



Kern City Klarion

July
2020

Covid 19: How to avoid it

Since the Covid 19 virus in Kern County was at its highest at the time the Klarion went to press, we thought it might be helpful to remind people how to stay safe. The following information is from the Centers for Disease Control and Prevention.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.



The virus is thought to spread mainly from person-to-person between people who are in close

contact with one another (within about 6 feet).

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BACK BY POPULAR DEMAND!

Saturday, July 4th INDEPENDENCE DAY BIKE PARADE!

Meet at the Kern City parking lot at
Sundale and Pebble Beach
at 8:30 a.m.

Hope to see you soon!
Carol Ann Toms, Director



President's message

It's been a busy few months even though the coronavirus has kept many people at home. Of course, the biggest issue directors have had to deal with has been deciding on when to open the facilities.

The board has been torn between trying to reduce the opportunity for the virus to spread and satisfying those residents who have been anxiously awaiting the opening of the pool and the rest of the facilities.

The good news is that some areas are open. First, the Library is now open Monday, Wednesday and Friday between 10:00 a.m. and 2:00 p.m. A monitor will be there to ensure people are social distancing, and we ask that people wear masks and use the hand sanitizer in the Library. Also, the Woodshop is open and there is a hand sanitizer in there. We ask that people use the sanitizer before and after using the area.

We also expect that the Sunday services for the church will be open by the end of June. There will be strict guidelines and monitors to ensure people do not get near one another, and we require that all attendees wear face masks.

Please note: It is very important that if you are sick or don't feel well, that you do not visit our facilities.

We'd love to have everything open but at this time (press time was mid-June -- Ed.), the virus numbers are at the highest they've ever been in our county. Plus we're still waiting on the county's environmental health department to see when we can open the pool and what the restrictions will be. We'll have to meet any and all governmental requirements.

Please know that directors are trying our best to serve you, and more of our facilities may be open by July 1 even if we didn't know in time to include them in this column.

To see what is open in July, please check the glass case on the street side of the Town Hall.

Steve Parks

Social Club News

First, we want to thank Carol Ann Toms for the delightful Flag Day parade. We also thank Mindy and Albert Garza for the healthy refreshments they served midway through our ride.

The free Curbside Pancake Breakfast was a great success. We thank Mindy and Albert Garza and all the volunteers who helped with that, also.

We have cancelled the Christmas Bazaar scheduled for November this year because of the recent coronavirus restrictions.

The Social Club has donated the following movies to the Library and they are available for residents to borrow:

Judy

The Book Club

Singing in the Rain

Oklahoma

The Lion King

We wish everyone a safe and healthy season!

Scott Ford, president

Neighborhood Watch

Check doors and windows

A word to the wise: Check all your doors and windows and ensure they cannot be easily broken into. Last month a man broke into a condo on Yorba Linda through a bedroom window at around 9:00 p.m. on a Sunday. He demanded money and kept saying "Where's your money, I need money now!" He was covered head to toe so he could not be identified. The police were called and came right away. The thief cut through a screen to get inside.

In this warmer weather, it is easy to leave windows open because there are screens, but if the screens could easily be cut, an intruder can enter. Make sure your windows aren't "open doors" for intruders.

Remember, Kern City is safer than most areas but the police have said that there is no area that is completely safe. So check all around your property and make it hard for thieves!



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 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 7-1-2020 to 7-31-2020
Only original coupon copies will be accepted.



Manager's Report

On top of the coronavirus and all the demonstrations across the country, July usually ushers in very hot days. We want our seniors to be healthy and stay safe, so we're printing below some tips from the Centers for Disease Control and Prevention on avoiding heat problems.

One of the best things seniors can do is prevent problems. So towards that end, we are also printing reminders about how to avoid the coronavirus. Please see that story starting on Page 1.

One holiday many people look forward to in July is the Independence Day celebration with the annual potluck and fireworks watching. Unfortunately, at press time, the Stockdale Country Club said it did not plan to have fireworks this year and due to the coronavirus there will not be a potluck. Director Carol Ann Toms has a fun celebration planned though. She has organized a parade for Saturday, July 4th. See the story on page 1.

While many things are different now, I hope you all can celebrate our country and find hope and joy. Directors are thinking about more things to do so if you have any ideas, please drop the office a line.

Here's hoping the summer will be a happy one.

Jill Foley

Prevent Heat Stress Illness

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

Heat-related illnesses or death are preventable if you follow a few simple steps.

- Stay in an air-conditioned area during the hottest hours of the day. If you don't have air conditioning in your home, go to a public place such as a shopping mall or a library to stay cool. Cooling stations and senior centers are also available in many large cities for people of all ages.

- Wear light, loose-fitting

clothing.

- Drink water often. Don't wait until you are thirsty.

- Avoid unnecessary hard work or activities if you are outside or in a building without air-conditioning.

- Avoid unnecessary sun exposure. When in the sun, wear a hat, preferably with a wide brim.

- Air conditioning is the strongest protective factor against heat-related illness. Exposure to air conditioning for even a few hours a day will reduce the risk for heat-related illness.

July Board Meeting

Note for Members (home owners): Please check the glass case on the street side of the office to see if the July board meeting will be in the Town Hall or will be held by conference call. Thank you.



BEAUTIFUL KERN CITY -- There's a lot of beauty in this community and you just have to look for it. Pastors Al and Barbara Rountree shared this photo of the lake behind their home that is by the Sundale Country Club's 8th hole.

Directors and staff wish everyone a very happy and safe July 4th!



We get letters.....

Flag Day Thanks

I would like to thank everyone who took the time to decorate their bikes and golf carts in red, white and blue and joined in the first Flag Day parade in Kern City. Also to Albert and Mindy Garza who met us with a table set up for water and fruit cups in the shade of the tree in their front yard. And a hearty thank you to our parade leader, Jolene Simons!

The event was well received and before the hour parade was over, people were already commenting about doing it again next year!! Once again thank you to all for making the 2020 Flag Day a day to remember in Kern City.

*Carol Ann Toms
KCCA Director*

We have some GREAT People!

I would like to thank the lady who found my credit card back in mid-May and brought it to the office. You did not identify yourself but I want you to know that I am very grateful that you took the time to return it. Bless you!

Marilyn Robolino



Mystery on La Puente

I had planned to replace a sprinkler in my front yard for some time. The weather, the day of the week and the hour plus my energy had to be just right. The day finally came. I decided everything was as right as it was ever going to be except for my knees. I was ready for the task.

I walked out to look at the sprinkler with dread before I dragged my tools out.

Whoopee! Somebody with a kind heart repaired the sprinkler for me, and it works great!

Whoever did it I thank them with all my heart. There is at least one angel living in Kern City but I'm sure there are many more.

Name withheld by request



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Kern City Klarion

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Buster Beebe, Joe Newton, Steve Parks, Kyle Ray,
Jolene Simons, Donna Tyner and Carol Ann Toms

OFFICERS

President: Steve Parks

Vice President: Joe Newton

Secretary-Treasurer: Donna Tyner

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What residents have learned while quarantining



Editor's Note: We have heard from several residents that life has been different since they've been staying home so we asked some of them what they have learned. If any other residents have something valuable or funny to share, please send it to the office.

Laurie Silvius: I missed visiting with my two close friends so we schedule a conference call the first of the month, and it's free and I can do that from home on my cell phone. I have a nephew who calls me twice a day to ensure I'm fine. Maybe others can ask a loved one to do that also.

I try to call or text other friends, too -- to ensure they're safe and to keep in touch.
I also texted jokes daily to some friends and family. They can be found online if you search for "jokes" in many categories including "clean."
Eating together is a good thing, talking with loved ones is good, and I've learned the difference between wants versus needs.
People are starting to be kinder, more polite for the most part. (Some people experienced the opposite of this. See the rest of the comments.)

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Ways residents can help Kern City

Last month we ran an article about ways residents could help improve the community. Some residents asked if we would remind people about those things again. So here are some things we'd appreciate people would help us with.

- Please ensure sidewalks are not-blocked. This usually happens due to parked vehicles, overgrown bushes or trees or RVs that are hooked up to houses.
- Park vehicles in driveways or carports/ garages on the second Thursday of each month so the street sweeper can clean the roads.
- Drive 25 miles or less in Kern City! Do not speed!
- After garbage is collected, move trash containers back out of sight.
- Don't feed feral cats or wild animals.

OPPORTUNITIES

July events for seniors at the Beale Memorial Library

Please note that the events below for seniors are available online. Some are on Facebook and others are on ZOOM. For more information, go to www.kerncountylibrary.org. All events are FREE.

Weekly Programs:

Mondays, 3pm: Bakersfield Book Talk. Come join us to discuss what books Library staff are reading and

what is on our list to read. Share your books and thoughts too. Held on the KCL- Beale Memorial Facebook Page.
Tuesdays and Thursdays, 12pm: Virtual Paper Crafts. Gather your scissors, glue, tape, colors, and some Paper for a fun craft for the whole family. Held on the KCL- Beale Memorial Facebook Page.

Stand Out Programs:

Saturday, July 18th, 10am: Virtual Mindful Arts & Crafts Workshop.
Friends from Mindful Veterans

Project will guide us through a craft project, using only a blank piece of white paper (can be the backside of junk mail - let's recycle!) and crayons or markers or pens or pencils. Email Ashley.clay@kernlibrary.org or Facebook message for ZOOM link.
Wednesday, July 22, 4pm: Virtual Yearbook Party. Join us as we take a look through the yearbook collection held in the Local History Room. Held on the KCL- Beale Memorial Facebook Page.
Monday, July 27, 5:30pm: Book Club in the Pub. Email Ashley.clay@kernlibrary.org

kernlibrary.org or Facebook message for ZOOM link.
June 29 – July 14, Film Screening: Visions of Warriors. In "Visions of Warriors," four veterans from the Vietnam War era to the Iraq War participate in the groundbreaking Veteran Photo Recovery Project at the VA Menlo Park and use innovative photography therapy to treat their mental illness. Email Ashley.clay@kernlibrary.org or Facebook message for free access to Film.

Covid 19: How to avoid it

continued from page 1

That's through respiratory droplets produced when an infected person coughs, sneezes or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Some recent studies have suggested that Covid-19 may be spread by people who are not showing symptoms.

Wash your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.

Put distance between yourself and other people outside of your home.

Remember that some people without symptoms may be able to spread virus.

Stay at least 6 feet from other people.

Keeping distance from others (about 2 arms' length) is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a cloth face cover when around others.

You could spread Covid-19 to others even if you do not feel sick.

Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.

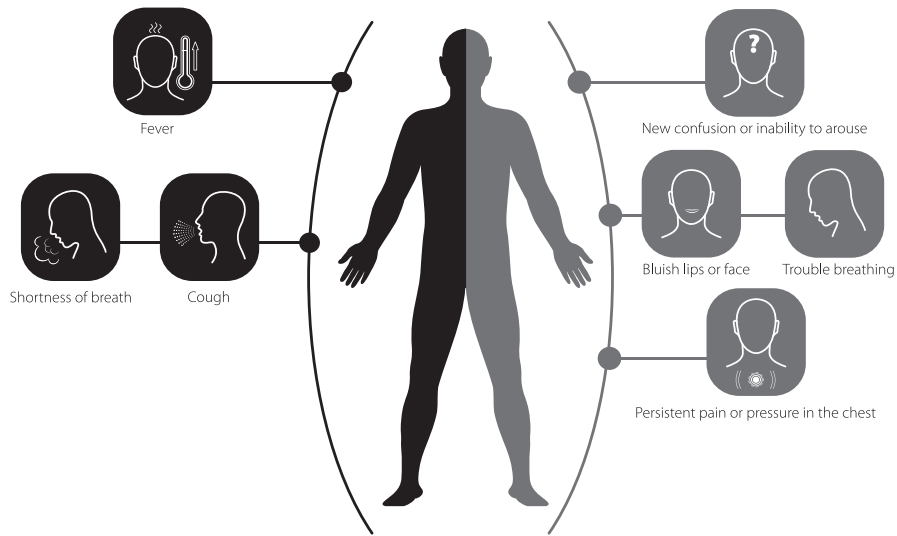
Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face cover is meant to protect other people in case you are infected.

Do NOT use a face mask meant for a healthcare worker.

Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

COVID-19 SYMPTOMS



Cover coughs and sneezes

If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.

Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

Monitor Your Health

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of Covid-19.

Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Take your temperature if symptoms develop.

Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

Follow CDC guidance if symptoms develop.

KERN CITY BOARD MINUTES

DRAFT KCCA'S REGULAR BOARD MEETING MINUTES

June 9, 2020, 9:00 a.m. Via conference call due to coronavirus

I. CALL TO ORDER: President Steve Parks called the meeting to order at 9:00 a.m. Other directors present: Buster Beebe, Joe Newton, Kyle Ray, Jolene Simons (who checked in then had to immediately leave the call), Carol Ann Toms, and Donna Tyner (who left the meeting at 9:36 a.m.), and Administrative Assistant Jennifer Neal Espinosa (sitting in for the manager). Director Parks welcomed attendees. No Flag salute.

Announcements: President Parks reported that Bill Allen resigned from the board for medical reasons and member Joe Newton graciously accepted his board position. Since Bill was vice president, Director Beebe nominated Joe Newton for vice president. Vote: Passed, unanimous.

II. MINUTES: There were no changes to the May 12, 2020 board meeting minutes so President Parks declared that the minutes be accepted as presented. Vote: Passed, unanimous.

III. TREASURER'S REPORT: Director Parks reported that as of May 31, the Checking Account had \$269,608.71 and the Reserve Account had a balance of \$447,670.97. The CD Account had a balance of \$103,690.81 at 1.24% interest and is up July 17th so we will decide to renew at that time. Director Ray noted that the CD is part of Reserves and requested that a total balance of all accounts be announced from now on. Director Tyner agreed.

IV. MANAGER'S REPORT: Steve Parks for Manager Jill Foley. We have collected 99% of annual dues, which includes people who are making monthly payments. Director Parks thanked the office staff for keeping up with the monies.

V. REOPENING FACILITIES

a. Pool – President Steve Parks said the Governor and County have not yet approved opening pools, but that will change June 12, 2020. We will have to abide with any required restrictions before we can make a decision to open the pool. The question will be how we will move forward since we do not have a dedicated staff at the

pool. We do not have to have a formal meeting to open up. According to the news the virus cases have only gone up and there are more deaths. The manager has tried to find hands-free sanitizing stations but they are currently unavailable until the end of July or August.

b. Church – Director Parks opened discussion regarding allowing the church to meet in the Town Hall again. The following points were made:

- After church is over employee(s) must come in and sanitize everything.
- The government recommended that people age 65 and over observe services from home but President Parks noted that the states have left that up to personal choice so he'll leave that up to the board.
- Director Newton said the church cannot be over 25% of capacity.
- Director Ray suggested that only residents should be able to participate, no outside members.
- Director Ray suggested waiting on the opening until the county releases more virus statistics later in the month.
- Director Ray noted that some directors should meet with the Pastor and/or church leaders, and President Parks agreed so that the church leaders could hear and agree to the restrictions.

Director Beebe moved that the church be allowed to reopen on June 28, 2020 subject to fulfillment of the following guidelines: Attendees' temperatures must be taken, masks must be worn, hands must be sanitized before entering the Town Hall and people must be seated six feet apart unless they are family. In addition there must be no hand shaking, passing books or collection plates, singing, or choir. Vote: Passed, unanimous.

c. Library -- Director Parks said a hand sanitizing area and restrictions will be required. Joe Newton moved to open the Library with social distancing, masks, limited hours and a maximum of 5 people at one time. There will also be a volunteer to monitor the facility. Date for re-opening is expected to be Monday June 15, 2020 but Director Tyner will have to approve dates and hours. Director Beebe moved to open the Library but to wait until Director Tyner chooses the final opening dates and hours. Vote: Passed, unanimous.

d. Woodshop -- President Parks noted there are usually only 1 to 2 people in there at a time. Hand sanitizing will be available and required. Director Ray moved to open the woodshop on June 15, 2020. Vote: Passed, unanimous.

e. Exercise Room -- Due to the difficulty in keeping the equipment clean, President Parks said he was not in favor of opening the Exercise Room yet. Director Ray moved to leave it closed for the time being. Vote: Passed, unanimous.

f. Swimming Pool – Director Newton noted that the pool is subject to the guidelines of the Governor and the County. Our pool is Private although the county calls it "Public" due to its size. But it is still a private pool. Director Newton said he would like to see what other facilities like ours are doing and he moved to leave the pool closed at this time, Vote: Passed, unanimous.

g. Pool Room – Director Ray discussed opening the pool room, remove card tables and let people use the pool table. Jennifer Neal Espinosa (sitting in for the manager) pointed out that would require leaving the gates to all the activity rooms unlocked so there was no motion to open the Pool Room at this time.

VI. SOCIAL CLUB: Member Fred Hufnagel reported there will be a free pancake breakfast on Saturday, June 20, 2020 from 9:00 a.m. to 10:00 a.m. and will include 2 pancakes, 2 sausages and potatoes. It will be a drive-through to receive the packaged breakfast to take home to enjoy, and many safety precautions will be taken.

VII. AUDIENCE: Director Carol Ann Toms reminded the audience that there will be a Flag Day Parade starting at 9:00 a.m. in the parking lot and all are invited to join.

VIII. ADJOURNMENT -- President Parks adjourned the meeting at 10:02 a.m.

Respectfully submitted,
Donna Tyner, Secretary-Treasurer

Meeting attendance: 17 (includes directors and administrative assistant sitting in for the manager)

Around Kern City

Residents showed their love for our flag and country last month when they participated in a parade on Flag Day, June 14th. The weather was beautiful, and at least 32 residents gathered in the south parking lot with their two and three-wheel bikes, golf carts and scooters before heading out to parade down Kern City streets. There were even a couple of walkers to celebrate this patriotic day in America. Kern City was a small part of a nationwide event this year.



Kern City has some very thoughtful people! Albert and Mindy Garza served parade participants beverages and fruit cups.

Directors Jolene Simons led the parade and Carol Ann Toms (behind her) directed participants. Director Toms had the idea to hold the parade.



While many in Kern City displayed their flags on their homes, Jan Kennedy personally waved hers!



Jeanette Stone



Joel Segrest

Showing love for Flag, country



Terry Wiersum and Joe Minton



Pat Davis



Employee Sam Mata and wife Sue joined the parade.



Karen Dickrow



Debbie Enger



Scott Ford

10

Library News

July 2020

Kern City Klarion



By the time you read this the Library will have been open, at least on a part-time basis, for a couple of weeks. Hope you've been able to come in and visit and check out some books. There are plenty to choose from. Our paperback shelves are jammed with more in the back room to put out. Thanks for returning what you had. Time to start over.

We are asking that for the time being you wear your mask while browsing, and also use the hand sanitizer that we have available for you. Safety first!

Our hours right now are Monday, Wednesday and Friday from 10:00 a.m. to 2:00 p.m. We're looking forward to seeing everyone again.

I'm leaving the books that were chosen for April as the new books for July, as no one has had the opportunity to check them out. There might be a few more that aren't on the list...you'll just have to come in and check them out!

A reminder too, when we reopen you will find the cards and calendars for sale in our back room. Just ask!

Thank you all for your patience and understanding during this unsettling time. Hoping to see you all soon!

Happy Reading!
Donna Tyner

| JULY ADDITIONS & DONATIONS | | | |
|----------------------------|------------------------------|----|---------------------------------|
| DVDs | | | |
| The Passion of the Christ | Mel Gibson | N | Evanovich, Janet |
| Six Days Seven Nights | Harrison Ford/ Anne Heche | N | Leary, Ann |
| | | N | Patterson, James |
| | | M | Brown, Sandra |
| | | M | Grisham, John |
| | | M | Jackson, Lisa |
| | | M | Patterson, James |
| | | M | Perry, Thomas |
| | | LP | Luttrell, Sharon K. |
| | | | Plum Lucky |
| | | | The Children |
| | | | Suzanne's Diary for Nicholas |
| | | | Play Dirty |
| | | | The Guardians |
| | | | One Last Breath |
| | | | Fifty Fifty |
| | | | Pursuit |
| | | | Weekends With Daisy |
| | | NF | Fiennes, Ralph |
| | | | Mad Dogs and Englishmen |
| | | NF | Montalvan, Louis Carlos |
| | | | Tuesday's Promise |
| | | ** | Jeremiah, Dr. David |
| | | | The Book of Signs |
| | | ** | Mason, Susan Ann |
| | | | Love's Faithful Promise |
| | | ML | Gingrich, Newt. |
| | | | Pearl Harbor |

AUDIO – BOOKS ON CD

Cussler, Clive The Chase
Tolkien, J.R.R. The Hobbit

BOOKS

M = Mystery LP = Large Print ** = Chris-
tian/Religious Novels NF = Non-Fiction
N=Novel ML = Military OP = Oversize
Paperback

Greeting cards now available in Library

The greeting cards that are available for sale have been moved from the Community Room to the Library.
The Library is currently open Monday, Wednesday and Friday from 10:00 a.m. to 2:00 p.m.

Residents can purchase cards for just about every occasion for 10 cents each and calendars for 25 cents.

When the coronavirus quarantine is over, the Library will be open from 8:30 a.m. to 4:00 p.m. Monday through Friday.

What residents have learned while quarantining

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Danny Combs: “I learned to watch TV six hours a day.”

Scott Ames, retired firefighter: “An unplanned disaster can occur at any time. Everyone should have extra food in their pantry and freezer, water, cash, gas in their vehicles, and ideally a generator. One needs to be prepared for 3 days after an emergency, but the reality is it could be longer.”

Tammy Plowman: “Family togetherness has been enhanced.”

Darlene Spoor: “Through all this God has directed me and given me the faith to believe He is in

control of all things, even though we may not understand. In addition, a positive outcome is that more people are attending church because it has been virtual.”

Maureen Jones: “I’ve learned not to take for granted seeing friends and being able to go places.”

Joe Newton: “It’s important to be prepared but also to be judicious about reacting to emergencies and to learn from others’ mistakes. For example, don’t panic and go overboard in buying way too much. One person bought 3,400 rolls of toilet paper. Later he found he could not return them and he was unsuccessful trying to

sell them.”

Linda Lowe: “People misunderstand that a mask is worn as a courtesy to protect others in case you are a carrier. It is courteous to others to wear your mask.”

Judy Couch: “I learned that I enjoy my own company.”

Wendy Amerine: “I’ve learned to be content, because I know who is in charge, and it ain’t me! I also found out my hair looks good longer and grayer.”

Anonymous by request: “I’ve learned that I hate my family. They’re annoying.”

Steve Parks: “I’ve learned that while some people are kinder, others are grumpier. The Kern City office and I have never had so many complaints and cantankerous people.”

Jill Foley: “It’s true that the office has had many more complaints, but we’ve also had some love. Thank you so much to Virginia Pounds for the beautiful flowers and Buster Beebe for the pizza!”

Scott Ford: “We learned to wash our hands more and be more careful. My wife also ordered face masks. Now what do I do with 100 masks?”



Our Companion Care Services Include:

- Assistance with dressing, bathing & personal hygiene
- Meal preparation
- Medication monitoring
- Housekeeping, laundry, home safety
- Errands, including shopping, transportation to doctor and other appointments
- Companionship, reading
- Hospital sitting
- Care for bed bound & terminally ill
- End of Life care

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LIC 154700003

Resident shares where to get help dealing with depression, stress



Ellen Eggert

Kern City resident Ellen Eggert visited the office recently to remind those in the Kern City community about services that are available to seniors who may desire help to stay healthy or to combat stress or depression.

According to Eggert, who is program supervisor for Kern Behavioral Health and Recovery Services (BHRS), the county has different programs available, some of which are free and others which may be covered by health insurance.

“During this period of Covid-19, we want to be certain that people know we have programs to not only help keep seniors stay healthy but also programs

to deal with depression,” she said. “Because the virus has dragged on, some people have thoughts of suicide, and we want them to know that there are people who want to help them.”

Eggert said that it’s okay to feel uncertainty, stress and anxiety but recommended not letting those feelings take over.

“I hope that residents who are struggling will call our crisis hotline and talk to the compassionate people who man the phones. It’s anonymous and free,” she said. “The number is 1-800-991-5272.”

She also noted that there is a suicide hotline available at 1-800-273-8255.

For seniors age 60 and over, the county also has a Volunteer Senior Outreach Program which helps those who are housebound, have a limited support system and/or family support or have experienced significant loss. Volunteers will contact those people and help them stay active, develop a purpose in life and maintain their mental stimulation. The number to call for that service is

868-5021.

Eggert also shared tips and resources for dealing with this period of Covid-19. Those include:

Reduce your risk
(See the tips from the CDC starting on page 1).

Develop a care plan
This is key to being prepared. The plan should include your health conditions, medications, healthcare providers, emergency contacts and end-of-life care options. You can put your plan together with your doctor, home nurse aide or family member.

If you’d like to see a form, go online to www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf

Know the symptoms
They can range from mild to severe, and may appear 2-14 days after exposure.

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell





Long time Broker, Jim Dandy, has retired. Please join us in wishing him well!

Kelly Real Estate is relocating to the Kelly Management Office, open 8-5 daily!

Your full-time Real Estate Broker, Brian Dandy, assisted by Ann Dandy will assist you with sales and rental management experience!

Stop by the new office and pick up your 2020 Calendar!

Kelly Real Estate
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*As we celebrate our nation's
freedom on the Fourth of July,
we also honor the courageous
men and women dedicated to
preserving it.*

HAPPY
Independence
DAY

Assemblyman Vince Fong

PAID FOR BY VINCE FONG FOR ASSEMBLY 2020



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.

Happy Independence Day.




KEVIN
MCCARTHY
CONGRESS

www.McCarthyforCongress.com

Paid for by Kevin McCarthy for Congress

A MOMENT WITH PASTOR AL

It's July and we always celebrate our freedom this month. We are thankful for our founders and for everyone who has, or continues, to bless us with the privilege of living in the United States of America. We want each of us to reflect on the words of a couple of songs.

America the Beautiful

O beautiful for spacious skies
For amber waves of grain
For purple mountain majesties
Above thy fruited plain
America, America
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea

We get teary eyed every time I hear this song!
The other song is:

God Bless America
God bless America
Land that I love
Stand beside her
And guide her
Through the night with the light from above
From the mountains
To the prairies
To the oceans
White with foam
God bless America
My home sweet home
From the mountains
To the prairies
To the oceans
White with foam
God bless America
My home sweet home
God bless America
My home sweet home

Another great song! We are so glad to be able to say we are Americans but even more we are glad to say that we are Christian Americans! To be an American, you need to be born here or made a citizen. To be a Christian you must be born again. *Jesus answered and said unto him, Verily, verily, I say unto thee, except a man be born again, he cannot see the kingdom of God John 3:3*

Be thankful for your freedom in America!
America needs Jesus!

Pastors Al and Barbara Rountree

Religion

(Non-denominational)

*Please note
Kern City
Community
Church Service:
9:30a-10:30a
Attendees must
wear masks, follow
restrictions*

CLASSIFIEDS

WANTED

Wanted: Motor Home from 23 to 29 feet in length. Call 564-1845.

Wanted: Schwinn Airdyne stationary bike. Excellent condition and reasonable price. Call Juanita Zuber at 319-270-1228.

Wanted: 2-wheel bicycle. Call 564-1845.

Wanted: Small motor home. Call 564-1845.

Wanted: The animal shelters need blankets and towels. To donate, call for pick up at 831-7613 or email Judy Harris at ibejudyh@sbcglobal.net. Thanks in advance.

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

FOR SALE

For Sale: Leather chair brown, good condition, armless, for dining room or desk high back, \$35 for one or all three for \$100. Ingrid, 412-4725.

For Sale: 4 Hewlett Packard items: keyboard, \$5; Mouses, \$1 each. 412-8988.

For Sale: Black fridge, Euro Gold, 34" high, 19" wide, 21" deep, \$75 or best offer. 833-1480 or 345-6494.

For Sale: Two cremation plots side by side at Hillcrest Cemetery. Price consists of the plots and opening and closing at ceremony time. Cremation and urns are not included. Price is \$6,000, much lower than today's costs at mortuary. Call Roberta at 331-3236.

For Sale: Burial plot, Green-lawn at Panorama & River Dr., Rock of Ages, \$2,250, 837-1757.

For Sale: Hillcrest Memorial Park Lake View Lawn, Lots 2320 and spaces 1 & 2 beautiful area by the Lake, last plots in that area. Sell together, \$10,000 for both. 832-8861.

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: Roll of wire fencing, 50' x 3' \$25. 412-8988.

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.

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 kerncity1003@gmail.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.

FOR RENT

For Rent: 2-bedroom, 2-bath, completely remodeled very nice condo at 800 Bermuda, \$1,400/month. Call Evalee at 201-0171.



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**Reasonable
Rates**

**Kern City
References**

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Wayne Wood | 516 Oak Fair Way
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CLASSIFIEDS

SERVICES

CONVERT VINYL RECORDS TO CD OR THUMB DRIVE: 12-inch 33-1/3 RPM, \$6 each; 45 RPM, \$1 each. Len Mercure, 412-4103.

CAT SITTER: Anyone in need of someone special to baby-sit their precious kitty? I live in Kern City, and I LOVE cats! Please call me. I used to work for Dr. Stern at Southwest Veterinary Hospital on Brundage many years ago. I've had over 20 kitties in my lifetime. I can give references. Call Debbie at 342-5033.

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.

SEAMSTRESS -- Just voted Tehachapi's Seamstress of the Year for 2019. Kern City resident to serve your sewing and alteration needs. Your satisfaction is my satisfaction, all work is guaranteed. Formal and ceremonial gowns are welcome. May Cooper, 859-8339.

NEED CLERICAL, ORGANIZATIONAL HELP? -- I do clerical, typing, letter writing, bookkeeping, and organizing. I was in banking for over 20 years. Very reasonable! I'm a Kern City resident. Sharon, 340-0215.

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

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.

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.

AVON -- Avon has come out with a lot of new products, and discontinuing some of the old ones, especially make up and skin care products. To find out if your product has been discontinued or for a sample of one of the new products, call Judy Harris at 831-7613, or email ibejudyh@sbcglobal.net or text at 331-2229.



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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.



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|---|---|------------------------------|
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July Calendar

NOTE: Due to the coronavirus, at press time the Library was open Monday, Wednesday and Friday from 10:00 a.m. to 2:00 p.m. and the Woodshop and the Sunday church service were open. Check the glass case on the street side of the Town Hall to check on other activities.

| Sunday | Monday | Tuesday | 1 Wednesday | 2 Thursday | 3 Friday | 4 Saturday |
|--|--------|--|-------------|--|----------|---|
| | | | | | | Independence Day!  |
| 5 Kern City Community Church Service: 9:30a-10:30a - Attendees must wear masks, follow restrictions  | 6 | 7 Blue cart pickup  | 8 | 9 <u>Street Sweeper</u>  | 10 | 11 |
| 12 Kern City Community Church Service: 9:30a-10:30a - Attendees must wear masks, follow restrictions  | 13 | 14 KC Board Mtg, 9:00a | 15 | 16 | 17 | 18 |
| 19 Kern City Community Church Service: 9:30a-10:30a - Attendees must wear masks, follow restrictions  | 20 | 21 Blue cart pickup  | 22 | 23 | 24 | 25 |
| 26 Kern City Community Church Service: 9:30a-10:30a - Attendees must wear masks, follow restrictions  | 27 | 28 | 29 | 30 | 31 | |

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