Wednesday, December 4, 2024

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Warm a Heart blanket drive continues

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Special agent's book on PTSD to help Knuckle Up

After the recent Pastors Appreciation Lunch, the Kern Valley Sun interviewed Chaplain, Special Agent, Joe Bannon who authored the book he recently released titled, "The 19th Chamber," a book to help people with Post Traumatic Stress Disorder (PTSD.)

Hacker makes a "State" Meet at Div 5 CIF race

Superlatives aside, Aspen Hacker's crosscountry career at Kern Valley can only be described as phenomenal.

Lady Broncs soccer team hoping to improve on recent success

The Kern Valley girls' soccer squad is ready to begin its season on the pitch.

Lady Broncs tops Summit to claim championship

The Kern Valley varsity girls' basketball team can be thankful as they were the best team in the Summit Tournament played Nov. 25-27. They would go undefeated in claiming the championship plaque.



CATHERINE STACHOWIAK

KRV Strong, Christmas parade met with enthusiasm

CATHERINE STACHOWIAK

A large crowd showed up for this year's Christmas Parade, which the Kern River Valley Chamber of Commerce organized and held in Lake Isabella, Saturday November 30.

This year the theme was "KRV Strong," based on the community's stepping up for one another after neighbors in Havilah survived the Borel Fire.

The 46 annual Christmas Parade ran its usual route along Lake Isabella Boulevard, from Nugget Avenue, in the direction of Erskine Creek Road, when one of the floats broke down, forcing volunteers near the end of the route

to direct traffic, continuing the parade

The Grand Martial for the parade this year was Congressman Vince Fong who actually did make an appearance despite his busy schedule. Fong was especially welcomed after staying on top of things, during the fire event, according to chamber administrative staff member Liz Mendia who said, "His office has been involved in providing relief efforts.'

Earlier the chair for the parade planning committee, Mickie Phillips said that the committee welcomed at least 40 entrees. Over all there appeared to be 47 entrees to the parade.

Danny Hill of Outlaw Radio was MC at the event. And American

Legion Riders from Post 711 chapter came and led the crowd in the Pledge of Allegiance. Chaplain Mike Woodward said, "Welcome to the Lake Isabella Kern River Valley Christmas

Fred Clark, president of the Kern River Valley Chamber of Commerce awarded ribbons and trophies to winners in the parade.

Winning First Place Ribbon in the Vehicles category was the Joshua Tree Reptile Haven, a non-profit reptile sanctuary.

For the Most Original category the trophy winner was our local library, the Kern River Valley Branch Library of the Kern County Library System.

continued on page A3

Chamber hears Whiskey Flat reenactment founder's plan for encampment

CATHERINE STACHOWIAK

Mike Woodward founded and produced the Whiskey Flat Days reenactment encampment, since its origination in 2003.

He came into the Whiskey Flat Days planning meeting of the chamber Monday, November 25. He wanted to set to rest some rumors and speculation, and to get people up to date on his plans for the coming Whiskey Flat Days reenactment at the encampment, which now includes a different operational structure for the sake of Woodward's own health and to lessen his stress.

Woodward said his team began to reenact back in 2003 when the chamber invited the reenactors to do a reenactment at the encampment.

"All of our reenactors are historians in their own right. They have a lot of experience, a lot of background." Woodward said, "There's one guy that is above us all in historic reenacting and historic knowledge of this valley and that is Chuck Barbee.

Before February the encampment was wiped out and volunteers rebuilt everything. Woodward had health issues due to the stress. Therefore others took over the encampment project and reenactment. Woodward said the reenactment was always his passion. He apologized for any procrastination in communication. He wanted to make sure he had everything sorted out before he came to chamber to guarantee his team would continue the reenactment and tell the board his plans.

Woodward guaranteed the Whis-

key Flat reenactment would continue long term. He doesn't want to manage the encampment reenactment any longer. Yet he wants to make sure that the dream continues until his dying breath. So he brought to the meeting his most loyal, long-term reenactors to assure the chamber they will help Woodward. He plans to have commanders for divisions because he can't have one person manage everything.

Woodward said, his management structure for the encampment reenactment was built off of Fort Tejon military management structure, with battalion sections, with commanders of different divisions. He is making a more simplified director structure now, with help from others.

continued on page A4

Kern River Chorus holds two Christmas events

CATHERINE STACHOWIAK

The Kern River Chorus is performing at two different Christmas events, in the beginning of December, to get us all in the spirit of the holidays. However there will be more in the coming weeks, according to their website calendar, which the Kern Valley Sun plans to bring you up to speed on, in future issues.

The first of the events is the Kernville Chamber of Commerce traditional Candlelight Stroll at Circle Park, Friday December 6 at 6pm, which is free and the whole community is invited. The second event is A Christmas Spectacular "Sing We Noel" on Saturday, December 7, at 2pm at the First Baptist Church of Lake Isabella.

Lanny founded the Candlelight Stroll said, "When we first started it, we collected money for a couple whose house had burned down, and the event was for donations." She said that these days the county won't let their chorus fundraise for the event anymore.

Back in the 1990s Lanny Borthick founded the event, when he was president of the chamber of commerce. 'That was a few moons ago: wasn't it?" Cheryl said, "He (Lanny) conned me into getting the Sweet Adelines (singers) to perform for it, and we had a live nativity scene."

Borthick said that churches and businesses from the community generally provide a live nativity scene for the event. "We've had a lot of community support from that. I'm just hoping it

doesn't rain that night."

The day after the stroll the Kern River Chorus and the Community Orchestra are having a Christmas Spectacular, Sing We Noel. "This is the first time we've done something like this with the orchestra. We're having it at First Baptist Church because that seemed to be a good venue for both the chorus and the orchestra."

The public can purchase tickets, which are \$10 for adults, and free to children, for that event online or at Cheryl's Diner or Nelda's Diner. "We have a new orchestra director with Kern River Valley Community Orchestra" Cheryl said.

The ticket fee is to raise money for Kern River Chorus because the chorus does not charge any fee to be a





COMMUNITY

Kernville chamber's Hot Rod Parade and Toy Drive a huge success

CATHERINE STACHOWIAK

The town of Kernville held its traditional annual Hot Rod Parade and Toy Drive, Saturday November 30.

The Kernville Chamber of Commerce, which always organizes the event, was definitely up for the challenge, as was Santa when he brought smiles to the faces children making

Board member for the chamber Jenny Hanley, organizer for the Toy Drive this year, said she has emptied the barrels filled with toys, a number of times this year, from the 11 barrels in Kernville, and 2 in Wofford Heights, placed at On Point Gym and the Dollar General. "There's enough kids in the valley in need," Hanley said, explaining that both Toys for Tots and the Kernville Chamber's Toy Drive, which is a separate drive, are needed.

The chamber, held its annual Hot Rod Run, where cars met in the afternoon to parade around Circle Park, while collecting toys from locals, and then returned to Circle Park after the route. Santa rode on the parade float. He thereafter socialized with onlookers, while chamber volunteers unloaded the toys into a van, for delivery. Children happily gathered around Santa with smiles on their faces at the end of the

According to Hanley, Kernville Chamber of Commerce brings the toys collected, during the Hot Rod Run, and from the barrels at businesses, to the school children in need. The name of the program is "Santa's Helper." Parents who signed up can come and pick the toys up before Christmas at the chamber.

Office administrator for the chamber, Tara Overall said that the chamber took sign ups, from the community, for kids that needed toys. She said, 'We want to serve as many kids as we possibly can

Overall said Kernville Elementary School's Family Resource Center assists the chamber with information to provide toys for the children.

Most importantly the Toy Drive ends, and the toy barrels will be collected from the businesses, by December 16. Overall said that families who signed up for the program could pick up their gifts from December 19 to December 23.



CATHERINE STACHOWIAK







SPENCER SHEPARD

Last week, my buddy Chris convinced me to ioin him for a ride out in Keyesville, even explaining that November 22 is "Go for a Ride Day," so we need to get out. I am glad he sent that text. November 22 was a sublime day to be outdoors in the Kern River Valley. The sun was shining, red-tailed hawks' calls greeting us as we crested hills, and laughter filled the

silent void. Go for a Ride Day is an annual celebration of taking a break from our routines. If we work hard, we should get to play hard! Go for a Ride Day is a day to set

VALLEY

KERN VALLEY SUN OUTDOOR COLUMNIST

Get out and Mind your Head:

Keyesville, the Year-Round Playground your spirit free and enjoy friends remind you that life away the day's stress.

your wanderlust. Looking out the window from my desk, I can see Keyesville, and when the sun is shining, it is a beautiful place to explore. Many trails lead to historical mining sites and epic views of Lake Isabella and the

surrounding peaks. I call these spots where we stop to soak in the area appreciation stations. Appreciation stations bring out the area's true beauty and leave you in awe; they are excellent places to mind your head. Do you have an appreciation station? Have you visited it recently?

I do not know the trail we started on, but we connected with the Keyesville Classic trail and spent the next three hours minding our heads. As we rode along, conversations started with the stress of life but quickly switched to ones of aspirations. The sun, working out, and good

is not meant to be serious. We need to get out more, nourish our souls, and wash away the constrictive feelings of anxiety, doubt, or depression.

The Keyesville Special Management Area plays host to the iconic, family-friendly Keyesville Classic Mountain bike race. With over thirty years of history, the Keyesville Classic is one of the oldest singletrack bike races in the

The race offers downhill, cross country, and short track brackets, appealing to any thrill seeker. For more information and to check event dates, visit www. kevesvilleclassicmtb.com.

The beauty of the Kern Valley is unprecedented and often leaves me breathless. Lately, the sunsets have melded with the fall colors adorning our trees, and the evenings' cool breezes melt

Our Fall sunsets create a remarkable image on an evening bike ride down any trail. The sky's colors blend, blues with oranges and purple with red, and light refracts off lazy clouds drifting along, almost making them come to life. The Kern River Valley's trails are where life's worries melt away, and fond memories are made.

Remember, my friends, leave no trace. When we leave no trace, we set the next group coming to enjoy the area up for having a good time. It shows that people care about the area, and hopefully, the area is left better than we found it. So next time you're out, please pick up that little piece of trash, snag that soda can out of the brush, or remove the illegal firepit. If we can all help, imagine how beautiful the area can

EIGHT-DAY VALLEY FORECAST

















SUNRISE 6:49 **SUNSET 4:39**

SUNRISE 6:50 **SUNSET 4:39**

HIGH

SUNRISE 6:50 **SUNSET 4:39**









SUNSET 4:40



SUNRISE 6:51





SUNSET 4:39 SUNSET 4:40

Rem River basin bala as of Sunday, December 1, 202			
Lake & River Information	This Week	Last Week	Last Year
Lake Elevation	2,557.71	2,556.56	2,570.71
Lake Storage	154,279	147,903	238,610
Inflow Into Lake	497	342	1,379
Outflow From Lake	412	324	2.263

Source: U.S. Army Corps of Engineers. All data is preliminary. Final figures may change. Elevation feed above sea level. Storage expressed in acre-feet. Inflow and outflow expressed in cubic feet per second. Inflow shown is at Kernville.

Coat and blanket drive returns again

CATHERINE STACHOWIAK

This is Jackylyn Northam's second year providing a coat and blanket drive through Clarvida of California, which used to be known as College Community Services. Last year's was successful, as well, so that was why she decided to do it again.

You can find her giving these items away at Knuckle Up Ministries, between 12pm and 2pm Friday, December 6. She told the Kern Valley Sun, "The reason I started doing it was because I noticed that a lot of the homeless don't have blankets and coats."Northam collected these items for two weeks, at the beginning of November.

And she originally passed them out. "It's mainly about getting a little warm, because it's pretty cold up here in Lake Isabella, during that time."

People can still donate jackets and blankets, at the Clarvida office, even after the drive ends. People are also welcome to come to Clarvida to pick up jackets and blankets after the drive ends. Please call Jackylyn before arriving.

According to Jacky there have been Havilah families coming for the drives. And she's considering doing a summer one as well.

KRV chamber kicking off cookie contest

Kelley McCoy, planner and organizer of the Great Christmas Cookie Contest steps up to the challenge, with much enthusiasm, as usual folks. The Kern River Valley Chamber of Commerce event is Saturday, December 7, at 1pm at the Kern River Valley Senior Center. McCoy who is a board member for the chamber said, "It's our third annual, so I think it's almost an official tradition."

McCoy especially founded the Great Christmas Cookie Contest so that kids can be a special part of the chamber.

continued on page A4

Public invited to give to Giving **Trees and Meal Box Drive**

CATHERINE STACHOWIAK

The public is invited to join in the spirit of giving this holiday season by participating in gift giving trees and a meal box drive.

One of the trees and the Meal Box Drive are located in Kernville. The other Giving Tree is located in Lake Isabella at the Kern River Valley Chamber of Commerce office.

Rhonda Tuttle, owner of a business in Kernville, called Tuttle's Emporium, has a tree to bring toys to the high school kids that slipped through the cracks, because they're

continued on page A4

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SUBSCRIPTION RATES: Local Mail Delivery - Kern River Valley

\$20.50/3 months • \$32.50/6 months • \$58.50/1 year Out of Valley Mail Delivery \$25/3 months • \$43.50/6 months • \$83/1 year

The Kern Valley Sun (USPS 293-740) is published weekly on Wednesday by the Kern Valley Sun, 6047 Lake Isabella Blvd. #C, Lake Isabella, CA 93240. Periodicals postage paid at Lake

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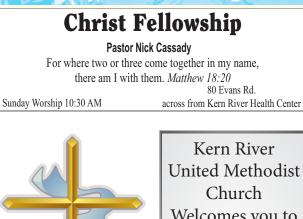
The Kern Valley Sun is a member of the National Newspaper Association, the Kernville Chamber of Commerce and the Kern River Valley Chamber of Commerce.

Mailing Address: P.O. Box 3074, Lake Isabella, CA 93240. Phone: (760) 379-3667.

Fax: (760) 379-4343. Email Address: Assignments@kvsun.com. Website: www.kernvalleysun.com.

P.O. Box 3074, Lake Isabella, CA, 93240. Adjudged and declared a newspaper of general circulation pursuant to the laws of California Dec. 28, 1959.

POSTMASTER: Send address changes to the Kern Valley Sun,



Worship Direct ory



251 Big Blue Road, Kernville, CA 93238

(760) 376-2751

Pastor Shawn Collins

Warm a Heart blanket drive continues

CATHERINE STACHOWIAK

Locals may recall that T.J. Sanders passed the organizing of his annual, 'Warm a Heart" Blanket Drive onto another student, Jayda Bushling, when Sanders graduated high school

and went off to university. Bushling told the Kern Valley Sun that the public is currently invited to donate to the drive by putting new or gently used blankets or sleeping bags in the bins located at the following schools: Kernville Elementary School, South Fork Middle School, Kern Valley High School and at Wallace Elementary School. Bushling said, "I just thought it was a great project. And since T.J. was leaving, I just wanted to help in service to

our valley." The drive, which began on December 2, ends December 20, when students begin Winter Break. After Dec 20 the schools would be on vacation. The best time to drop off blankets and sleeping bags is during school hours 8 am to 3pm, in the bins, at the front of the school offices

Bushling said, "I just think we should help those who are in need, because it's



Jayda Bushling current organizer of Warm a Heart.

coming to be winter, and I think it's just nice if you're not using those blankets or anything; why wouldn't you donate instead of just throw-

ing it away? And to help those with a Christmas spirit is always nice." According to Bushling anyone in need is invited pick up a blanket, and other

necessities, at La Bikina

Mexican Restaurant in Lake Isabella, on Christmas Day. Bushling also said she

foresees continuing the event every year. "I like when we go to LaBikina, and we have all of the projects, and people helping and passing out the food there. I think its just fun to see the service that's provided."

Christmas in Kernville, Santa visits, Christmas Tree Lighting popular this year

CATHERINE STACHOWIAK

The Kernville Chamber of Commerce worked very hard this year to decorate the park for some wholesome family fun times and holiday cheer.

It all began early Saturday, November 30 when chamber members frantically finished up decorating, and set up the sound and

continued on page A4



CATHERINE STACHOWIAK

Williams bench permanently fixed **CATHERINE STACHOWIAK**

The new bench, dedicated to Karene Williams, a valued member of the Kern Valley community, was seated and cemented at the Randall Skate Park in recent days.

Williams, who recently passed away, was one of the founding members of the Kern River Skate Park, the group, which raised the money for the park. She spent many years raising money to have a skate park built in Kern Valley. Because of her efforts the George and Darlene Randall Skate Park opened this past summer.

On the bench was engraved the words, "In Loving Memory of Karene Williams."



Ruth Franz told the Kern Valley Sun that she paid for the bench. She said, "I wanted to do something for my sister. She worked eight years for this Skate Park. She always wanted a bench so she could sit and watch the kids. Well she's got a

bench."

Franz had the bench installed permanently. She told the Kern Valley Sun, in a previous issue, "They're going to pour a slab. I bought the things to mount it, so it's permanent."

PARADE continued from page A1

The Most Spirited trophy winner was Jeep it real, a Jeep Group in the KRV. The First Place Ribbon

winner for Horses and Mules category was Los Vaqueros Gymkhana Club-District 35, which is a local horse club. The First Place Ribbon

Float category winner was float 23, the Vietnam Veterans, a group helping support veterans. The Best Overall catego-

ry trophy winner was the

Shepard of the Hills Lutheran Church, a 50 year-old congregation in the Kern Valley. The First Place Ribbon winner for Marching Group

category was Kern River Valley Cub Scout Pack 711.

This year the chamber requested business owners along Lake Isabella Boulevard decorate their businesses. The chamber plans

on selecting the best of decorated businesses. The chamber will announce Best Business Christmas Decorations December 20. First, second, and third place

winners will receive awards and special recognition in the Lake Lines President of the chamber's message.











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Letters to Santa will be published in a special edition of Kern Valley Sun, along with additional Christmas photos. After all letters are received and retyped, they will be mailed to the North Pole. Attn: Santa Claus. All submissions must be received by December

Write to

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6th, 2024 in our offices at i

Fire fighters, rescue workers, remove passengers from wrecked vehicle

Jeremy Ruiz of the Kern County Fire Department reported November 26, on the Mesa rescue incident, wherein rescue forces reinforced rescue efforts with pin-ins. The incident occurred in the morning when local Kelley McCoy told the Kern Valley Sun it looked like there may have been injuries or causalities, as she was passing on the 178.

According to Ruiz a pickup truck was off the roadway and down the embankment, when rescue workers arrived at the scene and found two persons inside the vehicle with a dog.

KCFD engines E71, E72, and E76 were sent to the rescue. Crews then prepared an array of rescue tools including the Jaws of Life before removing the windshield to rescue the



Liberty Ambulance transported the persons to a local trauma center. The California Highway Patrol took the dog released from the involved

Later reporters Jose Franco and Luis

Garcia, from KGET claimed that one of the passengers died in the accident after the truck was traveling at an unsafe speed. They also reported that officials said wet roads contributed to

Special agent's book on PTSD to help Knuckle Up

CATHERINE STACHOWIAK

After the recent Pastors Appreciation Lunch, the Kern Valley Sun interviewed Chaplain, Special Agent, Joe Bannon who authored the book he recently released titled, "The 19th Chamber," a book to help people with Post Traumatic Stress Disorder (PTSD.)

Bannon is holding a book signing fundraiser for Knuckle Up Ministries, Sunday December 8, at Knuckle Up, in Lake Isabella at 1pm. The public is invited to meet him.

Bannon's ministry, to those hurting, primarily focuses on men for PTSD, addictions, and sometimes he counsels

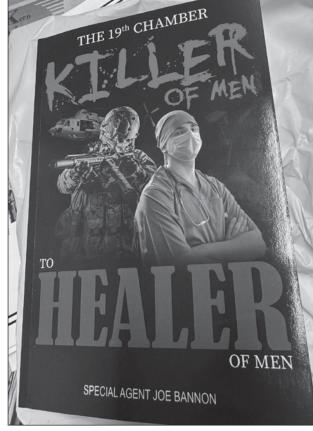
Bannon founded the Institute of the Arts where he teaches ministry arts. He's a police chaplain and that's where he got his start in the types of counseling he does.

His book contains case studies revealing stories of those healing with PTSD. He said, he's hoping Navy Seals, Special Forces, Military, Police Officers, and SWAT Team guys would benefit from the book The 19th Chamber. "Every day 22 military veterans take their lives. So in ten

days, that's 220. One is too many." Bannon said, "Police officers, once they retire, they tend to either take their own lives or get very sick and start to fall apart within the first five years.' The book contains a bit on strategies for dealing with the

triggers of PTSD. However Bannon's site deals more items his book, for the sake of brevity, could not include. His site

continued on page A6



CHRISTINA DENYS

KERNVILLE CHRISTMAS

continued from page A3

lighting, for the Christmas in Kernville events which included, after the Hot Rod Toy Drive Parade, a walk around the park, the annual Tree Lighting and visits with old Saint Nick.

Throughout the day and evening a disc jockey, Dave Brooker, manager of Sportsman played Christmas tunes to the delight of visitors.

At the annual Tree Lighting Event, chamber board

member Tricia La Belle said, "Happy Holidays. I hope you had a nice Thanksgiving." She invited kids to come climb under the tree and sit atop the brightly colored boxes, directly beneath the largest tree at Circle Park. "Keep each other safe up there," she told the kids. LaBelle invited one youth from the crowd, 14 year old Ethan, whose birthday it was, to help light the tree.

President of the chamber, Gary Ananian said, "I just want to welcome everybody to Kernville, out here at Circle Park. Christmas in Kernville was started several decades ago by George and Dariene Randall. After their passing, everything was passed on to the Kernville chamber. And we have carried on that tradition every single year."Ananian credited Tricia LaBelle, Tawnya Torgl, and Jenny Hanley who put so much effort, time and personal finances into bringing the event to life. He also

thanked sponsors including Thomas Refuse and the Sportsman.

LaBelle thanked other volunteers, who put in their own personal time toward putting the event together.

The large attending crowd, of mostly parents and children, jubilantly cheered as the lights came on at the tree lighting.

Visits and photos with Santa Claus continued thereafter, along with cider and cookies, which Tawnya and Danny Torgl served.

Rains a continued concern for Havilah

CATHERINE STACHOWIAK

Havilah will continue to have concerns about the possibility of flooding, whenever rainstorms arise, in the aftermath of the Borel

Residents in Havilah

have recently been using sandbags to stave off any crisis situation. And groups are planting plant life in the area in order to have safer future winters.

As for the rest of the valley residents, most neighborhoods were safe, during the last rains of November.

COOKIE CONTEST continued from page A2

She wanted kids to be able to come see Santa, in Lake Isabella if they're unable to make it over to Kernville. She also said families can take pictures and use their phone. "I'm hoping to get gifts for the kids. The cookie that wins is truly voted on by the public," said McCoy.

There is no way anyone can cheat or get preferential treatment in this contest because the public votes on the top three favorite cookie winners. Chamber members have voted on all the prizes received.

The Grocery Outlet is providing milk to go along with your delicious array of competing cookies. McCoy said, "It's a free event. Everyone can come in and enjoy the music. There'll be candy on the tables for the kids. Everything is free except for if you want to be an official cookie taster with an official voting ballot." \$10 buys each individual a bag for ten cookies, to be an official cookie taster, and a ballot to vote for the winning best cookie

Folks can probably expect an appearance by the Grinch

"We're going to have a Craft Corner. The Kern River Valley Art Association is providing everything for that so the kids get to do a free arts and crafts session. Laura Tran will be doing that."

All bakers have already been secured. So if you want to bake next year make sure you apply three weeks ahead of time. "They're very competitive this year. There's going to be ten bakers. And they're all upping their game. They're going to have extra special decorations for their themed tables. They're going to have costumes. They're in it to win it. And they want bragging rights," said McCoy.

Categories at the event are Best Decorated Table, Best Team Spirit, and Chamber Choice Cookie. The big prize is the Greatest Christmas Cookie in the KRV, according to

"There will be all kinds of fun things to do there. It will be festive, and happy, and people will be popping in to visit," McCoy said.

GIVING TREE

continued from page A2

not younger children or senior citizens. "We're calling it the Tree of Love and Sharing. Other places in town have done some trees but they had some age restrictions on it. So mine is open to any age group. Anybody is welcome if they're in need," she said. To sponsor a child or adult for a gift, pick up their names from the store's tree now, purchase

the gift, and return it by a week before Christmas.

Tuttle said that so far, her Tree of Love and Sharing has names of people ages senior citizens down to three years of age. "Also I'm doing food boxes for families that need a holiday meal," she said. The community can support a meal-box, which Tuttle plans to deliver, before the holiday. The cut off date to bring sponsorship for boxes is a couple weeks before Christmas.

The Association of Realtors is also holding a Santa to a Senior Giving Tree, which is unrelated. The Santa to a Senior Tree is up at the Kern River Valley Chamber of Commerce office in Lake Isabella.

Kelley McCoy, board member to the chamber said, "Stop by, grab a tag and let's put a smile on everyone's face this year. All of the seniors are in long-term care at our local hospital."

Gifts are for the lonely and isolated or financially challenged seniors. Gift requests include slippers, scarves, gloves, blankets, hand lotion, toiletries, stationary, gift cards, flash lights, sweatshirts and puzzles.

To join in giving, first please obtain a senior's name from the tree. Then obtain the gift they requested. Gifts are due back, gift wrapped with the nametag, by Wednesday December 18.

ENCAMPMENT

continued from page A1

Francis Moore is the sheriff of everything. Moore said the team's goal for the reenactment is to be part of Whiskey Flat Days. "We want to be a part of the greater event," Moore said.

Perry Steinhoff is manag-

ing areas of the encamp-

Bob Easterday has agreed to be the head director of the reenactment. Chuck Barbee will be advising the reenactment on the authenticity of historical accuracy.

"I'm happy to contribute, to that, any way I can," Bar-

Woodward said Barbee previously made the film, Wild West County. The documentary film about the old west history of California's Southern Sierras and the Kern River Valley has been of particular interest to the Kern River Valley Historical

The encampment reenactment has been under a

Egg Drop Soup

w/ Mango Chunks Oyster Crackers

December 11

Potato Soup

Carrots

five-year agreement with the chamber, which ends after this year's Whiskey Flat Days. Woodward's team hopes it will be able to renew the agreement for another five years. Woodward said, "I will never have to pick a wet log out of the river again."



Senior Lunch Special

At the Senior Center • 6409 Lake Isabella Blvd. • 760-379-5831

Lunch Served at 11:30 a.m & 12 p.m. Please call 760-379-5831 for reservations 24 hours in advance. December 4 December 5 December 6 BBQ Pulled Pork Fish w/ Asian Chicken Lemon Sauce

Pineapple Coleslaw Wheat Roll

December 10

Green Peas'

Sub Sandwich Collard Greens**

- Applesauce Milk

- December 9 Swiss
- Steak Zucchini**

- Rice & Edamame

- Alfredo

Chicken

- Italian Broad Beans Green Salad

- Seniors \$3 · Non-Seniors \$6

Stay in tune with local news every hour on the hour at the top of the hour.



KERN VALLEY SUN

COMMUNITY SUPPORT GROUPS

Adult and Adolescent Substance Abuse Classes: (Medi-Cal not ac-Please call to schedule an appointment or for further information. 760-379-9194. 5121 Lake Isabella Blvd., Lake Isabella.

Al-Anon Meeting: Wednesday, 80 Evans Rd., Wofford Heights, 7:00 p.m. Contact 760-379-7312 or 760-378-0041. These meetings are for friends and family of alcoholics.

Alcoholics Anonymous: Faced with a drinking problem? Perhaps Alcoholics Anonymous can help. Weekly meetings, call AA Hotline, 661-322-4025.

Alzheimer's: The Alzheimer's Disease Association of Kern County provides up to six hours of respite to caregivers who have a loved one with Alzheimer's or other related dementias. Currently, we hold these adult day services at the Veterans/Senior Center in Lake Isabella on the 2nd and 4th Thursday of each month from 9:00 - 1:30 (if weather permits). An application packet should be completed by the caregiver on your first visit. Call Otilia for more information at KDAKC (661) 665-8871.

Celebrate Recovery at The Ark: Come celebrate recovery every Friday at the Ark located at 5301 Lake Isabella Blvd., Lake Isabella, CA 93240. The program starts at 7:00 p.m. Celebration Place - ages 5 to 14. The Landing - ages 14 to 18. Celebrate Recovery ages 18 & up, The Landing 13-18 and Celebration Place 0-13. For more information, call 661-862-9420 or info@knuckleupministries.org. Grief Share: 1st Baptist Church Lake Isabella has resumed GriefShare

Sunday school class at 9:15 am in The Fellowship Hall. Non Denominational course dealing with loss. All are welcome. 3701 Suhre St., Lake Isabella. Phone: 760-379-5615

God's Closet Clothing Ministry: Free gently used clothing for newborns through adults. Located at First Baptist Church Lake Isabella. Must make appointment by calling 760-379-5615 or e-mailing godscloset@fbcli.org

God's Storehouse of the KRV: Feeding those in need in the Valley.

Monetary donations are always welcome and may be mailed to P.O. Box # 2977 Lake Isabella, Ca. 93240. All donations are tax deductible. Call 760-223-0750 for more information. Located at 3810 Golden Spur, Lake Isabella. Hours of operation: 2nd Tuesday of each month 9am - 11pm and 4th Sunday of each month 1pm - 3pm.

The Bristol Hospice (formerly Optimal Hospice) Grief Support Services: Child and Teen Support. All child and teen services are uniquely tailored on a case-by-case basis. One-on-one counseling is available. Grief Support Group Information (BAKERSFIELD) In-person & Virtual. Bristol Hospice - 1675 Chester Avenue, Suite 401, Bakersfield, CA 93301. (Park in the parking garage located on Eye St. Enter through the black gate and up to the 4th floor.) Tuesday's 11:30am-1:00pm Thursday's 6:00pm-7:30pm TAFT) In-person Only. First Baptist Church - 220 North St., Taft, CA 93268 (Located next to the Church office on North St.) Third Wednesday of Each Month 1:30pm-3:00pm. Please E-mail or call our bereavement coordinator for more information: Jessica Mosley, MSW. Call: (661) 716-4000 E-mail: bereavement-bakersfieldhospice@bristolhospice.com

NAMI Connection Recovery: Connection Recovery Support Group, for individuals living with mental health challenges, meet every Monday, from 1-2pm. Pre-registration is required. For more information, call Lisa Wyly @760-417-1932. Passionate Hearts Support Group: A Christ-centered, curriculum-based,

10-month support group for women wounded by childhood sexual abuse that provides a safe place for women to come together and work on the damage incurred through their abuse. Registration is required and space is limited. Call Alex at 760-298-0341. Pregnancy Resource Center: Tuesday and Thursday each week, 1 to 5 p.m., 6040-D Lake Isabella Blvd. Lake Isabella. Free Pregnancy

Testing, Peer Counseling, materials assistance, referrals. Mailing: PO Box

The Salvation Army is looking for donations for winter items of any type like coats, blankets, shoes, boots, and tents and much more. 5109A Lake Isabella Blvd. Lake Isabella Ca. 93240 Call Yolanda for more information at 760-379-0112 Monday and Friday only from

9am to 11am

3015 Lake Isabella, CA 93240. Call 760-379-8893 for more information.

TOPS #436: (Taking Off Pounds Sensibly) meets Wednesdays at 9:30 a.m. 11:00 a.m., at the Senior Center in Lake Ísabella. Open to thé public. Call 760-379-3366 for more information.

Women's Domestic Violence Support Group: A place for education, healing, growth, and empowerment. Female survivors and family members are welcome. Every other Thursday, 5:30-7 pm. Call 760-223-2777 for location and information Editor's Note:

Please call groups listed above to assure that information is correct prior to attending a meeting.

EVENTS CALENDAR

MONTHLY EVERY 2ND **TUESDAY**

Lake Isabella and Bodfish property owner association

Time: 5:00 P.M.

Where: Kern Valley Senior Center, 6409 Lake Isabella Blvd. in Lake Isabella

Wednesday, December 4 Creative Crafters Group

Time: 10:00 to 2:00 p.m. Where: Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

Stained Glass Class (Walk-in for info) **Time:** 10:00 to 1:00 p.m.

Where: Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA

93285 Krvaa.org

Blacksmithing Class (with Scott Alten) Ages 12+ Time: 6:00 to 8:30 p.m.

Where: Alchemy Industrial Art Center 30 Woodland Dr.

Wofford Heights, CA 93285 Krvaa.org

Saturday, December 7 The Great Christmas Cookie Contest

Free family event **Time:** 1:00-3:00pm

Where: Lake Isabella Senior Center

Beginning CNC Class: Milling & Carving (with Huan)

Time: 10:00 to 2:00 p.m. Where: Alchemy Industrial Art Center 30

Woodland Dr. Wofford Heights, CA 93285

Krvaa.org

Bottle Cutting & Etching Class (with Steve Selznick) Please RSVP **Time:** 1:00 to 1:00 p.m.

Where: Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

December 8 1st Annual Kern River Valley Community Tree Lighting Ceremony- Santa, Caroling,

Sunday,

Hot Coco, Grinch Time: 4:00pm Where: 6310 Lake Isabella Blvd

Paper Mache Santa Ornament Class (with

Patty Kelly)

Time: 12:00 to 3:00 p.m. Where: Art & Community Center 6709

Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

Wool Hat - Class (with Sarah Nystrom)

RSVP: Wet-Felted Reversible

Time: 12:00 to 4:00 p.m.

Where: Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

Beginner Oil Painting Class (with Daisy Torres)

Time: 1:00 to 4:30 p.m. Where: Art & Community Center 6709

Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

Monday, December 9 Drawing 101 Class (with Alita)

Walk-ins Welcome

Time: 12:00 to 3:30 p.m. Where: Art & Community Center 6709

Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

Class: Air-Dry Clay Christmas Ornaments

Time: 3:30 to 5:00 p.m. Where: Art & Community Center

6709 Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org Open Art Lab for Youth & KRVAA Mem-

bers **Time:** 3:30 to 8:00 p.m.

Where: Art & Community Center 6709 Wofford Heights Blvd

Wofford Heights, CA 93285

Krvaa.org Wednesday, December 11 Creative Crafters Group Time: 10:00 to 2:00 p.m.

Where: Art & Community Center 6709

Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org Stained Glass Class (Walk-in for info)

Time: 10:00 to 1:00 p.m. Where: Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA

93285 Krvaa.org

Gallery and Gift Shop

Improv Acting (with Stanzi Stokes) 3:00 to 4:30 pm

ford Heights, CA 93285 Krvaa.org

Where: 6749 Wofford Heights Blvd. Wof-

Blacksmithing (with Scott Alten) Ages 12+ **Time:** 6:00 to 8:30 p.m. Where: Alchemy Industrial Art Center 30

Woodland Dr. Wofford Heights, CA 93285 Krvaa.org

Thursday, December 12 FREE - Children's Hot Chocolate Poetry

(with Sandra Hughes) **Time:** 4:00 to 5:30pm Where: The Station: Espresso & Books

6701 Wofford Heights Blvd. Wofford Heights, CA 93285 Kryaa.org

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Hand Drum Rhythm Class **Time:** 6:00 -7:00 pm

Where: Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

Open Drum Circle

Time: 7:00 -8:00 pm

Where: Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

Friday, December 13 Movie Night

Time: 6:00 to 9:00 p.m.

Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA 93240 Krvaa.org

Saturday, December 14 The the KRV Woman's Club is having our

annual Christmas Spectacular Where: Elk's Lodge in Wofford Heights. Dinner tickets are now on sale to the public. Ticket price is \$40.00 each. To get your tickets call Laura Oreskovich at 310-569-0405.

Beginning CNC Class: Milling & Carving (with Huan)

Time: 10:00 to 2:00 p.m. Where: Alchemy Industrial Art Center 30 Woodland Dr. Wofford Heights, CA 93285

Krvaa.org The Great Western Community Round-Up!

Art Show & Potluck 4:30 to 7:30 p.m. Where: Art Gallery & Gift Shop 6749

Wofford Heights Blvd. Wofford Heights, CA 93285 Krvaa.org Sunday, December 15

Paper Mache Santa Ornament (with Patty) **Time:** 12:00 to 3:00 p.m.

Where: Art & Community Center 6709 Wofford Heights Blvd Wofford Heights, CA

93285 Krvaa.org Beginner Oil Painting Class (with Daisy

Torres) **Time:** 1:00 to 4:30 p.m.

Where: Art & Community Center 6709

Wofford Heights Blvd Wofford Heights, CA 93285 Krvaa.org

Monday, December 16 Drawing 101 Class (with Alita) Walk-ins Welcome

Time: 12:00 to 3:30 p.m. Art & Community Center 6709 Wofford Heights Blvd

Wofford Heights, CA 93285 Krvaa.org RSVP: Make a Gingerbread House (with Alita)

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MEMORY

MOBILITY

13. "Officially known as" 14. A French abbot

8. Swiss river 11. Czech Republic capital

15. Having a strong sharp smell or taste

5. Recipe measurement (abbr.)

16. Local area network 17. Data transmission speed measure

20. When you hope to get there 21. This (Spanish)

22. Gives up 25. Churchgoer 30. Current

18. Embarrass

31. Slang for gun 32. Small drum

33. Vanished union bigwig

38. Rocker's tool of the trade

41. Dearth

43. 2024 Olympics host

45. Excess blood in the vessels 48. Afrikaans

49. Agreement between provider and customer

56. Witch

50. Spiritual leader of a Jewish congregation 55. Ancient Syrian city

57. Celebrations 59. Long period of time

60. A team's best pitcher

61. Current unit 62. One-time aerospace company

63. French/Belgian river 64. Swedish rock group

4. Actor LaBeouf 5. Ohio town 6. Olympic sport

10. Give advice

3. Remark

7. Cure

8. Behave in a way that belittles 9. Shares a boundary with

2. Genus of clams

12. Promotional materials 14. Assist or encourage, usually in some wrongdoing

19. "Agatha All Along" actress Kathryn

23. Small piece 24. King of Camelot

25. Parts per thousand (abbr.) 26. Small Milky Way constellation

27. One who challenges authority (abbr.)

28. Equal (prefix)

29. Shawl

34. S. American wood sorrel relative 35. The end

37. Yes vote

39. Officer of high rank 40. Church office

36. Supervises interstate commerce

41. Tire pressure measurement 42. From a distance

44. Photographs

45. Industrial process 46. Nobel Prize-winning physicist

47. Map out

48. Mammary gland part of female mammal 51. Honorable title (Turkish)

52. Spongelike cake leavened with yeast 53. Speak incessantly

54. Poetry term

58. Relaxing space

ASSISTIVE RATHROOM CAREGIVER CHAIR **CHORES CUSTODIAL**

GUARDIAN HAZARDS HOME HEALTH AIDE

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MONITORED

Chamber discusses Whiskey Flat Days

CATHERINE STACHOWIAK

Last week the Kernville Chamber of Commerce held a Whiskey Flat Days planning meeting, when the board discussed the tentative schedule of events for Whiskey Flat Days, which is set for President's Day Weekend February 16 through February 19, although the groundwork for events are still being more firmly scheduled.

The trip back into the Wild West Days of gold mining, cattle ranching, trapping and cowboy church will give visitors and locals a down-home country rural feeling and

Along with shootouts, all that ambiance will include a parade, a rodeo, carnival rides, food and craft booths, a costume contest, a whiskerino contest, a pet parade, some beautiful live country music and blue grass tunes, and an iron horse (motorcycle) rodeo

With all these features you'll be set back to the days of covered wagons and neighborly existence.

The chamber hopes to include a Disc Jockey and street line dancing, with an instructor, for Valentines Day weekend, that Friday.

Expect some raffles surrounding the Whiskey Flat Days mayoral campaign winner announcement, which usually

This is the beginning stages of scheduling, so the chamber is still deciding where to hold the Whiskey Flat Days kick off dinner, whether it be at the Elks Lodge or Ewings

BOOK

contains extra chapters and materials on methodologies addressing coping with flashbacks, night sweats and fears. https://bannoninstitute.org/ Bannon said, "We can't avoid all triggers unless we just stay locked in our homes."

However isolating ourselves is not the healthiest thing to do. So if those with PTSD want to get back into life they have to accept the fact that no one can avoid all triggers. But by empowering ones self through training, counseling or therapy, and conditioning, people with PTSD can learn coping mechanisms to deal with these triggers. Bannon's background is

in theology and the physical sciences as well as theo-centric psychology. He confirmed in these studies that no one could deny God's existence. His book title, The 19th Chamber, came from a spiritual place.

The subtitle of "Killer of Men to Healer of Men" is

predicated on Ecclesiastes chapter-3 written based on the Bible Old Testament, King Solomon's words about there being a time to kill and a time to heal.

Within Bannon's paramilitary, law enforcement background, and all the years he trained military, the arts of war and with his medical and scientific background, he developed training courses to help people. Through the Bannon Institute he helped soldiers be more likely to survive The military and police

professions change the brain to a warrior brain, altering thinking and perceptions, changing the person inside and out. Bannon as a police officer, in San Francisco, in the mid 1980s, worked in the Behavioral Science Unit and was one of the first debriefers assisting officers involved in shootings and other traumatic situations. He also was involved in military PTSD debriefing.

"After awhile I noticed that I was getting real intense in the killing arts and in the mortal combat arts

and I knew I needed to find a balance. So I used the Scripture Ezekiel 36:26 that God will give us a heart of flesh for a heart of stone.'

His heart had become stony and hard. And he needed to get more into the healing arts to transition those he trained in combat and to transition to PTSD healing after combat. Bannon uses as symbol-

ism in his book The 19th Chamber what the character in the television show Kung Fu trained in, for spiritual growth and combat, which had 18 chambers in the temple he trained at. Bannon thinks the right of passage to become a monk was an interesting branding and story. Bannon avails himself to the Holy Spirit and said his 18 chambers was all his combat training. He was a 10th degree black belt expert in the fighting arts. But he was not accomplished in his spiritual life, and was lukewarm and weak spiritually. So the 19th chamber to him was that awakening that he needed to grow spiritually. He wanted to disengage from the fighting

and combat training.

Around 2014 Bannon wanted to focus more on his own healing by God's help, therapy, counseling, and ministering to those who were damaged by battles. Bannon said, "A martial artist of the highest level finds himself in a temple but he needs a Grand Master (God) that challenges him spiritually and not physically."

The warrior needs to get beyond chamber 18. He needs to look at himself from the inside out. The Chamber 19 is a challenge, like a mirror, for the reader to examine ones self to see if there's unforgiveness, pride, anger, or bitterness. After a person with

PTSD retires, from their profession, they start to suffer worse than they did when they were busy. That's when they fall apart and need help. His book is designed to help anyone with PTSD whatever their background and whatever their religious views.

Emery Family

Dabrushman Family

• Trish & Mark Hamm • Sally Villars Rocky, Izzy, & Bonnie Baird

> Jim & Sheila Rosenberg Southern Sierra Properties



M-Sat • 10am-4pm for adoptions 8am-5pm for dog licensing.

Closed on Sunday For an Animal Emergency, call

661 868 7100 ext 2, 24 hours a day



FREE ADOPTION for animals that have been at the shelter for over 30 days. Includes Lic/chip/ spay and neuter.



Can be Great watch dog. Super sweet,



dog but she has some dominate traits





Sponsored by:

Skinny young male mix. Is showing signs of being a loving dog with a kind hand and



well. Single family dog no small children.

CLASSIFIED MARKETPLACE

CLASSIFIEDS RATES & INFORMATION

Liners: Minimum of \$12.50 for 3 lines, \$1.00 for each additional line. Deadline for liners is Friday at 3pm.

Classified Display Ads: \$14.50 per column inch, per issue. Deadline for classified display ads is Friday at 3pm. Color is an additional charge. Please email ad to: classified@kvsun.com

Terms: All ads are prepaid unless credit has been approved. 760-379-3667 ext 1000.

Notice: Read your ad and report any errors immediately. The Sun is not responsible for more than one incorrect insertion. Additionally, the Kern Valley Sun reserves the right to revise or reject ads, and classify them properly.

100 **SERVICES**

SCRAP METAL REMOVAL Tree Trimming, Pinewood for sale, Trash Hauling, Chimney Sweeping. Call Chris 760-417-1824

MIKE AND SUE'S FIREBREAK/YARD/TREE Trimming & House Clean-Up & Hauling. 760-223-6888 Or 223-2580

MOBILE HOMES FOR RENT

LAKE ISABELLA 2BR. 2BA. M/H, REFURBISHED, PATIOS. Deck, 2 Carport, In Nice 55 Plus Park. \$627. To \$927/ Monthly. Rent Or Buy Starting At \$20K. Good Credit. 760-379-2092

560 MOBILE HOME & RV **SPACE FOR RENT**

SHADED KNOLL MHP/RV Mobile Home Spaces. \$305/Mo. Plus Utilities. 818-216-2263

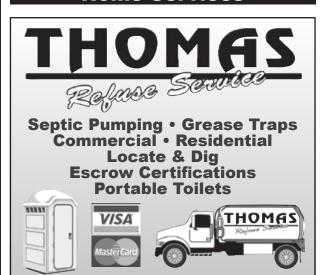
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REEDER TRACT \$950/MO. & \$950.00 **DEPT. NO PETS**

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ROCK & DESERT LANDSCAPES Serving The Valley For 40 Years

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ASG DOORS All Services Garage Doors Your local garage door specialist 760-472-2754 Call Justin Caudill

Asgdoors@gmail.com

Rush 2 Learning LLC

Child Care & Preschool Center Open Mon.-Fri. CCCC Approved • Age 0-12

Miscellaneous

Services

Meals & Snacks Included **CPR First Aid Certified** Qualified Teachers & Aides Lic.# 153808472, 473, & 474

760-379-4800 4200 Hatton Ave. • Lake Isabella

Call Christina today to place your ad in the paper! 760-379-3667

Call today to place your ad in the Classifieds! 760-379-3667 ext. 1000

Kern Asphalt Paving and Sealing Co, Inc. Serving The Kern Valley Since 1970 Paving • Sealing STRIPING • CRF Reclamite for **Asphalt Rejuvination**

Licensed Contractors

tors taking jobs that total \$500 or more (labor and materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license number on all advertising. You can check the status of your licensed contractor at www.cslb.gov or 1-800-321-CSLB. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

NOTICE TO READERS: California law requires that contrac-

Paving

Kern Asphalt Paving and Sealing Co, Inc. Serving The Kern Valley Since 1970 PAVING • SEALING • STRIPING • CRF Reclamite for Asphalt Rejuvination **Electric**



Call Christina today to place your ad in the paper! 760-379-3667

Heating/Cooling









CHRISTINA DENYS Giving back to the community! Mountain View Baptist Church provided a delicious Thanksgiving meal with all the fixings and a variety of beverages & desserts, too. The kids were having a great time playing basketball, ping pong, and doing crafts. Happy Thanksgiving! Stay well and warm TC - Blessings

KERN VALLEY SUN LEGAL NOTICES

ORDER TO SHOW CAUSE FOR **CHANGE OF NAME SUPERI-**OR COURT OF CALIFORNIA **COUNTY OF KERN** CASE NUMBER BCV-24103309

ALL INTERESTED PER-SONS:

1. Petitioner, GABRIELLE ELIZ-ABETH SALMON filed a petition with this court for a decree changing names as follows:

Present Name: GABRIELLE ELIZABETH SALM-

Proposed Name: MAÈ RYDER LARSEN

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

NOTICE OF HEARING DATE: 12/10/2024 TIME: 8:30 A.M. ADDRESS:1215 TRUXTUN AVE, BAKERSFIELD, CA 93301, MET-**RO JUSTICE**

DEPT: L

3. A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): KERN VAL-ĽĖY SÚN.

Dated: 10/03/2024 By: GINA M. CERVANTES, Court Commissioner

(PUB SUN 11/13, 11/20, 11/27, 12/04/2024)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2024-B6682

The following person(s) is (are) doing business as DBA #1: SUGARS BAKERY. 6005 MULBERRY AVE, LAKE IS-ABELLA, CA 93240 Kern County. Mailing Address: 6005 MULBER-RY AVE, LAKE ISABELLA, CA

This business is conducted by: INDIVIDUAL: ANGELINA MAŔIA BUSCHBACHER; 6005 MUL-BERRY AVE, LAKE ISABELLA, CA 93240 The registrant(s) commenced

to transact business under the fictitious business name or names listed above on: 10/28/2024 This Fictitious Business Name

Statement expires five years from the date it was filed in the County Clerk's Office. A new fictitious business name statement must be filed before that time: (11/06/2029). The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under Federal, State, or Common Law (See Section 14411 et seq., Business and Professions Code.). Signéd: ANGELINA MARIA BUSCHBACHER

This statement filed on: 11/06/2024 AIMEE X. ESPINOZA, Auditor-Controller-County Clerk By: M. TORRALBA, Deputy

ENERGY REGULATORY COMMISSION

KERN RIVER NO. 3 HYDROELECTRIC PROJECT

(FERC PROJECT NO. 2290)

Please take notice that Southern California Edison Company (SCE

or Licensee), of 2244 Walnut Grove Ave., Rosemead, CA 91770,

(626) 302-4411, filed with the Federal Energy Regulatory Commission (FERC) an Application for License for Major Project – Existing

Dam (License Application or FLA) for the Kern River No. 3 (KR3)

Hydroelectric Project, FERC Project No. 2290. The License Applica-

tion provides details of the Licensee's proposal to seek a new license

from FERC for the continued operation of the KR3 Project located

on the North Fork Kern River and on Salmon and Corral Creeks

near the town of Kernville in Kern and Tulare Counties, California.

The License Application was filed with FERC on November 22,

2024 and the public portions of the document will be available

on SCE's public relicensing website at www.sce.com/kr3 or on

the Commission's eLibrary system, https://www.ferc.gov/elibrary, under FERC Docket No. P-2290-122. In addition, the public vol-

umes of the FLA can be viewed at the Kern River No. 3 Power-

house office via appointment. To schedule an appointment con-

tact Stephanie Fincher-DeMillo at stephanie.fincer@sce.com.

(PUB SUN 11/27, 12/04/2024)

Auction is to be held onsite, NOTICE OF FILING WITH THE FEDERAL

(PUB SUN 11/27, 12/04/2024)

NOTICE OF PUBLIC

Notice is given that undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to sections 21700-21716 of the **Business and Professions** Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code and provisions of the Civil Code. The undersigned will sell at public auction by competitive bidding at/on the premises where said property has been stored at Lakeside Storage and RV located at 6740 Lake Isabella Blvd. Lake Isabella CA 93240 phone# (760)379-1465

(Pub SUN 11/20, 11/27, 12/04, 12/11/2024)

NOTICE OF PUBLIC LIEN SALE

Notice is given that undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to sections 21700-21716 of the Business and Professions Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code and provisions of the Civil Code. The undersigned will sell at public auction by competitive bidding at/ on the premises where said property has been stored at Downtown Storage and RV located at 6047 Lake Isabella Blvd. Lake Isabella CA 93240 phone# (760)379-8083

The following describes goods: household and miscellaneous These goods are the lien property of the following tenants units: 18, 18A, 20, 33, 39, 49, 58, 68, 115, 124, 165, 180, 181, 183-D, 184-C, 184-D, 184-G, 193, 209, Jimmy Duncan, Mark Long, Richard Hall, James Hurley, Julie Jenkins, Michael Downey, Jennifer Quintana, Johnathan Locke, Gayle Whitlock-Tallon, Rick Whitlock, Larry Nickell, Robert Oliver, Anita Deminico, Nancy Cathey, Erroll Hill, Sean Quezada, Davin Maki

Purchases must be paid for at the time of sale in CASH ONLY. Items are sold as is, where is and must be removed within 48 hours of the sale. Downtown Storage and RV reserves the right to refuse any bid or cancel auction.

Saturday, December 7th, at 9:00

LIEN SALE

The following describes goods: household and miscellaneous These goods are the lien property of the following tenants units: A5, A14, B28, B36, C70, C79, C81, C85, C86, C90, C99, C108, D136-E, D139, Kirk Mundell, Thomas Mara, Kassandra Cathey, Darina Walker, Samantha Hasty, David Mack, Jackylyn Wallace, Rea McCullough, Robert Mead, Mike Brusati, Bryan Mead, Donna Mead

Purchases must be paid for at the time of sale in CASH ONLY. Items are sold as is, where is and must be removed within 48 hours of the sale. Lakeside Storage and RV reserves the right to refuse any bid or cancel auction. Auction is to be held onsite,

(PUB SUN 11/27, 12/04/2024)

Saturday, December 7th, at 1:00

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT EDWARD COOVER AKA ROBERT E COOVER Case # BPB-24-003248

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both of: ROBERT EDWARD COOVER AKA ROBERT E COOVER

Petition for bate has been filed by: KERN COUNTY PUBLIC ADMIN-ISTRATOR in the Superior Court of California, County of KERN
The Petition for Probate re-

quests that: KERN COUNTY PUBLIC ADMINISTRATOR be appointed as personal representative to administer the estate of the decedent. The petition requests authority

to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will

be held in this court as follows: 02/28/2025 at 8:30 A.M. in Dept. J-1 located at: 2100 College Ave, Bakersfield, CA 93305. Superior Court of California, County of Kern. Probate Court. If you object to the granting of

the petition, you should appear at

the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the dece-

dent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate code.

legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept

Other California statutes and

by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. PETITIONER OR ATTORNEY OF PETITIONER: KELLI KING, DEPUTY COUN-SEL COUNSÉL TRUXTUN AVENUE,

FOURTH FLOOR BAKERSFIELD, CA 93301 661-868-3828 (Pub SUN 12/04, 12/11,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2024-B6555

12/18/2024)

ne tollowing person(s) is (are) doing business as **CHESHIRECATCAKES**, 107

PARK WAY UNIT A, WOFFORD HEIGHTS, CA 93285, Kern County. Mailing Address: P.O BOX 833, WOFFORD HEIGHTS,

This business is conducted by: INDIVIDUAL: VIKKI LEE VEGA, 107 PARK WAY A, WOFFORD HEIGHTS, CA 93285 The registrant(s) commenced

to transact business under the fictitious business name or names listed above on: N/A This Fictitious Business Name

Statement expires five years from the date it was filed in the County Clerk's Office. A new fictitious business name statement must be filed before that time: (10/29/2029). The filing of this statement does not of itself authorize the use in this state of a fictitious business name in

violation of the rights of another under Federal, State, or Common Law (See Section 14411 et seq., Business and Professions Code.).

Signéd: VIKKI LEE VEGA, (442) 218-6197 This statement filed on:

10/29/2024 AIMEE X. ESPINOZA, Auditor-Controller-County Clerk By: M. CEDENO, Deputy Clerk

(Pub SUN 12/04, 12/11, 12/18, 12/25/2024)

NOTICE OF LIEN SALE

COMMERCIAL TOWING/ LEBEC

LIEN SALE: 13-BMW LICENSE: 9KWL520 / CA WBAFR7C56DC827227

TO BE SOLD AT 10:00 AM ON 12/17/2024 @ 89 LANDFILL RD LEBEC, CA

(PUB SUN 12/04/2024)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2024-B7001

The following person(s) is (are) doing business as

DBÅ #1:

JAM PROPERTY MANAGE-MENT, 6950 LAKE ISABELLA BLVD, LAKE ISABELLA, CA 93240, Kern County. Mailing Address: P.O. BOX 701, LAKE ISABELLA, CA 93240

This business is conducted by: INDIVIDUAL: JONATHAN ALLISON MAGARETT; 6950 LAKE ISABELLA BLVD, LAKE ISABELLA, CA 93240

The registrant(s) commenced to transact business under the fictitious business name or names listed above on: 11/01/2024

This Fictitious Business Name Statement expires five years from the date it was filed in the County Clerk's Office. A new fictitious business name statement must be filed before that time: (11/21/2029). The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under Federal, State, or Common Law (See Section 14411 et seq., Business and Professions

Signéd: JONATHAN ALLISON MAĞARETT This statement filed on: 11/21/2024 AIMEE X. ESPINOZA, Auditor-Controller-County Clerk

Code.).

(Pub SUN 12/04, 12/11, 12/18, 12/25/2024)

By: M. CEDENO, Deputy Clerk

GAME SOLUTIONS

SOLUTIONS ACROSS 1. TABS

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18. ABASH

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14. ABET

27. REB 28. ISO 29. SERAPE **34. OCA 35. FIN** 36. FTC **37. AYE** 39. MARSHAL 4

19. HAHN

24. ARTHUR

23. BIT

25. PPT

26. ARA

42. AFAR 44. IMAGES 45. HABER 46. YALOW **47. PLAN 48. TEAT** 51. AGA **52. BABA 53. BLAB 54. IAMB 58. SPA**

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Hacker makes a "State" Meet at Div 5 CIF race

Senior runner finishes outstanding cross-country career at Kern Valley

Superlatives aside, Aspen Hacker's cross-country career at Kern Valley can only be described as phenomenal.

Every time she ran a race, she was force to be reckoned with. It didn't matter who might be running against her, she would run the course and put the other runners on notice. This was the case this past Saturday as she ran in the CIF Div 5 race in Fresno. There were 197 runners across all the D5 schools in California lined up and ready to try and reach the tape first. Hacker also had the same goal. At the start it looks like previous years of Black Friday, a mass of humanity pushing forward to take the lead in getting the prized present.

Taking the course in stride, Hacker pushed herself to be in the top runners of the race. Hacker was fortunate as she ran the same course the previous week in the CIF Central Section meet. This proved beneficial as she knocked off 40 seconds from her time. She would run the state meet in a time of 19.00. Of the 197 runners to start the race, only 23 of them finished ahead of hacker. She claimed the 24th spot and cemented her spot in cross country royalty in the CIF State Meet.

Hacker this season was spectacular in races. She made history at Kern Valley as she was the first ever to be crowned the girls' HDL champion. She won back-to-back champions titles. Some of her accomplishments while running for the Lady Broncs this year included, winning every HDL meet. This was the second straight year of this accomplishing this feat. She also led her team to the HDL team championship as well. Hacker also made her name known around Kern County during her running career at Kern Valley. She became a two-time East Bakersfield Invitational Champion, finished second in 2023 at the Independence Invite, and this year crossed the line as the winner.

Hacker also took her running talents across California where she stamped that "extraordinary" cross country runner in her résumé. She was twice the runner up at the CIF Central

Section meet the past two seasons, running at the Mt. Sac Invitational was 76th. This is one of the largest cross-country races in the world. She crossed the finish line ahead of all other runners in the John Seaman's Cross Country Invitational, and capped it off with a second place Ted Oliver Invitational in 2023.

The Lady Broncs head coach Kenny Bushling commented, "She has completed a very successful Cross-Country season and career at Kern Valley. She would have to be considered the best girls Cross Country athlete in Kern Valley history."

Hacker was asked about running at the state meet. She responded, "It was an amazing experience, the energy from everyone there was so exciting. Being able to compete at such a high level was amazing. I'm bummed that this is my last year attending.'

Hacker also was asked to share her thoughts on this season. She said, "This season was so rewarding. I'm grateful for having the opportunity to compete at more competitive meets against some D1 schools and seeing the work I put in pay off. I can't wait to see what next year brings and where it takes me. I'm so proud of my team this year as well. Seeing all the hard work they put in and the determination they had. We ran some pretty competitive meets and they've always held their own."

With her senior season behind her, Hacker



Kern Valley's Aspen Hacker poses in front of the CIF State banner.

will now look to the future. Because of her talent in the running game, there are quite a few colleges that are interested in trying to lure her there to compete for them. Quite a few of them are D1 institutions, where the elite runners ply their athletic talent. She still has time to make her decision on where she will attend and when the time is right, she will let everyone know.

Now that her cross-country career at Kern Valley is over, it remains clear, Aspen Hacker was no 'hack' when it came to running cross



Aspen Hacker of the Lady Broncs runs her race at the CIF State Meet in Fresno.



SUBMITTED PHOTO

Aspen Hacker of the Lady Broncs runs her race at the CIF State Meet in Fresno.



SOCCER

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Lady Broncs soccer team hoping to improve on recent success

RAY CONNER

The Kern Valley girls' soccer squad is ready

to begin its season on the pitch.

The Lady Broncs have had recent success and the hope is that this season will surpass last year. Paul Armes still holds the reins on the Lady Broncs as he enters his eighth year of coaching at Kern Valley. He will get assistance from James Meachem who also played soccer at Kern Valley. This year's team has 22 athletes. Within that, the Lady Broncs will return eight seniors to the team. They join the other six underclassmen returners for a total of 14 coming back to the Kern Valley squad.

Returning seniors include, Elizabeth Allen, Alexander Armes, Danika D'Amico, Kassandra Guarneros, Aspen Hacker, Christine Laveck, Isabelle Mosqueda, and Morgan Young. Coming back as juniors to the Lady Broncs are, Ella Mauer, and Isabelle Valdez. Returning sophomores are Payton Forbes, Kyla Hacker,

Tearah Moore, and Scarlett Weber. Newcomers to the team are juniors, Emily Blankenship and Greta Boettcher. Sophomore, Harley Jolly join freshmen, Anna Allen, Gabby Eastes, Faith Kirby, Riley Wilkins, and Kenadie Young.

Coach Armes has a goal that sees improvement in his team. He wants the Lady Broncs to rise above last year's success and do better. He said, "We got third in league behind Mammoth and Bishop and made semis in CIF, so anything better than that would be great." His plan to get there will be molding new players to attack and work on giving them a chance to help out the offense. His reply when asked how he will attain this goal said, "We got a couple key new players for our attack and we've been working on utilizing them in our training."

With the non-league portion of the schedule mixed in with a few HDL matches, coach Armes will have to make sure all of his players are on the same page. With 14 returners, an easy transition in getting his players to come together and be successful in a quick, efficient way. He said, "We have North as our only

non-league match. Our second and third games are Bishop and Mammoth, so it will be an interesting start. After that we are entered in

the Mira Monte tournament.' The HDL will another attempt at unseating powerhouses Mammoth and Bishop. Teams that Kern Valley has had trouble with in coming out on top. The early league measure will give the Lady Broncs a chance at starting quickly from the gate. Coach Armes said, "Mammoth and Bishop the only two we have

With plenty of experience coming back this season, the coach sees the strength of his team in the fact that these players have come up together playing soccer and they can turn that into positive results on the field. Coach Armes said, "We are very solid in all spots this year, it's very exciting. All the starters have been playing a long time and it's fun to watch them play together." The flip side is the areas that need work. The coach needs the new players to learn quickly and give the returners the boost needed to become even more the powerful

team he desires. Coach Armes said, "Our bench has a lot of freshman and sophomores, so we'll need to get them dialed in for the next

couple years when these seniors leave.' As the new year approaches coach Armes hopes to be able to lead these players to not only be successful on the field, but also in life. In his closing thoughts he said, "I'm very excited and sad at the same time. I've been coaching these girls since they were four, five and six years old, so many games and memories. I hope we kick butt.'

This could be the year that the Lady Broncs soccer team gets back to being in the top echelon of the league and then in the CIF playoffs. Only time and the matches they play this season will tell whether that will come to fruition. This Thursday the Lady Broncs will go on the road to face off with North. This will be the first step in kicking off the season on the right foot. The match is schedule to start at 3 p.m.

Matter of Opinion

Same old song and dance when it comes to sports info



RAY CONNER

It's been a few weeks since I put my thoughts, also known as my opinion, down on paper. With each sports season that comes my way, I feel like cynicism has become a part of my life. I always hope that the Kern River Valley joins me in my enthusiasm in wanting to share to the valley the athletes that come across our paths. Unfortunately, sometimes

those in charge do not have the same feelings. It's hit or miss and then I as the sportswriter have to explain that it's not my fault. The blame game is never a good look, but I'm reminded of a Family Circus cartoon that shows a lamp breaking and when the mother confronts them, they say, "It's Not Me." Included in the cartoon is a ghost-like figure with 'Not Me' written on the front of it. I can tell you It's Not Me!! What I find interesting is that

there are those in control of the athletes and always, and I mean always, make sure the info on their players, and their team make it to me to share with the rest

of sports readers in the valley. I

appreciate their effort and I let them know that I do. Then on the flip side, there are those that make it seem like a bother not to give props to their players in letting the valley know, hey this team is special and the players make it so. I know I've said this in different ways over the two decades I have been associated with the Kern Valley Sun, but as I get older, I I remember as a kid playing

still find it confusing why it still happens. sports, I always looked at the local paper to see if my teammates and I made the paper. When it was there, my smile got bigger and it made me feel special to be

part of the team. No these are not

life changing moments, but they are quality moments that kids can enjoy the rest of their life. Imagine little Johnny opening the paper and seeing his name in print. I'm guessing that his posture gets a little straighter and the pride he feels makes it seem like a 'Look at Me' moment.

There are so many sports, not just high school or middle school, but some areas that are usually not mentioned. Those, and of course the school sports are my passion. I really enjoy letting the Kern River Valley know about hometown sports that occurs so frequently. So, I implore those

that are in charge of teams and

individuals that take part in a

sport to make sure we here at the Kern Valley Sun, and by that, I mean me, become aware of them. It's really simple to get the info to me. The email is kvsunray@ gmail.com I usually send my stuff in on Sundays, but the earlier I get the info, the better. In this way I can spend the appropriate time in making sure the info gets processed in a concise, and efficient So please remember sports, and

writing about KRV sports is my favorite pastime. I know I sound like a broken record that skips and skips until somebody addresses the issue. But, of course that's a Matter of Opinion!



BASKETBALL

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The Lady Broncs varsity basketball squad poses with the championship plaques at the Summit Tournament. Jessie Bunting was named the Tournament MVP, while Ava Elliott was selected to the All-

Lady Broncs tops Summit to claim championship

Kern Valley goes undefeated at Thanksgiving Tournament

RAY CONNER

The Kern Valley varsity girls' basketball team can be thankful as they were the best team in the Summit Tournament played Nov. 25-27. They would go undefeated in claiming the championship plaque.

The Lady Broncs tuned up their season competing in the Summit Tournament. They would square off with the host school in the championship contest. Kern Valley started fast and never looked back in collecting the 54-34

victory that gave them the tournament title. To open the game, the Lady Broncs went on a 9-0 run to give them a cushion. They would add nine more points in the quarter and take the 18-5 lead after one. It was more of the same in the second as the defense limited their opponents scoring and the offense poured in the points. When the buzzer sounded to end the first half, Kern Valley was comfortably ahead 31-12.

Coming out of the break, the Lady breaks continued the winning strategy in the second half. The offense worked the ball around.

They allowed all the players to get a touch and the points kept dropping. The defense would also do their part as the clamped down. They allowed just nine points to Summit as the third quarter came to an end. The scoreboard read Kern Valley 43 – Summit 21. With the game well in hand the Lady Broncs closed out their championship run by scoring 11 more points. The horn sounded and Kern Valley raised their

hands in victory. Jessie Bunting led the for the Lady Broncs way as she poured in 25 points. Jayda Bushling followed by contributing 13 points, while Ava Elliott scored seven points. Elli Jeans added three points, while Leenah Troller, Ashley Plante, and Jade Montes each had two points to close out the scoring for Kern Valley. Bunting was chairman-of-the-boards as she completed her double-double by grabbing a team-high 16 rebounds. Elliot pulled down 13 boards, while Bushling had nine rebounds to just miss a double-double. Troller was credited with eight boards, while Jeans had three rebounds. Scarlet Russell capped the rebounding effort with two.

Bushling handed out five assists to lead the Lady Broncs in unselfish play. Jeans had three assists, while Elliott had a pair of assists. Russell finished with one assist. Leading the way in steals for the Lady Broncs were Elliott and Bushling. Both recorded with seven steals. Plante was credited with two steals. In the tournament, Bunting was named the MVP, while Elliott was selected to the All-Tourna-

Kern Valley head coach Bill Gallis said, "It was a great tournament for us to build team bonding and develop cohesiveness. The returners stepped up and showed the newcomers what playing Kern Valley basketball is all about. Overall, I liked our aggressiveness and willingness to sacrifice on the court. It was great to get everyone involved and continue to develop roles on the team. With each passing day, I feel the team is becoming a close-knit group capable of playing at a high level. Our ability to adapt has always been one of our strengths, and that was evident in our play this week. I want to see us continue to grow and communicate on the court, but overall, I was pleased with our effort and commitment to one another. We have a big week coming up, and everyone will need to be at their best for us to compete."

Some of the Lady Broncs added their thoughts to the tournament. Elli Jeans said, "I think the tournament was a good chance to stay in shape over the Thanksgiving break and get the feel for game-like situations to help our younger players." Bushling added, "While we were playing in the tournament, I noticed that we really clicked as a team. It didn't matter who was on the court; we all played well

Getting to the championship game, the Lady Broncs had to compete in pool play first. They would collect a pair of wins in pool play to push them right into the championship game. Their initial opponent was the Delano Lady Tigers. Kern Valley took control and dominated their opponent with the decisive 46-10 win. The offense was rolling as they scored the first 11 points of the quarter. The defense limited their opponents to zero points. Kern Valley added 12 points in the second before the Lady Tigers were able to get on the board. The half ended with the Lady Broncs holding a 34-6 lead. The second half was more of the same and game one was an easy win for Kern

Vallev Scoring: Bunting 12, Bushling 12, Jeans 8, Elliott 7, Plante 4, Montes 3. Rebounds: Elliott 7, Bunting 6, Jeans 3, Montes 3, Troller 2, Emmalyn Bechtel 2. Assists: Bushling 3, Jeans 2, Troller 1. Steals: Plante 6, Bushling 5, Bunting 4, Elliott 4, Jeans 2, Troller 1, Bechtel 1.

The second game in pool play was against Granite Hills. They would prove no match for the Lady Broncs as the tournament game plan was executed perfectly. The offense dropping in points and the defense playing relentless. The final score of 53-25 showed how dominating Kern Valley was in this game. It was another quick start for the Lady Broncs as they began with an 11-0 run. Granite Hills managed just two points in the first quarter. The lead was 18-2 at the end of the first quarter. Another 10-2 run, and the halftime margin was 28-4 for the Lady Broncs. The second half moved along in the same manner and the contest was a no-doubter. With this win, Kern Valley

moved straight to the championship contest. Scoring: Bushling 12, Jeans 8, Elliott 8, Naomi Tapia 7, Bunting 6, Montes 4, Troller 3, Plante 3, Bechtel 2. Rebounding: Elliott 12, Bushling 6, Bunting 5, Montes 4, Troller 3, Jeans 3, Bechtel 3, Russell 3, McKayla Bachman 3. Assists: Bushling 4, Tapia 3, Plante 1. Steals: Bushling 6, Elliott 5, Troller 4, Jeans 2,

Bunting 2. Currently the Lady Brones sit at 4-0 and an early HDL match up with Mammoth was played on Monday. Today through Saturday Kern Valley will go on the road to compete in the Corcoran Tournament.



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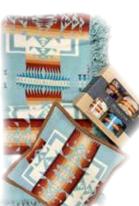
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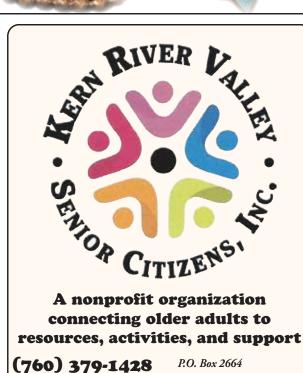
6405 Lake Isabella Blvd.

(in the Kern River Valley Senior Center)















Monday - Friday 5am to 10pm • Saturday - Sunday 7am - 3pm

info@krvseniors.org

