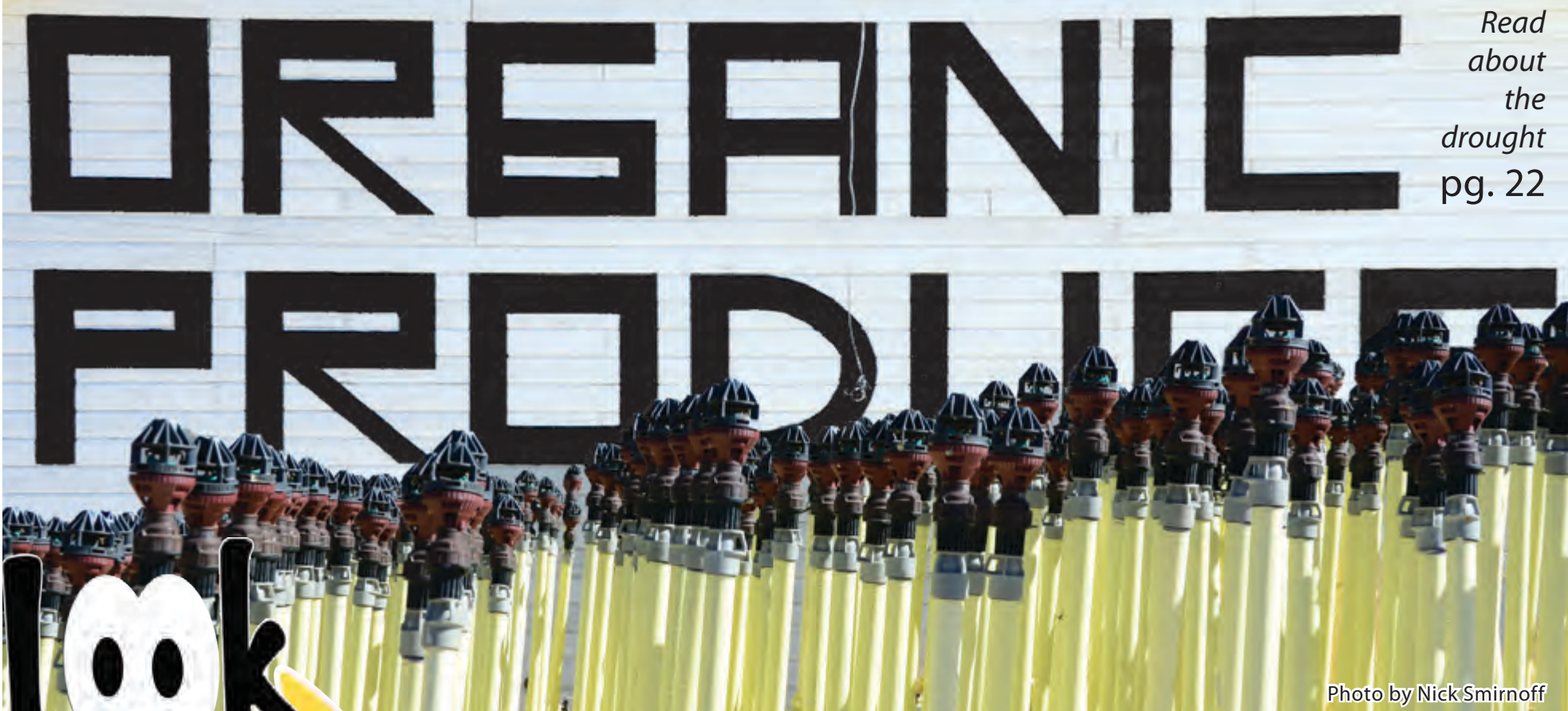


Sprinkler lines ready to be placed in Cummings Valley



Read
about
the
drought
pg. 22

Look
In this Issue

From Our County
Supervisor pg.11

Promoting
Non-Profits pg.14

Wedding
Showcase pg.16

Local Movie
Premiere pg.30

Photo by Nick Smirnoff

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Laundry Express LLC - Tehachapi
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An illustration showing a laundry scene. On the left, a woman with red hair is washing clothes in a machine. In the center, a man is standing next to a machine. On the right, a woman is standing next to a machine. There are stacks of laundry and a basket of clothes.

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Don't burn the house down, dryer vents need cleaning, also.

An illustration of a chimney sweep wearing a top hat and a red shirt, holding a broom. There is also a small illustration of a chimney.

Say "I Love You!"

In our February 1 issue The Loop will feature
"Words of Love" from our readers.

Unique - Free - Fun!

What you have to say is governed by your imagination,
submissions must be less than 30 words. **Due Jan 27**

The LOOP

Email: sales@theloopnewspaper.com
Fax: 661-822-5646

Or bring to THE LOOP newspaper office:
204 S. Green St., Tehachapi, CA, 93561,

The Loop reserves the right to edit and/or refuse to print submissions.

An illustration of several hearts of different colors (red, purple, pink) and sizes, some with arrows pointing to them.

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THE LOOP

Our next issue will be on stands: Saturday, Feb. 1, 2014
DEADLINE IS FRIDAY, JANUARY 24

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THE LOOP has been East Kern's guide to entertainment and local news since 2001. It is picked up and read by over 10,000 readers (20,000 monthly) and delivered to over 250 locations, two times a month. Subscriptions are available for price of mailing.

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Learn More About Us Online:



 Or find us on Facebook

Main Street Tehachapi's Valentine Wine and Chocolate Event

by Charles White

One of Downtown Tehachapi's favorite events is coming up next month. Main Street Tehachapi has scheduled the Eighth Annual Valentines Wine Walk and Chocolate Tasting for Feb. 15.

It's the perfect time to join friends and sweethearts on the most romantic day of the year for a stroll around downtown and a fun evening of wine tasting, paired with chocolates.

The glass pickup point for wine glasses and ten tasting tickets will be at The Tehachapi Depot at Tehachapi Boulevard and Green Street. Twenty other downtown businesses will host wine and chocolates

as well as appetizers at each location. Glass pickup begins at 6 p.m. and the event goes on until 9 p.m.

Tickets are \$25 dollars each in advance and \$30 on the day of the event. Advance tickets my be purchased at Tehachapi Flower Shop, Kohnen's Bakery, Mercury Graphics, Get Dressed, and the Chamber of Commerce. Cash or checks at all locations, Credit Cards at the Chamber office and Mercury Graphics.

For more information about one of the most popular Downtown events, call the Main Street office at 661-822-6519 or see the website at www.MainStreetTehachapi.org.



(Top): Wine walkers from 2013, in line to get their glasses for a great night on the town!
(Bottom): Walk goes at Mountain Antiques, one of last year's stops. Photos by Sam White.



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M&M Fish & Chips Celebrates Five Years

Business Spotlight

M&M Fish & Chips is looking forward to our Fifth Anniversary on Feb. 3. We knew it wasn't going to be easy or that we would get rich quick.

We had a pretty bad opening, but through the years we learned a lot (and still have a lot to learn).

We changed fish three times and this last time people seem to like it much better as it's thicker and a better quality.

We are also doing fried chicken now, you pick your pieces of chicken and the sides you want with it, that way you get what you want and your not paying for something you don't want.

We have thin batter on everything that is battered, we figure you want to pay for the meat not the batter.

We are hoping past customers will give us another chance. After five years we have to be doing something right.

If you mention this ad before we ring up your order, that is before taxes, you can get \$3 off any order over \$15. Good till Feb. 15.

We also have a guest book you can sign.



We welcome feed back and suggestions, we will do what we can to make you **happy!** We are constantly trying to improve and bring in new customers.

If you have a complaint or request you can contact the owner at mjones004@hughes.net.

[Editor's note: we recently tried the new fish and it certainly is something we will go back for, thick and juicy. They also include your choice of fries or tater tots. We are looking forward to trying the chicken as well. We will be eating lots more Fish & Chips. Congratulations on five years of business.]

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Seventh Annual Valentine's WINE & CHOCOLATE TASTING

Two Thousand Fourteen

SATURDAY, FEBRUARY 15

6:00 TO 9PM ♥ DOWNTOWN TEHACHAPI

\$25 per person ♥ \$30 on day of event

Ticket is good for one Custom Printed wine glass & ten 1 1/2 oz. tastes of wine map and accompanying treats. Tasters must be 21 years or older.

Tickets available at the following Locations:

Tehachapi Flower Shop, 119 East "F" Street

Mercury Graphics, 120 E. Tehachapi Blvd.

Greater Tehachapi Chamber of Commerce, 109 E. Tehachapi Blvd.

Get Dressed The Main Street Boutique, 125 W. Tehachapi Blvd.

Kohnen's Country Bakery, 125 W. Tehachapi Blvd.

For More Information Call 822-6519

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Only 750 tickets available, first come first serve. This event has sold out every year...

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The Loop's Real Estate Spotlight

See what's hot in Tehachapi's housing market



SO MUCH TO OFFER!

Formal entry, large dining & darling kitchen w/ laminate wood floors, large living room with gas FP. Lots of windows, patio room conversion bonus room, patio cover in back. HUGE backyard! Newer water heater, central air & heat. Large shed on side of home for extra storage along with 2 car attached gar. Many upgrades, must see to appreciate. \$224,900



Stacey Christy

Cell: 661-972-4211

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Terri Juergens

Cell: 661-303-6868

Office: 822-4433 EXT 227 • BRE Lic#00841071

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NEW LISTING!



STUNNING NEW LISTING!

This beautiful BVS custom home is the combination of elegance and family friendly. Be amazed by the beauty of the kitchen - from the granite counter tops to the gorgeous cabinets. The floor plan is spacious and the MABR suite is a dream come true. You will not be disappointed with this fabulous listing, located on the golf course, with custom landscaping in both the front and back yards. Priced at \$365,000.



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This 3BR/2BA manufactured HUD home is completely fenced on 1.17 acres. Located off of 90th Street West. FHA Case #045-645428



Valerie Baeza

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Hablo Español! BRE#01297588

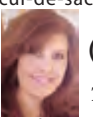
Turning Your Real Estate Dreams Into Reality

Bella Real Estate



STALLION SPRINGS CUTIE NESTLED IN OAKS

3BR/2BA split wing, features a nice open kitchen with island, breakfast nook and large walk-in pantry. Great room has plenty of windows with natural lighting and spacious dining area. There is an oversized detached garage/workshop and separate shed. Private with beautiful views at the end of a small cul-de-sac. FHA Case #045-644425



Valerie Baeza

(661) 373-4660 - (661) 823-1055

Hablo Español! BRE#01297588

Turning Your Real Estate Dreams Into Reality

Bella Real Estate

It's More Than Just a Number

by Tammy Engel, Mortgage Advisor

"I have a 700 FICO!" You'd think such words would be music to a mortgage advisor's ears. Maybe, but maybe not. Credit scores are important, but a home loan credit pre-approval is concerned with so much more than just a number.

Credit scores were put in place to help predict which consumers would experience a credit default in the coming twenty-four months, by examining their credit usage. Years of data were analyzed to come up with profiles of how consumers behaved right before their credit started to turn for the worse. These formulas continue to be revised over time as new data becomes available.

Generally speaking, a credit score of higher than 620 would qualify you for a home loan. Higher is better, and those with scores greater than 740 usually get better loan terms.

Here's the rub: We're not just looking at your credit score. We're looking at what's "in" the score to determine home loan pre-approvals.

For example, if you've had a bankruptcy in the past two years, even with a good credit score, you're not getting a home loan. If you've had any kind of mortgage default, by modification, short sale, or foreclosure, in the past three years, you're not getting a home loan.

If you have only two credit trade lines making up your credit score, or if you have very new credit, even a high score may not be a 'qualifying' score. This means there is not sufficient data, or credit experience reported, to convince the lender you have enough track record of making payments on time. Same idea if your score is made up of 'authorized user' accounts. That's when someone else puts you on their already-established credit accounts so you can piggy-back off their payment history.

What's the best way to see where you stand? You can get your credit report for free once a year at AnnualCreditReport.com, and it's a good idea to do so. However, the free report won't tell you your credit score.

Avoid all the free offers for credit scores, since the number you will see is not indicative of the scoring model used for mortgage credit reports.

The closest you can get to what your mortgage advisor sees is by buying your

score(s) at MyFICO.com. Inside the report you'll also get the means to dispute any incorrect accounts, and a calculator to help show you what actions to take to make your score better. Make it your new year resolution to have a look and know where you stand.

Tammy Engel has been working for your best interest since 1990. Contact her at 661/822-REAL for help with purchase, refinance, and reverse mortgage.



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Meet Your New Neighbors

by Pat Doody

In 2010 **Greg Harvey and Victoria Randall** purchased their mountain home to be used for vacations and, eventually, retirement. They found the area through a friend of Victoria's. This last August they both finally retired and made the move from Atascadero, in San Luis Obispo county, and became permanent residents of Bear Valley Springs. They say they are still getting used to retirement and their new location.

Greg said that they met while riding the bus to Cal Poly. Victoria is a top notch administrator and worked at Cal Poly in administration for 24 years. She also spent 7 years as an administrative assistant in the city manager's office.

Greg spent 12 years as a communications aid for San Luis Obispo county dealing with radio communications for the sheriff and fire departments. However, that was his second career. He had spent a total of 20 years in the US Navy including his active and reserve years. Much of that time he was based in San Diego.

While Greg and Victoria had friends in this area, their families are spread all over the country. Greg has 2 sons, one in San Diego and one in Atascadero. Victoria has 3 sons in Iowa and Washington. Their ages range from 29 to 37. There are also eight grandchildren with another on the way and 3 great grandchildren.

They love to travel, camp and play chess. Greg is a home gardener and plays guitar and harmonica. Victoria likes to sew and is an avid reader. She also plays the piano, does some composing and is now looking for a keyboard. When I asked where they would like to go next, they said they would like to take a Royal Viking cruise.

I don't think they will have any trouble adjusting to retirement.

Welcome to Tehachapi Greg and Victoria.

When I asked **Greg O'Brien** what brought him to Tehachapi, he said "My wonderful new bride Lorrie". Greg and Lorrie met on eHarmony and Lorrie had

only been on the site for one day before she caught Greg's attention. Lorrie was living in Tehachapi, Calif. and Greg in Wausau, Wisc.

Ultimately Lorrie rented out her home here and moved to Wisconsin where they married. After a year they moved back to Tehachapi and Lorrie resumed her cleaning business, Four Seasons Custom Cleaning, a professional cleaning service specializing in businesses and churches.

Greg had been a school bus driver in Wisconsin so it was natural that he went to work driving a bus for the Mojave Unified School District while he is completing the requirements for becoming a correctional officer. He is also very active as a Tiger Cub Scout leader. Greg has a most unusual hobby. He has spent over 15 years being a professional clown going by the name of "Mr. Giggles". He won his first trophy at the Mountain Festival Parade in August.

Lorrie likes arts and crafts but Greg says her main hobby is her 10 grandchildren. She has 5 children ranging in age from 40 to 16. Her son Charles and his family are in Tehachapi where he works for the California Department of Corrections, Brandi is in the Pacific Northwest, Krystal is in Oregon, Cory is in Afghanistan and Sadie is in Idaho. Greg has a daughter, Jessica, and a grandson in Phoenix. His daughter Candice went on eHarmony to prove that it didn't work and has now moved to be closer to the boyfriend she met there. We had a good chuckle over that. The rest of Greg's family, two brothers and a sister, are still in Wisconsin.

A big welcome and welcome back to Greg and Lorrie and I know Tehachapi will be seeing more of "Mr. Giggles".



Welcome!

If you have moved to the Greater Tehachapi Area within the last six months and would like to know more about your new community, call 661-822-8188. We will be happy to make an appointment for a hostess to come by and give you lots of helpful information, some valuable coupons, gifts and much more. Many families and individuals who come to the area are pleasantly surprised with the amount of knowledge they gather about their new home. Publishing your welcome article is completely voluntary and is not a requirement of being welcomed.

Are you new to the Tehachapi area?
We have a **FREE** home-town Welcome & Gifts for you!

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Saturday February 1, 2014

9:00 am - Noon

Transportation Guidelines

- ⊗ Transport no more than 15 gallons or 125 pounds of waste per trip.
- ⊗ Make sure containers are not leaking and are properly labeled.
- ⊗ Keep wastes separated and away from passengers.

⊗ Automotive Fluids	⊗ Paint
⊗ Batteries	⊗ Pesticides
⊗ Fluorescent Light Bulbs	⊗ Pool Chemicals
⊗ Household Cleaners	⊗ Sharps

Kern County Residents Only. No Business Waste accepted at this event. For more info call the Kern County Waste Management Department at 800-552-KERN, Option 6, or check us out on the web at: www.KernCountyWaste.com

The Second Annual Taste the Art Event

by Colleen Grant

The Art Studio will be hosting an event in which local artists and art lovers come together to share in a unique showing of "tasteful" art. On Feb. 14 from 5 to 6:30 p.m. guests will experience gallery art accompanied by a matching food sample for a full art experience. For example, one entry was that of an apple painting accompanied by caramel candies and therefore the viewer enjoyed a "caramel apple". Other artists may be on the adventurous side and may serve you an oversized foot with a slice of cheese. Fun and creativity is what this showing is all about and we look forward to seeing some new and familiar faces enjoying a little food and a lot of art.

Call for Artists

The Second Annual Taste the Art Event call for entries is open. This Tehachapi event is open to all artists, students, and newbies working in all painting, printmaking, drawing media, photography and sculpture. Abstract, expressive, impressionist or realistic styles are welcome. Entries will combine an original subject or concept and pair it with a matching food.

Entry Deadline: Feb. 6, 2014 - 3 p.m.

Eligibility: open to all artists

Medium: painting, printmaking, drawing media, sculpture and photography
Art can be any size, must bring matching food in small portions and ready for tasting. For large art pieces needing special consideration for display, please email theartstudiomail@gmail.com.
One framed and ready to hang artwork

Art Event

per artist.

No charge for hanging or if sold.
Rated PG please.

Drop off dates for Taste the Art are every Tuesday and Thursday from 10 a.m. to 5 p.m. The last date for drop off is Thursday Feb. 6, 2014 at 3 p.m. Latest drop off date for food that will be accompanying art is Feb. 14, 2014 at 4:30 p.m.

The Art Studio is located at 20436 Brian Way Unit G Tehachapi, CA 93561

Any questions, please contact Colleen at: 661-822-4420 or email: theartstudiomail@gmail.com you can also visit us at theartstudio@vpweb.com

HENRY'S

Cafe

Thank you to Henry's for being a major distribution location for The Loop Newspaper.

560 Tucker Road #D - (661) 822-0732

Finding Maggie and Diamond

by Liz R. Kover

Since the moment of her escape on Christmas morning, several volunteers and friends of Marley's Mutts had scoured the landscape for any signs of Maggie with no luck at all.

On the fourth day of Maggie's "pilgrimage", several volunteers met to formulate a plan for her recovery. We split up into teams to cover as much ground as possible. Some hit the original disappearance zone with their dogs. A couple of us hit every agency and local business in town, posting flyers, summoning help from local law enforcement, police officers, and pilots who agreed to be on the aerial lookout for a moving blur of brindle fur. Meanwhile, the others of us brought Maggie's dog friends with us and trekked around Brite Lake and surrounding areas for hours. We found a large dog's paw prints scattered across a muddy path near the lake. But this area is about five miles from Warrior Park (where Maggie had last been seen). So eventually we decided to look elsewhere.

After about three hours of investigating and plotting our next moves, we decided to recharge with some lunch. Just after we all caught our breath (and ordered drinks and meals), we got a tip that someone had spotted Maggie up in the hills at the top of Tucker, across Highline. All but a few of us threw cash down on the table and ran, while the others hung back to pay the bill and get the food to go.

By then, we were getting more and more calls or mentions of sightings from locals. Our Facebook feed was blowing up with tips, as the virtual public watched this incredible story unfold. Every phone call between search party members revealed a narrowing radius closing in around Maggie. We got word that she was running in a field parallel to Highline, very close to where she had originally taken off. All of us sped that way, and actually laid eyes on our girl for the first time in four uncertain days. From that moment on, it was like a fast-paced scene out of a Hollywood blockbuster!

We ended up in a housing development where Maggie was spotted high-tailing it up and down the streets. Some of us ran on foot with the dogs while others patrolled in cars, burning rubber through the small residential neighborhood like race car drivers, cutting Maggie off at various passes.

It all finally came to a crescendo at Warrior Park, the very spot from which Maggie had originally bolted! All the searchers in speeding cars, all of us running at top speed, all the neighborhood boys on scooters who had joined in the chase...we all converged and formed a circle around Maggie, who submitted when she realized she had nowhere left to run. The most emotional moment for me was seeing my service pup in training, Fred, run to Maggie in that field, licking her and pawing at her, at which point – for the first time in the

A Dog's Life

several hours we'd had our eyes on her – she stopped. She stopped completely, and then we all ran to her and hugged her and shed tears of relief and happiness to see that she was with us and she was okay.

While we reveled in Maggie's homecoming that evening, we also knew that our work wasn't finished. The morning we went out to find Maggie, we learned that another of our dogs, Diamond, had busted out of her foster family's yard in Bakersfield and had taken off. So the following morning, "Team Maggie" assembled again and headed to Bakersfield, resolved to bring Diamond home just as we had Maggie.

We trekked around multiple neighborhoods, handing out flyers and talking to residents. We hit several parks, including one where Diamond was theoretically spotted getting into the front seat of someone's pickup truck. We then got word that someone had spotted a pit bull in the Walmart parking lot, where we skateboarded around with flyers in hand and a slip leads hanging around our necks – just in case.

No luck there, so we headed over to a canal where a volunteer had noticed a broken gate and a viable water supply. We combed the canal up and back, but saw no sign of Diamond. Meanwhile, my hope had begun to fade along with the late afternoon sun.

Of course, it was then that I got the phone call that changed everything. A Facebook fan of Marley's

Mutts, who had been watching things unfold online, called to let me know she had just seen a dog she thought could've been Diamond, trotting alongside the road on Buena Vista between White Road and Campus Park. Amazingly, this woman had gone out to "casually" look around for Diamond on a whim, and within literally five minutes of driving, she spotted her!

We sped toward the location, and there was the dog that – indeed – looked a lot like our girl. We couldn't believe our eyes, but when we called Diamond's name and she looked our way, we knew we had her. So off we went again, running at hyper-speed through an oil field spotted with a maze of sprinklers, while our driver raced the car to a perpendicular road ahead to stop Diamond in her tracks.

Again, it is at this point that I struggle to find words to express the moment of reunion in mere words. But there was a miraculous convergence of cars and dogs and people that ended with Diamond safely in our arms.

These recoveries were no less than miraculous, and amazing examples of what can happen when people work together!

For anyone who might be interested, here are the YouTube links to the videos documenting these stories:

FINDING MAGGIE: <https://www.youtube.com/watch?v=cZhxpPdxTig>

FINDING DIAMOND: https://www.youtube.com/watch?v=u9ld2uq9_t0

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With the help of New York Times Bestselling author, Deborah Smith (www.deborah-smith.com) who is a partner in BelleBooks, a small press known for southern fiction (www.bellebooks.com), Have a Heart Humane Society will publish a book titled: Touched By A Furry Angel, True Stories Of Rescued Pets Who Touched Our Hearts. The book will be a collection of true stories, poetry, photos, illustrations, children's drawings and letters. All Tehachapi residents, young and old, published or unpublished, are invited to participate.

Touched by a Furry Angel will be published by Have a Heart Humane Society and will be for sale late spring in a trade paperback, e-book, and audible format on Amazon.com and other online outlets. All proceeds will go to Have a Heart Humane Society to benefit homeless pets.

Submissions should be about one or more rescued dogs, or cats, yours or someone else's. Every submission will be considered, but not all can be accepted due to space limitations. Submissions become the property of Have a Heart Humane Society and no submission will be returned.

Have A Heart reserves the right to correct and edit the submission to fit our theme and format.

We are looking for true stories up to 3,000 words. Submissions must be typed, double spaced, #12 Courier Font, 1" to 1.5" margins, page number top right corner, author's name, email address, phone number and mailing address in top left corner. All stories and poetry must be sent in Word doc files, photos and illustrations in jpg files and emailed to: haveaheart@bak.rr.com, Furry Angels in subject line. Children's letters and drawings may be mailed to Have A Heart / Radio Shack, 1121 W. Valley Blvd. Ste# A, Tehachapi, CA 93561.

After you send us a submission, you will be requested to sign a one-paragraph form/contract saying that you give up all rights to this work for Have a Heart Humane Society to use for non-profit moneymaking purposes, and confirm that you are the author of the work submitted and have full authority to grant Have a Heart Humane Society all rights to use this work in the collection. Parents must sign for contributors under 18 years of age.



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Kipper

Kipper, a 2 yr. young Aussie Shep Mix is the perfect pet to fill your heart for all types of families! Playful, cuddly, very sweet, Kipper shows us his loving devotion every day always hoping we'll love him as much as he shares his love is us and his playmates. Warm, snuggly and loving is everything Kipper has waiting to find someone who will simply share his warm love with his very special heart.



Rainbow Rescue is a no-kill 501(c)3 dog rescue located in California City specializing in puppy rescue. Your donation toward our high puppy vet bills will make their life rescue through our Paypal account to make their true life differences possible. Our available adoptable pets can be seen at rainbowrescuepets.com adoption page or private appointment by calling (760) 373-2907. So many sweet puppy kisses waiting to share with you!

Miranda

Miranda's story is a sad one, but we hope she will have a happy ending with a loving, patient family. She lived in Alpine with an elderly couple who couldn't take care of themselves let alone their multiple pets. We think Miranda might be part Burmese Mountain Dog, but she could be just a Heinz 57. She's a sweet girl, about 4-5 years old, good with other dogs and cats. She has one big issue; she jumps/climbs fences. She isn't

a runner, so she usually stays close but she needs a secure yard with tall fencing and fencing she can't climb or to be taken outside on a leash. She's a good house dog. A super companion. She will need grooming as she has a long heavy coat.



Marigold

Marigold is a perfect little Chihuahua, approximately 3 years old. She has no issues that we know of other than she loves to be loved. Her previous owners' house burned down and they could not keep their dogs.



Maggie

Maggie is a German Shepherd mix who was surrendered to us because an insurance company took her picture and said that because she is German Shepherd she would have to go or they would cancel the insurance. Maggie is good with cats, other dogs, likes being a house dog and his house broken. She's about 4 years old.



We're the proud sponsors of Tehachapi's Low Cost Spay, Neuter and Vaccination Clinics. Clinics are funded by donations and grants. Our goal is to make Tehachapi the first No-Kill community in Kern County. Spaying & neutering pets helps stop them from getting out and running the streets and it's the **only** way to stop the mass killing of pets in Kern County. 20,100 dogs and cats died needlessly in 2012! The clinics can only continue as long as there are funds to support them. If you're interested in donating toward a clinic, want to help our foster pets, would like to receive our fabulous newsletter, email haveaheart@bak.rr.com. We also invite you to visit our webpage at "http://www.petfinder.com/shelters/CA1573.html" or join us on Facebook.

Seraphine

This lil' angel is **Seraphine**.

Seraphine is a female White German Shepherd between the ages of 8 and 9 months old. While her inner-beauty is currently more apparent than her outer beauty, believe me when I say this puppy is the whole package!

After breaking her out of the shelter and taking her to San Joaquin Veterinary Hospital, her diagnosis of Demodex Mange was confirmed and treatment began. Right now she is resting in the comfort of her foster home -- having fun playing with her human and canine foster siblings, just as a happy, healthy puppy should do. Her skin condition will soon be all healed up and Seraphine will be ready for adoption.

For more information or to fill out an adoption application, please visit www.marleysmutts.com.



Reba

They say mellow things come in **big** packages. In Reba's case, this is definitely true!

Reba was found as a stray just before Christmas. She was severely underweight and in

need of help. Taken in by Marley's Mutts, Reba settled into her new foster home with relative ease. No owners ever stepped up to claim her; the area she was found was notorious for dogs dumped by their owners. She is a really sweet, laid back girl with a huge love for family.

She gets along famously with people (including human children), other dogs and even tiny baby chicks! Reba just underwent emergency surgery to correct a condition of the reproductive system called Pyometra. She is doing just fine, recovering from surgery, regaining her weight and enjoying her beauty sleep, but soon she will be ready for a forever home.

For more information or to fill out an adoption application, please visit www.marleysmutts.com.



Marley's Mutts Dog Rescue

(a 501(c)3 Non Profit Org)

was created to find homes for dogs in high risk shelters that may not otherwise get a second chance at life.

Visit us online
www.marleysmutts.com

The Loop's 'Adopt A Pet'



All Dobie SOS dogs are neutered/spayed, vaccinated, micro-chipped, and have received a veterinary exam. All adopted dogs come with one free bath at Canine Creek and one free grooming at Tehachapi Pet Lodge.

You can see all of the Dobie SOS dogs waiting for homes at www.dobiesos.org.
661-886-1721
dobiesos@earthlink.net

Strider



Strider is a nice, medium-sized male with natural ears and a docked tail. Strider was found running down a busy street in large city. He may have been running for awhile as his feet had sores and he was sunburned. He is a dominant male, likes people, and he can live with a large female dog as long as she is submissive. He is athletic and has a medium-high energy level. Exercise and consistent, fair, training will make a big difference to this boy as he seems to have been overly or unfairly corrected, which happens sometimes to

dominant dogs. Strider is crate-trained and he was probably born in 2008.

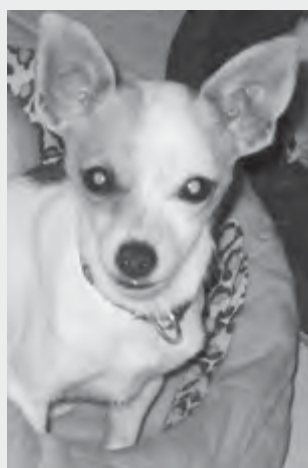
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(for monetary donations)

Tiny Tina

Tiny Tina is a 4 month, 5 pound Terrier mix puppy, rescued from a high-kill shelter; she is very calm, affectionate, loving and has a gentle personality (she's also house trained/good w/ other dogs and people). To adopt Tiny Tina, please call Marsha, 661-823-7868.



Buckaroo

Buckaroo, a handsome, stocky 1 year young, 10 pound Terrier mix, is good w/other dogs, loves people. Buck is "Mr. Personality" and some very lucky person/family will be adopting an incredible best friend ~Wait no further to adopt Buckaroo; call Aleshia, 661-750-1409 ~ How about it?

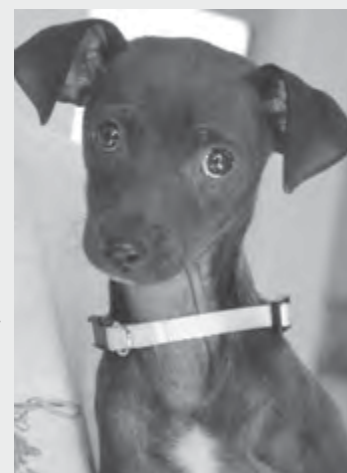


Ginger

My name is **Ginger** because of my beautiful silky-soft chocolate brown coat.

I'm a lovable 7 month, 7 pound Terrier mix playful puppy and am enrolled in house training 101.

To meet sweet Ginger and adopt her in to your heart and home, by all means, call Lynda, 661-821-0518, or Save Tehachapi's Orphaned Pets (STOP) at 661-823-4100, menu #2.



Tehachapi Humane Society

661-823-0699

(select menu #5 for dogs & #6 for cats)

All animals are living with foster families and are only available for visits by appointment. Please leave a message and we will return your call as soon as we can.

Robbie

Robbie, a baby mottled gray tabby with white, was found in the middle of the road, sick, dehydrated and scared. This baby is doing well in his foster home after veterinary help. He is a loving, bundle of beautiful fur who curls up in your arms and purrs and purrs. He is tiny for his age, but is well on his way to a healthful future! It will be at least mid-February before he is ready for his new home as we want to ensure that he is strong before scheduling his surgery. If you would like to meet him, please come. You will not be able to resist this little darling.



Barney

Barney is a 10 month old black/brown Schnauzer mix. He is neutered, micro-chipped and current on all of his shots. He walks on a leash and is good in the car. He is crate trained and house trained. Barney gets along with other dogs and needs an active home since he is very playful. Please come meet him.



Julie

Julie, a female gray tabby about 8 months old, was abandoned at a vacated home and rescued by the neighbors. She is now fostered with Tehachapi Humane Society. Julie is going to be a beautiful, big kitty when she reaches her full growth. She is very affectionate, sweet and loving with a very social outlook! She is not accustomed to dogs. Julie will be spayed on January 22, current on shots and be ready for a new home shortly thereafter. Please find a place in your heart for this lovely girl.



Soledad Mines

by Susan Wiggins

I found an extensive article in my mother, Marion Deaver's files, about two sisters who traveled in 1970 to visit their old home, by then located at Tropico Mine and Gold Camp.

The two sisters were Viola White Jennings, from San Bernardino, and Marjorie, from Buena Park. When they first looked for their home at Soledad Mountain they thought it had been torn down, but later learned that it was located in Rosamond at the gold camp.

Visiting the old home and other old buildings at the camp brought back many memories from their childhood that they wrote down for the article and for the Kern Antelope Historical Society bulletin.

Jennings recalled that the White family moved from Los Angeles to the Soledad mining area near Mojave, in 1912. It was summer and her father took a job at the White Elephant Mine and worked as a hoist man, Jennings said.

He also helped run the mine for his friend John Withers, who with his partner Mr. Cudahy, had just opened the mine.

Jennings said that she and her family were "city bred" and were sure they would find a snake under each bed, or some other wild animal that would attack them, but they didn't.

"The evening was a balmy one and Mother opened all the windows in the house located near the Queen Esther Mine." Jennings said the wind kept slapping the shades on the windows and she and her sister could not sleep.

Jennings said she was 12 years old, her sister Marjorie 10, brother William 15, little sister Francis was 3 and the baby, Riley ("bud") was a year old when they came to Soledad.

In the summer time, the girls sat on the porch and played cards with the light from "heat lightening."

Jennings' mother was in poor health when they moved to the desert with stomach trouble.

An old miner told her to drink a tablespoon of peroxide in a glass of water twice a day, and she soon was better.

The family also rented a house nearby for the grandparents, Mr. and Mrs. Riley Williams. "Grandpa was a blacksmith," Jennings said, "and sharpened all the drills for the White Elephant Mine, working where he lived."

The mine prospered, and Jennings'

father went to Mojave each week to ship one of more gold bars to the U.S. Mint.

Jennings remembered a Chinese cook who worked at the mine, his name was Charley. The girls liked to see him

when they took their father lunch, because the cook always had a piece of cake or some other treat for them.

On their way to the mine they would stop and pick wild tomatoes and wildflowers for Charley. Jennings said she had never seen the wild tomatoes grow anywhere else, and thought maybe the Native Americans had planted them since they heard that they had a settlement there.

Christmas came and the girls got a croquet set. "After the snow melted we would carry the set over to where the Native American settlement had been and play the game, because the ground was hard and flat."

They started school in a little wooden cabin near the foot of the hill. "We went barefoot, and we loved that," Jennings noted. The other children who attended were the four Wegman children, four children from the Reel family, and the Williams family.

"My brother took the eighth grade twice because there was no high school nearby."

The teacher's first name was Lydia, but Jennings could not recall her last name. The Wegman children's father was the school superintendent and that made the other children jealous, because he thought his children were perfect.

"They were perfect," Jennings said, noting that they were devout Catholics, "They taught us the 'Holy Mary' and the 'Our Father' when we played school."

Jennings said they had many memories from life on Soledad, including one time when they ran into two rattlesnakes while taking their father his lunch. "It scared us stiff," she said, so they ran to the mine and got someone to come and kill them.

"That was the last time we got to take father his lunch, and we missed Charley. We played all over those hills and in the mines but never saw another snake."

Next column I will finish Jennings' tale, including stories of other miners who resided in the area.

A Page of History



Get Great Dog Toys and Treats at Canine Creek!



Simon (left), former Guide Dogs of America puppy-in-training, and Just Jack, rescued on Highline Road in Tehachapi as a puppy, are having a ball with the Just Ducky Stick.

Dogs love it and it's available at Canine Creek Pet Wash & Boutique, located at 798 Tucker Rd Ste#5 (next to ReMax) - along with a large selection of toys and treats. Photo provided



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Dependents and Your Tax Return – Claim the Free Money

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Got kids? We know that sometimes they can be jokingly referred to as “our little tax deductions”, so let’s begin at the beginning.

When little Susie is born, her parents (you) must apply for a social security number (SSAN) for her before you leave the hospital. In the case of a home birth, you must apply and receive a SSAN before you can claim her as a dependent on your tax return. The IRS requires you to list a social security number for each dependent you claim on your tax return. Susie now becomes your little tax deduction at least until she turns 18. If your child attends school full-time, i.e. college or any other higher education institution, he/she qualifies as a dependent until the year they turn 23. If you have a dependent age 19 or older who is not still attending college or a trade school, but earns less than \$3,900 per year, and you are providing over half their support, you can still take them as a dependent. These same rules to claim a dependent for an individual over age 19, earning less than \$3,900 per year, also apply to a brother/sister, niece/nephew, parent, grandchild, step-relation, foster child, aunt, uncle, in-laws, or any other person who lived with the taxpayer (you) all year as a member of your household.

Where dependents are concerned, there are a number of tax return options:

- You can claim your child as a dependent if the child lives with you for more than half of the filing year.

- **Exemption:** The IRS allows a \$3,900 exemption for each person claimed – the taxpayer, spouse and dependents. An exemption is used to reduce your taxable income.

- **The Child Tax Credit:** The taxpayer may claim at \$1,000 per child tax credit (reduces your tax dollar for dollar), and the credit may be refundable if the credit exceeds your tax liability. This child tax credit disappears the year the child turns 17.

- **Earned Income Credit:** You can take up to a \$6,044 tax credit (dollar for dollar reduction in tax, excess above tax is refunded to you) based upon your earned (wages earned, self-employment income, combat pay, disability pay reported on form W-2) income, to compensate for having to raise multiple children on a limited (lower) income. Up to 3 children can be claimed to qualify if your filing status is married, single, head of household or qualifying widow(er).

- With children of divorced or separated parents, things start getting really ugly when it comes to who can claim the child as a dependent. A child may only be claimed as a dependent on one return. The IRS matches the social security number of the child claimed as a dependent to make sure the same child is not claimed on more than one tax return.

Your Tax Preparer

In most cases, a child of divorced or separated parents may be claimed by the parent having custody of the child. However the child may be claimed as a dependent by the noncustodial parent (the parent with whom the child lived the lesser part of the year) if all the following apply (1) the parents lived apart at all times during the last six months of the year (2) the child received over half his/her support from the parents, including a parent's spouse, or step parent (3) the child is in the custody of one or both parents for more than half the year (4) the custodial parent signs Form 8332 Release of Claim to Exemption for Child by Custodial Parent or a similar form for divorce/separation agreements from 1985-2008. After 2008 you must use Form 8332. Before 1985, if the divorce/separation agreement states the noncustodial parent can claim the child, and the noncustodial parent provided at least \$600 support during the year, the noncustodial parent gets the dependency deduction. The custodial parent is the parent with whom the child resides for the greater number of nights during the year. If the child lived with each of the parents an equal number of nights during the year, the parent with the higher adjusted gross income is the custodial parent.

Now, you are supporting Susie attending school full-time. She may qualify you for the American Opportunity Credit or the Lifetime Learning Credit based upon your filing status and income level.

- American Opportunity Credit (AOC) can be taken for tuition and books and materials for the first four years of higher education taken and can be worth up to \$2,500 (100% of the first \$2,000 of qualified expenses, and 25% of the next \$2,000 of qualified expenses). 40% of the credit is refundable for most taxpayers.

- Lifetime Education Credit can be taken for tuition and books and supplies bought from the institution the student is attending and can be used as a tax credit for 20% of the first \$10,000 of qualified education expenses. The limit is \$2,000 per tax return, regardless of the number of eligible students. There are income limitations on this credit.

- Only one of the above credits can be used.
- There is also a tuition and fees deduction which can amount to up to \$4,000 as a reduction of taxable income, but not as a credit against taxes. Again there are income limitations on this deduction.

Remember to let your tax preparer know about the status of your dependents and how you can earn deductions and credits because of them. At D.R. Moats and Company, we have the knowledge to sit down with you and thoroughly explain these tax options to you.

Gluten Free Menu

by Cathie Sibley

Lately I'm receiving much feedback about my articles and the fact that we now have an extensive gluten free menu available daily at La Bella Amore. People are stopping by just to ask what's on the gluten free menu so here it is.

La Bella Amore Italian Bistro Gluten Free Menu Options

Dinner entrees include: Chicken Marsala, Chicken Picatta, Chicken Dijon, Chicken Balsamico*, Chicken Parmesan, Pasta De Amore, Shrimp Scampi, Grilled Salmon, Pasta Primavera, Baked Ziti, Pasta with Alfredo, Grilled Chicken Dinner, Crispy Chicken dinner, Eggplant Parmesan, Shrimp Napoli, Pasta with Marinara and sausage, Pasta with Olive oil and Garlic, Linguini Al Pesto**, Angel Hair Fresco**, Linguini and Clams**, Veal marsala, Parmesan or Balsamico.

Appetizers include: Shrimp Cocktail, Anti Pasta Salad, and Sautéed Mushrooms

Salads include: Spinach Salad, Grilled Chicken Salad, Crispy Chicken Salad, and Chicken Cesar Salad.

There they are twenty-nine delicious

Taste of Italian

homemade items available gluten free.

All made fresh to order while you wait. We are using corn pasta and at this time only have it available in short pastas that are considered to be in the macaroni family such as Penne. We are using corn pasta because it has the taste and consistency that is closest to semolina wheat pasta which is what we use on our regular menu and we strive for consistency at La Bella Amore.

We are currently featuring our newest dish, Parmesan Crusted Chicken, which is not gluten free but is absolutely delicious. You must stop by and give it all a try.

Peace and Blessings to you all!

*—Our Balsamic vinegar does have Caramel color in it

**—Another pasta will be substituted for any long pasta.





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Rocket Science Institute Locates in Mojave

One of America's leading rocket science publishers has opened offices near Mojave Spaceport, to better serve research and development projects in the Antelope Valley.

"Since 1999 we've provided hard-to-find and out-of-print test reports and technical documents to the experimental rocket propulsion community," said Dr. Edward Jones, director of the Institute. "Though we were founded in New Mexico and have for many years supported research at White Sands Missile Range, we see the new center of civilian space travel in Mojave. Rocket scientists, engineers, and technicians here have built a cornerstone for public space tourism, and our collection of reference resources is second to none."

With a catalog of more than 300 titles ranging from Apollo design handbooks to reports on X-plane testing over Muroc, Rocket Science Institute has one of the largest in-stock selections of rocket and missile engineering design textbooks anywhere, according to Dr. Jones

A non-profit scientific and educational organization, the Rocket Science Institute (RSI) also supports amateur experimental rocket and pulsejet propulsion projects. An early California rocket pioneer himself, Dr. Jones worked at Aerojet-General and White Sands Proving Ground in the 1950s.

"Cal Tech experimenters used Muroc for

their earliest JATO rocket booster tests in 1940. Rocket planes have been designed, built, and breaking records over the Antelope Valley since 1947, and today several cutting-edge spaceships are being designed and tested at Mojave Spaceport. We're here to support and participate in this new era of pioneering space travel," Dr. Jones explained.

The new Institute offices in Mojave will continue to provide publications for research laboratories, universities, government agencies, and private industry worldwide, including NASA, USAF, Sandia, Los Alamos, DuPont, Aerojet, and ATK. RSI also specializes in information about rocket-sled test tracks (as used at both Edwards AFB and NWTS China Lake), static and flight test engineering, and pyrotechnic devices. Their library includes hundreds of important National Advisory Committee for Aeronautics (NACA) and NASA reprints about solid and liquid rocket propulsion, propellants, spacecraft design, and missile aerodynamics. They also offer all of the books by Dr. Robert H. Goddard, inventor of the liquid-fuel rocket and regarded as the "father of modern rocketry."

If you would like more information about this topic, please contact Marlena Balvin at 209-645-9992 or email at RocketScienceInstitute@gmail.com.

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The Flood of 1952 Pt. II

by Pat Gracey

(continued from the last issue of the Loop)



A 250 ton derrick (crane) on one end and a 200 ton on the other would lift Santa Fe engine #3834 in the rescue process.

The morning after the flood, when the waters had subsided, a silent, sodden and tragic scene of destruction was viewed by railroad employees and others who came to help search for missing persons. A man who had climbed atop Mr. Kaad's car, was found alive still clinging to the auto having suffered only a broken jaw. Walter Hicks recalls hearing a plea for help and looked up to see a man in the very top of a tall tree. The water was still swirling around the base of the tree so they called to him to "stay put" until it was safe to come down.

All in all, thirty-one miles of rails had been badly damaged or entirely washed away along with many bridges, two of them steel span which were left twisted and broken. Repair crews to the number of 1,000 men began to reconstruct the damaged railroad, the utilities and highways. Bridge gangs, track crews, water gangs, signal men, linemen, State Highway crews, truckers, laborers and even transient labor comprised the work crews.

Giant power shovels, pile drivers and railroad cranes were being used to re-establish the railroad beds and highway. The single track in operation from Mojave carried train loads of supplies, materials and machinery to Tehachapi where it was being trucked to vantage points. From the Bakersfield end of the Tehachapi Pass the same activity was being carried on.

After several weeks spent in locating and uncovering the engine it was then necessary to build a special track for the two cranes which would lift the railroad "workhorse" from its hiding place. A clam shell had been used to remove the large quantities of sand and debris in the unearthing of the engine. The 225-ton giant

The Spirit of Tehachapi



was found lying on its side no more than fifteen feet from its original location. (Local lore has, mistakenly, through the years, extended that footage to 150-feet but Walter Hicks, an on-the-site witness verified the actual footage.) It was buried under less than ten feet of mud and silt. Excavation continued for many days until it was possible, by means of large cranes and cables, to hook onto each end of the locomotive in an attempt to set it upright. Many heavy chains and cables were broken causing delay and frustration plus involving extreme danger to the workers involved. A caption on an existing photo says that one

derrick (a railroad term for crane) used was a 250-ton derrick and the other 200-ton. At that time the 250-ton crane was touted as being the largest in the world.

Finally, approximately two months after the flood, the enormous locomotive was suspended mid-air by cranes and cables while workmen laid new track beneath it; a highly dangerous endeavor. The track that had been laid beneath it was then connected to the newly laid track on the front and rear of the crippled engine. More time was spent in removing mud and sand from #3834 and then, at last, the once lost engine was taken from its burial site near Keene and transported to the Santa Fe yard in Bakersfield. Its light and bell remained missing.

Some six months later, after the tracks from Bakersfield to Tehachapi had been repaired and replaced, the passenger and freight trains began rolling again between Bakersfield and the desert, much to the relief of the general public, which at that time depended on trains for travel as well as shipping.

The resurrected Santa Fe engine was later brought through Tehachapi on its way back to the factory in Illinois to be repaired. The repairs required over two years and after it was accomplished, the Atchison, Topeka and the Santa Fe Railroad advertised the date it would be traveling through the Tehachapi area. On that day many curious citizens turned out to see the veteran of the recent catastrophe. All present cheered and waved as they watched Number 3834 go by ringing its new bell as it passed through.

Reminiscences of a Few Local Citizens

Tehachapi lifetime resident **Laura Ramos**, who was twelve at the time, recalled

The Year in Review

from Zack Schrivner, Kern County Supervisor

Dear Friends,
Thank you for the honor and privilege of serving as your Second District Kern County Supervisor in 2013. The year was filled with many challenging issues, but also tremendous opportunities to improve the quality of life for all of Kern County's residents. I am proud of what we were able to accomplish together, and look forward to a fantastic 2014!

Some 2013 Accomplishments County Budget

In August, the Board of Supervisors adopted a balanced budget that, despite an \$11 million refund of property taxes to a natural gas property owner and large operating losses at Kern Medical Center, was able to maintain service levels to Kern County residents. In fact, the Board was able to add important positions to public health and safety departments like the Sheriff, District Attorney and Code Compliance, in addition to adding \$250,000 for spay/neuter in the Animal Services Department budget. We also increased the Department of Libraries' budget by \$500,000 to increase operating hours for all branches in the county. In order to continue to maintain and modernize county infrastructure, the budget includes nearly \$32 million in major maintenance and repairs. The Board funded all of these important priorities, while still increasing our reserves to nearly \$97 million.

In the face of many challenges, the Board of Supervisors continues to stay focused on four main goals in approving the county budget: The Board will continue to provide valuable county services, set aside money for reserves, address deferred maintenance needs, and use one-time revenues for one-time costs, while of course taking care to be the most responsible custodians of your hard-earned tax dollars.

Renewbiz

The Renewable Energy Neighborhood Enhancement Wind Business Improvement Zone (RENEWBIZ) program I created in December 2012 launched into orbit in 2013! This program, which directs up to \$1.5 million in property tax dollars from wind energy production to surrounding communities, experienced the completion of the Mojave Visioning Plan, and the kick-off of the Boron Visioning Plan workshops. We officially started our grant program for local businesses, and I was very excited to see 43 applications for grants, representing over \$300,000 in funding for exterior improvements, submitted, and all that qualify will be approved!

sitting on the front porch of her parent's home in the pitch black night; the electricity being out. She was able to glimpse, during flashes of lightening, the rolling, churning waters roaring past her home on G Street (Tehachapi Boulevard) and wondering if it would finally rise high enough to reach where she was.

Bob Freeman, a lad of fourteen in 1932, who lived in the old Freeman home on Green Street, said that the flood waters stood ten inches in his back yard. A flock of pet pigeons he had been raising was soon washed away. The house was not flooded because the "old timers," he said, built them high off the ground in anticipation of any flash floods that might occur.

Mary Watts (Farrell), then a young fifth grader and daughter of Margaret and Al

From Our Supervisor

In 2014, we will continue to work on improvements to the Diamond Street business corridor in Rosamond, identify infrastructure projects in Mojave, complete the Boron Visioning Plan, and kickoff the visioning plan in Old Town Tehachapi.



Kern Medical Center

In 2013, the Board of Supervisors discovered major errors in funding projections for Kern Medical Center (KMC). The Board moved quickly to tighten controls on spending, expanded the scope of work for our fiscal consultants to enhance the accuracy of revenue calculations, took action to improve the financial performance of our residency programs, and we hired a new CEO, Russell Judd, who previously ran the two Mercy hospitals in Bakersfield and steered them out of a financial crisis when he took over.

Animal Services

After the City of Bakersfield unilaterally severed their long-standing relationship with Kern County Animal Control, the county was forced to quickly find another home for the department and move over 600 animals out of the shelter in about one month's time. Because of unprecedented collaboration of county departments, an outpouring of support from animal adopters and non-profit groups in our community and beyond, and the hard work of county employees and volunteers, we successfully moved into our new home on Fruitvale Avenue in Bakersfield before the city's imposed deadline. We spent the final months of the year making improvements to the new county shelter and adoption center, and I believe the animals and residents will enjoy a greatly enhanced level of service at this new facility. Of course, the solution to our animal over-population problem is for our residents to spay and neuter their pets. That's why I conducted spay neuter clinics in Tehachapi and Mojave, as well as supporting an additional \$250,000 for spay/neuter services in this year's budget. In 2014, I will continue to sponsor spay/neuter clinics throughout the Second District.

Watts, said that her father had called from his butcher shop saying he was watching the rising waters flowing down the main street. If they got any higher, he said he would be coming to take them from their home across the tracks, to higher ground. He would also take their neighbor Minnie Mathiesen if it became necessary. To allay any childhood fears, their mother – Margaret – said she'd make them popcorn until she realized her electric popcorn popper wasn't much good with the electricity off. The waters did not raise over the railroad tracks and the little family was safe.

Bud Cummings, direct descendant of the early Cummings Valley settlers, said that he was ready to begin construction of an adobe house the next day but the heavy rain left him with a pile of mud!

Yoda Was Wrong

by Mark 'Doc' Fisher

OK, this might be a bit geekier that I sometimes get, but in one of the Star Wars movies (I think it was The Empire Strikes Back) Yoda tells Luke: "Try not. Do or do not. There is no try." Which may be true when you're trying to save the galaxy from an evil empire, but in normal everyday life, there can be lots of trying. A person doesn't have to always succeed or fail, trying in and of itself is an accomplishment.

Last year another writer friend started a contest, or maybe a bet, to see which person in the group of writers he knows could get the most rejections. That's right rejections. I didn't win, though I blame part of my loss on poor record keeping. A rejection, in and of itself, doesn't say too much about the quality and eventual sales of a book, story, play, etc. There are many stories of books rejected by publishers that go on to wide acclaim and sales.

The book "Little Women" by Louisa May Alcott was originally rejected, 140 years later people are still reading it. Agatha Christie had years of rejections before she sold her first book now her books have sold in the billions. Most of us have heard about J.K. Rowling's rejections before she sold her first Harry Potter book.

Rejections are only evidence of one thing – trying. Before you get rejected you have to try something. They aren't a failure. Dr. Seuss was told his stuff was "too different" for the market. Well we know how that went. He redefined the market. Sometimes the only way to fail is not to try.

Within the last week I've had a poem accepted for publication and another set rejected. Sometime in the next few days I expect another rejection. One magazine rejects my stuff after about six weeks. Of

Lost in the Stars

course as soon as I get the rejection I send them a new batch to look over.

I've also recently learned that one of my plays has been selected for the TCT Playwright's Festival. Of the half dozen or so plays I sent out last year, I only had that one success. Sort of. I've also worked with Gary Mazzola on a couple short films (including Moon Rabbit which was finished this last year). I have no plans to stop sending things out for rejection anytime soon.

Speaking of the Playwright's Festival, there's something you can try for a rejection. Soon there will be an announcement for auditions, and given that there are eight plays there can be a large number of parts open for people of all types. You have an opportunity to try out for a part. The plays are only ten minutes, so it's not like you have to learn hours of dialog. It can be a good way to get your feet wet, so to speak. Some of the actors in the ten minute plays just check something off a bucket list, while others catch the bug and go on to do many other plays.

Keep an eye out for the audition announcement and then ignore the advice of Yoda. Go out and try.

If you would like to let me know what you think, send me an email at mathnerde+loop@gmail.com. If you would like links to additional information visit my blog at <http://mathnerde.blogspot.com/>.



Happy New Year Everyone!

by Justina Engen

I hope everyone's holidays were merry and bright. My family's certainly were. Now it is January, and time to focus on all the hopes and anticipation of a brand new year. It feels good to start fresh, look forward to better times, and yes even setting those lofty New Year's Resolutions.

We are now in the month of January, and probably have already broken a few of those resolutions.

On Jan. 1, it's exciting to set lofty and grand goals. As the year progresses, the reality of our lives, our responsibilities and – yes – the needs of others (particularly those with little hands and very big needs) tend to get in the way of our goals, even if those goals involve the very people we are caring for.

The problem with most resolutions is that they are usually very hard to put into action or measure progress. Some of my goals this year include finding balance between work and play, being more present with children, friends and loved ones, and the ever popular losing of those extra mommy pounds.

All of these goals are rather large, lofty, and in reality really abstract. How do you even measure "balance"? Yes, losing weight is measurable, but using pounds or even inches puts a lot of power on the scale or measuring tape, which I have found, especially as a mother, is really hard to control, even with healthy habits.

To top things off, we as parents have all sorts of little distractions and surprises along our way. It can be a simple as our kids waking up sick (bye bye Mommy workout or social time) or as significant as life changing events like new job opportunities, your children's needs changing and evolving, or even other surprises we can't even imagine.

How can we as parents whose lives are constantly changing even begin to set and achieve goals, especially when life throws us little curves? I personally find that goals are a lot more achievable when I am able to hold myself accountable.

At this time last year, I was given the opportunity to be a part of a project that helped teach me to set goals in a more achievable fashion. Rather than setting huge, obscure, and open-ended goals, it helped me focus on tasks that were actionable and measurable, and break them down into even smaller events that could be achieved in a shorter span of time.

For example, I had high hopes of running a triathlon. Many excuses had gotten in my way. Instead of creating this huge plan to for one major event, I broke it down into steps. One month, I

Bump, Birth & Beyond

got back in the pool, learning again how much I loved it. This love made me find time to swim, even around my kiddos' schedules. The next month, I returned to my bike, which I learned again that I could ride my bike, even with two children riding in the trailer behind me. Before I knew it, I was signing up for a triathlon and competing! This was all before June!

This year, I'm trying to do the same: focus on keeping my goals realistic, fun, and complete with plans on how to achieve them. Instead of searching for "balance", I'm planning dates with friends or family members at least twice a month and planning a monthly date with my husband.

Instead of losing 20 lbs, I'm choosing to make plans to exercise five times a week, and planning fun ways to do this, like attending exercises classes at 9:15 a.m. on Mondays, and walking with a buddy at 11:30 a.m. on Tuesdays.

At the end of each month, I'm going take time and reflect on how I have done, process how I can continue to move forward, and tweak my plans to achieve my goals. If we have had a crazy month, or an unexpected twist, it's time to regroup, take a deep breath and figure out how our goals can fit back into our ever-changing lives.

I wish you the happiest of New Year's and I would love to hear about how you are achieving your dreams in 2014!

Justina is a local mother, photographer, lactation consultant and parenting advocate. She may be contacted at www.growinglovingfamilies.com or growinglovingfamilies@gmail.com.



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Bass, Bluegill, Crappie, Trout... You Decide!

by Craig R. Stockton, owner of Treasures eConsignment

First I would like to wish everyone a happy, healthy and prosperous New Year.

As with all new years, we tend to make our resolutions to make change for the betterment of our lives (i.e., lose weight, exercise more, etc.). You get the picture.

For me, it's always the same, "I'm going to fish more this year than last." Sometimes it works out but more often than not, it's a draw or I end fishing much less than the year before. Winter is now upon us and so our opportunities to fish different species began to narrow, starting in the fall. As water temps start to drop we find that trout is the only game in town, or is it?

Mother Nature does her little tricks to the water in lakes twice a year. There are scientific reasons for this. Have you ever noticed how trout in winter become more active and come up to the surface while warm water species like bass go deeper and slow down.

The reason is "stratification" which basically has three components; Epilimnion (top of the lake), Metalimnion (or Thermo cline, middle layer) and Hypolimnion (the bottom layer). In summer with warmer water on top, species like bass, bluegill and crappie are more active. During this same period trout are deep preferring cooler water. As fall and winter draw near and evening temperatures drop, lake water cools and becomes denser causing it to start the process of "Lake Turnover"

This gets to be an interesting time to fish because bass and trout can be in the same zones for a period of time. So you have an opportunity to fish for these different fish on the same trip. The problem is each one can be a little finicky on what they want. As winter bears down on the lake the process continues until it is complete. Soon you have cold water on top and warm water on the bottom.

Bass can still be caught during winter months the only difference being that techniques and presentation are much different. Warm water species like bass are more aggressive in warm water so you can use top water baits and baits that can be moved faster to entice a strike, however, in winter a bass's metabolic system slows down and so does his appetite. This is where fishing baits like jigs, plastic worms and vertical jigging in slow a precise way will get bites.

Trout on the other hand love cool water and feed actively throughout winter and spring. But just like bass when their comfort temperature changes they feed less and are harder to catch. The oxygen levels also play a


big part in these equations. As oxygen decreases fish become less active, more lethargic and again become difficult to catch. There are lots of fishing opportunities to be had in our state as we usually don't have harsh winters and most species can be caught with a little planning and know how.

The key to this is to understand the fish you are after, what are its needs, where is it going to be and what technique and baits do I use to fool them. Remember that fish, like humans, have requirements and lucky for us fish can be predictable. Learning some basic techniques and having a good variety of lures on hand will come in handy. Just as we do not like to eat the same thing every day, fish change up what they want and sometimes change up more than once a day. I have seen fish change on the size of baits it will take, color, speed and depth, all in an afternoon. This is the challenge of fishing, we are dealing with a live creature that feels and thinks and knows what it wants. Our job is to figure it out every time we hit the water. Fishing is more cerebral than most people think. There is no substitute for time on the water, so stop reading this, grab your gear and find some fish to bother. Happy fishing!

One Man's Passion



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Tehachapi Curves Now Offers Workouts with Jillian Michaels

Curves of Tehachapi today announces it is now offering Curves Workouts with Jillian Michaels, cutting-edge total body workouts that feature the Curves Circuit strength training machines in conjunction with functional bodyweight-based exercises that ramp up metabolism and transform physique. Jillian Michaels is best known as America's health and wellness expert. The workouts boost intensity, build strength, burn fat and prevent plateaus.

The new Curves Workouts with Jillian Michaels are designed for women at every fitness level and include simple modifications for each movement. Metabolic conditioning exercises will be done in between each strength machine within the Curves Circuit, all within a 30-minute class. The Curves Workouts with Jillian Michaels will be showcased on a large screen TV, set to upbeat music, within each Club and a Curves Coach who has been trained to deliver the moves will be present in every Circuit to ensure safety and effectiveness. Class times for the Curves Workouts with Jillian Michaels will vary by location and the workouts will be refreshed frequently with new functional moves introduced each month throughout 2014.

"I am so thrilled to be partnered with Curves to provide women with the tools necessary to take control of their health," said Jillian Michaels, America's health and wellness expert. "Curves is everywhere – so now my program is accessible, effective and affordable. The workouts I've developed with Curves incorporate the most innovative, state-of-the-art fitness techniques to build lean muscle, amp up metabolism and kick start weight loss. Combined with the power of the Curves Circuit with a trained Coach, women will get the results they want."

"We are excited to offer our members these new cutting-edge workouts. By amplifying our Curves Circuit with Jillian's innovative workouts, along with a trained Coach for everyone, we are very confident our members will get off to a healthy start in 2014," said the Curves of Tehachapi owner. "We invite women in Tehachapi to come by for a free consultation and to learn more about this innovative program to kick start weight loss."

Curves Workouts with Jillian Michaels are available at participating Curves Clubs. Also available at participating Curves Clubs is Curves Complete. With Curves Complete, women have a fully integrated, personalized weight loss and weight management solution that includes the Curves Fitness program (30 minute Circuit with a Coach), a customizable meal plan and one-on-one coaching and support.

You can contact a staff member at Curves of Tehachapi at 661-823-9948 or 122733@curvesmail.com or visit the club at 20221 W. Valley Blvd., Ste. A. For more information about Curves, please visit www.curves.com.

About Curves International, Inc.

Curves International, Inc. is the largest chain of fitness centers for women in the world and is famous for its 30-minute Circuit with a Coach that works every major muscle group with strength training, cardio and stretching. The new Curves Workouts with Jillian Michaels offer cutting-edge total body workouts that feature the Curves strength training machines in conjunction with functional bodyweight-based exercises that ramp up metabolism and transform physique. With Curves Complete, women have a fully

integrated, personalized weight loss and weight management solution that includes the Curves fitness program, a customizable meal plan and one-on-one coaching and support. Backed by extensive research, Curves Complete has been shown to reduce fat, increase lean muscle, boost metabolism and help dieters lose weight and maintain weight loss. Each Curves Complete Coach has completed a certification program developed in conjunction with Cleveland Clinic, one of the most respected hospitals in the country. Curves is committed to providing women with the tools necessary to empower them to live more fulfilling lives. For more information please visit curves.com.

About Empowered Media

Empowered Media, LLC operates the Jillian Michaels wellness brand. Co-founded by Jillian Michaels and her business partner, Giancarlo Chersich, the company operates as life architects whose sole mission is to inspire individuals to empower themselves to seek healthier, active lives. The products marketed are part of the total life solution platform created by the Jillian Michaels philosophy. America's premier health and wellness coach, Michaels is a New York Times best-selling author, entrepreneur and popular television personality. Michaels is also a passionate advocate, fighting to invoke important changes in all aspects of health and wellness. Michaels' newest book, Slim for Life: My Insider Secrets to Simple, Fast, and Lasting Weight Loss is available now wherever books are sold. For more information about Jillian Michaels please visit www.jillianmichaels.com.

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Pathway to the Stars

Nonprofit Highlight

by Mary Clyde,
Wordsmith

Have you ever driven down West F Street and noticed the building on the north side of the street at 311 (next to Wood Family Funeral Service)? You may have noticed the name on the building – Mountain Pathways – or perhaps not. The building itself certainly is not an architectural wonder – just a plain building with a name across the front. Your writer has driven by this building more times than she can count and always wondered “what is Mountain Pathways?” Is it a tour guide service offering hiking treats into the local mountains or maybe somewhere even more exotic? Is it a place of meditation and mystical education? What do they do there?

Well, until this week, your writer had never pursued beyond the wondering for answers; she simply kept driving by... wondering.

Now, however, she has come to know what treasures are hidden behind the building façade and through the doors! She has discovered not only a great place but a great place full of even greater people – each one a star in his or her own way. And, she has learned that some of the folks who shine there make a daily journey up their own mountain pathway as they experience day-to-day living in a caring, loving environment.

What is Mountain Pathways, you ask? “It’s the best kept secret in Tehachapi,” shared Deborah Brown, Program Manager at Mountain Pathways. “We often joke about that,” she said, “because it seems like very few people know what we’re all about.”

Mountain Pathways has been serving Tehachapi for many years as a daycare program assisting adults (18 and older) who have documented disabilities which were sustained before they reached 18 years of age. “If you were injured somehow and became disabled after you turned 18, we wouldn’t be able to help you,” she explained.

“When I came here almost nine years ago, we had a grand total of nine clients. It just seemed like no one knew we were

here.

However, we currently are serving 32 clients and are licensed to serve 40. The ‘best kept secret’ seems to be getting out and we are becoming better known within our own community,” she said with a smile.

Mountain Pathways serves not only the Tehachapi area, but California City, Mojave, Rosamond, Boron and North Edwards as well and offers door-to-door transportation for many of its clients. Its parent company, Community Support Options, Inc. is a private, nonprofit agency based in Wasco.

“We serve our clients by offering a real-life-learning environment,” Deborah explained. “We offer community-based functional learning experiences in addition to traditional academic and self-help skills and training. We have a five-to-one client-to-staff ratio which facilitates personalized attention and support for our clients.

We also have one-to-one support services if those are needed for clients who are more severely involved with their particular disability. We also easily can accommodate clients who are wheel-chair bound. We are open year-round, Monday through Friday from 9 a.m. to 3 p.m. Of course there are certain holidays that we are closed.”

The staff members at Mountain Pathways are highly trained individuals, Deborah went on to explain. “We do extensive background checks with the FBI and Department of Justice to ensure the quality of our staff. Our employees are drug-tested in addition to being highly trained in first aid and CPR. There is other state and federally mandated training they go through as well as safety and teaching techniques. We learn behavior consulting from a very positive angle,” she added.

“We have been blessed with a very stable staff,” Deborah went on to say. “Thus, we get to know our clients very well. Clients get a lot of TLC and personal interaction here at Mountain Pathways. We’re like one big family,” she said, smiling



Deborah Brown, Program Manager at Mountain Pathways, marvels at the robot they created from a heater, ventilation tubes from a breathing machine, a globe, some old hot rollers and pipe cleaners. “How creative can you get?” she asks.

again. “Of course, like any family, someone will have an ‘off’ day, but they always want to be here.”

Listening to client suggestions is part of what makes Mountain Pathways so successful, Deborah believes. “We listen and, where possible, integrate client suggestions into our day. Our schedule varies on any given day and if on a particular day a client wants to stay in and be on the computer, we can accommodate that. We do have a weekly schedule set up so the families know what will be going on during that week, but it’s not the same schedule week after week and no two days are alike. I think that helps contribute to our very high attendance record.”

“We have discovered that we have some very avid thrift shop lovers among us. They love to go shopping and we shop not only for personal needs but also for the little things that bring a smile. Often times they will bring back treasures they have found while enjoying their outing,” she added. “We try not to spend any more time indoors than necessary.”

“We also look for fun things to do. For example, not too long ago we had a robot-building contest. That put everyone on ‘high alert,’ as they were always on the look-out for things to add to their robots. Of course, some things were donated, but everyone was encouraged to add their

own personal touch. We ended up with a heater, ventilation tubes from a breathing machine, a globe, hot rollers, pipe cleaners, a movie reel, Styrofoam bowls and even a lazy Susan, just to name a few of the parts that went into making our two robots.”

In addition to teaching clients to be as independent as possible, academics and adaptive learning, they are taught community integration. “They understand support from the community, but we are teaching them that it’s also nice to give back to the community,” Deborah said. “We are involved in the community coat and warm clothing drive supported by some of the local churches. And we also put together several food baskets for the holidays.”

Special visitors like the Gandy Dancers and the Fire Department often add to their daily activity schedule. They have learned about “stranger danger” from the Fire Department, which certainly is something everyone no matter your age needs to remember and think about.

The men-to-women ratio is pretty balanced, Deborah explained. “We teach social appropriateness and interpersonal skills as well. There are some subjects that simply aren’t appropriate for discussion here in our setting,” she said with a big smile. “We don’t delve into sex education,



Front to left to right: Maverick, Jason, Melissa and Hanniel are just chillin’ on their break time at Mountain Pathways.

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but encourage them to talk to their family, their doctor or their priest or pastor. After all, they have the same feelings and urges that we do as non-disabled folks."

In addition to their daily activities, many clients at Mountain Pathways have become involved in singing. "We have sung at the Senior Center and the hospital here in Tehachapi and we have plans to sing at some of the nursing homes in Bakersfield in the future."

Almost everyone loves holiday parties, and Mountain Pathways is no exception, Deborah explained. "We have great holiday parties and even BBQs. And when it comes to BBQs, we don't just settle for hot dogs and hamburgers," she added. "After all, if we're going to the trouble to BBQ, then we're going to BBQ something really yummy like chicken!"

They have a garden in the backyard as well. "Last year we did flowers and this year we'll do vegetables again," Deborah explained. "We've even had a petting zoo in the back. We sure learned very quickly that goats poop a lot and will eat anything, including our garden," she said laughing.

A future project Deborah hopes to have happen is the renovation of the back yard. "We'd like to do some paving and have a grassy area that everyone can enjoy when weather permits. But that will take some big donations," she said. "We like to think of Mountain Pathways as a home away from home and stress that anything is possible."

"In the near future we're beginning a new program," Deborah shared eagerly. "We're really excited about it. Through the IEP process at Tehachapi High School, some of the senior students who are in

the special education classes and who are deemed appropriate for our program, will be joining us. This will provide them with a wonderful way to transition into the adult daycare program. And, it will provide us with an influx of young adults," she explained further. "They will come into our program before graduation which makes for a smooth transition upon graduation. I expect some will stay with us and others will go back to school," Deborah added.

Mountain Pathways does receive State and Federal funding, but often does fund-raising of their own for special projects. They are a 501(c)3 nonprofit organization, so any private donations are tax deductible.

"We been fund-raising for a while now for a special treat in April," she explained. "We are planning a trip to Disneyland. Everyone is so excited. It will cost \$130 for each client and staff member and that includes an admission ticket, partial coverage of the cost of the coach transportation and even dinner away from the park. We'll be raising funds up until the day we leave, so if anyone is inspired to donate towards the trip, we'll be forever grateful," she added.

Deborah personally has been "in service" of others for 28 years now. "It's truly a great way to make a living," she said, smiling again. "It really makes a difference in your life and the lives of others."

If you'd like to know more about Mountain Pathways, or if you'd like to make a donation, please don't hesitate to contact Deborah at 661-823-7302. She'll be more than happy to visit with you and fill you in on what's happening there.

Introducing The Loop's Nonprofit Highlight

Welcome to The Loop's "Nonprofit Highlight". This is the beginning of a grand adventure. Our plan is to highlight one nonprofit, service organization or club per issue, depending on when we are able to get a sponsor for the Highlight

Nonprofits, service organizations and clubs are always in need of volunteers and donations; and it is our hope that by highlighting them we can help bring the exposure they need to thrive. By being involved as a visible supporter, sponsors can show their support to the Tehachapi community.


This feature will be of mutual benefit to sponsors and nonprofits alike. We are seeking more sponsors to champion this page in future issues of *The Loop*.

With this unique opportunity, businesses can address both the hearts and minds of our community.

We would love to hear from our readers about this new highlight.


If you are interested in sponsoring or being sponsored, please call us at 661-822-8188 now to reserve your space. Our deadline is the Friday a week before publication. If you have any questions, please feel free to contact us.

The Loop would like thank the Wood Family for sponsoring our first "Nonprofit Highlight". Wood Family has been kind enough to sponsor four nonprofits throughout the 2014 year.



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Impact of Health-Care Costs on Social Security

For many retirees and their families, Social Security provides a dependable source of income. In fact, for the majority of retirees, Social Security accounts for at least half of their income (Source: *Fast Facts & Figures About Social Security*, 2013).

However, more of that income is being spent on health-related costs each year, leaving less available for other retirement expenses.

The importance of Social Security Social Security is important because it provides a retirement income you can't outlive. In addition, benefits are available for your spouse based on your benefit amount during your lifetime, and at your death in the form of survivor's benefits. These benefits typically are adjusted for inflation (but not always; there was no cost-of-living increase for the years 2010 and 2011). That's why for many people,

Social Security is an especially important source of retirement income. Rising health-care costs You might assume that when you reach age 65, Medicare will cover most of your health-care costs. In reality, Medicare pays for only a portion of the cost for most health-care services, leaving a potentially large amount of uninsured medical expenses.

How much you'll ultimately spend on health care generally depends on when you retire, how long you live, your health status, and the cost of medical care in your area. Nevertheless, insurance premiums for Medicare Part B (doctor's visits) and Part D (drug benefit), along with Medigap insurance, could cost hundreds of dollars each month for a married couple. In addition, there are co-pays and deductibles to consider (e.g., after paying the first \$147 in Part B expenses per year, you pay 20-percent of the Medicare-approved amount for services thereafter). Your out-of-pocket yearly costs for medical care, medications, and insurance could easily exceed thousands of dollars.

Medicare's impact on Social Security

Most people age 65 and older receive Medicare. Part A is generally free, but Parts B and D have monthly premiums. The Part B premium generally is deducted from your Social Security check, while Part D has several payment alternatives. In 2013, the

Please call me to find out more information, Jennifer Williams, President J. Williams Personal Financial Planning: 413 S. Curry St., Tehachapi, California Office Phone 661-822-7517 Office Email: jennifer.williams@npbfg.com Jennifer is a Registered Financial Consultant. She has over 20 years of experience in the industry.

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Jennifer's Thoughts...

by Jennifer Williams



premium for Part B was \$104.90 per month. The cost for Part D coverage varies, but usually averages between \$30 and \$60 per month (unless participants qualify for low-income assistance).

Part B premiums have increased each year and are expected to continue to do so, while Part D premiums vary by plan, benefits provided, deductibles, and coinsurance amounts. And, if you enroll late for either Part B or D, your cost may be permanently increased.

In addition, Medicare Parts B and D are means tested, meaning that if your income exceeds a predetermined income cap, a surcharge is added to the basic premium. For example, an individual with a modified adjusted gross income between \$85,000 and \$170,000 may pay an additional 40-percent for Part B and an additional \$11.60 per month for Part D.

Note: Part C, Medicare Advantage plans, are offered by private companies that contract with Medicare to provide you with all your Part A and Part B benefits, often including drug coverage. While the premiums for these plans are not subtracted from Social Security income, they are increasing annually as well.

The bottom line

The combination of rising Medicare premiums and out-of-pocket health-care costs can use up more of your fixed income, such as Social Security.

As a result, you may need to spend more of your retirement savings than you expected for health-related costs, leaving you unable to afford large, unanticipated expenses.

Depending on your circumstances, spending more on health-care costs, including Medicare, may leave you with less available for other everyday expenditures and reduce your nest egg, which can impact the quality of your retirement.

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Family Life Pregnancy Center to Host Dynamic Speaker

by Kele Main

As churches and the Pro-Life community around the world celebrate Sanctity of Human Life on Sunday Jan. 19 we are reminded how precious and fragile life is. We are reminded of the powerful impact one decision can make for generations and how hope for better days to come, can move our hearts to serve those in unplanned pregnancies who are scared, and in need of hope for the future.

Family Life Pregnancy Centers board, staff, and volunteers strive to fight this battle with mercy, love and a helping hand every time our doors are open. One event that helps keep the Centers doors open is our annual Fundraising Banquet!

This year as we celebrate our 25th Anniversary it is with great excitement that Family Life Pregnancy center announces its 25th Anniversary Fundraising Banquet and speaker. On March 13, 2014 the center will bring together 250 friends as we share our accomplishments for the past year and our visions for the future. We will feature guest speaker Keith Ferrin.

Keith is a gifted presenter of Gods truth in a unique style. Keith founded That You May Know Ministries, performing dramatic presentations of Scripture in 1996. Keith graduated from Pacific Lutheran University with a degree in Psychology. He also holds a Masters of Education in Guidance and Counseling.



Keith Ferrin (pictured) will speak for FLPC's 25th Anniversary.

Keith has worked in elementary schools as a counselor, and has also been a Youth and Worship Pastor prior to founding That You May Know Ministries. Keith's practical, thought provoking and humorous style of speaking makes the word come alive for various ages and backgrounds.

As we look forward to the 2014 Banquet and the blessings it will bestow upon the Center, we thank this wonderful community for 25 years of support through prayers, donations, and gifts of talents to this much needed ministry.

Doc the Dog Meets The Pet Nanny

by Daphne Sherring, The Pet Nanny

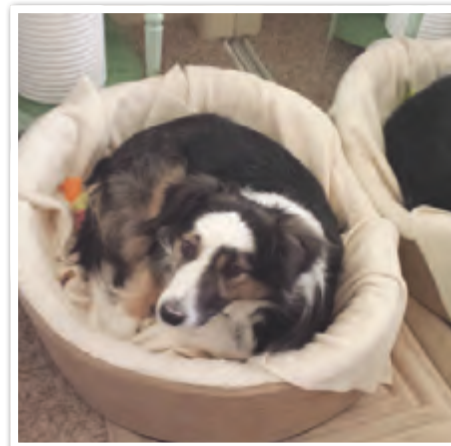
It is my joy to share with you some of the adventures from a pets view. As a pet sitter I have the pleasure of having an inside perspective into the life of many amazing pets. Here is the first story in the adventures and joys of pet sitting. I hope you smile and leave with a warmed heart.

Hello fellow fur baby friends, moms and dads! Allow me to introduce myself. My name is Doc. I'm a beautiful black and white male dog. I'm very handsome, if I do say so myself. My mom rescued me from a life of regular beatings and no play time. I just cowered in a corner. She is teaching me there is still lots of love in this world. I'm a work in progress, getting more courageous and trusting every day.

One day I heard her on the phone asking this lady to please come meet me because she wanted to go have some fun in Vegas. Oh, did I mention I live with an alley cat named Copy and a prissy house cat called Jazzy? Yes, I'm cool with the arrangement and so are the cats. As soon as I met the Pet Nanny I could see kindness in her eyes. Slowly I allowed her to touch me and of course she smelled like dog treats and lavender. What a yummy and peaceful combination!

The Pet Nanny came with an overnight bag and I must admit, I was a bit nervous. I was really embarrassed because I had an accident. She told me it was okay and gently talked in soft tones until I felt more at ease. She asked me to go in the backyard and we enjoyed the sunshine. She brushed

The Pet Nanny



me and gave me my favorite Chicken treat. The cats told me they liked her too because she let them sleep under the covers.

Now when the Pet Nanny comes over I don't have accidents and we run relays in the backyard. She takes me on walks. She understands I only walk on the left side. I love how she praises me for being so good and never pulling on our walks or trying to run away like I used to.

A lot of people are still under the impression that a pet sitter just goes in and throws food in a bowl, changes the water and takes off.

It takes discernment, love and lots of understanding and patience to care for these dear fur babies. Blessings!

Daphne is available to take car of your fur babies. You can find her information in the Business Section on page 29 of this issue.

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Irrigation pipes at a sod farm in the Cummings Valley.

Photo by Nick Smirnoff

John Martin, manager of the Tehachapi-Cummings County Water District, is mapping out a battle plan to combat potential agriculture water shortages arising from the statewide drought.

The plan includes recovering district-owned water from the Kern Water Bank, utilizing unused wells, filling up the reservoir and meeting

with growers to discuss scheduling of water consumption.

"My intent is to fill all the orders we have," Martin said.

"We are in an historic drought," Martin told the district's board of directors at their monthly meeting Jan. 15 at the district headquarters at Brite Lake. "It's historic by a great margin. Old records have been broken by 50 to



A farm pond in the Cummings Valley holds water for irrigation. Photo by Nick Smirnoff

60 percent. San Francisco has had five inches of rain. The state is in dire straits as far as water.

"We're better off than most."

Like other customers of the State Water Project (SWP), the district received an allocation for 2014 of five percent of its adjudicated annual allowance. That amounts to 965 acre feet. The district has 1,000 acre feet left

over from 2013.

An increase in SWP allotment to 15 percent plus the carryover, storage and wells, "could carry us through the summer," Martin said. "But there will be no water for recharge for the M&I [Municipal and Industrial] customers."

Residential taps are not about to dry up. "Having enough water for the people is not a problem," Martin said.

BUT IT'S BAD...

"We are hoping for a March Miracle or a Fabulous February."

— John Martin, Tehachapi-Cummings County Water District manager

Bay Delta Conservation planners on 12-city tour

Developers of the proposed Bay Delta Conservation Plan, now in a 120-day public comment and review period, are on a 12-city trek around the state to explain the ambitious project to the people.

On its second stop, Jan. 16 at the Four Points Sheraton in Bakersfield, visitors were treated to free glossy publications, CDs of the environmental impact reports (EIR/EIS), a court reporter to take public comments, a roomful of well-executed posters and about 20 project team members from various government agencies and consulting firms eager to answer questions.

While Forde Files was there, planning staffers outnumbered visitors,

and it was a journalist's candy shop, with all the experts on hand in one room. Visitors will no doubt increase in the other cities adjacent to the conservation area or more directly impacted by the project – Sacramento, Stockton, San Jose – as the controversial plan is emotional for residents and farmers who live within the proposed boundary.

The massive project is designed to make the water supply more reliable and to restore the levee-laced ecosystem of the island-dotted delta, which drains the major rivers of Northern California into San Francisco Bay. A third goal is, as the planners define it, "climate risk adaptation" -- that is, to avoid catastrophic levee destruction caused by

earthquakes or rising sea levels. Based on hydrology models extending to the end of the 50-year permit period in 2060, the planners expect that water under the Golden Gate Bridge will have risen a foot and a half, which in turn will push salt water farther into the delta. Planners predict that without mitigation, the rising water would wreak havoc on levees and islands that even now are below sea level.

"That's the disaster we're trying to avoid," said Nancy Vogel, public affairs director for the California Department of Water Resources.

The planners are proposing the construction of three new intake pump stations at the northern end of the conservation area, fitted with modern fish screens to protect the migrating salmon. Two 30-mile gravity flow tunnels would send the water south. Two pump stations

– one state and one federal – now exist at the southern end of the area.

As for how the project would impact the water available to the Tehachapi-Cummings County Water District through the State Water Project, the vision is a bit murky. It appears to depend on how well the fish populations thrive. The project, Vogel said, "provides more opportunities to move water so it won't harm the fish. It will not increase anyone's water supply. It could decrease water delivery from the Delta five percent less or more than the historical average, which is 5.2 million acre feet. What dictates it is biological considerations."

The planners have not worked out who will manage the conservation area.

"The notion is there will be public access," Vogel said. "The species will come first, of course."



Left, an outline of the Sacramento Delta area included in the conservation proposal. Center, a project staffer explains a point to a workshop visitor at the Four Points Sheraton, Bakersfield, Jan. 16. Right, Staffers talk to each other while awaiting more visitors at the workshop, which was the second of 12 planned around the state. The public comment period ends April 14, 2014.



'Stop predators' act: Assembly committee rejects parent notice

California Assembly measure ACA5 that would have required a physician to notify parents or guardian of a minor girl prior to carrying out an abortion failed to pass the Assembly Health Committee on Jan. 14.

Tehachapi's representative Shannon Grove, R-District 34, introduced ACA5 (Assembly Constitutional Amendment), which received five "aye" votes, 12 "no" votes and two "no votes recorded."

The vote was along party lines. The Republicans supported the measure and the Democrats rejected it.

ACA5 was titled "The Parental Notification, Child and Teen Safety and Stop Predators Act."

Approval by the legislature would have placed the measure on the November 2014 statewide ballot.

The measure did not require parental consent as did a previous Assembly measure, and included exemptions from notification of a parent in cases of a medical emergency, by a judicial waiver or with evidence of parental abuse.

"It defies common sense that state law requires a minor to have parental permission to get a tattoo, visit a tanning salon, travel for field trips or sporting events, purchase violent video games, even just receive an aspirin in school, but abortions can be secretly performed on an underage girl without her parents' or guardians' knowledge," Grove said when she presented the bill. "We're all in agreement that minors don't have the emotional or physical maturity to make many important decisions on their own. If parents have knowledge of their daughter's abortion, they can help with any serious emotional or physical complications that may result, or protect their daughters from future sexual exploitation and pregnancies."

The measure, she said, would serve to protect minors from the risks of secret abortions and prevent sexual predators from using abortions to conceal their exploitation of minor girls.

"Every day, young girls are taken for abortions by older men who want to keep it secret from parents and law enforcement. Young girls are trafficked from the streets of major California cities, even Bakersfield. As public servants, we have a responsibility to protect the most vulnerable among us from those who would do them harm."

According to legislative researcher Rob Smith, more than 35 states currently have some version of a parental notification requirement.

Co-authors of the measure were senators Anderson, Asms, Dahle, Donnelly, Beth Gaines, Hagman, Jones, Knight, Melendez, Nielsen and Wagner.

Grove spokesperson Kristina Brown said that the measure's Health Committee appearance was the first time it had been heard in committee.

"She's been working on it for a year," Brown said. "It won't be heard again."

In other Assembly business, Grove gave Governor Jerry Brown a pat on the back for his 2014-2015 budget.

"Taxpayers should be pleased to see that the governor has finally recognized the importance of starting to pay down the state's debts," Grove said. "My Republican colleagues and I have been calling for this type of fiscal responsibility for years. But it's not enough to just chip away at the stack of bills the government still has to pay; we have to tackle the root of the spending problem."



Shannon Grove

'Part 1' crimes drop 19% Tehachapi crimes down, arrests up

	2012	2013	% Change
Homicide	2	0	-100
Rape	4	5	+25
Robbery	9	7	-22
Aggreavated Assault	47	29	-38
Simple Assault	39	37	-5
Burglary	210	183	-13
Larceny	240	183	-24
Auto Theft	29	28	-3
Arson	0	0	No Change
Total Reports	580	472	-19
Misdemeanor Arrests	455	682	+49
Felony Arrests	225	296	+31
Juvenile Arrests	78	96	+23

Tehachapi Police Chief Jeff Kermode reports that FBI-tracked "Part 1" crimes in the city dropped 19 percent from 2012 to 2013.

The total number of reported crimes in that category was 580 in 2012. For the year 2013, the total fell to a total of 472.

"Part 1" crimes include homicide, rape, robbery, aggravated assault, simple assault, burglary, larceny, auto theft and arson. See chart.

The only "Part 1" crime that increased in the city of Tehachapi was rape, with five in 2013 compared to four in 2012.

Arrests, on the other hand were up, with 682 misdemeanor arrests in 2013, against 455 in 2012; 296 felony arrests in 2013 against 225 in 2012 and 96 juvenile arrests in 2013 against 78 in 2012.

With more arrests keeping people off the street, Kermode said, crime goes down.

"We got back to full patrol strength in 2013," Kermode said. "There were some [officer] injuries."

Full strength is a total of 15 sworn officers.

"With re-alignment we have been targeting repeat offenders and taking a zero tolerance approach [to drugs and drug influence]," Kermode said.

Keeping drug activity down helps control property crime, he said.

"Property crimes are driven by drug users."

Aggravated assault, Kermode said, arises often from domestic violence and alcohol.

The officers regularly carry out bar checks and make their presence known.

"The bars are tracking themselves fairly well now," he said.

Kermode said the community is helping itself in fighting crime.

"I want to give credit to the community, to the Greater Tehachapi Crime Watch and to social networking. People are being more aware, more careful. They are locking the doors on their cars."

He said that within a few weeks, the police web site will be updated. The site is reached via a link on the city website, www.tehachapicityhall.com.

"It is a major face-lift," he said.

Crime Prevention Specialist Teri Cryer is doing the web site update and is engaged in community outreach.

She organized the "Shop with a Cop" event and the senior citizen day at the Hitching Post Theater. Cryer also presents crime prevention talks in the schools.

School Resource Officer Mike Palmeteer works at Tehachapi High School, Monroe High School and Jacobsen Middle School.

Resource officer Zack St. John is assigned to the three elementary schools.

They establish a routine presence at the schools, help with bully problems, assist the administration and deal with drugs, fights and weapons.

"This school year has been a very quiet year on campus," Kermode said. "It's been a good year."

In addition to the chief, one officer is on duty on a Kern County narcotics team, two are school resource officers, two are sergeants and eight are patrol. The school resource officers also serve on patrol.

The department will move into the new police station, a former garment factory on East C Street that is being renovated, in mid-April, Kermode said.

"There's still a lot of finish work inside, - cabling and computer work. It has gone very smoothly. Aspen Builders are great to work with."

The wood beam entrance has a "mountain feel to it," he said.



Tehachapi Police Department Chief Jeff Kermode



Welcome! – Triassic Legacy Vineyard has new owners – three siblings whose roots run deep in Tehachapi. Jim Arnold of Newport Beach, with his wife Sally, sold his company and moved to Bear Valley Springs, where his family has had a presence for 42 years. His sister Annie Arnold, who is the vineyard marketing manager, moved from Carlsbad to Bear Valley

Springs. The third member of this troika is Country Real Estate broker/associate Teri Juergens. Their mother Alvalee Arnold was an original Bear Valley resident.

"Chuck [McCollough, the previous owner] is a great mentor," Jim Arnold said. "We want to complete his legacy and start a new chapter."

Arnold said buying the vineyard was a leap of faith. "My wife and I will learn new things and grow as a couple," he said.

They plan to establish a bed & breakfast in the chalet-like home on the property. They are stepping in at the right time. "This year's harvest was incredible," he said.



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the stage.

W N S I G

Answers: Wings

Guess Who?

I am an actor born in Pennsylvania on February 8, 1974. Some may know me as the werewolf "Oz" or for my voiceover work on "Family Guy."

Answers: Seth Green

SUDOKU

1		9						
	6				8			
			5			7		
	2						3	9
4		3	8		5			2
		6		2			8	4
7								5
	9					2		
2			4					1

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Level: Advanced

PUZZLE SOLUTION

1	7	9	2	3	6	4	5	8	
5	6	4	1	7	8	9	2	3	
3	8	2	5	4	9	7	1	6	
8	2	7	6	1	4	5	3	9	
4	1	3	8	9	5	6	7	2	
9	5	6	7	2	3	1	8	4	
7	4	1	9	8	2	3	6	5	
6	9	8	3	5	1	2	4	7	
2	3	5	4	6	7	8	9	1	

CLUES ACROSS

- | | |
|----------------------------------|------------------------------|
| 1. Esau's descendants home | 41. ___ and Venzetti |
| 5. Fragrant tropical tree resin | 42. Oil cartel |
| 10. Selection list | 43. Angry |
| 14. A rectangular groove | 44. Chauvinists |
| 15. Plant of a clone | 45. Bloodshot |
| 16. Three-banded Armadillo | 46. Swiss river |
| 17. Surrounded by | 47. 1/100 of a yen |
| 18. Muse of lyric poetry | 48. East northeast |
| 19. Give a job to | 49. Adorns |
| 20. Ceremonial staff bearer | 52. Egyptian statesman Anwar |
| 22. By way of | 55. Expel |
| 23. Bangladesh capital (old sp.) | 56. Expressed pleasure |
| 24. Taxicab registration | 60. Assist |
| 27. Consumed | 61. Jewish folklore legend |
| 30. Indian legume dish | 63. An unidentified aircraft |
| 31. Tire nut | 64. Singer Nat "King" |
| 32. Woman (Fr. abbr.) | 65. A level surface |
| 35. Spider's trap | 66. Israeli politician Abba |
| 37. Have already done | 67. Actor Kristofferson |
| 38. Picasso's Dora | 68. Paddled |
| 39. Sousaphones | 69. Locomoted |
| 40. Campaign contributor org. | |

CLUES DOWN

1. Mild yellow Dutch cheese
2. Fallow deer genus
3. Of an ode
4. Phone line connector
5. Before
6. Insect stage
7. Electronic communication
8. Relating to metal
9. Japanese Minister Hirobumi
10. Naval historian Alfred Thayer
11. A long narrative poem
12. Drug officer (US slang)
13. Carbamide
21. Park in Northern Spain
23. Canine
25. Hit lightly
26. Indiana Univ. Degree
27. Play performer
28. Hairpiece
29. Pulled away
32. Papier-__
33. Georgia city
34. Irregularly notched
36. Ladies' 1st Army branch
37. Begetter
38. Raincoat
40. Conic curve
41. __ Claus
43. Family Hominidae member
44. Personnel
46. Actor Carney
47. At peace
49. Joyce Carol __, US author
50. Of cheekbone
51. A one-edged cavalry sword
52. Potato pouch
53. Town in Ghana
54. Small store
57. Rover
58. Oh, God!
59. Force unit
61. Central mail bureau
62. __ student, learns healing

Celebrity Chiropractic Patients

Over the many years that I have been involved in the Chiropractic profession I have noticed a large number of celebrities in the sporting field and entertainment field have utilized the services of chiropractors to keep their bodies in the best shape possible.

Jerry Rice, the great wide receiver for the San Francisco 49ers has been an avid chiropractic patient since he began his professional football career in San Francisco. Many of the players from that team were patients of a Chiropractic Clinic owned by friend of mine in San Carlos, California. Players such as Roger Craig and Joe Montana also sought treatment at that same clinic.

Jerry Rice; however, has gone on to become a very vocal worldwide spokesperson for the Foundation for Chiropractic Progress and the entire chiropractic profession. He has stated many times during and after his playing career, and also when he was involved with "Dancing With the Stars", that chiropractic adjustments have kept him in good shape and competitive enough to play 20 years in the NFL.

Considering the attention that Jerry Rice has received throughout his career, on and off the field, he wants to share how to maximize health and wellness, whether you are a professional athlete, a weekend warrior or anywhere in between. He is quoted in "To Your Health" magazine as saying; "I've enjoyed considerable longevity as a professional athlete. I am now working on longevity in life. Chiropractic care has been and continues to be a key element of my game plan". Another quote; "Optimal health has been a key to the success in my athletic career, my dancing experience and my ability to enjoy life to the fullest". Go Jerry.

Some readers may recognize the name Aaron Rogers, the quarterback for the Green Bay Packers. He has been getting chiropractic adjustments all his life. His father happens to be a chiropractor in Chico, California.

There have been many golfers who have relied on chiropractic to keep them healthy during their careers. Arnold Palmer would take his personal Chiropractor on tour with him whenever he travelled overseas to play. When he played in the US he always checked to make sure there was a good chiropractor where he was going to be playing.

Many people in the entertainment industry use the services of chiropractors.

Dr. Brady -
the 'Spine Guy'

My niece in Auckland, New Zealand was working in her office one day when she received a phone call from a gentleman that asked if she made house calls. In this particular case, a "hotel room" call. When she arrived she was introduced to Mick Jagger of the Rolling Stones. He had hurt his back and needed some chiropractic care to continue with the upcoming concerts.

Over the years, there have been hundreds, if not thousands of well known people and celebrities that have turned to chiropractic to keep them in shape and competitive. For the past 50 years or more a majority of the Olympic Games teams from most of the participating countries have utilized Chiropractors in some way to maximize the potential of their athletes.

Another sport that utilizes Chiropractors is professional bull riding and all aspects of the Rodeo. Wrangler jeans is a major sponsor for professional rodeo and they maintain a large team of volunteer Chiropractors called "Wrangler Doctors", across the United States and Canada that are present at any and all Rodeos sponsored by Wrangler.

I wish I had more space to expand on this subject. Maybe I will write about more celebrities at a later date.

I guess my point is that everyone can benefit from chiropractic adjustments, so if you feel aches and pains and stiffness, give my office a call at 661 823 8888 and come in for a free consultation.

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Do You Know...

by Shirley Given

Do you know about the wonderful facility we have access to in Bakersfield? How many remember a time when a library checked out books, period? Great for pleasure reading, school research paper, etc.

That was about it. Next time you are in Bakersfield and have some spare time, visit the Beale Memorial Library, located at 701 Truxtun Ave. Bakersfield, CA. It is amazing what is available to the public and the convenience of the hours.

The Mission Statement reads: Kern County Library provides access to resources that enrich lives and the Vision statement says: We nurture creativity, education and imagination to inspire. The Beale Library takes these statements seriously and follows through with various programs available through the library.

The Beale Memorial Library was the first free library in Kern County and was created in 1900 by Mary Edwards Beale and her son Truxtun Beale. They dedicated the library to their husband and father, General Edward Fitzgerald Beale.

Today the library is home to extensive materials in fine arts, historic Kern Co., California maps and photographs, geology, mining and local history.

A new service provided by the Beale Library is accessed via Ipads iPhones or Android Smartphones. One can access the library 24/7, just log on to www.libanywhere.com to learn how to access via app on your phone.

Genealogy searches have become important in today's world. We no longer live in a world where are ancestors and relatives have resided in the same area for years. As the world becomes more mobile it has also become more difficult to locate and document ancestral information. The Beale Library has over 28 web links, giving individuals the opportunity to do comprehensive research in geological

Out 'n' About

background studies. This program is free and volunteers from the Kern County Geological Society are available Tuesday through Saturday from 1 to 4 p.m.

The Geological study portion of the Library is open Tuesday through Saturday from 11 a.m. to 4 p.m.

Programs and research tools are available for teens and children of all ages. A forward thinking concept the library has implemented for teens is the Rock the Vote program. The program encourages young people to become part of the voting process as soon as they are of age. Over a 20 year period the program has registered more young people than any other campaign organization.

There is the Veteran Research Center, computer focused programs, access to auto repair manuals, job and employment resources, craft and DIY resources, legal information and forms, story telling for young children and the Bakersfield Californian e-Edition, just to name a portion of the available assistance and programs the Beale Memorial Library offers Kern County residents.

We are fortunate to have such a well equipped resource facility, literally at our fingertips. The facility is impressive, staffed with knowledgeable volunteers and employees and peaceful, not just library quite but peaceful. If you have not been to the library before, take time when in Bakersfield and enjoy the experience.

The library is open Monday through Thursday 11 a.m. to 7 p.m. and Fridays 10 a.m. to 6 p.m. To apply for a Kern Co. library card you may go to www.kerncountylibrary.org or call 661-868-0701.



New Tractor Supply Company Store Planned for Tehachapi

BRENTWOOD, Tenn. (Jan. 7, 2014) – Construction is underway on a new Tractor Supply Company store in Tehachapi, the company's 28th California location.

Tractor Supply is the largest retail farm and ranch supply store chain in the United States and has been operating in California since 2004.

The Tehachapi Tractor Supply store will be located at 480 North Mill St., and will employ 12 to 17 full- and part-time team members. The store will include sales floor and support service space. A fenced exterior space will be used for storage and displaying items such as fencing, sprayers and livestock equipment.

"Tractor Supply looks forward to being a member of the Tehachapi community," said District Manager Bill LaBean. "Tehachapi is a great fit due to the part-time and hobby farmers, and horse owners in the area. And many of our new customers are surprised to find we also offer pet supplies and clothing items for the entire family."

The contractor for the project,

W.R. Newman of Nashville, Tenn., began construction on Oct. 7, 2013. A completion date has been tentatively set for late March.

Tractor Supply Company, listed on the NASDAQ Stock Exchange as TSCO, operates more than 1,245 stores in 48 states. Tractor Supply Company stores are focused on supplying the lifestyle needs of recreational farmers and ranchers. The company also serves the maintenance needs of those who enjoy the rural lifestyle, as well as tradesmen and small businesses. Tractor Supply Company stores are located in the outlying towns in major metropolitan markets and in rural communities. The company offers a comprehensive selection of merchandise for the health, care, growth and containment of horses, livestock and pets including select Purina and Nutrena brand feeds; a broad selection of agricultural products; and tools and hardware selected for our customers' needs. In addition, the company sells light truck equipment, work clothing for the entire family, and an extensive line of seasonal products including lawn and garden power equipment products.

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Community Happenings

Weekly Storytime

Enjoy Storytime every Thursday afternoon from 3:10 to 4 p.m. at Darlene's Real Swell Toys. Children of all ages are welcome. Darlene's is located at 103 W. H St. in Downtown Tehachapi.

Gandy Dancers Square Dance Club

The Tehachapi Gandy Dancers Square Dance Club will be holding new dancer classes every Wednesday beginning Jan. 15, 2014 at 6:30 pm.

Classes will be held in the Friendship Hall, Tehachapi Community Church at the corner of E. and Green Streets. Cost is \$6 per class.

Last date to sign up is Jan. 29, 2014. Phone 661-821-0493 for more information

VFW to Host First Town Hall Meeting Jan. 22

The Major Jason E. George VFW Post in Tehachapi is holding its first veterans town Hall meeting on Jan. 22.

The main topic will be benefits for the Veteran's and their spouses. All Veterans and spouses are welcome.

The meeting will be at the Tehachapi Veterans Memorial Building at 125 E. F St.

Refreshments will be served and the meeting will start at 7 p.m.

For more information call Alex at 661-822-6722.

What's up in Stallion Springs

submitted by Ed Gordon

Neighborhood Watch will meet at the CSD Building at 6 p.m. on Jan. 20. Everyone is invited. You do not need to be a Stallion Springs resident to attend.

The Stallion Springs CSD Board of Directors will hold its monthly meeting on Tuesday, Jan. 21 at the CSD Administration Building. Newly elected board President Dave Burt was involved in an automobile accident in mid January so Vice President Clydell Lamkin will preside.

Despicable Me 2, will be shown at 7 p.m. on Movie Night, Jan. 24 in the Corral room in the Community Center. Admission is free.

On the last Sunday of the month, Jan. 26, it will be skate night in the Gymnasium from 6 to 8 p.m.

The Property Owners Association will hold its general meeting on Jan. 28 at 6:30 p.m. at the Department will be the featured speaker.

The POA has tickets available to see, A Company of Wayward Saints, at the BeeKay Theater on February 7. Cost of the tickets is \$15 and 100 percent of the proceeds will go to the Scholarship Fund for a graduating senior from Tehachapi High School. Contact Lewis Brown a 818-438-4142 for additional information.

Kern Audubon Society Tehachapi Chapter

Our local bird club is having their next meeting on Tuesday Evening, Jan. 28, 2014 at 7:00 p.m. in Golden Hills Elementary School Cafeteria at 20215 Park Road

Our guest speaker will be Ali Sheehey Ali Sheehey, is an avid naturalist and anthropologist living in Kern County for the past twenty years. Currently Ali is the Programs Director for Sequoia ForestKeeper, a non-profit organization that protects the Giant Sequoias. Expect to leave her presentation on the Natural History of Kern County, with a deep appreciation for why this area of Central California is so special.

Please join us for an evening of sharing bird sightings and telling related stories.

Refreshments and a fundraising raffle are an added bonus.

Any items you would like to re-gift at our raffle?

Bringing them to the meeting!

GriefShare Meetings Restart Jan. 7

Sessions of GriefShare will begin Jan. 7, 2014 and meet every Tuesday through April 8, 2014, from 6:30 to 8:30 p.m.

This confidential, non-denominational, Christian-based series is to aid community members in processing grief associated with various losses. The group meets at Country Oak Baptist Church, 20915 Schout Road. Call 822-1379 for more information.

Get ready to take the plunge. The fourth annual Chile Dip is scheduled for noon on March 8. The event is a fund raiser for the Parks and Recreation Department.

The local CERT team recently delivered phone books in the Stallion area as part of a training exercise. While delivering the books the group used the time to become more familiar with the properties in the community. Notes were made as to number of houses on a street, terrain issues and other area specific issues. This information will be used to assist responders in the event of an emergency in the area.

Stallion Springs CERT has recently been designated as a 501(c)3 Corporation with Sandy Young as Chairperson and Sally Lawrence as Vice Chair.

CERT is also planning a Basic Class to begin in March. More information will be available once a start date is confirmed.

On line bill paying is now available to Stallion residents. You can save that trip to the CSD to pay your water or other CSD related bills. Go to Mysscsd.com for additional information and to register.

New Transfer Site stickers are available at the CSD office; the old one expired on Dec. 31.

Events through February for Tehachapi Library

Mondays - American Sign Language for Teens and Adults. Teens at 4:30 p.m. and Adults at 5:30 p.m.

Fridays - Preschool Story-time at 10 a.m.

Jan. 25, Feb. 8, Feb. 22. (Second & Fourth Saturdays): LEGO Club for Kids ages 5+ through middle-school age. Come to the library to create, learn, and play! Parents must accompany children.

Feb. 8, **Genealogy Club**: Come start your family tree and learn how to research family history at 10 a.m.

-Ebook Help: Did you get a new smart-phone or tablet for the holidays? Would you like to download E-Books or E-Audiobooks to your new device? Schedule an appointment with library staff to learn how to download E-Books and E-Audiobooks to your device using Kern County Library's Overdrive Media platform. Overdrive is free to use and there are never any late fees! You only need a library card to access.

-Computer Coaching: Do you need help learning how to use a Widows computer desktop or laptop? We now have a computer coach that can help you learn

computer basics. Please call the library for details and to schedule an appointment.

-LEGO Donations Needed: The branch is still looking for LEGO donations to increase our selection for children attending the LEGO club. Remember the club meets every 2nd and 4th Saturday @ 2pm. Come build with us at the library!

-New Genealogy Club: The Tehachapi branch is starting a new Genealogy Club that will meet once a month on the second Saturday at 10 a.m. The first meeting is Feb. 8. If you've ever wanted to create a family tree this is the place to help you get started. The basics of starting a family tree and researching your family's past will be taught.

-Like us on Facebook: Like our branch's page and keep up on branch activities and information at www.facebook.com/tehachapilibrary

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Together Plus, Men's Bible Study

Men from churches all over Tehachapi have come together to meet every Tuesday night for Together Plus men's bible study. This study is geared to build Christ centered men in the community.

The non-denominational event meets at 6.30 p.m. Christian Life Assembly has provided a meeting place at 920 W. Valley Blvd.

There is a time of worship, a message is presented by various area pastors, highlighted by a time in small groups that provides opportunity for sharing together and a great learning opportunity.

A catered dinner (\$5 donation) is served at 6 p.m. for the many men coming straight from work.

For more information Visit; www.togetherbiblestudy.org/ or call 858-472-3883.

Tehachapi Senior Center Weekly Activities

Lunch is at Noon on Weekdays

Bingo Closed until April 1

Monday

10:30 a.m. - Tai Chi

12:30 p.m. - Mexican Train (Dominoes)

1 p.m. - Line Dancing

Tuesday

10:00 a.m. - Pinochle/Cards

10 a.m. - Club Strength & Wood Carving

1:30 p.m. - Grief Support

4 p.m. - Bingo! Bingo! Closed UFN

Wednesday

10 a.m. - Zumba Gold

11 a.m. - Tai Chi

1:30 p.m. - Caregivers Education (1st Wed.)

1 p.m. - Early Stage Dementia/ Recipients (Second Wed.)

1 p.m. - Neuropathy Group (3rd Wed.)

Thursday

10 a.m. - Club Stretch & Bridge/Cards

12:30 p.m. - Game Day (3rd Thurs.)

1 p.m. - Knitting and Crocheting

1 p.m. - Caregivers Support (4th Wed)

Send us your Community Events

Submit them to: articles@theloopnewspaper.com

by Friday, Jan. 24 to be in the FEB. 1 issue!

Friends of California City Library Winter Book Sale

Thursday Feb. 6 3 to 6 p.m. • Friday Feb. 7 10 a.m. to 5 p.m. Saturday Feb. 8 10 a.m. to 2 p.m. • \$2 / Bag sale Sat. Noon to 2 p.m.

Great Selections! Romance, Mystery, Intrigue! Books for young and not so young. Large selection of how to and self help books. Enjoy your favorite authors at exceptional prices. Gently used paper back and hard cover books. Come check it out at the California City Library.

Proceeds Benefit your local library.

Relax after the busy holiday season, and curl up with a good book!

Vaccination/Micro Chip/Licensing Clinic

The clinic is from 8:30 a.m. to 1 p.m. and is at the West Park Activity Center, 410 W. D St. on Feb. 1. This clinic is open to anyone in Kern County (For residents living in unincorporated areas only).

If you want a Rabies vaccination for your dog, Kern County requires you get a dog license at the clinic. License fees vary depending upon whether or not the dog has been spayed or neutered, if you are a senior citizen, etc. Bring proof of your dog's spay or neuter to get the lowest price. If you do not have proof, call your vet and ask for a copy of the spay/neuter certificate.

Cats are not required to be licensed.

Dog License (altered) - \$15

Dog License (unalt.) - \$60

Rabies vaccinations: \$5

DHPP (dog) vaccinations: \$3 (this is the vaccination for parvo & distemper for puppies and adult dogs)

FVRCP (cat) vaccinations: \$3 \$3 (this is the vaccination for distemper for kittens and adult cats) Microchips: Free!

Tehachapi Mountain Quilt Guild Meets Feb. 3

The Tehachapi Mountain Quilt Guild's next meeting is Feb. 3rd, at the Bear Valley Church hall, 26180 Plateau Way, at 9:30am. Any and all quilters and those interested in quilting are invited to attend.

We are pleased to announce that Judy Sisneros will be our speaker for this meeting.

Judy has been quilting since 1987 and has enjoyed sewing for many more years. She's shared her love of quilting with students since 1993 and her goal is for each student to go away happy and with a unique quilt that is unlike hers or any other quilt in the workshop. Judy feels "As quilters, the most precious gifts we give (other than our time) are those we make on our sewing machines."

Judy will offer a workshop, "Circles with Pizzazz", on Tuesday Feb. 4.

County Supervisors Approve 2014 Tourism Grant Recipients

Efforts to bolster the local visitor industry received a significant boost on Dec. 3, 2013 when the Kern County Board of Supervisors approved \$100,000 worth of financial assistance through its popular Tourism Promotion Grant Program.

It is anticipated that awards for the 2014 grant cycle will be dispersed to recipients in January on behalf of the Board of Supervisors, who approved the awards. Now in its 13th year, the program has provided 263 grants totaling \$1,865,000 since its inception in 2001. The program is administered by the Kern County Board of Trade on behalf of the Supervisors.

Tourism is one of the primary economic pillars of Kern County's economy. According to the last statewide economic impact report for tourism, the value of visitor spending within Kern County was close to \$1.3 billion annually. The focus of this year's grant was once again direct marketing aimed at out-of-county visitors. The Board of Trade received 16 grant applications, of which 14 received either full or partial funding. Eligibility was limited to non-profit organizations with marketing projects designed to increase the number of tourists coming to Kern County or lengthen their stay. Awards were capped at \$10,000 per project or organization. Requests were evaluated by an independent committee.

Maximum awards of \$10,000 went to each of three organizations: The Tehachapi Tourism Commission was awarded funding to support out-of-county advertising for their Gran Fondo cycling event scheduled for 2014; Taft District Chamber of Commerce was awarded a grant to support billboard campaign along I-5 and Highway 99; and the Pine Mountain Club C.P.O.A. was

awarded funding to support several annual events.

Grants supporting promotion of specific events included \$8,445 to the Fox Theater Foundation to support the second annual "Outside the Box" film festival. \$8,000 for advertising the second annual "Nut Festival" sponsored by the Kern County Museum Foundation, \$6,000 to promote the Center of the World Festival, \$5,655 to support the annual Ridge Route Run Car Show Marketing hosted by the Frazier Mountain Car Club, \$2,800 to aid the Frazier Mountain FOCUS Central, Inc.'s Five-Day Theatrical Production.

Additional grants awarded for general visitor awareness programs included: \$9,800 to the Kern River Valley Chamber for cinema and print advertising; \$9,000 to the Kernville Chamber of Commerce to attend trades shows and to support radio, internet, and direct mail marketing; \$3000 to California City for various event marketing; \$9,800 to Friends of Jawbone OHV organization to purchase tourism-loaded tablets for the 2014 Pow Wow; \$1,000 to the Ridge Route Communities Museum for brochures; and \$6,500 to the Buena Vista Museum of Natural History for brochures.

The California Travel and Tourism Commission put total visitor spending statewide at \$80.7 billion during the last reporting period, with \$1.3 billion of that in Kern County. Visitor spending is credited with sustaining almost 13,000 Kern County jobs with over \$318 million in payroll, providing \$76.6 million in tax revenue including \$16.2 million paid to the County and local cities – primarily through sales and lodging taxes.

Tehachapi Valley Arts Association to Sponsor Photo Contest

Photographers it's that time of year again! TVAA is sponsoring it's 8th annual February photo contest. Grab your cameras and get busy snapping those last minute perfect photos. Gallery 'N' Gifts is accepting photo submissions between Jan. 27 and Feb. 3.

Submissions are \$5 each and you can submit up to seven entries. Photos will be displayed in the fine arts room at Gallery N'

Gifts from Feb. 7 to 25 with a special First Friday Artists Reception on Feb 7 from 5-8 p.m. Cash prizes will be given out at the reception for best of show and first place awards, plus ribbons for all other winning photos. Official rules and entry forms can be picked up at Gallery N Gifts located at 100 W. Tehachapi Blvd, or on our website at www.galleryngifts.org.

For more information call 822-6062.

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Have you ever felt when you had kids that someone forgot to give you the instruction manual? Cute little babies turn into crazy teenagers! Darling toddlers become tyrannical rebellious pre-teens. Sweet preschoolers become sarcastic sixth-graders.

As our children grow up, we can find ourselves facing issues and problems that we never anticipated. It can cause a lot worry and stress.

We wonder about what kind of people our own kids are hanging out with. What kind of influences are in their life? We anxiously read the headlines and listen to the news and wonder for our kid's safety. Sometimes we feel powerless, small or alone. How in the world are we going to manage raising our kids in this increasingly difficult world?

Come and join one of our prayer groups where other moms **just like you** meet to pray and ask for God's wisdom and help in raising our children. You are not alone. Moms are gathering right now to pray for our own kids, your kids and our schools. You will find that fear turns into faith and anxiety turns into hope. Come and **see** how God will answer your prayers. If you want more info,

call Joanne Moss at 821-0720. Or just come to one of our groups. You are welcome!!

Our Groups:

Cummings Valley Elementary MIP Group meets on Mondays at 9:30 a.m. at Bear Valley Church

Golden Hills Elementary School meets on Thursday at 9:15 a.m. Country Oaks Baptist

Heritage Oak School MIP Group meets on Fridays at 2:15 p.m. at Country Oaks Baptist Church

Homeschool Moms Group meets on Fridays at 3:30 p.m. at Sovereign Grace Church

Jacobsen Middle School MIP Group meets on Thursdays 10 a.m. at Tehachapi Mountain Vineyard

Tehachapi High School Group meets on Wednesdays 1 p.m. at Nazarene Church

Monroe High School Group meets on Wednesdays 10 a.m. at Mountaineer Estates Home

College/Career Age Moms Group meets on Wednesdays at 8 a.m. at Bear Valley Church

Check us out on
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YOU ARE NOT ALONE! – You can visit www.TehachapiLGBT.com. This website promotes the health and well-being of lesbian, gay, bisexual and transgender persons, and their friends and families in Tehachapi. Help Hotlines are available! Go online for information.

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HENRY'S CAFE – now hiring Cook position. Full time no exp, necessary. Must be available 7 days a week, early morning and afternoons. Apply in person at 550 Tucker Rd.

TEHACHAPI WELLNESS CENTER– seeking a Licensed Marriage Family Therapist and Licensed Massage Therapist. Fax Resumes to 661-822-5729

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Orientation 10 – 3:00 p.m.

Exploring is a Learning-for-Life career education program for young men and women ages 14 (completed 8th grade) to 20 years old. Exploring provides experience to help young people mature in preparation to become responsible and caring adults. Participants will be introduced to all aspects of healthcare.

For more details contact
Gayle Kuhar, RN, BSN, at
(661) 823-3009



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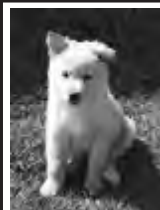
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'Native American Rock Art' Movie Premieres in Tehachapi

by Charles White

The "world premiere" of Talking Stone, The Rock Art of The Cosos will be held in Tehachapi on Thursday Jan. 23. The premiere will be screened at The Hitching Post Theater at 6 p.m. with a brief introduction of the producer and others involved with film, followed by a Q & A session. A reception will be held at the Tehachapi Museum following the program. DVD's of the film will be available for sale.

The film was the brainchild of archaeologist Alan Garfinkel Gold who has partnered with film producer Paul Goldsmith to create a visually beautiful film tracing the origins of the rock drawings in the Coso region. Goldsmith describes the film: "Hidden away in the canyons of a top-secret military base on the edge of the Mojave Desert is the largest concentration of rock art in North America. Created over thousands of years by a now vanished culture, it represents the oldest art in California. Talking Stone, the film, explores these canyons and the mysteries surrounding these indelible images."

The Tehachapi Heritage League assisted in the production and was chosen as the site for the premiere. Local Kawaiisu tribal elder Harold Williams appears in the documentary, which is dedicated to recently deceased tribal



Rock art drawing depicting bighorn sheep which are depicted in thousands of petroglyphs found in Little Petroglyph Canyon located near Ridgecrest, CA. Photo provided.

elder Ron Wermuth. The Hitching Post is the ideal Tehachapi location due to the newly installed equipment for digital projection and sound, along with new seating.

Seating is limited and reservations can be made by calling the Tehachapi Museum at 661-822-8152.

Admission price is \$15, which includes

the reception at the museum, featuring refreshments from Petra Mediterranean Deli. Reservations can also be made and paid in person at the Museum during regular hours of noon to 4 p.m. on Fridays, Saturdays, and Sundays. The Museum is located at 310 S. Green St., a short walk from the Hitching Post Theater located at Green and F streets.

Local Movie Premieres



Tehachapi P.D. Crime Prevention Awareness Senior Day at the Movies

by Teri Cryer- Crime Prevention Officer Tehachapi Police Department

There will be a 15-minute crime prevention talk that changes every month. This month it will be on the misuse of prescription drugs, who's doing it and why and how and where to properly dispose of the meds.



The movie this month is Jack Ryan: Shadow Recruit, rated PG13, showing at the Hitching Post Theatre on Jan. 29 (Wed) at the 12:30 p.m. showing. Doors open at noon.

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Talking about the Unpopular

by Victoria Alwin, MSRD

One thing which gets all of us sooner or later is nausea, vomiting and/or diarrhea. It is hard enough to bring up with your doctor, let alone anyone else. Let's face it: worshipping the porcelain goddess, with either vomiting or diarrhea, loses any appeal quickly and can become very scary.

The biggest problems with either malady are the potential for dehydration and what is known as an "electrolyte imbalance."

When everything seems to be going through you without stopping or [is] coming up like a trampoline, certain minerals which were designed to stay, as well as water, also leave the body. This exodus of the essential increases the chance for deadly changes in heart rhythm and brain functions. For this reason, should vomiting or diarrhea continue, your doctor or healthcare provider should be called to solve the situation.

There are some things with food that can be done to help. For nausea/vomiting, most of us know to stay away from spicy foods which can upset the stomach on good days. Coffee and milk can also be upsetting at this time. Sometimes old fashioned cures do work. Root beer was discovered to help with nausea and vomiting before Columbus found the new world. Ginger ale was also helps with nausea and sea sickness. Coke® and 7UP® can be used too.

One of two important things to remember with any of these sodas is that the

Nutrition Corner

colder they are, the faster they will come up.

The second is that the carbonation or bubbles will have the same trampoline effect-first down, then up again. Don't like soda? Try tea. The ingredients that help are chamomile, mint and fennel or anise seeds. These can be found in various teas found at store, such as Sleepy Time or Sweet Dreams. Just make sure that the resulting tea is light in color, not dark. A little bit will do just fine.

In addition to the soda or tea, the other "magic" food is saltine crackers or white bread. The "cure" is to take one sip of soda or tea and two bites of crackers. Wait. If it stays down, repeat. If it comes up, wait and try again when things settle down. Always wait for the stomach to "settle" before trying again.

In between the soda/tea, you can always try Gatorade® and Pedialyte®, with crackers, to replace some of the good stuff which you lost.

For diarrhea, we know that certain foods can slow it down. These include cheeses like cheddar, hard boiled eggs, bananas and cooked applesauce, which is what you normally buy at the store.

Certain foods like milk, coffee and chocolate might make the diarrhea worse. One temptation is to drink less water because you think it might also make the diarrhea worse. It won't. It is important to replace what you fluid you have lost.

Again, this isn't a conversation for polite company, but I have found it to be an important discussion regardless.

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'Old-School' Country Singer Amber Cross Fiddlers Crossing

by Deborah Hand-Cutler

In its nearly four years as a venue, Fiddlers Crossing has been introducing Tehachapi to a wide variety of acoustic musicians. Some are well-established favorites in blues, Celtic, bluegrass, folk and Americana. Some are bright young stars-to-be.

Amber Cross is one of those singers that you'll soon enough be able to tell your friends, "I heard her first at Fiddlers Crossing." Listening to her old-school country songs and honest back porch voice has been likened to putting an archival Smithsonian recording on the turntable. She writes from her own life's struggles and experiences – with great power, emotion and a sense of place.

Originally from Maine, Amber spent her early years surrounded by gospel music in a small town church, where her father preached and her mother played piano.

After leaving her studies at the University of New Mexico to pursue her love for music in 2003, Amber has lived up and down the coast of California – from Sonoma County, the San Joaquin River Valley, San Francisco and the Sierra foothills – and many of her songs evoke these places. She now resides in San Luis Obispo where she regularly performs

at local venues, including the Live Oak Festival. She has opened for such artists as Ramblin' Jack Elliott, Dave Stamey, the The Austin Lounge Lizards, and others.

Her debut album, "You Can Come In," released in March 2013, received a five-star review from "Country Music People Magazine," and was their CD Of The Month in their May 2013 issue.

A video of her original song, "San Joaquin," can be found on her website, Ambercross.com.

A full television interview with Amber Cross that includes the video can be viewed at KCOY.

Cross plays guitar and performs both solo and with backup players. At Fiddlers Crossing, she will be accompanied by her husband, guitarist James Moore, and by Cajun/old-time fiddler Gary Arcemont.

Fiddlers Crossing is at 206 E. F St. at Robinson Street, in Downtown Tehachapi. Tickets may be purchased next door at Mountain Music, Tehachapi Treasure Trove, Tehachapi Furniture in Old Town, or with a credit card by calling 661-823-9994. Tickets to the concert are \$20, and as always, coffee and goodies are included. The concert begins at 7 p.m. Doors open at 6:30 p.m.

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