. on Mondays, Wednesdays, and Fridays and is led by Dianne and Fred Hufnagel. The afternoon exercises are Monday through Friday from 4:00 to 5:00 p.m. and are led by Scott Ford and Nancy McMasters.

REMEMBER -- SAFETY FIRST!

There is NO lifeguard so you swim at your own risk. Please obey the rules.

YOUR KERN CITY SPECIALISTS



WE ARE YOUR LOCAL CONNECTION!

WE ARE FULL TIME REAL ESTATE BROKERS WITH EXPERTISE IN SALES AND RENTAL MANAGEMENT.

Brian Dandy 661.805.3855 BRE#885099 Jim Dandy 661.747.1040 BRE#150405

Kelly Real Estate 5901-A Sundale Ave. 661.831.4770

POOL RULES

Pool area is NON-smoking

- 1. The Kern City Swimming Pool, Locker Rooms and entire pool area are for the use of Kern City members/residents and their Guests only. Members/residents must accompany their Guests.
- 2. ALL PERSONS USING THE POOL AND OTHER FACILITIES DO SO AT THEIR OWN RISK.

LIFEGUARD SERVICES ARE NOT AVAILABLE.

- 3. An Association resident or member must accompany his or her Guest(s) and must have a pool key card.
 - 4. All residents entering the Pool area must enter with their pool key card. Residents in good standing may pick up a card in the office for a deposit.
- 5. All persons <u>MUST take a shower</u> before entering the Swimming Pool even if they showered before arriving.

HOURS

 Swimming Pool hours for Members and Guests <u>over 18</u>: Monday through Friday – 10:00 a.m. to 10:00 p.m. Saturday and Sunday – 9:00 a.m. to 10:00 p.m.

Note: Early morning exercisers are permitted except during pool cleaning from 7:30 to 9:00 a.m. on Mondays -- or on Tuesday after a three-day holiday weekend -- and Aquasize classes.

Hours for all Guests <u>under 18 years of age</u> (who must be with a resident) are: DAILY: 10:00 a.m. to 2:00 p.m., PLUS Saturday 6:00 p.m. to 8:00 p.m.

- 7. Children under 3 years of age are not permitted in the Pool.
 - 8. Absolutely NO DIAPERS (children's or adult's) in pool.
- Rafts, balls and toys are not permitted in the Pool Area.Fins, Snorkels and Safety Aids are permitted.
- 10. Games, Stunts, Running, Diving, jumping in and all types of horseplay are prohibited in the Pool and Pool area.
 - 11. Food, oils and lotions are not permitted in the Pool area, except waterproof lotions and sunscreens. No glass is allowed in the pool area.
 - 12. Pets are not permitted in the Pool area at any time.
- 13. Nudity and partial nudity are not allowed in the pool or pool area, and only swimming attire -- no street clothes (except for sun protection) -- are allowed in the pool.
- 14. MEMBERS WHO REFUSE, OR FAIL TO CONFORM TO, THESE RULES MAY LOSE THEIR RIGHT TO THE USE OF THESE FACILITIES FOR THE BALANCE OF THE YEAR.

These rules are for your protection and to ensure your safe enjoyment of our Kern City aquatic recreation area. Your Cooperation is always appreciated.

-- The Kern City Board of Directors

8 July 2019 Kern City Klarion

Are you ready for summer?

Here are 3 things you should do to prepare

1. Prepare NOW for power outages

Even though Kern City is not thought of as a wildfire area, due to Bakersfield's high heat and the threat of fires elsewhere, PG&E is warning people to be prepared for when it must turn off electricity. The following information is provided by PG&E.

To help protect customers and communities during extreme weather events, electric power may be shut off for public safety in an effort to prevent a wildfire. This is called a Public Safety Power Shutoff.

Below are specific steps you and your family can take to be ready, should there be an extended power outage that lasts multiple days. STAY SAFE. TAKE ACTION. CREATE YOUR EMERGENCY PLAN TODAY BY FOLLOWING THE TIPS LISTED BELOW:

- Update your contact information with your local energy company
- Identify backup charging methods for phones and keep hard copies of emergency numbers
- Plan for any medical needs like medications that need to be refrigerated or devices that require power
- Plan for the needs of pets and livestock
- Build or restock your emergency kit with flashlights, fresh batteries, first aid supplies and cash
- Designate an emergency meeting location
- Know how to manually open your garage door
- Ensure any backup generators are ready to safely operate
- Identify the unique needs of your family and loved ones in the area for your emergency plan

Additional information on creating an emergency plan is also available at prepareforpowerdown. com.

2. Avoid mosquitoes to stave off West Nile Virus

Editor's Note: The following information is courtesy of the Centers for Disease Control.

What is West Nile virus?

West Nile virus (WNV) is an illness caused by a virus that is spread through mosquito bites. About 80% of people who are infected with WNV do not feel sick. For people who do feel sick, symptoms can include fever, headache, tiredness, nausea, vomiting, swollen lymph glands, and a rash on the chest, stomach, or back. Symptoms usually last from a few days to a few weeks. In rare cases, more serious symptoms of WNV can occur. Serious symptoms include high fever, headache, neck stiffness, lack of energy, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness, and paralysis.

There is no vaccine or medicine that prevents West Nile virus. The best thing to do is to prevent bites in the first place.

How to prevent mosquito bites

- Cover exposed skin by wearing long-sleeved shirts, long pants, and bate
- Use an appropriate insect repellent as directed.
- Higher percentages of active ingredient provide longer protection. Use products with the following active ingredients:
- DEET (Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon)
 - Picaridin (also known as KBR

3023, Bayrepel, and icaridin products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])

- Oil of lemon eucalyptus (OLE) or PMD (Products containing OLE include Repel and Off! Botanicals)
- IR3535 (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart)
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself:
- Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last.
- Do not use permethrin directly on skin.
- Stay and sleep in screened or air conditioned rooms.

Reduce Mosquito Breeding Sites (Information is from Kern County's Mosquito and Vector Control)

- Remove standing or stagnate water from containers such flow-erpots, fountains, birdbaths, pet bowls, and wading pools.
- Items not traditionally viewed as containers, like gardening tools and toys, can also collect water.
- Clean/scrub containers that collect water weekly to remove any remaining eggs.
- Maintain swimming pools in working condition.
- Stock garden ponds with fish that eat mosquito larvae. Contact your local vector control district for free fish at 589-2744.
- Report areas of mosquito infestation to your local vector control

district.

3. Take care not to overheat!

No one is totally safe from the heat during a Bakersfield summer, but seniors and pets are especially vulnerable to high temperatures. Since it's better to prevent a problem than to cure it, we have checked several sources and are printing some tips that may be helpful in avoiding problems caused by heat.

Please especially pay attention to these ideas if you have a medical condition or take medications that make you more susceptible to hot weather. If you're not certain if you're at an increased risk for heat illness, check with your doctor or pharmacist.

One last thing: If you aren't sure if you and your home aren't ready for the heat, ask a family member, neighbor or friend for help. Also, it's a smart idea to ask one or two people to check on you daily, especially if you'll be spending an extended period of time outdoors, even if you're only gardening.

Smart Hot Weather Tips

- Stay indoors during peak temperature times; usually the late afternoon.
- Cool the home with fans or air conditioning but remember electrical safety. Tape down or cover electrical cords. Falls can be very dangerous for seniors.
- If your home isn't very cool, consider spending time in other locations such as the Library, a mall, the movies or a cooling center during peak heat times. Some of these places, restaurants included, are so cold that you might need to take a sweater!

CONTINUED ON PAGE 9

Are you ready for summer?

CONTINUED FROM PAGE 8

- Consider a cool bath or shower which can be more effective for cooling down than a fan, although we still have to try to conserve water.
- Drink plenty of liquids, especially water. Dehydration causes many heat related health problems. Avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.
- Eat light cool meals, like salad and fruits and veggies, so your body isn't working too hard to metabolize hot or heavy foods instead of cooling you off.
- Wear appropriate clothes. An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a widebrimmed hat.
- Wear sunglasses. They help protect your eyes from harmful UV rays and preserve your vision.
- Rub on Sunscreen. Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary.
- Take it Easy. Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.
- Watch out for humidity. When there's a lot of moisture in the air (high humidity), the body's ability to cool itself through sweating is impaired.

Know the Warning Signs of Heat-related Illness

During the summer, be particularly cautious about abnormally high body temperatures, which is a sign of a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs below and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- A change in behavior, such as acting confused, agitated or grouchy
 - Dry, flushed skin
 - Nausea and vomiting
 - Headache
 - Heavy breathing or a rapid pulse
 - Not sweating, even if it's hot out
- Fainting

Finally, know who to call for help. Take the time now to write an emergency call list that includes your loved ones, neighbors, doctors, police and fire department, and anyone else you'd like to include. Then put it where you and others can easily find it.

Don't forget your pets!

- Walk your dog early in the morning or late at night. Since these are the cooler parts of the day, this will make the walk more comfortable for both you and your dog.
- Use doggie boots. You can find these at your local pet supply store. Heat rises from the ground, especially on surfaces like cement and asphalt, and dogs absorb and release heat through their feet.
- Watch for signs of dehydration. Dogs can't sweat. They cool off by panting, so an overheated dog will drool excessively. It will become lethargic, its eyes will be bloodshot, and it may appear a little pale. If you lift its skin, it will take longer than usual for the skin to fall back into place.
- Keep your dog hydrated! Carry a bottle of water when going on

- a walk with your dog. Better yet have your dog carry it for you in a backpack or a vest! The water in the bottles will keep the dog cooler and also give the dog a sense of purpose.
- Find other ways to cool your dog. Don't have air conditioning? No problem! Find a spot in the shade and set up a kiddie pool (if it's been awhile since you put the water in, check to make sure the water is not too hot). Or simply lay down a wet towel for your dog to lie on. NOTE: Animals cannot swim in the Kern City pool.
- Dogs cool from the bottom up. Make sure to spray the paws and stomach, not just the top of the dog, when spraying it with water. A wet towel does more good on the bottom of your dog than when laid on the top of its coat.

- Let your dog check the weather. If it's too hot, allow your dog to step outside and feel for itself that it is too hot, too wet, or too cold to go on a long walk. Instinctually, the dog will understand that it has to shorten its walk, or simply come back inside where it's safe.
- Never leave your dog in a parked car! The car usually is hotter than the outside, even if it is in the shade. Plus, a dog may get overexcited in the car due to passersby or panic from claustrophobia, making dehydration more likely. On longer trips, make sure you have water for the dog and keep the AC running.
- Try swimming. The best activity you can do in summertime or hot weather is swimming. IF you can keep the dog safe, take him on a swim! Just be sure to hold on to him if need be.



9508 Stockdale Highway, Bakersfield, CA 93311 **Phone:** 661-664-7979

Free Delivery
Compounding
Immunizations
(Flu Shots and Shingle Shots)
Bubble Packaging
(Nursing Homes and Care Centers)
Diabetic Supplies

(Glucose Monitors & Test Strips)

Medical Equipment
(Walkers, Canes, Wheel Chairs and more)

"Personal Service is our Specialty"

Sanjay Patel, R.Ph. • Bhavana Patel, R.Ph.

) July 2019 Kern City Klarion

Library News

All I can say is IT'S HOT! However, the library is nice and cool, so come on down and spend a while. You can play some games on the computer, work a puzzle, read a magazine, watch TV, play Monopoly or Cribbage or such, or check out a book or two. You can even just stop by for a visit. We'd love to see you.

We're doing our best to keep things fresh and current while still keeping your favorite authors on the shelf. If you have any suggestions (or complaints) I'm open to hearing them. After all, it is your library.

Both of my featured books this month are 2018 releases. I hope you enjoy them. The first is 'THE FOX' by Frederick Forsyth, who also authored "The Day of the Jackal." The author takes readers into the bleeding-edge world of technological espionage in a propulsive thriller that feels chillingly real. The Pentagon, the NSA and the CIA have been hacked simultaneously, their seemingly impenetrable firewalls breached by an unknown enemy known only as "The Fox."

Next we have a modern masterpiece of espionage, love and betrayal. Daniel Silva gives us "THE OTHER WOMAN." In an isolated village in the mountains of Andalusia, a mysterious Frenchwoman begins work on a dangerous memoir. The woman is the keeper of the Kremlin's most closely guarded secret. Long ago, the KGB inserted a mole into the heart of the West – a mole who stands on the doorstep of ultimate power.

Happy Reading!
Donna Tyner

Completed Puzzles



JULY ADDITIONS & DONATIONS

DVDs

The Street Jim Broadbent/Bob Hoskins
Roots (30thAnnv. Edition) John Amos/Maya Angelou etc
Greystoke - The Legend of Tarzan Sir Ralph Richardson

AUDIO – BOOKS ON CD

Cussler, Clive The Spy
Albom, Mitch The Time Keeper

BOOKS

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

N Macomber, Debbie
 N Moriarty, Liane
 M Connelly, Michael
 M Forsyth, Frederick
 M Robb, J.D.
 M Roberts, Nora
 M Silva, Daniel.
 Cottage By The Sea
 Truly Madly Guilty
 The Late Show
 The Fox
 Thankless In Death
 Blue Smoke
 The Other Woman

ML Smith, Jim/McConnell, M. The Last Mission
NF Hillenbrand, Laura Unbroken
NF Kershaw, Alex The Few

NF Yeager, Chuck/Janos, Leo Yeager

LP Steel, Danielle Accidental Heroes

** Brunstetter, Wanda A Merry Heart

** Gifford, Kathie Lee. The Rock, The Road and The Rabbi



Lafalot USO Dance

Saturday, July 6 7:00 to 10:00 p.m.

Free Nightclub 2-step dance lesson at 6:15 p.m.

> Singles \$15 / Couples \$25 / Seniors or 21 and under \$10

Questions, call Shari Fortino at 204-0920

Bunco

Everyone is welcome to join us for Bunco on Monday, July 15, 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.

MANNING'S TRASH REMOVAL & SERVICES

Free Estimates – Same Day Service 661 978-4996

Pick Up & Haul Off Trash – Debris – Junk **Green Waste** Palm Leaf Trimming **Empty Lot Clean Ups**

General Maintenance Appliance Haul Off Mattress Haul Off Furniture Haul Off Dump Runs



Celebrate with us!

POTLUCK

FIREWORKS

BINGO

FREE -- Just bring a dish to share and a lawn chair to watch the fireworks from the Stockdale **Country Club.**

Town Hall doors open at 4:30p, Dinner is at 5:00. Fireworks at approximately 7:45.



Full Service Computer Technician Onsite Service mgjerde@geekattheready.com **GEEKATTHEREADY.COM**

Microsoft () **KRC Vendor - PK5254**

I am a full-service on-site computer technician in most cases; I have 16 years' experience in the technology field. This experience gives me unique Consumer and Computer Technology perspectives.

I have Kern City customers and references are available. My rate is \$18//hr as I live only 1 mile away from your area. I also have the ability to help you over the phone with remote support software if you wish. Teaching and tech support available; whatever you need, it is available.

YesDearAssistant.com
Call today for pricing
661.379.7950

Ask about a Kern City Special

Yes Dear Assistant

The help that you need

If you need a helping hand, give us a call today.

What do you need to get done?



General Errand Services
Handyman Services
Personal Shopping
Honey-do lists
House Sitting
Pet Services
....and more!

We get things done!

Licensed and insured #C4247568

Watch out for these scams!

Social Security Scam

KCCA Board President Jolene Simons had three calls in one day last month from a male caller saying her Social Security number had been compromised. She listened to what the man said and then he started asking for her personal information to "confirm" he was talking to the correct person. In other words, he said he wanted to verify her information but she had to give it to him first.

Don't fall for this! Social Security will not call you and ask for your information. If you want to check something with Social Security, the number to call is 1-800-772-1213 or 1-866-476-1489 for the Bakersfield office. If you suspect you have received a fraudulent call, report it to the Social Security Administration's Office of the Inspector General at 1-800-269-0271.

Gas Pumps

Next time you're filling your car up with gas, be sure to check that the price of gas is the same on your gas receipt as one the large sign you saw when entering the gas station. Some people have reported they've been charged as much as 12 cents per gallon higher than what showed on the advertised price on the pump and the sign out front.

Local Respected Kern City Realtor with Miramar International

Licensed Since 1980 - GRI, SFR, TITLE LIC. #00829360

WHEN YOU WORK WITH THE BEST, YOU EXPECT THE BEST.

Contact me for all your Real Estate needs!

DOUGLAS ABBOTT REALTOR*, GRI, SFR

661.333.5335 cell 661.735.8600 phone 661.397.5333 Fax douglasabbott@sbcglobal.net Cal BRE #00829360







ICE CREAM SOCIAL

Tuesday, Aug. 13, at 6:00 p.m.

FREE in the newly renovated Town Hall!

Come enjoy an ice cream sundae and see what the updated Town Hall looks like!

Directors will serve you one, two or three scoops of ice cream, and you can add the toppings!



There is sugar-free ice cream, too. No reservations are necessary.

This Fourth of July may we not forget:

We live in the land of the free, because of the brave.

Thank you to our veterans and the men and women serving in our armed forces today.



Religion

(Non-denominational)

Kern City Community Church
(In Town Hall)

Morning Worship-Sundays at 9:30 a.m.

Bible Study (in Sewing Room)
Wednesdays at 10:00 a.m.

Communion

July 7

Coffee Hour

July 21, 8:30 a.m.

Church Luncheon July 28, 11:00 a.m.
Location: TBA
Please RSVP to Pastor Al

@ 331-6977

GREETING CARDS

There is a variety of all occasion cards for just 10 cents. Check the cupboards under the counter if you don't see what you want.

Everything is on the honor system so you can leave your payment in the box provided.

Thank you,
The Social Club



A MOMENT WITH PASTOR AL

July is a very, very special and precious month to us as Americans. It is the month that we specifically celebrate our independence, our liberty and our freedom!

Thank God for America with all our liberties and our freedoms. Thank God that we can choose to live where we want, like we want and how we want. We can even choose to worship or not worship any god or no god as we please. I am not here to tell you what to choose or how to live your life. I am just here to tell you that I made a choice a little over 61 years ago and I am not sorry for that choice. I chose to ask Jesus Christ to forgive my sins and be the Lord and Savior of my life from that day forward. And, it is a choice that I have never regretted! Let me share a story from Joshua with you...

Joshua 24:1-15

1-2 Joshua called together all the tribes of Israel at Shechem. He called in the elders, chiefs, judges, and officers. They presented themselves before God. Then Joshua addressed all the people:

2-6 "This is what GOD, the God of Israel, says: A long time ago your ancestors, Terah and his sons Abraham and Nahor, lived to the east of the River Euphrates. They worshiped other gods. I took your ancestor Abraham from the far side of The River. I led him all over the land of Canaan and multiplied his descendants. I gave him Isaac. Then I gave Isaac Jacob and Esau. I let Esau have the mountains of Seir as home, but Jacob and his sons ended up in Egypt. I sent Moses and Aaron. I hit Egypt hard with plagues and then led you out of there. I brought your ancestors out of Egypt. You came to the sea, the Egyptians in hot pursuit with chariots and cavalry, to the very edge of the Red Sea!

7-10 "Then they cried out for help to GOD. He put a cloud between you and the Egyptians and then let the sea loose on them. It drowned them.

"You watched the whole thing with your own

eyes, what I did to Egypt. And then you lived in the wilderness for a long time. I brought you to the country of the Amorites, who lived east of the Jordan, and they fought you. But I fought for you and you took their land. I destroyed them for you. Then Balak son of Zippor made his appearance. He was the king of Moab. He got ready to fight Israel by sending for Balaam son of Beor to come and curse you. But I wouldn't listen to Balaam—he ended up blessing you over and over! I saved you from him.

11 "You then crossed the Jordan and came to Jericho. The Jericho leaders ganged up on you as well as the Amorites, Perizzites, Canaanites, Hittites, Girgashites, Hivites, and Jebusites, but I turned them over to you.

12 "I sent the Hornet ahead of you. It drove out the two Amorite kings—did your work for you. You didn't have to do a thing, not so much as raise a finger.

13 "I handed you a land for which you did not work, towns you did not build. And here you are now living in them and eating from vineyards and olive groves you did not plant. 14 "So now: Fear GOD. Worship him in total commitment. Get rid of the gods your ancestors worshiped on the far side of The River (the Euphrates) and in Egypt. You, worship GOD.

15 "If you decide that it's a bad thing to worship GOD, then choose a god you'd rather serve—and do it today. Choose one of the gods your ancestors worshiped from the country beyond The River, or one of the gods of the Amorites, on whose land you're now living. As for me and my family, we'll worship GOD."

So, today I ask you to make a choice. Choose to worship God. It doesn't matter what church you attend. What matters is that you choose to worship Jesus! Make your choice!

Pastors Al and Barbara Rountree

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: Hoover Round Electric wheelchair, in real good shape, just needs new batteries. Pastor Al, 331-6977.

WANTED

Wanted: I need someone to re-string ceramic chimes. Please call 428-4216.

Wanted: Are you doing Summer cleaning and throwing out your old, worn out towels, sheets, etc. in the trash? They are valuable to the animal shelters which are in constant need. Call Judy Harris to pick up and take them to the Animal Shelters. Leave a message at 831-7613 or email ibejudyh@sbcglobal.net. Thanks for your support.

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.

FOR SALE

For Sale: 4 Hewlett Packard items: 16" color monitor, \$20; keyboard, \$5; Mouses, \$1 each; and 2 computer speakers, \$5. 412-8988.

For Sale: Luggage, large to small pieces, all with rollers, dark blue, good shape. Call 398-0506

For Sale: Swiss backpack w/multiple pockets, \$20; several size large t-shirts w/pockets, \$1 each; pullover shirts, some turtleneck, size large, \$2 each; 3 short pants, size 38" waist, \$2 each; 412-8988.

For Sale: Burial plot, Greenlawn at Panorama & River Dr., Rock of Ages, \$2,450, 837-1757.

For Sale: Separation fence lg squares, 50' x 3' \$25; 2 bicycle helmets, \$5; Meade telescope, \$25; small mirror, 12x20" wood frame, \$3. 412-8988.

For Sale: 3-wheel battery operated scooter. Call 735-7405, please leave message if no answer.

For Sale: Skechers' shoes w/memory foam, size 12, worn twice, paid \$60, will take \$30; Mighty Ear hearing aid w/extra batteries, \$20, 412-8988.

For Sale: Burial Plot, Hillcrest, \$2,000 + \$200 transfer fee. 831-3372.

For Sale: 2 round tinted front door light fixtures, \$10 for both; 1 large table lamp, \$5; 1 brief carrying case, \$3; set of golf clubs w/bag, gloves \$15 OBO. 412-8988.

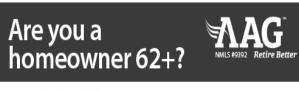
SERVICES

AVON -- Summer is coming and so are mosquitos. For last minute gifts or products to protect you from mosquitoes, call Judy Harris at 831-7613 or 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.

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

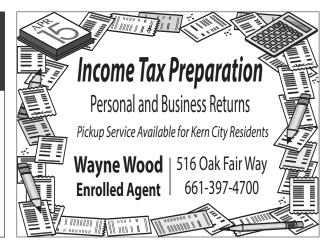






Karen Faulkner, NMLS #582940 Reverse Mortgage Professional (661) 428-3969 KFaulkner@aag.com

American Advisors Group (AAG) is headquartered at 3800 W. Chapman Ave., 3rd & 7th Floors, Orange CA, 92868, AAG conducts business in CA (CA Loans made or arranged pursuant to a California Finance Lenders Law license (603F324) and Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act (4131149), For full legal disclosure, please visit www.americanadvisorsgroup.com/disclosure



CLASSIFIEDS

HOUSE CLEANING – Kern City resident with lots of experience and references cleans houses and makes them shine. Reasonable prices. Please call Elsie at 706-9082.

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.

RETIRED ELECTRICIAN: Will do light electric & A/C repairs. Very reasonable. I'm a Kern City resident. Tony Bradley, 567-4816.

SEAMSTRESS -- I'm a professional seamstress and do alterations. I love to sew! Call me anytime. 50 years' experience. I can pick up and deliver. Vicky at 208-866-8477.





Celebrate with us!

POTLUCK FIREWORKS **1**

BINGO

FREE -- Just bring a dish to share and a lawn chair to watch the fireworks from the Stockdale Country Club.

Town Hall doors open at 4:30p, Dinner is at 5:00. Fireworks at approximately 7:45.



Rus License # 113061

New! Now offering heating and A/C installations and repair. State License: 613995 (B - Gen. Building Contractor, C33 - Painting and decorating, and C20 - Warm air heating, ventilating and A/C)

Still offering you -- Handyman services including electrical, plumbing, garbage disposals, appliance installs, door/window repair/replace, drywall repair, fences, junk haul away and clean up, furniture moving.

Many Kern City References • Free Estimates

We love what we do and are reliable, honest and neat.

Kevin Monson, 661-412-4312 rightwayservices @hotmail.com



When it matters most, count on us!



FREE placement assistance
Over 100 Kern County options
Client/facility matching tools
Guided tours
Assistance with paperwork

Let our professionals guide you through the maze of senior living options in Bakersfield.

If you want to stay in your own home ... you're not alone.



Personal assistance to keep you living independently.



Bathing/Grooming
Personal Assistance
Preparing Meals
Hospital Sitting

Shopping
Companionship
Light Housework
...and much more!

As little as 2 hours a day up to 24 hour care. YOU control how much help you receive!

When living at home is no longer the best option ...



Kern City Klarion

Lafalot's USO Dance	7-10p Free dance lesson at 6:15p 13	7-10p Free dance lesson at 6:15p NO PANCAKE BREAKFAST, 27
Aquasize, 4-5p, Pool	12 AM aquasize 9a P NO 2 nd FRIDAY POTLUCK Aquasize, 4-5p, Pool	AM aquasize 9a P NO 2 nd FRIDAY POTLUCK Aquasize, 4-5p, Pool Aquasize, 4-5p, Pool Aquasize, 4-5p, Pool Aquasize, 4-5p, Pool
-	Street Sweeper 17 Street Sweeper 17 PS 9-11, CM nasta 12:30-5p CM oir practice, 1p iting Group 3:30, CR uasize, 4-5p, Pool	CM CM Ool A A 22 A A A 24 A A A A A A A A A A A A
CLOSED (Except TH) *** Come Celebrate Aquasize, 4-5p, Pool July 4th w/us! Potluck, Bingo, fireworks! Doors 4:30, Dinner	# aquasize 9a P *** 10a, CR *** Exer, 10a-12p, ole Study, 10a, CM ', Noon-2, CM uasize, 4-5p, Pool	* * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * *
SR Bridge, 9-2:45 on this day this month only NO SOCIAL CLUB MTG Aquasize, 4-5p, Pool	Blue cart pickup *** eg Board mtg 9a Refreshments TH *** Free Movie, 2-4p. ary Poppins Returns //Popcorn, TH uasize, 4-5p, Pool mb Anon, 6:30p, SR	SR
Aquasize, 4-5p, Pool o	1 aquasize 9a P Quilters 9a-1p SR Exer, 10a-12p, CM Isic Makers, 3-5 CM uasize, 4-5p, Pool	Σ ΕΣ
CM = Comm. Rm L = Library P = Pool PR = Pool Room SR = Sewing Rm TH = Town Hall WS = Woodshop		KC Church Service, 9:30-10:30a TH K(Church, 9:30-10:30a, A) KC Church, 9:30-10:30a, A) KC Church, BB Coffee hour, 8:30a

19

Since 1910 BAKERSFIELD PLUMBING

24 HR EMERGENCY SERVICE

SERVICE • REPAIR • TRENCHLESS SEWER RE-PIPING • SEWER • DRAIN & ROOTER



- Trenchless Sewer Line Replacement
 - Color Video Sewer Line Location
 - Water Heaters/Tankless
 - Garbage Disposals
 - Slab Leaks, Gas Lines
 - State Of The Art Aquapex

RESIDENTIAL & COMMERCIAL

397-2093



4400 Ashe Road Suite 214 Bakersfield, CA 93313 www.bakersfieldplumbingco.com Bakersfield's Most Recommended Plumber Locally Owned & Operated

License Number #383310



