

# Time to 'Give B-I-I-I-G!' to nonprofits



BY LOUIS MEDINA

Throughout April, the *Kern Valley Sun* will feature stories contributed by local nonprofits participating in the Give Big Kern online fundraising campaign.

Observed on the first Tuesday in May, Give Big Kern is a dynamic and fun day of giving hosted by Kern Community Foundation to foster local philanthropy in support of 501(c)(3) charitable organizations in Kern County — including

the Kern River Valley.

The effort allows nonprofits registered with the foundation to gain visibility as they engage the entire community in "One day to celebrate the giving spirit of Kern County."

To not keep early-bird donors waiting, the website givebigkern.org starts receiving donations a month out: From April 4 through May 4 this year, anyone willing to make a minimum online donation of \$5 can visit givebigkern.org, search among more than 100 participating organizations, and give to the causes they care about or pledge volunteer hours.

The public's generosity thus helps meet local charities' needs

—including those caused by the ongoing pandemic. Because it is an online effort, Give Big Kern is a safe, social-distancing-compliant way for nonprofits to fundraise — and it is free to participating agencies thanks to our generous sponsors' support. Small transaction fees charged per donation are covered by donors.

Since its launch in 2016, Give Big Kern has raised more than \$1.7 million from thousands of community members to benefit hundreds of local charities. Our best year so far was 2020: Less than two months into the COVID shut down, Give Big Kern raised close to three-quarters of a million dollars for 125 participating

agencies.

Our mascot, Billy the Give Big Goat, encourages everyone to "Give B-I-I-I-G!" once again in 2021. Simply go to givebigkern.org, find your passion, and give!

Consider giving locally to the charities featured in the pages of the *Kern Valley Sun* this week and in the following issues till the end of the month.

Because Give Big Kern also involves a friendly competition for prizes that go to the top-performing organizations, who knows: You might help your favorite nonprofit earn some extra cash as icing on the cake!

For more information, write to us at [info@kernfoundation.org](mailto:info@kernfoundation.org).

## Kern Audubon Society supports Kern River preserve

BY REED TOLLEFSON

The Kern Chapter of the Audubon Society is promoting giving through Give Big Kern to one of our favorite conservation projects, the Audubon Kern River Preserve, which supports one of California's finest remaining riverside forest habitats. Because California has lost more of its river forests than any other state, we help protect this rare and unique area.

Located along the South Fork of the Kern River off Highway 178 between Weldon and Onyx, the Kern River Preserve attracts many species of birds and other wildlife that rely on this habitat for their survival.

Yellow-billed Cuckoos migrate each spring from the Amazon River Basin across the Gulf of Mexico and then over the American Southwest's deserts to find just the right place to raise their young.

Mule deer migrate down from the high mountains surrounding the Kern River Valley to winter in the protection of the forest and then back to the high country in spring. In fact, numerous species of plants, insects, fungi and other living things use these riverside forests to fulfill some critical part of their life cycle than almost any other habitat in our area.

The preserve's extremely high species diversity is an important reservoir of genetic information that scientists have used to seek medicines, breed vigor into cultivated crops, and try to solve problems facing our world.

We welcome school groups, bird watchers, locals, and guests worldwide that include the Kern River Preserve in their travels.

We are looking forward to reopening again soon — seven days a week from sunrise to sunset—once the COVID pandemic gets under control. For more information, visit [kern.audubon.org](http://kern.audubon.org) or [kernaudubonsociety.org](http://kernaudubonsociety.org). Donate to us through [givebigkern.org](http://givebigkern.org) and Search for "Audubon."



SUBMITTED PHOTO

Amelia Wood shows off Zekia, a Sonoran Harris' Hawk, that is the pet of her grandfather, local veterinarian Frank Virga. Virga, who took the photo a few years ago (Amelia is now 13), and Zekia are "birding ambassadors" who teach Kern Audubon Society members and locals about raptors.

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## Give Big to expecting Kern River Valley families

BY SANDRA HUGHES

At the Pregnancy Resource Center of the Kern River Valley, we believe that when parents are cared for, families thrive. When families thrive, our whole community benefits. No matter the circumstances, we love coming alongside the expectant parents in our community.

We want everyone to know that there is help available for every parent, grandparent, or caregiver of newborns to 2-years-old.

The PRC offers free pregnancy tests, peer counseling about pregnancy options, prayer, community referrals and material assistance — such as diapers, wipes, clothes, etc.

Our center operates primarily on donations from local churches, businesses and individuals.

Thanks to your generosity in 2020, we were able to remain financially stable through unstable times. In 2020, we hired

our new director, Christine McDaniel, and moved locations to our new office/boutique in the True Value Shopping Center on Isabella Boulevard. This summer, we are excited to begin a new form of care for our expectant parents: Bright Course Parenting Classes. Parents who attend these classes will be able to earn such big-ticket items as new strollers, car seats and Pack 'n Play portable play yard/sleepers.

We can't do what we do without your help. We are participating in Give Big Kern for our second year in a row, and we want you to partner with us. Check out our giving page by going to [www.givebigkern.org](http://www.givebigkern.org), then searching for "Pregnancy Resource Center."

The giving window opened April 4 and closes on May 4. Don't miss out on this opportunity to bless our valley's parents and babies and help us launch our parenting classes. Our goal for this year is \$5,000 — so let's Give Big!

## NOW OPEN Kern River Dental.

We would like to thank the Kern River Valley for a warm welcome and your generous business. Dr. Linda Tincher and her staff are open to provide excellent dental care for you and your family in the largest and friendliest dental office in the valley. Call today for an appointment. Tell a friend!



Dr. Linda Tincher

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760-350-4227 Appointment@KernRiverDental.com

Find us at 6310 Lake Isabella Blvd.

Next door to Taco Bell and across the street from the Dam Corner and Subway.

# Redemption Ranch provides second chances

BY VIRGINIA BURROUGHS

Redemption Ranch was founded in April 2019 and gained nonprofit status a year later.

Our mission is twofold: (1) Rescue two classes of animals in need of their redemption, pit bull-type dogs and the American Mustang; and (2) transform them into therapy or service animals for people who have experienced trauma — first responders and veterans with post-traumatic stress disorder (PTSD) or traumatic brain injury (TBI) and their families; individuals who have experienced abuse or a traumatizing event; and those recovering from addiction, depression or loss. Our rescues may serve as emotional support/companionship to highly trained service animals, with the ultimate goal of redeeming both human and animal.

As a young organization, we are starting to build the programs envisioned by our mission.



## Service animals

Currently, we have one dog, Fawn, we rescued and adopted out to a family in need of a service dog for their autistic and developmentally delayed daughter. They are working on completing the service dog training process together.



Service dog in training, Fawn (a pit bull/Australian shepherd mix), on the day she met her new family, dad, Brian; mom, Renee; and daughter Aubrie, who lives with autism and Dandy-Walker variant disorder.

## Therapy animals

One area where we utilize our dogs is in visiting the elderly in retirement communities.

We are in the process of resuming visits to Columbus Estates Retirement Community in Bakersfield now that COVID restrictions are being lifted.

## Equines

We have begun developing an equine-assisted psychotherapy program with our foundational Mustang mare, Wren.

We are growing and look forward to serving the communities of Kern County!

1 Peter 1:18-19 echoes the heart of our work: "For you know that

it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect."

Contact us at [info@redemption-ranch.org](mailto:info@redemption-ranch.org) or 661-282-7448. Donate by going to [givebigkern.org](http://givebigkern.org) and searching for "redemption."

# Plumas Corporation restores meadows and streams

BY JIM WILCOX

Plumas Corporation is a 501(c)(3) nonprofit founded in 1983. Our mission is to promote the benefits of good land stewardship through education and restoration activities that result in healthy forests, resilient watersheds and prosperous communities.

Our restoration projects bring back the health and function of degraded meadows and streams. Based in the northern Sierra Nevada, we have active projects in every major watershed in the Sierras, including the Kern River.

The Upper Kern River delivers the lifeblood of the Kern Valley. These precious waters support agriculture, threatened fish species, community livelihoods and world-class recreational opportunities and are home to three of California's eight native trout species.

Plumas Corporation began working in the Upper Kern River in 2014 with Sequoia National Forest, Kern Community Foundation and other partners to improve watershed function and benefit the flow of that lifeblood.

Since then, we have restored three essential meadows, 127 acres, in the North Fork

Kern and built a fish passage project in the South Fork Kern. We also have numerous upcoming projects in both basins.

It costs \$1,000 to \$10,000 per acre to restore a degraded mountain meadow, depending on its condition. In return, 1 acre of restored meadow can:

- Store, filter and release 1/3 household's annual water usage — 116,800 to 350,400 gallons/year
- Sequester 10 years of emissions from a typical passenger vehicle — upward of 40 tons of carbon
- Support fish, wildlife, tourism and local agriculture
- Bring immeasurable beauty to our eyes

Sustaining resilient landscapes and favorable water flows for recreation is Plumas Corporation's contribution to the Kern community, which depends on these natural environments and the economies they support. Healthy environments upstream support healthy communities downstream. Your donations through Give Big Kern support vital restoration efforts — the benefits of which will come flowing back to you.

Call us at 530-283-3739. Visit us at [plumascorporation.org](http://plumascorporation.org). Donate to us at [givebigkern.org](http://givebigkern.org) and search for "Plumas."



SUBMITTED PHOTO

This is a healthy Osa Meadow in 2019, following restoration in 2016.

# SOS Dog Rescue sends an 'SOS' for funding support

BY JEN HARATANI

Strength of Shadow (SOS) Dog Rescue is a nonprofit organization that believes "Dogs are Medicine." Our goal is rescuing dogs and saving people at the same time.

We are really excited to be part of Give Big Kern for the third year in a row. Not only is the event just super fun and engaging, it is also super important, especially this year.

Give Big Kern is historically our biggest fundraiser of the year. Since the COVID-19 pandemic began, we have had to cancel all community events and fundraisers, so we

are counting on Give Big Kern to get us through 2021.

As with every industry, this pandemic has affected dog rescue as well: Veterinarian appointments are harder to get, supplies are delayed in shipping and adoptions take longer to process in order for us to ensure we are handling all interactions safely and effectively for all parties. Because of this, each dog is with us longer — which has driven up expenses.

To donate to SOS Dog Rescue, please visit [givebigkern.org](http://givebigkern.org) and search for "shadow." For questions about SOS Dog Rescue, email us at [info@strengthofshadow.org](mailto:info@strengthofshadow.org).

On May 4, please visit Pizza Bam at 11401 Kernville Road in Kernville, from 11 a.m. to 9 p.m. All of the proceeds for the

day will be generously donated to SOS Dog Rescue's Give Big Kern Fundraiser.



PHOTO COURTESY OF SOS DOG RESCUE

Tate, left, and Freedom received agility, balance, and behavior training in the kennel/gym room at the Strength of Shadow (SOS) Dog Rescue Ranch before going to their forever homes recently.

## 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.

- |                       |                      |                     |
|-----------------------|----------------------|---------------------|
| <b>April 14</b>       | <b>April 15</b>      | <b>April 16</b>     |
| • Pork Adobo Stir Fry | • Chicken Marsala    | • Tomato Basil Fish |
| • Green Salad         | • French Green Beans | • Brussel Sprouts   |
| • White Rice          | • Green Salad        | • Green Salad       |
| • Cantaloupe          | • Tropical Fruit     | • Blushing Pears    |
| • Hawaiian Roll       | • Wheat Roll         | • Wheat Biscuit     |
| • Milk                | • Milk               | • Milk              |

- |                        |                  |                   |
|------------------------|------------------|-------------------|
| <b>April 19</b>        | <b>April 20</b>  | <b>April 21</b>   |
| • Beef Stroganoff      | • Tuna Sandwich  | • Chicken Fajitas |
| • Winter Blend Veggies | • Lentil Soup    | • Kernel Corn     |
| • Green Salad          | • Tropical Fruit | • Mexican Rice    |
| • Apple Slices         | • Milk           | • Fresh Orange    |
| • Wheat Roll           |                  | • Tortilla        |
| • Milk                 |                  | • Milk            |

Seniors \$3 • Non-Seniors \$6

# BINGO

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# Kern River Conservancy thriving after slow start

BY GARY ANANIAN

After spending many summers on the Kern, I grew impatient and frustrated with the trash and vandalism I saw. Knowing that someone needed to stand up and care for the river, the Kern River Conservancy was born in 2013.

I had no education or experience in environmental conservation, but I did have communication skills — and social media know-how.

However, things did not look promising during KRC's first four years: Donations and volunteers were difficult to find as no one knew me — I was still living in Los Angeles — or the organization.

Finally, in 2018, things improved.

After attending America's largest river conservation conference, River Rally, we acquired a new vision for doing



PHOTO COURTESY OF KERN RIVER CONSERVANCY  
A group of Kern River Conservancy volunteers at a 2019 cleanup event.

business.

In one summer, our volunteers grew from a few dozen to more than 600. Fundraising evolved from my savings to money from donors, sponsors and grants. KRC hit prime time with more than 10,000 social media followers internationally.

Then, for the Wild & Scenic Rivers Act's 50th anniversary, I was named one of two people making a difference in America's Rivers. That same year we received an award for combining paddle sports with conservation. I made the life-changing decision to relocate to Kernville — and the Kern. It was the best way to keep the momentum going. Since then, our strategic partnerships have grown.

In 2019 we launched a media

campaign with KERO-TV 23 ABC in Bakersfield, developing groundbreaking PSA videos focused on river safety and wildfires.

We also built and released a mobile app giving users and visitors direct access to all things related to responsible public land use and recreation.

The Kern River is a destination hot spot for nearly 20 million Californians living within a three-hour drive. In summer, our volunteers visit campgrounds and teach "Leave No Trace" and wildfire prevention and organize raft trips to clean trash left behind by campers.

If you like our work, donate to us by visiting [givebigkern.org](http://givebigkern.org) through May 4 and searching for "conservancy."

## Cerro Coso Community College is focused on students' successes

BY LAUREN FALK

Are you looking to support a local nonprofit through Give Big Kern?

Then look no further than Cerro Coso Community College (CCCC) Foundation.

Our mission is to support access, success and excellence for students, faculty and staff at CCCC. Students in the Kern River Valley have many opportunities to pursue higher education at Cerro Coso and benefit from our Foundation's critical support.

Cerro Coso recently opened a brand-new Kern River Valley office space that includes computer stations and printing services to support local online students and distance learning. CCCC operates a robust and successful online learning curriculum.

Also, local high school students have access to dual-enrollment courses with CCCC and can start acquiring credits toward a college degree or certificate early. Whether a student pursues a transfer degree to a four-year institution or chooses to enter the workforce after graduating, Cerro



PHOTO COURTESY OF CERRO COSO COMMUNITY COLLEGE FOUNDATION  
Promise Scholarship student Nikki Lewis says this Foundation-supported program has allowed her to advance her education "further than I ever have before."

Coso is here to serve the learners of the Kern River Valley. The CCCC Foundation prides itself on supporting Cerro Coso students throughout our entire service area.

Kern River Valley students are eligible for Hunger Free food assistance, Phi Theta Kappa Honors Society membership, the Cerro Coso Promise Scholarship Program — whereby those meeting certain criteria may qualify for up to \$1,000 per semester for two years to help with tuition, books, and fees — and more.

## California Trout has helped the Kern River Valley environment

BY MELISSA RACKLEYFT

This year marks the 50th anniversary of California Trout, founded in 1971 by passionate anglers who saw a need to manage our native, wild fisheries better.

Today, CalTrout's mission remains vital and relevant as ever, ensuring resilient wild fish thrive in healthy waters for a better California.

CalTrout has been investing in the conservation and restoration of watersheds and fisheries throughout the Eastern Sierra for years. In

the last five years, our work has primarily focused on meadow restoration, including establishing the Sierra Meadows Partnership ([sierrameadows.org](http://sierrameadows.org)) in 2016.

Healthy meadows provide critical habitats for multiple fish and wildlife species. Unfortunately, more than half of the 278,160 acres (434 square miles) of mountain meadows in the Sierra Nevada and Cascade mountains are currently degraded.

In 2017, we received our first grant from Kern Community Foundation for our

project Prioritizing Meadow Restoration for Kern River Rainbow Trout Recovery.

Since then, our partnership with Kern Community Foundation has grown and flourished. Additional grants were awarded to support our meadow restoration project in Horse Meadow (North Fork Kern River), and our development of a specialized monitoring plan to track the ecological benefits that occur when degraded meadows are restored.

CalTrout is grateful for our ongoing partnership with Kern Community

Foundation. We are excited to participate in this year's Give Big Kern campaign, alongside so many amazing local organizations doing important work in the Kern River Valley.

The Give Big Kern giving day is an excellent opportunity to share CalTrout's vision with the broader Kern County community and build our connections with other nonprofits in the region.

To donate to us, visit [givebigkern.org](http://givebigkern.org) between now and May 4, and search for "caltrout." For more in-

formation, visit [caltrout.org](http://caltrout.org), or contact Gabriella Roff, 415-392-8887, ext. 110, director of Institutional Giving at [groff@caltrout.org](mailto:groff@caltrout.org).

### KERN COUNTY COVID CASES

Kern County Totals	
Total Positive Cases:	108,013
New Cases since 4/13:	579
Total Deaths:	1,331
Deaths since 4/13:	25
Recovered Residents:	38,307
Total Negative Tests:	365,022
Number of Pending Tests:	507
Kern River Valley zip code breakdown	
93285 - 77 total cases	93240 - 283 total cases
93238 - 70 total cases	93205 - 75 total cases
93283 - 58 total cases	93518 - 24 total cases
93255 - 15 total cases	

Updated: 4/20 Source: KC Public Health Services Department

### KERN VALLEY WEATHER

EIGHT-DAY VALLEY FORECAST							
TODAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
HIGH 69° LOW 48°	HIGH 72° LOW 51°	HIGH 74° LOW 48°	HIGH 74° LOW 51°	HIGH 69° LOW 46°	HIGH 70° LOW 46°	HIGH 70° LOW 46°	HIGH 70° LOW 46°
SUNRISE 6:13 SUNSET 7:32	SUNRISE 6:11 SUNSET 7:33	SUNRISE 6:10 SUNSET 7:34	SUNRISE 6:09 SUNSET 7:34	SUNRISE 6:08 SUNSET 7:35	SUNRISE 6:07 SUNSET 7:36	SUNRISE 6:06 SUNSET 7:37	SUNRISE 6:04 SUNSET 7:38

### KERN VALLEY WATER WATCH

Kern River Basin Data as of Tuesday, April 20, 2021

Lake & River Information	This Week	Last Week	Last Year
Lake Elevation	2,544.77	2,544.99	2,563.86
Lake Storage	92,405	93,281	191,365
Inflow Into Lake	408	460	1,452
Outflow From Lake	408	460	677

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.

## ATTENTION!

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**Publisher's Notice:** All real estate advertisements in this newspaper are subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or an intention to make such preference, limitation, or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women, or people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

# Kern Women's Business Center wants to serve the KRV in a bigger way

BY NORMA DUNN

Mission Community Services Corporation (MCSC) opened the Kern Women's Business Center (KWBC) Bakersfield satellite center in March 2019. The satellite center's goal was to establish an entrepreneurial resource for women in Kern County, but it has since become a valuable asset to all entrepreneurs not just in Kern but throughout the San Joaquin Valley.

Last year, the Fresno Small Business Administration

(SBA) District Office honored us with the 2020 Women's Business Center of the Year award.

This January, KWBC became an independent Women's Business Center and is now a member of the California Women's Business Center Network.

We provide entrepreneurial technical assistance to individuals who may be thinking of starting a business or have an established company. Programs include our 10-week Start, Run, and Grow Your Business course, workshops on e-commerce, marketing, business plans, organizational management, human resources, financials and much more.

We also assist our clients with state and federal certification and work closely with the Fresno SBA office to educate women on federal contracting resources. We are collaborating with the new Golden State Procurement Technical Assistance Center (PTIAC) in Bakersfield to help further government contracting education and training for women.

KWBC offers free business consulting, low- to no-cost classes/workshops and services in English and Spanish. We understand



PHOTO COURTESY OF MCSC KWBC

Last August, MCSC Kern Women's Business Center helped Wonderful Co. parents become computer literate so they could check their learning-at-home children's homework and grades, and respond to school emails.

that our clients are concerned about making a profit, growing their businesses and accessing capital. We are working with small business owners to obtain the California Relief Grant, Economic

Injury Disaster Loan (EIDL), Paycheck Protection Program (PPP) and other local loans and grants. And we want all Kern River Valley entrepreneurs to utilize our resources

Help our work by donating to us on [givebigkern.org](http://givebigkern.org). Search for "MCSC." Contact us at 661-567-0410 or at [KWBCinfo@mcscorp.org](mailto:KWBCinfo@mcscorp.org). Visit our website: [mcscorp.org/kern](http://mcscorp.org/kern).



## SJVWater.org: a 'refreshing' nonprofit news website focused on water issues

BY LOIS HENRY

SJV Water is a relatively new nonprofit dedicated to covering water issues in the San Joaquin Valley.

Our goal is to tackle the often complex world of water and break it down so that everyday folks can grasp such things as how and why water starts in one part of the state but ends up in another, or how regulations will affect their town, job or even their lawn.

Understanding where our water comes from and the forces that control water in California is key for all of us as our towns and economies hope to grow in a sustainable manner. We all face a changing climate.

We have already broken many important stories, including how agricultural water districts in Kern County were fudging their groundwater usage, so the valley's overdraft appeared much less drastic than it actually is, and how one valley ag district is planning



PHOTO COURTESY OF SJV WATER

SJV Water covers water issues that are critical to California.

to mine water from the South Fork of the Kern above Lake Isabella and use it to water fields near Bakersfield.

And, of course, we keep a close eye on where the fight is over Kern River rights at the State Water Resources Control Board.

As investors are now getting involved in California water sales, our work is more important than ever for public vigilance.

SJV Water takes an independent and unbiased look at all these issues and more, and you can read about them at [sjvwater.org](http://sjvwater.org).

But we need your help to hold decision-makers accountable.

We hope to raise \$5,000 this year through Give Big Kern to help pay for a reporting trainee/intern this summer to assist with our growing workload. Donate to us at [givebigkern.org](http://givebigkern.org). Search for "sjv water."

For more information, contact me, editor and CEO, at [lois.henry@sjvwater.org](mailto:lois.henry@sjvwater.org), or 661-204-3635.



PHOTO COURTESY OF BE FINALLY FREE

Light a Candle for a Loved One is an annual event held in January by Be Finally Free that is designed to help families impacted by addiction, crime, incarceration and poverty find help and hope.

## Be Finally Free helps those struggling make positive changes

BY VANESSA HOOKER AND CHRISTINE MILLER

As we look out the front windows of our office in Bakersfield, there is a mother with her children asking for money so she can feed them and give them a place to lay their little heads for the night. An older man is struggling to push a shopping cart with nowhere to go. A father who just lost his job, together with the family that depends on him, are bordering on the brink of homelessness.

If you take the time to speak to those in need in your community, you will find that many are lost and do not know where to turn to for help.

That is where Be Finally Free comes in. Since 2008, we have been working to restore, encourage and equip those impacted by crime, incarceration and poverty.

We design programs to break the cycle

of destruction caused by abuse, addiction and neglect, through mentoring and education. Our programs are meant to ultimately create healthy families.

Through "Give Big Kern," we want to grow awareness and expand our services to all of Kern County, including the Kern River Valley area and other parts of East Kern.

We are also seeking funds and volunteers to work at our office, help at outreach community events and train to teach our classes — which are centered around parenting, anger management, and life skills education. These learned skills help people on their journey to health and wholeness.

Please consider donating to us on [givebigkern.org](http://givebigkern.org) through May 4. Search for "be finally free."

If you would like more information or want to get involved to help us expand our service area footprint, call our office at 661-489-5952 or email [info@befinallyfree.org](mailto:info@befinallyfree.org).

## 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.

April 28	April 29	April 30
• Hawaiian Chicken Sandwich	• Manicotti w/ Marinara Sauce	• Chicken Tortellini Soup
• Sweet Potato Tots	• Green Salad	• Broiled Tomato
• Peas	• Italian Blend	• Apple Slices
• Melon	• Veggies	• Garlic Bread
• Milk	• Tropical Fruit	• Milk
• Milk	• Milk	
May 3	May 4	May 5
• Spaghetti & Meat Sauce	• Cinco de Mayo Chicken Enchilada	• Italian Chicken
• Italian Blend Veggies	• Corn	• Brussel Sprouts
• Green Salad	• Spanish Rice	• Vegetable Couscous
• Fruit Cocktail	• Mandarin Oranges	• Honeydew Melon
• Garlic Bread	• Rice Pudding	• Wheat Bread
• Juice	• Milk	• Milk
• Milk		

Seniors \$3 • Non-Seniors \$6

# BINGO

*Around the Valley*

## South Fork Woman's Club

**Saturdays at 12pm**  
6488 Fay Ranch Rd. Weldon  
**760-379-1299**

**BINGO is Restarting May 8th**

Advertise your Bingo Here: Call 760-379-3667