



Aug.



Sept.



March

Year in Review 2013



March



May

(Counterclockwise from Bottom Left): New Tehachapi Hospital ground breaking; Dakota Hokanson's First Place submission for Chalk on the Walk 2013; updating murals around Tehachapi; the Horowitz' at the Tehachapi Hospital groundbreaking; and Joel Beckmann with the Fourth Annual Intermediate Space Challenge's trophy.

Mural restoration photo by Claudia White, others by Tina Forde.

Look
In this Issue

Skywatch Returns pg.11

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Bird Count 2013 pg.28

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THE LOOP

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BLACKBOX Studio Production

The Cemetery Club

by Ivan Menchell

Directed by Brian Terpstra



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Cemetery Club

by Nick Altieri

Kick off your New Year with an evening of delightful theater as Tehachapi Community Theater presents the production of Ivan Menchell's "Cemetery Club." The play opens at the Beekay Theater, Jan. 16, at 7:30 p.m. and will run four days only, through Jan. 18, with the Sunday matinee at 2 p.m. The Beekay Theater is located at 110 S. Green St. in downtown Tehachapi.

This emotional drama touches on many subjects and themes, some humorous and some heartrending; it is suggested for an adult audience. This is a "Black Box" production, which means the set is minimalist so that the audience will experience the characters without too much distraction. The story line involves three New York Jewish widows who meet

TCT Presents

once a month for tea before going to visit their husbands' graves. Ida, sweet, affable and ready to begin a new life, is performed wonderfully by Jackie Walters.

Leslie Reynolds-Nuckols becomes Lucille, a feisty embodiment of the girl who just wants to have fun. Daniella Hernandez's version of Doris is prim, complacent and judgmental, particularly when Sam the butcher, executed in an understated manner by Dave Shacklock, enters the scene. Finally Silent Wolf intrudes in a pleasurable cameo as Mildred. This production is directed by long-time Tehachapi Community Theater veteran Brian Terpstra. Brian is celebrating his twentieth year as an active member of TCT and is thrilled to bring this play back to Tehachapi. "I am honored and delighted that my fellow players allowed me the opportunity to once again direct this story," he said.

Terpstra has directed and acted in many TCT productions over the years, and noted he is thrilled with this cast. All five actors are stage veterans of the local scene, as well as other theaters and troupes, and promise to deliver strong performances to the BeeKay stage. You can enjoy something pleasant but reach a point where you've had enough. Isn't it wonderful to be so content? You can stay hungry and enthusiastic. Isn't it wonderful to keep wanting more? This play will leave you satisfied and wanting to see future productions from the Tehachapi Community Theater.

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Bent Star Project

by Mark Pestana

This is the story behind my painting, which I've donated to The BentProp Project. The full story is documented in the new book, *Vanished*, by Wil S. Hylton.

The Project relies on donations to fund their search for the MIAs. Limited Edition signed prints are available to help fund their searches.

On Sept. 1, 1944, during a mission from Wakde Island, New Guinea, against Koror, Palau, B-24J "42-73453" was hit in the left wing and No. 2 engine by anti-aircraft fire. The ensuing fire engulfed the

wing and fuselage. Three crew members parachuted before the aircraft broke apart and crashed into the sea.

All 11 crew members were reported MIA until volunteer searchers from The BentProp® Project found the aircraft on Jan. 26, 2004. Remains of eight crew members were recovered and interred at Arlington National Cemetery.

The three survivors, captured and executed, remain MIA.

The search continues.

www.BentStarproject.org

Artist Spotlight

Oh No, It's That Time Again!

by Sheila Zanghi, Pioneer True Value

By my, oh my, how the time does fly – it seems only a few months ago I stopped sending out Christmas cards when the postage went up to 15 cents per stamp. (It was probably 1979.) I still feel pangs of guilt as I receive cards from friends and family.

This card-guilt thing reminds me of another guilt-inducing activity I have been participating in for years – New Year's Resolutions. Every year I would spend days enumerating the actions I resolved to adhere to the following year. I numbered them. I sub-categorized them. I followed the proper outline procedures and developed lovely lists – lists that would be lost within the first week of the New Year. I came across a stash of them that spanned decades – all the same.

Number one – lose weight.

Number two – get organized.

Number three – eat healthy.

Number four – this year mail out

Christmas cards!

Of course, sadly, not one of the resolutions was checked off.

A few years ago I decided to only list the things I knew I would accomplish, eventually. One list had one item on it – buy bread. I had crossed that off and felt accomplished. The last four years I did something a little different. First of all I didn't write out my resolutions until the ninth of January. By that day the feverish euphoria of resolving had subsided and I could really concentrate on doable goals. My favorite is – you guessed it – getting organized. Little by little, with the use of storage containers and a log to record their contents in case I needed to find them, I started to get a handle on the **stuff**.

Now I am once again inundated with stuff inherited from my mom and I am faced with the task of organizing it. My sister, Jan, came and helped me for one day. I got purple totes for Jan to put her pictures and things in and we got quite a bit accomplished – about 100 pounds with about 20,000 pounds left. (I hope I'm exaggerating.) So, now I am sure my January 9th list with have one item on it – organize the stuff. So, I am buying my color-coordinated totes and I'll start the organizing piles

1. Trash,
2. Stuff to give away,
3. Stuff to keep.

Everything else will be put in purple totes and delivered to Jan. (Perhaps on a day she happens to be away.)

Totes are now on sale at Pioneer True Value to help you get started on your stuff. Have a Happy Organized New Year!



Emma Culpepper wanted a colorful tote--not a box.



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Sale

Darlene is having a blow out sale to make room for the newest and swellest toys. Fill up your shopping basket. Photo by Harriet Clendenin.

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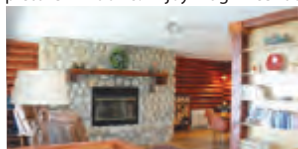
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2014 Affordability Snapshot

by Tammy Engel, Mortgage Advisor

Let's take a quick look at the affordability of today's housing market. For each of these scenarios we'll assume a pristine credit report, more than two years on the same job, and cash to close belonging to the buyer for at least two months.

For a buyer who can afford to spend about \$1100 per month on housing, what does that mean about the purchase price? Programs, rates, down payments, and homeowners insurance have everything to do with monthly payments, so these scenarios are just a ballpark idea of what is currently possible.

When using a VA entitlement for the first time, your purchase price might be \$170,000. When using FHA, shop for a price around \$150,000. If we still get to use the USDA program after the end of this month, your price might be \$160,000. Buying a rental? Maybe \$190,000 hits the same payment

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

Mortgage Matters

target. You already know that terms and restrictions will apply.

What's more real than ever is federal oversight about how loans qualify. Debt ratios are tighter, and there is more scrutiny than ever about the flow of money being used to buy a home.

Your best bet, if you think you'll want to buy a home soon, is to get with a mortgage professional long before you call a Realtor or shop for homes on line. Financing is still available for lots of folks, but it's important to know how you fit in the box - or what you need to do to prepare for a formal home loan approval.



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Meet Your New Neighbors

by Pat Doody, Welcome Hostess

Joan Fick moved to Tehachapi from Simi Valley to be near her children and to have the four seasons she experienced when she was younger.

Although Joan was primarily raised in Sylmar, she was actually born in Olean, New York. Her family also spent some time in Elmira, New York where she claims she learned to skate on the dikes. She says she still has "hundreds of relatives" in upstate New York. Her sons, Aaron and John, also live in Tehachapi.

Aaron, his wife Renee, and grandson Daaron are also new to Tehachapi and are expecting a new baby boy due before Christmas. I visited with them in November, and they were featured in a prior article. This new grandbaby has certainly added much excitement to the family holiday season.

Although she is currently employed at Kmart, Joan has spent the last ten years as a business advisory coach for Specialty Merchandising Corporation (SMC) in the Simi Valley. Her current household includes four very energetic pups. Five year old Milo is a pointer who adores Joan and follows her everywhere. Mama, who was found in front of Kmart, is thought to be about six months old. Pete, a Jack Russell/Chihuahua mix, is about two years old. All three of these dogs are certified therapy dogs. Then there is Brownie who was a visitor who adopted Joan.

Like her son, Aaron, Joan is an artist, preferring to paint portraits and landscapes in oil or watercolor. She also sews and loves to make Raggedy Ann dolls. In fact, Joan told me that she and her mother had a doll shop in the San Fernando Valley 30 years ago. According to Joan, her next project was to be making her traditional candy for Christmas. Welcome, Joan, and I know you'll be a grandmother again by the time you read this.

Laura and Andrew Pinger seem to have settled nicely into Bear Valley Springs. They arrived from Portland, Oregon in October and Andrew began his work as a

biologist on the wind farms with Western Ecosystems Technology. He is responsible for monitoring the safety of the area's California condors to ensure compliance with federal regulations.

Laura works from home where she does social work consulting for now but plans to eventually do some clinical work.

Their son, two year old Leo, has his own busy social life attending preschool two or three afternoons a week. According to Laura, the Pingers had been in Portland for three years before moving to Tehachapi.

Andrew attended Portland State where he studied both biology and journalism. His father is an entomologist so it is no surprise that Andrew's chosen field is related to biology.

Neither Laura nor Andrew is native to the west coast and their families are spread across the country. Originally from Washington DC, Andrew has a brother in Oregon, a brother in Indiana and a sister in Wisconsin. Laura is originally from Virginia and has one sister in Virginia and another in Utah.

Between work and Leo, Laura has very little free time. However, when she does, she likes to cook and sew. Says her favorite things to make are baby items.

Andrew is an outdoorsman. He likes to hunt and fish but his real hobby is making custom bows and arrows to be used for hunting.

It would appear that Tehachapi will be the perfect environment for this young couple. Welcome Andrew, Laura and Leo.

I want to wish all the Loop readers a Happy New Year and may you all have a very prosperous 2014. ~ Pat Doody



It's Planting Time, Again!

by Rick Gillies, owner of Mountain Garden Nursery

During the dormant months of January, February and March bareroot roses, fruit and shade trees, flowering trees and shrubs, lilacs, berries and rhubarb are available at great savings over canned prices.

Twenty-five to 50 percent savings are standard, but some of the larger shade trees can show a greater percent savings!

For those of you who may not be familiar with the term bareroot, I will attempt an explanation!

Bareroot plants are those that come to the nursery without soil around the roots, hence saving money on cans, soil, amendments and labor. This can only be accomplished in the dormant season, after the leaves have fallen.

On arrival, the plants are carefully put away into holding beds of sand to keep them moist and protected.

Some nurseries sell bareroot trees and roses pre-packaged in plastic bags filled with shavings to keep them moist.

Caution! Buying trees or roses that have been stored inside a store can be fatal in Tehachapi and the High Desert. The plants start to leaf out too early and are traumatized when planted in the frigid outdoors.

After the snow and rain, the soil is very nice to dig right now! So everything is in your favor: low cost, good soil conditions, weather and the enjoyment of making your yard beautiful and more productive.

These, along with some winter

physical exercise, are all beneficial.

Every year one of the biggest mistakes people make is procrastination. They wait until spring, when the weather is nice, to buy bareroot. That's too late for most plants!

Again, bareroot is only sold in the winter months!

In our climate, we are fortunate to be able to plant now!

Other regions, like zones 1-3 may be frozen nearly all winter or more tropical zones have a very short dormant season, so even though its chilly, we are fortunate!

Think of planting trees and bushes as a positive return from the production of fruit for pies, berries for ice cream, shade for summer cooling, and the enjoyment of flowering trees and shrubs!

If the weather is too bad, trees may be reserved until you are ready to plant. Pre-payment is required to hold your selections!

There is a difference in fruit. That's why there are so many varieties. Why not buy something you really enjoy and have it in your backyard, instead of buying only what the fruit stands might have available? All are in limited supply. Come in and look around.



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Dog Speed

by Liz R. Kover, Marley's Mutts Dog Rescue

A Dog's Life



Liz and her dogs. This is one of Liz's favorite pictures.

We see and experience more every day the ways in which dogs have the power to help people. They help us see, hear, and stand when we cannot. They help us detect diseases and medical emergencies more quickly and accurately than even the most advanced technology can. They save us from what would inevitably be a lonely earth-bound existence without them, and they act as conduits for comfort and healing in times of unimaginable grief.

Every person I know who works in rescue, training, or other fields involving dogs has a meaningful story behind their canine-connected fate.

As we approach the end of the year, I reflect strongly on my own story – the particular ways in which dogs affected me at a pivotal point in my life that led me to do what I do... and to become who I am. I would like to share that story with you now.

During an anomalous self-destructive phase in her early twenties, my Mom contracted Hepatitis C through abusing intravenous drugs and sharing needles. For my entire life growing up, she was 100% clean, sober and seemingly, completely healthy. A vibrant, beautiful redhead with a contagious lust for life and a smile that shone for miles, my mom was always moving. She volunteered for countless organizations, using her many talents and her selfless heart to bring joy to others. She acted and sang with the children's traveling theater, where she performed plays weekly at different elementary schools around Denver. She did in-home day-care when we were growing up, creatively and interactively hosting a group of kids that were more like siblings to us than friends. During our Colorado winters, Mom would outfit all of us in snowsuits and delight in watching us fly down the big hill in the backyard on saucers. In the summers, we would ride our bikes around the park's path while Mom roller-skated, always going the opposite way so that she could pass and say hi as we sped by each other on

our respective wheels. Mom read books on tape for the Library for the Blind; she was the head of the PTA; she baked incredible homemade pies, cookies and bread; she made me laugh harder than anyone or anything else ever has. During my third-grade talent show, she danced on stage with reckless abandon to Paul Simon's "Boy in the Bubble". Her ability to "dance like no one was watching", even when hundreds of people actually were, embarrassed me back then. Now, the thought brings on waves of appreciation and nostalgia so intense as to momentarily steal my breath.

In the meantime, Hepatitis C – known by those familiar with its dastardly ways as the "silent killer" – was slowly but surely turning my mom's liver into scar tissue. By the time she showed any symptoms of cirrhosis, (at an extremely youthful age 55), the disease was in its final stages, and - in spite of our incredible joint liver transplant in June of 2004 - she died six months and eight days later, thirteen minutes before midnight on the same day her own mother had passed away: New Year's Eve.

During the time that I was physically healing after surgery, and in the six months we spent with Mom in the ICU before she took her "final flight", I was (blessed to be) walking dogs and pet sitting as my primary source of income. Thank God for this, because I couldn't last an hour without collapsing under the weight of sadness, nor did I have energy available for use in anything customer service-related. So rather than return to the coffee shop job I had prior to the surgery, I walked and ran with dogs all day, every day. In the sun, the rain, the wind and the snow, we walked and ran and hiked. I cried and cried and cried. I cried and cried until through the cleansing wash of tears it was revealed... that my mom's absolute physical absence, translated into her absolute spiritual presence. It was during that time I spent with dogs – literally and figuratively moving forward, that I learned to live

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again after the person who gave me life had died.

A year later, I was invited to come live with friends on the Big Island of Hawaii. Here, I spent time with my friends and their dogs, exploring wild tropical terrain and adventuring across exquisite land and seascapes.

Being with dogs at this time allowed for a wide-open, honest flow of emotion. As brutal as it was to experience the depths of anguish and sorrow that I did, it allowed me - over time - to reach a place of acceptance. Even for the connection between my Mom and me to grow fathoms deeper, which I never would've imagined possible for souls as close as ours. By living fully and vividly - in the moment, where dogs always exist - I was free to grieve and heal, and feel all that the process entailed for me. This was crucial to my being able to move on; even to cultivate a greater and more divinely inspired understanding of what it meant to be alive.

When my mom's physical form perished, so too did the life I had known. It was an elemental turning point in the evolution of my spirit, and dogs were the earth angels that accompanied me as I

picked my broken self up and continued on. Today, nine years later as of Dec. 31, 2013, dogs continue to inform and inspire my every move.

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 Jan. 4 and Feb. 1. This clinic is open to anyone in Kern County and is being offered in conjunction with the spay/neuter clinic (reservation for this happened in December).

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.
Rabies vaccinations: \$5
DHPP (dog) vaccinations: \$3
FVRCP (cat) vaccinations: \$3
Microchips: Free!

The Loop's 'Adopt A Pet'

Florie

Florie is a 6 mos, 35 lb. female Pointer/PB Mix beautiful sweetheart that is very obedient, a very smart playful playmate, smart, quick to learn, happy heart who loves to stay by your feet watching TV and completely share her loving, warm heart with yours. Florie is the most amazing pet that is perfect for all types of families, playmates and special lifetime soulmate that is very rare to find to share our lifetimes together.



Korie

Korie is a 3-4 yr. male Carin Terrier Mix that will be your most loving little "Toto" devoted friend always sharing tummy rubs, walks, playing, sharing your lap on the couch together. Korie is perfect for all types of families and playmates and lifestyles.



Rocky

Rocky is a 1-2 yr. male Chihuahua that melts into your heart with his first kiss and cuddle. Rocky is wonderful for all types of families and playmates who lays in your lap, shares tummy rubs and cuddles. Rocky is especially hoping to find a full time retired family to share walks and your days together.



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!

Daisy Duke

Daisy Duke is a well-mannered, wonderfully housetrained girl. She is approximately 3 years old, is warm, friendly, good with everyone. We can't say enough about her temperament. If you are looking for a perfect dog, Daisy Duke is your girl.



Brutus

Brutus is a neat dog for the right person who likes big ugly dogs (sorry Brutus). He is part Bull Mastif and probably Pit. This is a great dog, but he hates cats so if you have cats or your neighbors have cats that get in your yard, don't even consider this guy. He's gentle, good with children, good with other larger dogs. He doesn't slobber. We recommend him for a single man or a retired couple.



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.

Marty

Marty is a six month-old Terrier mix with Hydrocephalus and other resulting neurological issues. His vision is poor; most likely he sees only shadows. He adapts very well to his environment. He has a high-stepping gate due to his condition. He will need help with potty training and someone to care for him that understands he needs extra care and patience. Marty does not like being restrained, though he will sit calmly on a lap and is very well behaved in the car. Since starting him on Omeprazole his balance has improved greatly and he no longer falls backwards. He is a very happy, sweet dog and loves to play with his foster's small dogs. If Marty were to get neutered, a consult would be needed with Dr Edward Jezbera at the Neurology Center as Marty would need a specific type of anesthesia. Marty is fully vaccinated. Marty will require a very special person to care for him and give him the life he deserves. Please contact Evy at eanzevino@yahoo.com.



Butterball

Butterball is an eight year old golden colored chihuahua. Butter gets along well with other dogs and he doesn't seem to mind cats. He is a little fellow that loves to go — whether for a walk or in the car he doesn't care. If he is hanging out at home he loves to sit in your lap, but if there isn't a lap available, a nice pillow will do, either on the floor or in front of the fireplace (which is where he is right now, snoring). If you are looking for a calm, takes-life-as-it-comes kind of dog, Butterball is the guy for you. If you'd like to welcome Butterball into your family, please visit www.marleymutts.com to fill out an adoption application.



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
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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

Sparrow



Sparrow was in poor shape when she arrived at our facility: very thin, covered with scars, and with a bad case of mange. We sent her to rehabilitate with one of our fosters and with medical attention and kind care she made the trip back to health. Sparrow was probably born in 2008. She is red with natural ears and a docked tail. Sparrow constantly does the full body wag and she is very affectionate. She is good with other social dogs although she does tend to be pushy and needs to be with easygoing playful types. She takes thyroid medication twice a day. She would make a fine companion for someone who likes Dobermans, but is not particularly active. Sparrow adores people and will need only a little training, but lots of love and attention. She does need a 6 ft fence and she likes to dig. Sparrow is crate-trained.

Please visit our website: www.dobiesos.org and click 'Adopting' for more adoption information.



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Tiny Angel

Tiny Angel is all that and more; she's a 2 pound, 2 month precious puppy and a happy little girl who loves to play w/other dogs and people (she's also housetrained). To adopt loving Tiny Angel (a Chihuahua) in to your heart & forever home, by all means, 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?



Sabrina

Sabrina is a 4 month, 4 pound Rat 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 sweet Sabrina, please call Marsha, 661-823-7868.



Stash

Stash is a 5 to 6 month old Doxie/Terrier mix. He is tan with a black mouth and tail. He has been neutered, micro-chipped and current on all of his shots. He is learning to walk on a leash, is house trained, crate trained. Stash gets along with other dogs and loves to play. Don't know about about cats.

Stash is a very loving little boy looking for a great forever home.



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.



Mommadog

Mommadog is a 2 year old spayed wire haired Doxie Terrier mix. She has been micro-chipped and is current on all of her shots. She is house trained, crate trained and walks on a leash. She likes to ride in the car. She is very playful and gets along with other dogs. We don't know about cats. Her baby Stash is also available. She is looking for a great loving home.



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(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.

Mojave Water

by Susan Wiggins

In light of the fact that California is facing yet another drought season, I decided to write about an article my mother Marion Deaver wrote on the history of water in Mojave and the formation of the Mojave Public Utilities District.

Mojave was called the "Land of Little Rain" by Author Mary Austin. Water was, and is, the topic of concern in Mojave and other East Kern communities who strive to provide enough water for present and future development in the region.

As you [may] have read in this and other columns, Mojave was created by the Southern Pacific Railroad in 1876. The railroad company chose the site at the foot of the nearby Tehachapi Mountains where they could maintain a fleet of steam helper engines to help their trains up the Tehachapi grade to the Summit.

It was also a good junction site for routes to Owens Valley, Death Valley, and Barstow and Needles. But they discovered it was not a good site for water.

The railroad company drilled several wells with little or no water, so they had to look elsewhere. They found water 12 miles to the northwest of them, (on the way to Tehachapi), where the railway right-of-way passed through an area with fields of thick hay and flowing artesian wells. Water seemed to be everywhere.

They drilled a well there and laid an eight-inch pipe from the pump to the storage tanks in Mojave. The eight inch pipe was made from redwood, wrapped with thick wire.

I know this because my parents, on one of their jaunts in the desert, spotted some of the wire poking up from the ground near the tracks just north of Mojave. They dug it up and cut about a four foot section from the abandoned line and donated it to the East Kern Historical Society where it was later displayed.

I was with them on this little trip because I could still see Mojave from where they were. Sometimes when they were going exploring way out in the desert they left me with a sitter. I was sure we would be lost forever and that no one would ever find us. (I was a

little wimp.)

The railroad used this line for 40 years until the Monroe Family, farmers in the Cache Creek area filed a complaint with the railroad saying they were taking all the water and that the artesian wells were drying up and the wild hay was gone.

The complaint was settled when the railroad bought all the water rights in that section in 1921. The railroad bought the water and sold it to residents in Mojave. That lasted until 1935 when the gold boom hit.

The railroad was having trouble supplying water to the town and decided to get out of the water business. The company sold the water distribution system to the newly formed Mojave Public Utilities District in 1938.

The railroad agreed to continue to sell water to the district until they could afford to furnish their own water.

The war years the demand for water for steam engines was such that the railroad company drilled another well in the Monroe pastures, built another redwood pipe and sent the water to Mojave.

Mojave continued to use that water until 1950, when Monolith Portland Cement Company filed a complaint in court saying Mojave had no right to the water. Monolith won and Mojave had to find its own water.

The utility district drilled a well in Cache Creek area and later the railroad purchased the water system, fighting Monolith all the way.

Mojave then purchased land north of Mojave in the Chaffee Basin and had two good producing wells in that area. The district later contracted with AVEK to purchase some of its water as well.

My mother insisted that the AVEK water tasted bad and bought bottled water from that day forward.

The utility district thrives today and supplies water to the town of Mojave – and I think the water tastes just fine....

A Page of History



Tax Credits – Which end in 2013? Which Were Extended?

I have noticed confusion in the people I talk to regarding which tax credits are expiring in 2013, and which will continue into 2014 and later years, hence this article to help refresh your memory. First, let us review the difference between a tax deduction and a tax credit. A tax deduction reduces the amount of income that is subject to tax. The itemized deductions for mortgage interest, real estate taxes, contributions, etc are examples. If you earn \$60,000 but have \$15,000 in itemized deductions, you pay tax on \$45,000 of income. If you are in a 15 percent federal tax bracket, a \$15,000 tax deduction reduces your tax \$2,250 (\$15,000 x 15 percent tax rate). A tax credit reduces your tax by the amount of the credit. A \$1,000 child tax credit reduces the tax by \$1,000. Hence tax credits are worth much more than tax deductions. A brief summary of tax credits follows:

Child Tax Credit – Credit applies to children under age 17. The child must be related to, live with and be a dependent of the taxpayer who provides greater than 50 percent of their support. The \$1,000 per child tax credit is reduced as the taxpayer's income exceeds certain thresholds. This credit is permanent at this point.

Child & Dependent Care Credit – This credit is 20 to 35 percent of the smallest of \$3,000 or the amount spent to provide dependent care for one individual (\$6,000 for two or more individuals) to allow the taxpayer (if married a joint return must be filed) to work or look for work. A qualified child/dependent must be under 13 years of age at the close of the tax year (unless the individual is disabled and is a dependent or spouse who lived with the taxpayer more than half the year). The 35 percent credit rate reduces to 20 percent as income exceeds certain thresholds. This credit is permanent at this point.

Adoption Credit – A tax credit equal to \$12,970 may be taken for qualified expenses paid in 2013 (adoption fees, attorney fees, court costs, travel expenses) to adopt a child under age 18, or disabled physically or mentally incapable of self care. Interestingly, the credit can still be claimed for expenses to adopt a U.S. citizen or resident child even if the adoption never becomes final. The credit cannot be claimed for a foreign child unless the adoption becomes final. The credit is not refundable. If the credit exceeds tax owed, the unused credit can be carried

Your Tax Preparer

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forward up to five years.

Earned Income Credit – The Earned Income Credit is refundable for taxpayers with earned income (wages, combat pay, disability pay reported on form W-2 and self-employment income) below certain income threshold amounts. Taxpayers with more than \$3,300 of investment income (interest earned, dividends earned, capital gains, royalty income, rental income) do not qualify. The requirements to receive the credit are stringent, but since the credit is refundable (credits in excess of tax owed are paid to the taxpayer as a tax refund) it is worth looking at. This credit has been abused in the past and the IRS looks at it closely, so don't claim it if you are not entitled to it. This credit is extended through 2017.

Nonbusiness Energy Property Credit – This is a carryover of the credit started in 2006 and ending in 2013 for energy efficient doors, windows, insulation, heating, air conditioning, stoves and water heaters installed on your principal residence. The maximum credit is \$500 total since 2006, of which only \$200 of credit can be from windows.

Residential Energy Efficient Property Credit – this credit applies to solar and wind power property and geothermal heat pumps and is equal to 30% of the cost of eligible property (there is no maximum credit). A taxpayer can rely on the manufacturer's certification that the property qualifies for the credit. The credit does not apply to swimming pools/hot tubs. This credit is extended through 2016.

Retirement Savings Contribution Credit – Provides for a credit of 10 to 50 percent of contributions to IRA's and retirement plans up to a maximum credit of \$1,000 (\$2,000 for married filing jointly). The credit reduces as your income increases and disappears at \$59,000 filing jointly, \$44,250 for head of household, and \$29,500 for singles or married filing separately. The credit does not apply if you were born after Jan. 1, 1996, were a student any part of five months in 2013, or were claimed as a dependent by another taxpayer.

Other credits exist for electric vehicles, homes with mortgage credit certificates on personal residences, small employer pension plan start up costs, and 31 other business credits. Hopefully some of these credits can reduce your 2013 taxes.

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Financial Resolutions for the New Year

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

About 45 percent of Americans usually make New Year's resolutions, according to a survey from the University of Scranton. But the same survey shows that only 8 percent of us actually keep our resolutions.

Perhaps this low success rate isn't such a tragedy when our resolutions involve things like losing a little weight or learning a foreign language. But when we make financial resolutions – resolutions that, if achieved, could significantly help us in our pursuit of our important long-term goals – it's clearly worthwhile to make every effort to follow through.

So, what sorts of financial resolutions might you consider? Here are a few possibilities:

- Boost your contributions to your retirement plans. Each year, try to put in a little more to your IRA and your 401(k) or other employer-sponsored retirement plans. These tax-advantaged accounts are good options for your retirement savings strategy.

- Reduce your debts. It's not always easy to reduce your debts, but make it a goal to finish 2014 with a smaller debt load than you had going into the new year. The lower your monthly debt payments, the more money you'll have to invest for retirement, college for your children (or grandchildren) and other important objectives.

- Build your emergency fund. Work on building an "emergency fund" containing six to 12 months worth of living expenses, with the money held in a liquid account that offers a high degree of preservation of principal. Without such a fund, you might be forced to dip into your long-term investments to pay for emergencies, such as a new furnace, a major car repair, and so on. You might not be able to finish creating your emergency fund in one year, but contribute as much as you can afford.

- Plan for your protection needs. If you don't already have the proper amounts of life and disability insurance in place, put it on your "To Do" list for 2014. Also, if you haven't taken steps to protect yourself from the considerable costs of long-term care, such as an extended nursing home stay, consult with your financial professional, who can suggest the appropriate protection or investment vehicles. You may never need such care,

but that's a chance you may not want to take – and the longer you wait, the more expensive your protection options may become.

- Don't overreact to market volatility.

Too many people head to the investment "sidelines" during market downturns. But if you're not invested, then you miss any potential market gains– and the biggest gains are often realized at the early stages of the rally.

- Focus on the long term. You can probably check your investment balance online, which means you can do it every day, or even several times a day – but should you?

If you're following a strategy that's appropriate for your needs, goals, risk tolerance and time horizon, you're already doing what you should be doing in the long run. So there's no need to stress yourself over the short-term movements that show up in your investment statements.

Do whatever you can to turn these New Year's resolutions into realities. Your efforts could pay off well beyond 2014.

Financial Focus



Ben Graham,
Edward Jones
Financial Advisor

Happy New Year!

by Cathie Sibley

Well it's happened, 2014 has swooped down and consumed 2013 with the voracious appetite that only time seems to possess.

My friend April summed it up accurately in one sentence, "this year seemed to fly by so quickly yet drag on for an eternity".

2013 wraps up my eighth year in the restaurant business and I'm looking forward to 2014 and the possibilities that come with the beginning of a new year...out with the old and in with the new as the saying goes.

I wish for you all a fabulous 2014 filled with love and joy. My hope is that the good times outweigh the bad, the happiness outweighs the sadness, the giving outweighs the taking, and the smiles outnumber the tears.

My plan for the coming year is to do my best to live the life that I want to be remembered for. To be genuine and loving, generous with my time and helpful to others when I can. I plan to have more adventures and hopefully a little less worry. I'm going to turn over more to God and do my best not to sweat the small stuff.

I hope all your dreams come true this coming year, and if they don't, I hope you come through it mostly unscathed.

Peace and blessings to all!





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Every Day Is New

by Mark 'Doc' Fisher

Okay, maybe it's the fact that I just recovered from a nasty stomach bug where I couldn't do much except wallow in self-pity, but I feel like I've got a new start on life. Throw in the fact that the New Year is just starting and you generate all kinds of push towards self reflection. (Plus I was just out walking the dog and there's not a lot to think about while he's getting caught up on his canine communications. Sniff, sniff.)

There were a lot of things that I didn't get accomplished this last year. Of course, not everything actually fits into a year schedule. I spent a lot of time on smaller projects which left some of the bigger projects dangling. This next year is going to be the year of the Big Projects. Since I have several of those, I have to recognize that I might not get them all done this next year, but that's okay.

I have books and scripts where the first draft is done and I need to get them on to a second and third. I might just have too many to be able to get all done in a year. Which I'm going to say is a good thing. I just need a big board on the wall with a list of them all, so when I find myself not sure what to do, I can just pick something off the list.

Then I'll need a second board to add all the new ideas I get, since

that won't stop just because I'm working on finishing up the old ones. I think I might actually need a wheelbarrow full of notebooks that I take everywhere with me just


so I can keep everything organized. (Perhaps someone could develop a small portable device that a person can carry around that can be used to store and organize data?)

Even as I try to make these big plans for the year, I do need to keep in mind that even if I do try to plan for forever, I need to do my best to live for today. Plans, even the best laid ones, can be changed, whether they've gone astray or not.

As the "philosophers" Phineas and Ferb are known to say, "let's make today the best day ever." Despite what you might have read on Facebook, that doesn't place any limits on tomorrow. Oh sure, some days you're going to still end up with a nasty stomach bug or something else unpleasant, but that just gives you an easy starting place to try to make the next day better.



Lost in the Stars



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'Skywatch Returns'

Keeping an eye above the horizon...

by Dale Hawkins

The Hawk is back! After a two year hiatus, I am please to report that the VA has cleared me to return to (limited) writing duty.

Fortune and perseverance permitting, I plan to help you keep your gaze above the horizon with a monthly briefing. My heartfelt thanks go out to all of the wonderful folks on my Team who made my return to print possible.

Much has happened since my last article: The International Space Station has become fully operational; us stick-and-rudder people are still mourning [over] the retirement of the Space Shuttles, but SpaceX and Orbital Sciences Corp. are now delivering supplies on a commercial basis as several American companies progress toward a commercial manned spaceflight capability. This is a real game changer – by the end of the decade, we could have three or more private American companies sending people to orbit while other private firms give daily suborbital joyrides!

Meanwhile, Congress continues to let NASA crawl forward toward an asteroid-capture mission in a decade or so.

JPL's Curiosity Science Laboratory is now exploring Mars along with its older brother, Opportunity, now entering its eighth year of service.

Voyager has found the edge of the Solar System, and Kepler has found 3500 planets around other stars!

Using NASA's Wilkinson Microwave Anisotropy Probe, we've now pinned down the age of the Universe to 13.77 billion years with an uncertainty of only 0.4 percent (though data from Europe's Planck space probe threatens to tweak this figure a tad). Such exciting times!

Plenty more excitement is on its way for those with an eye on the sky. Much of it is going on at Edwards AFB and Mojave Air & Space Port. It will take the entire Loop staff to keep you up-to-date on these happenings!

On the personal side, I've devoted much of the last two years to health challenges. Adventure has been a fine therapy. Of particular note was my first cruise to Alaska, which I shared this last September with Lauren Hollen. I'd never been aboard a ship before as a paying passenger. What a luxury to order a cocktail with dinner!

At the top of our list of "must see" experiences was the Aurora Borealis. There was only one clear night on our entire voyage, and it was at the northernmost point. As we sailed south, we manned the fantail – all alone. (I was amazed that no one else was interested in this remarkable opportunity! On the other hand, all alone wasn't bad either...) We were not disappointed.

As the lights of Skagway faded into the distance, the horizon refused

Skywatch



to darken – a green glow persisted. In time it was joined by brighter yellow patches higher in the sky, changing from second to second as we watched. There was nothing mystical or ethereal about the experience for us two old scientists, it was simply glorious!

Photographic conditions were far from optimal. Lauren balanced her camera on the railing as best she could and held the shutter open as I counted out thirty seconds. The result was probably the worst photograph of the aurora ever published and she is proud to share it here with you. We were not trying to capture the image of the aurora so much as capture the spirit of that magical moment. To that end we were quite successful!

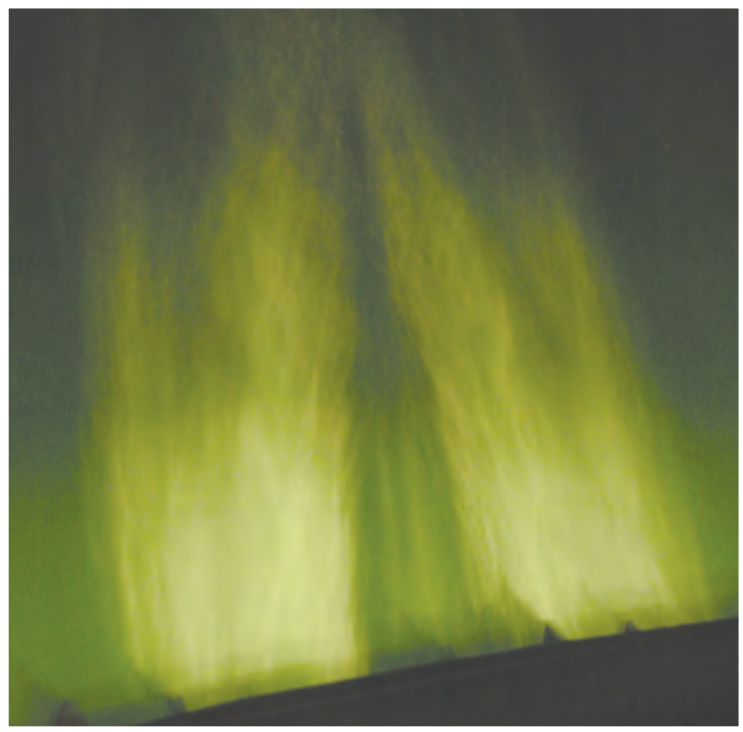
Almanac

This January is a fine month for planet watchers. Early winter often gives clear, crisp viewing, and all of the planets will be make an appearance this month. Venus has graced our evening sky all autumn. Now it's time for it to greet us in the morning. On the eleventh, she will pass between the sun and us. Start watching for her in the east as you venture out bleary-eyed into the cold winter dawn.

As Venus dances with the sun in the twilight, Jupiter will lord over the night sky all month. (Rule of thumb: If you are ever wondering whether you're looking at Jupiter or Venus, then it's certainly Jupiter; dazzling Venus is never mistaken for Jupiter! Also, Venus is never overhead; she is always near the horizon (i.e., near the sun since she's closer than we are).

Mars rises around midnight and brightens significantly as the month goes on. Saturn rises about three hours later with its rings prominently displayed. Uranus and Neptune can also be found with a telescope low in the southwest in the evening. As January closes, Mercury will become visible in the evening sky.

Sunrise/Sunset (Jan. 4) 7:03 a.m./4:55 p.m.



"Aurora over Skagway from the ms Zuiderdam" by Lauren Hollen



Sligo Rags Brings Celtic-Bluegrass Blend Back to Fiddlers Crossing

by Deborah Hand-Cutler

Fiddlers Crossing is greeting 2014 on a high energy note with the return of Sligo Rags, a rollicking Celtic "pub" band with "a decidedly bluegrass attitude," on Saturday, Jan. 11.

Sligo Rags is non-stop fun. With Michael Kelly on fiddle and vocals, David Burns on acoustic guitar, banjo, mandolin and vocals, and new member Olivier Prud'homme on bass, the group delivers foot-stomping tunes and side-splitting humor. The group is now a quartet, with the addition of percussionist Jonathan Baer, who joins Prud'homme in providing a driving and creative rhythmic foundation for the traditional and original tunes and songs.

Although basically Celtic, the band members represent many musical influences, from Latin and jazz, to classical and bluegrass. According to David Burns, "Each of us is rooted in a different musical style, so we just

combine them and see where it takes us."

Where it takes them is forays into country and swing, gypsy and jazz, with stops at other acoustic music junctures along the way.

Their band name is drawn from a line in the anthem, "The Irish Rover," that says: "We had one million bags of the best Sligo Rags." These four Sligo Rags are certainly the best of the best!

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 6:30p.m.

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Carden Students Receive Award

Carden students, in grades four to eight, received the "Academic and Citizenship Award" from President Obama. The following are the requirements for the award:

- Earn a 3.5 GPA or Higher
- Demonstrate Outstanding Citizenship
- Maintain Exemplary Conduct
- Have Punctual and Regular

Attendance

- Receive Recommendation from his/her Teacher and Principal

This award recognizes academic excellence and encourages students to pursue educational goals. Outstanding students in grades four to eight received a certificate of special presidential recognition.



Front Row: Nolan Cribbs, Nick Siebold, Briton Berger, Joy Robb, Jackson Moody, James Brister, BJ Zheng, Max Gubler, Dawson Smith, Amelia Horowitz

Middle Row: Brianna Baldwin, Lou Smith, Manuel Quintanilla, Rosie Williams, Allie Siebold, Joshua Edwards, Madysen Rails, Matthew Cribbs

Back Row: Chad Barker, Molly Miller, Robin Doser, Heather DeSilva, Paige Guenther

A Social Security Question

by Jennifer Williams

Is it true that my child can receive Social Security benefits based on my earnings record?

Your child – whether he or she dependent under age 18 (or age 19 if a full-time is your biological child, student in grade 12 or lower) and unmarried, adopted child, or However, if your unmarried child is disabled stepchild – may be able to and was disabled before age 22, he or she can receive Social Security monthly benefits based qualify for benefits based on your record at any on your earnings record if you're receiving age; benefits for a disabled child may end, disability or retirement benefits from Social though, if your child marries or is no longer Security, or in the event of your death. These considered disabled, often overlooked benefits can provide steady income for your family when it's needed the most.

How much will your child receive from Social Security?

When you start receiving retirement or disability benefits, your child may be eligible to receive up to 50 percent of your benefit. When you die, your child may be eligible to receive up to 75 percent of your basic benefit (the benefit that the Social Security Administration calculates you would have received if you had reached full retirement age at the time of your death).

Various factors will affect the amount of your child's benefit, including whether other family members are also receiving benefits on your earnings record. To receive Social Security benefits based on your record, your child must generally be a You can find out more about family benefits based on your earnings record by checking your Social Security Statement.

To access your statement, sign up for a my Social Security account at the Social Security Administration's website, www.socialsecurity.gov. Your statement will give you important information about Social Security that you can use to plan for your family's financial future. This includes how you and your family members qualify for benefits, estimates of your future retirement and disability benefits, and what survivors benefits your child and other family members might receive if you die.

If [the plan] you're currently enrolled in contains detailed information about Medicare, that should help you decide if your current plan is right for you. about your coverage. That's because the annual enrollment period for Medicare ran from Oct. 15 through Dec. 7. During this period, you could have made

Jennifer's Thoughts...



changes to your Medicare coverage that will be effective on Jan. 1, 2014. If you were satisfied with your current coverage you didn't need to make changes, but you should have reviewed your options before you decided to stay with your current plan.

Your Medicare plan sends you two important documents every year that you should review.

The first, called the Evidence of Coverage, gives you information about what your plan covers, and its cost. The second, called the Annual Notice of Change, lists changes to your plan for the upcoming year (these take effect in January 2014). You can use these documents to evaluate your current plan and decide if you need different coverage. If you haven't already gotten one, you should soon receive a copy of "Medicare & You 2013," the official government Medicare handbook.

As you review your coverage, here are a few points to consider:

- Will your current plan cover all the services you need and the health-care providers you need to see next year?
- Does your current plan cost more or less than other options? Consider premiums, deductibles, and other out-of-pocket costs you pay such as co-payments or coinsurance costs; are any of these costs changing?
- Do you need to join a Medicare drug plan?

When comparing plans, consider the cost of drugs under each plan, and make sure the drugs you take will still be covered next year.

Does your Medigap plan (if you have one) still meet your needs?

If you have questions about Medicare, you can call 1-800-MEDICARE (1-800-633-4227 or TTY 1-877-486-2048) or visit the Medicare website at www.medicare.gov.

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.

Article is Courtesy of Forefiled, LLC Securities offered through NPB Financial Group, LLC. A Registered Investment Advisor/Broker-Dealer Member FINRA, MSRB, and SIPC.

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Classes & Events

submitted by Susanna Monette

Tehachapi Treasure Trove

Winter Hours: Monday - Saturday 10 a.m. - 4 p.m., Sunday 11 a.m. - 4 p.m. www.facebook.com/TehachapiTreasureTrove
116 E. Tehachapi Blvd., Tehachapi CA 93561
(Located across the Street from the Water Tower) 661-822-6794

Treasure Trove Classes

Reservations for all classes with a deposit must be made at least 48 hours before the scheduled class. Students may bring their own supplies for classes or purchase supplies at the Treasure Trove. Please call 661-822-6794 for additional information and reservations or visit our facebook page at www.facebook.com/TehachapiTreasureTrove.

Tuesday afternoons, 3 to 5 p.m. - Introduction to Earth Clay with Gloria Moore for \$30 per class plus clay. A weekly open work shop to explore various methods of working with earth based clay. Learn about mining and processing local clay for your projects.

Jan. 7 to Feb. 11, Tuesday evenings, 5 to 7:30 p.m. Watercolor Painting with Jim Walsh. \$30 per session plus materials. This class will cover various techniques for watercolor painting. \$180 per or \$30 per session, if paid up front, \$150 or \$25 per session

Jan. 8 and weekly thereafter, Wednesday Afternoons, 4 to 5:30 p.m.

Oct. 23 and 30 only - Basic Drawing with Carole Joyce. Students will learn the basics of drawing with charcoal pencils. \$30 per session (two session minimum). May start any Wednesday.

Jan. 8 to 28, Four Wednesday afternoons 1 to 4 p.m., Adventures In Painting - Frozen Beauty in Vignette- with Juanita Neimeyer. Students will create a scene of on a 16" x 20" canvas using either oil or acrylic paints. \$30 per session plus materials or \$100 if all four sessions paid in advance. Learn: Composition, how to combine oil and acrylic for special effects.

Jan. 10, Friday afternoon from 1 to 4 p.m. Floral Pattern Plate - Second Friday with Juanita Neimeyer for \$25. Students will paint

a beautiful decorative plate using acrylic paints. The plates will be sealed and can be used as hand washed serving pieces.

Jan. 11, Saturday afternoon, 1 to 4 p.m. - Jewelry Making with Dawn Callahan for \$25 Plus Materials. Learn beading and jewelry making basics: Create your own necklace and earrings

Jan. 18, Saturday Morning 10 a.m. to 2 p.m. - Fused Glass Workshop with Leila Kleiman for \$50 materials and firing included. Create a decorated glass plate, bowl, sun catcher or wall hanging using colorful glass pieces to create a unique piece of art. This class is appropriate for both beginners and experienced glass artists. Students will learn glass cutting and assembly. Pieces will be fired and available in about a week.

Jan. 25, Saturday afternoon 1 to 4 p.m. Faux Raku Polymer Clay with Cathy Clark for \$35. This class will explore the use of polymer clay and extruders to create a faux raku look which can be used in a variety of fun projects

Feb. 5 to 26, Four Wednesday afternoons 1-4 p.m., Adventures In Painting - Snow Bound Cabin - A Winter Scene with Juanita Neimeyer. Students will create a scene of on a 16" x 20" black canvas using either oil or acrylic paints. \$30 per session plus materials or \$100 if all four sessions paid in advance. Learn: Composition, how to combine oil and acrylic for special effects.

Feb. 8, Saturday afternoon, 1 to 4 p.m. - Krackalakin Candle Making Workshop. Create you own soy candles. Your choice of colors and scent. \$25 for a 8 oz. candle. Additional candles \$10 each or discounted by the ounce. Bring your own container or use the ones that the instructor supplies.

Feb. 8, Saturday Morning 10 a.m. to noon - Iris Paper Folding Valentine Card with Janet Meabon for \$20. Class price includes materials to make one card. Learn to make sensational cards with folded paper. The class price includes materials to make one card. Materials for additional cards will be available at additional charge.

Photos by Susanna Monette



Sharon Slaughter showing off her finished piece from Dawn's Class



Sue Pearson working on a glass Piece in Leila Kleiman's class



Rona Samuels making Jewelry in Dawn Callahan's Class



Thai Harder working a glass class in Leila's Kleiman's Class

The Local Scene: Looking Back on 2013



RST Crane

Dec

RST Cranes were called out to the scene of a derailed train near Tehachapi recently; they helped the train get back on track. RST is very proud of this job and the awesome work their crew did.

Photos by RST Crane



A Lovable Couple Resides at Windswept Ranch

Oct



Windswept is an exotic animal ranch with reindeer, camels, zebra, buffalo, yak, emu, guanaco and lots of sheep and goats. They are open April through October from 10 a.m. to 4 p.m. on Saturdays. Admission is \$5. Watch The Loop for more from Windswept starting April 2014. *Photo provided*

Joyful Appreciation

Feb



Donors to the American Legion Auxiliary Unit 221 received a letter and photo of appreciation from Kenneth VanTassel of Tehachapi, for the three packages received with clothes, personal care items, protein bars and snacks along with a Christmas Tree and ornaments at their work site in Afghanistan. Kenneth is a Medic with family and friends in Tehachapi, who are waiting his safe return.

To see the letter and actual photo or to be a part of the local effort to bring love, appreciation and support to our hometown heroes contact Harriet at 661-822-1014.

July



Harriet Clendenin, History Maker

by Jean Nasser

With an audience of 400 watching, Harriet Clendenin of Tehachapi, Calif. made history by being installed as Vice President of the Department of California American Legion Auxiliary.

She was the first member of the American Legion Auxiliary Unit 221, Tehachapi, Calif. to reach State Levels during that organization's 81 year-long history.

Harriet was installed by National Vice President Nancy Brown Parks. She was pinned by friend, Past Department President, Sue Hooker of Bakersfield. She was nominated for this position by her proud daughter, Lora Clendenin, a former Marine, and

Auxiliary member.

Harriet received a standing ovation, as her nominator recalled her past deeds accomplished in the Tehachapi area.

As members of Unit 221 of the American Legion Auxiliary, we all are proud of Harriet and know that she will continue to excel at this new level.

The American Legion became an entity in 1919 and Tehachapi American Legion Post 221 began in 1920.

The American Legion Auxiliary 221 began in 1932. Good Job Harriet.

Tehachapi and the state of California are fortunate to have you working to make life better for our Troops at home and abroad.

We absolutely love our community; every year just gets better. Here are a few highlights from 2013.

If you have a picture to share with us for the Loop Scene please email to Articles@theloopnewspaper.com

Community Helps with Souza Family Vineyard's Grape Harvest

Sept



In 2003 the first grapes were planted at Souza Family Vineyard. Sept. 26, 2013 marked the ninth harvest of the award winning wine. Pictured are community volunteers that came to help the Souzas.

Bob Souza said, "This harvest is expecting to be better than previous years."

Hospital Guild Donates \$94,763 for Equipment

Sept



Photo and caption by Tina Fisher Forde

The Guild of Tehachapi Hospital Treasurer Eve Geisler, left, and Guild President Beth Ann Bowman present a check for \$94,763 to Alan Burgess, CEO of the Tehachapi Valley Healthcare District, for the purchase of hospital equipment. The donation is specifically dedicated to buy four trans-motion gurneys and a Stryker ablation machine. The volunteer Guild organization, which earns money running the popular thrift shop on the corner of E and Green streets, donated \$300,000 in 2010 for a CT scanner and \$50,000 in 2012 for a portable ultra sound machine. The equipment will be used at the existing hospital and will be ready to transfer to the new hospital, now under construction at Capital Hills. The ladies of the Guild (men are welcome too) sort through the donations and make sure everything presented for sale is of good quality.

Local Skater Wins at ISI Worlds!

On July 24 through the 26, six-year-old Emily Faith Rohe of Tehachapi competed in the ISI Worlds Figure Skating Championships.

A week-long competition that takes place once annually in different regions of the world.

This year's event was held in Anaheim, Calif.

She competed for three days with children from all over the world in three different events in her division (Alpha) and placed first in Stroking, second in Solo, and third in Solo Compulsory bringing home three more medals – gold, silver and bronze.

On June 30 she competed in the Summer Skate Fest Figure Skating competitions in Channel Islands. She competed in three divisions and placed first in all three, receiving a perfect score of 5.0 in each event. She brought home three gold medals.

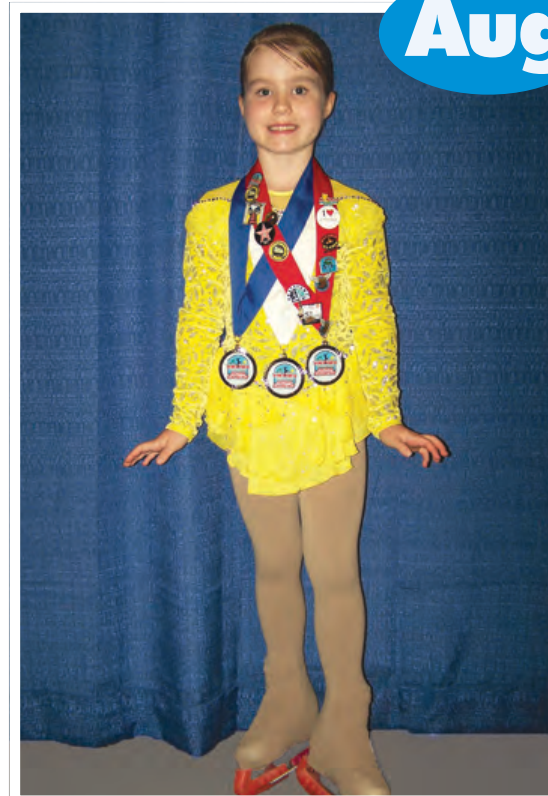
Her first time on the ice was last December, when Valley Oaks Charter School took a field trip to the ice rink. She stepped a very tiny, shaky foot on the ice and has loved it ever since.

She skates almost daily at the San Joaquin Community Hospital Ice Rink in Bakersfield

and is coached by Kalina Auch and Cory Frias. During the school semester she combines her training with gymnastics classes at Perfect 10 Gymnastics in Tehachapi.

Emily plans to continue with her education in figure skating. She also wishes someday, to rescue and train horses.

Aug



submitted by Christine Rohe

Tehachapi Relay for Life 2013 – 10-year Total Reaches \$1.5 Million

July



Photo and caption by Tina Fisher Forde

The 2013 Tehachapi Relay for Life topped all fund raising totals in the decade of its existence and boosted the Relay's 10-year total to more than \$1.5 million raised for the American Cancer Society.

"The team captains are the ones that make it happen," Event Chair Duana Pera said. "They led their teams to the greatest year yet. The committee can organize all day long, but without teams and team captains none of this would happen."

Tehachapi's 5-year capital improvement plan

While most of the 39 capital improvement projects the city of Tehachapi will embark upon over the next five years are of a housekeeping nature – road repaving, new sewer pipes, drainage and the like – several projects on the list stand out as imaginative additions to the unique brand that is Tehachapi.

The city is working on the concept for a European-style traffic roundabout at Magellan Dr., City Engineer Jay Schlosser told the Tehachapi City Council Dec. 16, 2013, at the Wells Education Center board room in an information-only presentation.

"It's a complicated engineering feat," Schlosser said of the roundabout.

Other improvements the city has in store, Schlosser said, include the extension of the Antelope Run bike path, a new pump station at the old borrow pit west of Love's Travel Stop that will enable re-use of effluent, rehabilitation of the old Hangar 1 at Tehachapi Municipal Airport for use as a museum and gathering place, the physical connection of City Hall with the soon-to-be vacated Tehachapi Police station (which is moving soon to a new building), a motocross track at the Rodeo Grounds Event Center, playground equipment at Warrior Park, beautification of the railroad corridor and construction of Freedom Plaza visitor center.

"Obviously we're setting the bar high," said Schlosser, whose enthusiasm for was infectious. "The projects will become a reality over a five-year term. We are delivering the projects in a trustworthy manner."

The projects, which will total \$23 million by 2019, will be funded in various ways.

In his staff report, Schlosser wrote, "Items on this list are intended to be actual projects as opposed to infrastructure needs and wants. Meaning, the projects, as displayed, are either currently funded or have specific future funding identified."

The primary purpose of the Capital Improvement Program (CIP), he said, is to organize city efforts so staff can allocate sufficient resources and schedule the work properly.

"Having a robust CIP effectively forces staff to set project milestones to keep work on schedule," he wrote.



"Hangar 1 Restoration" is number 28 on the city's "to-do" list of improvements and maintenance projects through the fiscal year 2019. The city plans to make Hangar 1 into an aviation museum and a venue for gatherings. It is one of the first hangars in Kern County.

City of Tehachapi Capital Improvement Program Five Year Plan, FY 2014/15 to 2018/19

See the Tehachapi city website (www.tehachapicityhall.com) for a complete chart that includes categories, project names, schedule and budgets (pre-design, design, construction, construction administration by year). Program total \$23,193,860 through 2019.

Project Number

Project Description

Roads/Drainage Department

1. Repave eastbound Tehachapi Boulevard between Antelope Run and Mill Street
2. Repave Tehachapi Blvd. between Mill Street and Curry Street
3. Repave Tucker Road from Route 202 to Cherry Lane
4. Repave Mill Street/Capital Hills Parkway from Industrial Parkway with roundabout at Magellan Drive
5. Extend Challenger Drive to Dennison Road/Burnett Road
6. Improve southeast corner of Tehachapi Boulevard and Dennison Road to facilitate additional turning motions
7. Widen Valley Boulevard and construct CGS (connected grid switch) on north side from Curry Street to Oakwood Avenue
8. Pinon extension from Tract 6062 east boundary to Dennison Road
9. Pedestrian improvements to the intersection of Pinon Street and Curry Street
10. Remove cross-gutters at the intersection of Curry Street and Valley Boulevard
11. Pedestrian improvements to south side of Tehachapi Boulevard between Snyder Avenue and Dennison Road
12. Class II bike lane striping in various locations
13. Class I bike path construction along Valley Boulevard
14. Median construction on Curry Street between Pinon Street and Manzanita Street
15. Antelope Run bike path improvements/beautification, north of Valley Boulevard
16. Improve southwest corner of Tucker Road and Cherry Lane to prevent erosion onto Tucker Road
17. Storm drain extension from West Park to F Street

Utilities Department

18. Reconstruct 8-inch sewer line on Cherry Lane from Hickory Street to Beech Street
19. Construct 10-inch water line from east boundary of Tract 6062 east to Dennison Road
20. Construct sewage lift station at Tehachapi Boulevard intersection with Willow Springs and extend force main to Monolith Street
21. Construct booster pump station at the WWTP to recycle effluent for process water
22. Intertie Snyder well to TCCWD (Tehachapi-Cummings County Water District) and convert JMS (Jacobsen Middle School) to TCCWD water.
23. Construct pump station and pipeline feeder to new reclamation fields
24. Reconstruct transmission pipeline from White Oak booster pump station to the Curry Tank site.
25. Extend power to Highline Tank site
26. Underground power poles on Mill Street from H Street to Highway 58 under SCE (Southern California Edison) Rule 20A program

Airport Department

27. Resurface runway
28. Remodel/reconstruct Hangar 1 for museum gathering space
29. Rehabilitate/reconstruct southwest hangar taxiway
30. Relocate and reconstruct Taxiway A

Operations Department

31. Connect and remodel City Hall complex on Robinson Street
32. Construct Freedom Plaza at southwest corner of Curry Street and Tehachapi Boulevard
33. Construct 1-acre park at intersection of Valley Boulevard and Mountain View Avenue
34. Construct moto-cross space and associated support facilities using state OHV (Off-Highway Vehicle) monies (Event Center)
35. Construct decorative fencing, pedestrian improvements and landscaping along Tehachapi Boulevard between Hayes Street and Dennison Road (Railroad corridor beautification)
36. Construct recreational facilities at Warrior Park
37. Construct site landscaping and irrigation system tied to WWTP (waste water) Reclamation system
38. Construct main entrance at Event Center and loop roadway with basic utility Infrastructure.
39. Construction replacement corporation yard and office to house public works staff, materials and equipment.



City Engineer
Jay Schlosser.

Forde Files file photo

Shedding light on local issues.

Articles and photos by Tina Fisher Forde
FisherFordeMedia.com
fordefiles@aol.com © Tina Fisher Forde 2014

CRAFTED IN STEEL

Tehachapi Hospital grows

Construction on the Tehachapi Replacement Hospital (replacing the seismically outdated 1956 hospital currently in use) is proceeding smoothly as welders bond massive steel beams and concrete floors take shape. The awesome girth of the structure is seen in these photos taken Jan. 2, 2014.

Left, Superintendent Rick Bussard, Jr. of Bernards-Colombo and Project Inspector Ron Hastie stride in front of the medical-surgical unit; below left, beams for the backbone-walkway rise above the med-surg unit; below center, the walkway in rear connects the med-surg on the left and the obstetrics wing on the right; below right, Noe Torres of Rising Sun Co. spreads a Steggo vapor barrier to prevent ground moisture from reaching the concrete slab.



Walmart, round three – San Francisco-based attorney Mark Wolf has informed the city of Tehachapi that – on behalf of the organization Tehachapi First

– he is appealing the Tehachapi Planning Commission’s Dec. 9, 2013 decision to green-light a Walmart store on Tucker Road.

Wolf sent a check for \$1,561 to cover the appeal fee. Henry Schaeffer, who paid the same amount for the initial appeal that forced additional environmental studies, said he paid some of the new fee. Schaeffer told Forde Files that the issues of traffic and hospital access, construction

of a median on Tucker that would prevent ambulances from turning around, the California drought that impacts the water supply and noise are factors in the appeal. “My personal objection,” Schaeffer said, “is that they destroy living wage jobs when they come into a community.” The City Council will hear the appeal.

Apple Shed mea culpa – The Dec. 7 Forde Files story on the change in ownership of The Apple Shed restaurant

failed to properly acknowledge the contribution of Shirley Fuller and her late son Mike in developing the enterprise. Fuller bought the building from Southern Pacific Railroad and brought partners into the Apple Shed corporation. The remodel, Fuller said, “was totally my design. I worked with engineers in Bakersfield.” Mike Fuller developed the restaurant menu and was responsible for its operation.

County information kiosks in early retirement



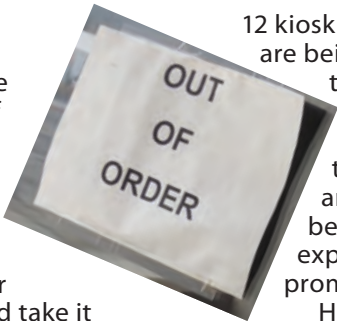
Above, the tourist information kiosk on the porch of the Greater Tehachapi Chamber of Commerce building is no longer functioning and will be removed.

The touch-screen visitor information booth installed by the Kern County Board of Trade at the Greater Tehachapi Chamber of Commerce building in Tehachapi is dead.

“We’re waiting for someone to come and take it away,” Chamber President Ida Perkins said. “It was not a success as far as people advertising. Ours has been like a nightmare. We appreciate the fact they gave it to us, but it doubled our electric bill [due to the air conditioning unit necessary for the computerized unit], even when no one was using it. Finally I just flipped the switch.”

Perkins said the unit “spent more time down than up.”

Teresa Hitchcock, acting executive director of the board of trade, said the



12 kiosks installed around the county are being taken out of service as they fail. Several, among them the one in Mojave, have been more successful than others, Hitchcock said, and one in Lebec has yet to be installed. “The community expects it,” she said. “It was promised.”

Hitchcock said the kiosks came out about the same time as the iPhone.

“No one knew [the impact] when the iPhone was coming out,” she said. “They enabled people to have tourism



Above, Teresa Hitchcock, acting executive director, Kern County Board of Trade

information on their phone.”

She said the Kern County Board of Trade is talking to the Tehachapi Tourism Commission about offering the Tehachapi kiosk to the city for the Freedom Plaza visitor center at Tehachapi Blvd. and Curry St.



Above, the tourist information kiosk in the central plaza at Kernville is closed. The structure will be moved to Kernville Campground and re-purposed.



Cast of TCT's "A Company of Wayward Saints," a comedy about a broke and broken-down troupe of comedians who must use their wits to find a way home. Opens Feb. 7 at the BeeKay Theatre. Tickets and information at <http://www.tctonstage.com/>.

'A Company of Wayward Saints' Opens Feb. 7

by Karl Schuck

Tehachapi Community Theatre continues its all-comedy season with George Hermann's farce "A Company of Wayward Saints," about a traveling troupe of comedians who loose their way in multiple ways, leading to hilarious results.

Since the show opens Feb. 7 and plays through Feb. 23, to bring out the romantic in everyone TCT is making a special Valentines offer: if you purchase your tickets on line at www.tctonstage.com before the end of January, you may write a message to your sweetie that will be published in the program (25 words or less).

Directing is Shanan Harrell, who was last seen in "Red Velvet Cake War" as the boyish Jimmy Wyvette, and who also directed last season's world premiere comedy "Tenants." Since "Saints" is a comedy about improvisation, the production is kept current by a very inventive cast containing many of TCT's most skilled and popular actors.

In this script, the actors have been playing their same role in improvisations so long that they no longer remember their real names, and go by their character's names. Spencer James is the character Scapino (literally, "escape") who runs from troubles, especially those he starts. As a traditional figure, he's been featured in comedies from 15th Century Italy to Moliere to modern plays.

James quips "this is the most audience interactive play I've every been a part of. It's hard work and great fun at the same time." Regarding rehearsals,

TCT
Presents

he noted that "Every day I think 'I've seen this so many times, I'm not going to laugh ever again' but some new gag gets added, and it cracks me up. We all laugh constantly."

Also appearing as the child-like and amorous Harlequin is Thae Irvin seen romanatic leads in Camille, Almost, Maine and last spring's musical. As the mean and miserly old man Pantalone is long time TCT favorite Gary Mazzola who last comic outing was in "The Sunshine Boys." The bold, swaggering and cowardly Capitano is Jonathan Hall, notable in TCT's own improve troupe, and in Taming of the Shrew. The pompous and fraudulent Dottore is Doug Jockinson, who partnered with Mazzola in Sunshine Boys, and as the shopkeeper in "Little Shop of Horrors."

Tristano, a character that originated in medieval romances, is played by Garrett Lawrence, of "Little Shop" and "Tenants" for two romantic examples; his counterpart is Isabella performed by Ashley Rasmussen, Lawrence's partner in Tenants. Playing Ruffiana, a charcter noted for foiling young lovers, we have Rebecca Wilson, last seen as the quirky neighbor in "Cake Wars" and as the comic Adelaide in "Guys and Dolls."

Finally, one of TCT's most noted and popular actresses and directors, Monica Nadon plays the role of Colombine, often a romantic counterpart to Harelequin and frequently seen as a servant to Isabella. Nadon's most recent stage appearances were in Almost, Maine and Cake Wars.

Vets Welcomed by Cub Scouts

Youth
Spotlight

Photo by Norm Clendenin; story by Pat Gracey



Members of Cub Scout Den Number Three, their Den Leaders and helpers spent a memorable evening on Dec. 17 at the Veterans Memorial Hall greeting Veterans who attend the Air Stream Classes and serving to them a chili dinner. Meeting the vets with a snappy salute were Cub Scouts, Jack Schuyler, Jake Schuyler, Matt Burke, Noah Cazares, Ernest Cazares, William Small, Ben Small and Christian Rodriguez. The boys also performed a skit for their audience and then passed out treats. Laura Small was on hand to play Christmas carols on the keyboard. The Vets, most of them parents themselves, were appreciative.

Volunteers making the Scout project a success were Den Leaders for the Tigers, Lorrie and Greg O'Brian and Elizabeth and Scott Small, Leaders for the Bears. Other volunteer helpers were: Madeline, Natalie, Isaac and Heather Johnson, Christina Burke

plus Alma, Ivana and Francisco Fabian.

Veterans from all parts of the United States enroll in a six week class while being taught wind turbine maintenance and mechanics at local business, Air Streams which provides the on-going classes. The veterans, unemployed, will be able to return home to seek employment in the Wind Turbine field.

The American Legion Auxiliary, local Unit 221, provide necessary grocery staples to the veterans attending the classes. Commander Richard Smith and Adjutant David Graham of American Legion Post 26 from Bakersfield came up for the evening with a load of commodities that would supplement those supplied by the Auxiliary. Members of the local Auxiliary Unit 221 and Past Commander Norm Clendenin of American Legion Post 221 were on hand to play host and greet those attending.

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The Flood of 1932 Pt. I

by Pat Gracey

(I wrote an account of the 1932 flood over thirty years ago for the Tehachapi News. I was lucky to find someone who had been in Keene when the waters washed people, houses and even buried a Santa Fe Engine as well as washed a Southern Pacific engine off the tracks. I carefully kept notes after talking to Walter Hicks, who was in Keene during the whole thing. I have not added anything to enhance the story; only the facts told me at that time by Walter Hicks, Laura Ramos, Bob Freeman, Bud Cummings and Dorothy Banducci Perry.)

Beginning in the mid-morning Sept. 30, 1932, many inches of rain fell in twelve hours in the Tehachapi-Keene area. It was defined as a cloudburst. It had been a wet year and there had been a lot of rain ahead of this storm. Written information differs greatly as to the inches of rain falling that day. Most say four or more inches. I am not specifying except to say it rained a lot and the precipitation for that year neared seventeen inches. Some of the water spread south towards the desert but most was concentrated around Tehachapi and Woodford. Woodford is the railroad term for the Keene area.

By mid-afternoon concerned citizens watched heavy orchard boxes, full of pears, floating down Curry Street towards Main Street (Tehachapi Boulevard) and on to the Keene area. Many local Tehachapi homes also had water damage. Trees, rocks, earth and debris raced down Tehachapi Creek and through Keene and Caliente towards Arvin. At the south end of Keene – above the Southern Pacific Depot and railroad employee houses –, the water rounded a bend in the canyon striking full force against the bank and began eating into it. On the tracks sat two trains, each on a separate siding. Santa Fe freight train #3834 was on Siding No. 3, closest to the approaching waters. Both trains had stopped to wait out the heavy rainstorm.

About 7 p.m. that evening, Southern Pacific Signal Maintenance Foreman Auzie O. Hicks, Sr., and his eldest son Walter, observed from the cab of the Santa Fe locomotive the rapid erosion occurring beneath the tracks on which the engine sat. They had taken shelter from the rain within the engine. The Santa Fe engineer and fireman, it was assumed, had already hastened to higher grounds. As Auzie and his son felt the locomotive sway slightly, they jumped to safety just minutes before the engine toppled onto its side into a deep ravine below, which before had been solid ground. The torrents of debris-filled water soon covered the engine.

Approximately three-quarters of a mile below the site where the engine had disappeared into the floodwater, an enormous blockage of the debris was accumulating behind a large railroad culvert, shutting off the water flow through the culvert, itself. This action was causing a body of water to build up behind the bridge-like obstruction. The condition prevailed for about thirty minutes until the waters gained sufficient depth to surge over the top of the culvert bridge and directly over the top of Southern Pacific freight train #5036, sided

The Spirit of Tehachapi

on Track No One.

A short distance away, a service station, auto court and restaurant operated by Peter and Louise Kaad, had approximately thirty people within the café seeking shelter from the storm. Some were customers and many were transients; victims of the depression, who had been “riding the rails” (riding in the box cars unbeknown to the railroad brakemen).

Nick Tom, a Section Foreman from Rowen, a group of railroad section houses farther down from Keene, had been in the area that day checking the tracks for any possible damage from the heavy rain. Aware of the impending danger from the rising waters and the debris creating the temporary dam, he stopped by the café to tell the customers to get to higher ground immediately. Mr. Kaad, the proprietor, assured everyone that they would be safer in the cafe rather than out on the mountain in the rain. Tom left, but returned again to warn them once more. Kaad refused to leave, nor would he allow his wife and teenage son, Peter, Jr., to depart. Reassured, all occupants in the restaurant also remained. Nick Tom, himself, because of his heroic efforts, barely escaped as the powerful flood waters burst the debris dam and swept away the gas station cabins and the café.

About 10 p.m., as the waters began to subside somewhat, the Southern Pacific engineer, came down from the hillside where he had taken refuge. His S.P. engine #5036 had managed, somehow, to remain upright and on its track, though derailed, when the flood passed over it.

He and a group of men with various borrowed lights, looked for his fireman. They found him, alive, with his arms encircling the smokestack atop the engine. He was in such a state of shock that his arms had to be pried loose by his rescuers. Only moments after he was removed to safety, the locomotive slid off the tracks coming to rest with the rear tanker cars on their sides and the entire engine becoming submerged in the waters for a time.

About midnight the rain stopped. As soon as they were able, Auzie and Walter Hicks made their way farther down the hill to see how the people at the café had fared. What had once been known as Kaad's Camp was splintered remnants of lumber and portions of foundations.

Mrs. Kaad's body was found in Bena Flat, near Arvin, some three weeks later. That of her husband was located below Keene on a creek bank near the tuberculosis sanitarium, Stony Brook Retreat. Their son was found near the service station entangled in the branches of a tree. During the ensuing months the bodies of many transients would be found strewn between Keene and Arvin but never identified.

A forty foot cliff remained where the Santa Fe locomotive #3834 had stood on



Siding #3. Below, at the foot of the cliff was a wide, flat sandy area with no sign of the engine or even any railroad tracks. Railroad workers were certain that a 225 ton engine could not go far. For nearly a month #3834 remained on the missing list. Workers poked large rods down into the earth with no results and searched far

downstream. Finally, an electro-magnet was obtained from Bakersfield High School and the engine was found under less than ten feet of mud in the area to which it had first fallen. The problem of reclaiming it was yet to come.

(To be continued.)

Tehachapi Hospital Guild 2013 Report

by Beth Ann Bowman, 2012 and 2013 President

Thank you for allowing me to be your president these past two years. I would like to thank all of you for the many hours you volunteered, whether it was at the hospital, blood pressure clinic or thrift shop. Our sales greatly exceeded last year as 2013 was an exceptional year.

In January the new officers were installed. They were President, Beth Ann Bowman; Vice President Marge Wyatt; Treasurer Eve Geisler; Board Secretary Ellen Brown (replaced by Cathy Moats in May); Membership secretary Phyllis Caryll, and Corresponding Secretary Lil Winter.

On March 28, 2013 a groundbreaking ceremony was held on the new hospital grounds. What an exciting event. CEO Alan Burgess commended the Guild for all the help they have been in purchasing needed equipment for the hospital.

On May 20 the Hospital hosted a luncheon for all of our volunteers. The ladies were given beautiful broaches and the men belt buckles.

In August, the Guild presented

the hospital with a check for \$94,762 for four trans-motion gurneys and a Stryker Radiofrequency Ablation Machine.

Our Holiday Bazaar was once again held at the Moose Lodge on Nov. 2. A Big thanks to Kaelene Swanson, Jean Lantz and all the workers that helped make it a success.

On Dec. 9 our annual Christmas party was held. We had 22 ladies that braved the ice and snow. We had a delicious pot luck luncheon and collected toys to be donated to the Salvation Army.

Our election of officers for 2014 was held. Incoming officers will be installed at the January Membership meeting. New officers are: President Kandi Smith; Vice President Cathy Moats; Treasurer Eve Geisler; Board Secretary Jeanetta Cowden; Membership Secretary Phyllis Caryll, and Coresponding Secretary Lil Winter.

Many thanks again for all your hard work.

S A Rosales Income Tax Service

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112 East F St., Unit D
Tehachapi, CA

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the seventies.

RAHRAF

Answer: Farrah

Guess Who?

I was born on January 14, 1969 in Ohio. I was in a popular grunge band in the early 1990s before I became a frontman for the Foo Fighters.

Answers: Dave Grohl

	1	2	3	4	5	6		7	8	9	10	11	12	
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	69							70						

1. Lawyer disqualification
7. Filled in harbor
13. Die
14. Expected
16. As in
17. Squares puzzle
19. Of I
20. Small depressions
22. Cambridgeshire Cathedral
23. Layout and furnishings
25. Sandhill crane genus
26. Challenges
28. A widow's self-immolation
29. Earth System Model (abbr.)
30. Sound unit
31. A teasing remark
33. Surrounded by
34. Distinctive elegance
36. Imperturbable
38. Gulf of, in the Aegean
40. Ice mountains
41. Rubs out
43. German writer Weber
44. Tub
45. Digital audiotape
47. UC Berkeley
48. Actress Farrow
51. Epic body of poetry
53. Weight unit
55. A mild oath
56. More infrequent
58. One point N of due W
59. More rational
60. Exclamation of surprise
61. Manual soil tiller
64. 24th state
65. Surveyor
67. About ground
69. Something beyond doubt
70. Add herbs or spices

1. Shelves
2. Max. medical unit
3. Religious orders
4. Blocks
5. Volcanic mountain in Japan
6. Close again
7. Clemens hero
8. ____-Jima
9. Rendered hog fat
10. Ocean ebbs
11. Spielberg blockbuster
12. Grade reducing
13. Shirk
15. Treats with contempt
18. Single Lens Reflex (abbr.)
21. Integer
24. Photographers
26. Lair
27. Female sibling
30. Supported a structure
32. German socialist August
35. Angeles, Alomos or Lobos
37. Ripe tomato color
38. Indefinite small number
39. Wind River Res. peoples
42. A baglike structure
43. Flying mammal
46. In poor taste
47. Hosts film festival
49. Evansville Hockey team
50. Ohio tire town
52. Popeye cartoonist
54. Resource Based Economy (abbr.)
55. Hates, Scot.
57. Evaluate
59. Porzana carolina
62. Decay
63. Own (Scottish)
66. Atomic #29
68. Santa says X3

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			2		4			8

Level: Beginner

ANSWER:

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

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When the Judge Asks: 'How far can You Walk?'

by Diana Wade, Disability Advocate

One question the judge is likely to ask you at your SSD hearing is "How far can you walk?" Your first inclination might be to give a simple straightforward answer like: "Two blocks." But an answer like this doesn't paint much of a picture of your walking ability and limitations.

Pretend the Judge Is a Friend

If you were talking to a friend about your ability to walk, you would probably describe where you have walked to recently, how you felt when you got there, whether you had to stop and rest along the way, and so forth. Talk to the judge the same way that you would talk to a friend.

For example, you might say: "Judge, I can't walk more than about two blocks without stopping to rest. Just yesterday, I went to the pharmacy, which is only about a block and a half from my house. By the time I got there, I felt like my back was being stabbed with a flaming sword. All I bought at the pharmacy were my pain pills and a bottle of vitamins. I could barely carry them home, I was limping so badly. I had to stop three times on the way because of the pain. As soon as I got home, I took my pain medication, sat down in my recliner chair, and put my legs up."

As you can see, the person who talks to the judge as an old friend provides a lot of important information, some good examples, and some relevant details.

Volunteer Information

If you have testified in court before or have watched law shows on television, you know that representatives are always advising people, "don't volunteer." What they mean, of course, is don't give any examples or details, wait for the representative to ask. In Social Security hearings, this rule does not apply and if you don't "volunteer" information, you will not be giving the judge the necessary information to decide your case.

Vocational Expert Testimony

The administrative law judge could ask a vocational expert (VE) to testify at your hearing. Some administrative law judges ask a vocational expert to testify in virtually all of their cases involving adults. If a VE is going to testify at your hearing, you will be notified in advance in the Notice of Hearing.

Vocational experts are supposed to be neutral witnesses. Vocational experts are not supposed to provide their own evaluation of the medical evidence in your case, state whether you would be hired for a job, or state that you are or are not disabled. Instead, the vocational expert is there to help the judge decide whether you can do your past relevant work and whether you can do any jobs that exist in significant numbers in the national economy.

Your Past Relevant Work

The vocational expert helps the judge understand your past relevant work-the significant jobs you have done in the past 15 years. The vocational expert will describe each of these jobs as you did them and as they are usually performed in the economy. (Your claim can be denied if you can still do your job as it is usually performed even if you can no longer do the job the way you actually did it. Fortunately, this doesn't happen very often.)

Ask the Advocate

The vocational expert will also describe the skill and exertional level of your past relevant work. Exertional level pertains to how much you had to lift and how much standing and walking was involved in these jobs. Skill level depends on how long it would take a new employee to learn to do your job with average proficiency. If it would take more than 30 days, you may have acquired work skills that could be transferable to other, easier jobs. If so, the vocational expert will describe your transferable skills, state what jobs these skills are transferable to, and how many of these jobs there are in the economy.

Six Rules for Witnesses to Follow

There really are only a few rules for testifying. Follow these rules and you will give the best possible testimony in support of the claimant.

S.1. Tell the truth.

S.2. Don't exaggerate to try to "help" the claimant.

S.3. But don't minimize either.

S.4. Testify only about things that you've observed.

S.5. It is okay to give examples and explain your answers by describing those things you have observed.

S.6. Leave arguing the case to the representative.

Three Mistakes for Witnesses to Avoid

1. The worst mistake is deliberately exaggerating the claimant's disability, thinking that this will help the claimant win. But exaggeration usually backfires because the judge simply doesn't believe it.

2. Another mistake is trying to give "medical" testimony-that is, offering medical conclusions that really ought to come from a doctor.

Finally, you do not want to take over the role of the representative and argue the claimant's case.

An Accredited Disability Representative with more than 16 years experience, Diana Wade believes her clientele can be comfortable knowing that she is recognized by SSA and a charter member of NADR. To contact Ms. Wade call 661-821-0494, email dianapwade@att.net or visit <http://CaliforniaDisability.net>.



Contemplate the New Year

by Rev. Karen Gatlin

"Some stories don't have a clear beginning, middle and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity." — Gilda Radner

As we contemplate a New Year, we often see it as an untarnished blank slate. So we make resolutions for change and want to be "better" than we were last year in the year to come. It generally doesn't take too many days following such a resolution for us to forget we've made it. I have known some people who have made resolutions and have stuck to them – but they are a small minority.

What if we were to get really radical and started the New Year with self-acceptance instead of resolutions? Can you imagine what a difference it might make if we were to begin 2014 by accepting ourselves with all of our bad habits, crutches, unfinished projects and failures? By holding ourselves and knowing we are held in the heart of divine Love?

I know this whole "love yourself" and "love your neighbor as yourself" concept often feels kind of vague and abstract. But what if before you get going in the morning or before you go to sleep at night, you take a few moments just to rest in the space of loving yourself and holding family, friends and acquaintances with a loving intention? It isn't that far off the bedtime prayers many of us used to say with our parents, "God bless Mom and Johnny and Judy..." but it also includes a few moments at the outset for ourselves.

Ask the divine, the sacred, your "Higher Power" as you define that term, to hold you or surround you with loving light – in whatever way works for you, hold yourself in the heart of love for a bit. Then start on your list of those you love, care about, and those you know and see each day. Maybe add a few you bump into and don't know. This doesn't sound like a huge spiritual undertaking. It might not even sound important. If you don't have a practice like this in your life today, it might be an interesting experiment. Do this for three to four weeks, mark it on your calendar each day – and see if you find it makes a difference to you.

In my own experience, it centers me and "softens" me. If I include those who get on my nerves as I go through my mental list, it may not change much, but it

From the Pastor's Desk

helps me to see the other person with new eyes. They are just struggling along like I am, after all.

In my own "new year," I am about to make some changes. I will be leaving the church I have served in Tehachapi as "Transitional Co-pastor" at the end of February. My husband and I will be taking some time to prepare for his retirement and get ready for change. More spiritual exploration and study are in the future for me. This will be a big shift, but an exciting one.

For my beloved church community, this will be an exciting time as they make decisions about calling their new "settled" or long term pastor in the month to come. My prayers will include them each day as they embark on this new chapter of their journey.

It has been a pleasure to hear from people over the past months who have read this column. I may still bump into some of you from time to time as I'm out and about in Tehachapi in the year to come. From here on out, it will be as another explorer on the journey – seeking to grow a bit each day. I look forward to the unfolding – for you and for me.

Blessings to each of you,
Rev. Karen



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**10:30 am Worship
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100 East E St. (Disability Access) (661) 822-4443

Community Happenings

AAUW Highlights Women’s Talents

Women have many interests and talents, and American Association of University Women will demonstrate this at their Jan. 9 meeting at 4 p.m. at Tehachapi Community Church, 100 E. E St. A similar type of meeting was held last year, and there were examples of quilting, jewelry making, writing, knitting, and many more. The meeting is open to anyone interested in women's hobbies and talents, however, only members may display their work.

AAUW is California's most active and diverse organization for women offering action for equity, personal and professional growth, community leadership, and friendship. Call Susan at 661-821-6008 regarding joining AAUW.

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.

Wine Pairing Fundraiser for Rotary

by Linda Carhart

Rotary Club of Tehachapi announced the menu for their gourmet wine pairing dinner taking place on January 18th at 6pm at Don Juan’s Latin Grill. The menu was specifically designed by the winemakers at Opolo Vineyard to compliment the wine being poured with each course.

Grilled Shrimp and Bruchetta appetizers will be served with Roussane. Italian Wedding Soup with meatballs will follow with Grand Rouge. The main course will consist of Petit Filet Mignon, Gorgonzola Polenta and Baby Carrots served with Serenade. Last, but not least, will be a dessert of five layer chocolate cake served with Mountain Zin. A representative from Opolo will be

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?

Bring them to the meeting!

GriefShare Meeting 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.

Senior Chili Fest Fundraiser

Jan. 17 at 5 p.m.

Doors open at 4 p.m.

\$8 per person

Senior Center

500 East F St./ Hayes

Chili, Corn bread! Salad, Laura

Warner's famous Punch and dessert.

Please come join us, call for reservations.

Stop by and sign up or call Danielle at 661-822-5412.



present to discuss the selection of wines. Tickets are still available for \$70 each at Don Juan’s, Terry Brady Chiropractic on South St, and Jennifer Williams on Curry or call 818-519-7144. Seating is limited so get your tickets right away.

The evening will also include an incredible auction with approximately twenty wonderful items including Wine Tasting in Paso from several wineries, Disney Park Hopper passes, Golf at Stallion Springs, gift baskets, an overnight stay in Kernville with tasting tickets for the Kern Brewery, Bakersfield Symphony Orchestra tickets, and more.

Local Entertainment Calendar

Schedules are subject to change. Please contact venues to confirm.

Line Dancing

Moose Lodge

Beginning Line Dancing

First and Third Sundays at 1 p.m.

Open to members and their guests.

Come be a guest!

Tehachapi Senior Center

Mondays from 1-3 p.m. 661-822-6255

City Slickers

Wednesday 7 to 9 p.m. 661-822-4939

Bingo

Veterans Hall

125 E. F St. 661-823-8402

Fridays - Bingo, Early bird before 6 p.m.

Senior Center

500 E. F St. 661-822-5412

Tuesdays - Bingo 6 p.m.

Tai Chi

Tehachapi Senior Center

500 E. F St. 661-822-5412

Mondays 10:30 a.m. • Wednesdays 11 a.m.

DivorceCare

DivorceCare is held every Tuesday at 6:30 p.m. in Room 402 at Country Oaks Baptist Church in Tehachapi.

DivorceCare is a weekly seminar/support group that will help you heal from the hurt. The address is 20915 Schout Rd., across the street from the Methodist church. Contact us today for more information.

The phone number is 661-822-1379 or church website at www.countryoaks.org

Tehachapi Senior Center Weekly Activities

Lunch is at Noon on Weekdays

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. – Closed until April 1st

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)

New Classes at E.M.B Martial Arts Studio

151 N. Mill St. Ste.#F

First class is **free!**

Tai Chi Chuan

Mondays 6:15 to 7:30 p.m.

Jazzercise, one-hour classes

M-F 8:30 a.m.

7:15 a.m. M,W,F (starting Jan. 6)

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.

Send us your Community Events

Submit them to: articles@theloopnewspaper.com

by Friday, Jan. 10
to be in the Jan. 18 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!

Blood Donations for 2013: A Huge Success!

by Christina Schrinver

The blood donors of Tehachapi can be so proud of their efforts in 2013! They have donated more units this year than ever before! The record-breaking success of this year is a result of the community-minded residents of the greater Tehachapi area, and the amazing blood drive partners that host and support our local blood drives and accounted for 1,261 units this year!

With each unit touching the lives of up to three patients, the Tehachapi blood donors have helped nearly 4,000 people. Over the last few years, we have built a really great team, with community drives every eight weeks in Tehachapi, Bear Valley and Stallion Springs. When you add to this the community events we attend and coordinate with Mainstreet, we are conducting several blood drives a month in the area.

Other local blood drive partners include Albertsons, World Wind and Solar, Tehachapi Lifestyle Magazine, Tehachapi Hospital, Benz Inc., Walgreens and CCI. Our Tehachapi Community blood drives held every eight weeks at The Good Shepherd Lutheran Church, would not be possible without the support of the Tehachapi Lion's Club. For years they have

promoted and facilitated what continues to be our largest drive in the area. I think that may have something to do with the fantastic coffee and cookies they provide for donors (I am always sure to volunteer as quality control by sampling their goodies! Tough job, but I'm up for it).

As a relatively new member to the community, I continue to be impressed with how civic-minded and generous the people who live and work in the greater Tehachapi area prove themselves to be! We have three blood drives this month in the greater Tehachapi area, Good Shepherd Lutheran Church on Jan. 7 from Noon to 6 p.m., Stallion Springs on Jan. 11 from 9 a.m. to 1 p.m. and Bear Valley on January 28 from Noon to 6 p.m. Call 661-565-5553 for more information!

All donors will receive free T-shirts and be entered to win a trip to San Diego! While all blood types are welcomed and encouraged, we are in serious need of O+, O- and A-. Please join us in giving the gift of life in 2014!



Happy Holidays

by Justina Engen

I really have to be honest... I absolutely love this time of year. I am a true child at heart, and every year I seem to catch that holiday cheer. It doesn't matter how horrible my life is going (and I have had some doozy Decembers), I cannot help but love the holidays. I honestly feel that the holidays have helped me survive some of my darkest moments, and all it takes is an old Christmas carol to get me looking forward to a fabulous holiday season.

In addition to the fun and cheer, this is also a very busy and sometimes stressful time. Often times adults, including myself get wrapped up, no pun intended, in all the things we have to get done, that we sometimes forget to stop and enjoy the magic that comes around this time of year.

This time of year is busy with activities, rushing around, and lots of "To Do" lists. For some, it can turn the merry and cheer into grumbles and "bah humbugs". However, I have found that the best way to snap out of a grinchy attitude is to make an effort to spread holiday cheer and stop to see the world through a child's eyes.

We as parents, especially of young children, are really lucky this time of year. If we stop to live through our children's eyes, we can immediately feel just a little bit merrier. Everything is so magical to them! The Christmas tree that Train Depot and the snowmen figures in our front yard delight my daughters every time we pass them. Any temper tantrum can easily be remedied by doing something holiday related. Of course, we as parents now have the excuse to spend hours in toy stores without our children and not be deemed crazy! I find myself feeling like a kid again just by spending time with my little ones, or thinking about them, particularly at this time of year.

For those of us with children who are a little older, it sometimes takes a little effort to slow down, be silly, and find that magic again. It can come from the simple act of watching the first snow fall and getting woken up at daybreak from kiddos so excited that school is canceled; or pulling out the holiday decorations and picking out a tree to adorn your home.

Bump, Birth & Beyond

Again people may find this a bit cheesy, but I do feel that there is something magical about walking through rows of trees, imagining the perfect fir in your house, and then finally deciding, hoping that the tree will look exactly how you imagined in the house without minor (or maybe more than minor) modifications with a hand saw.

Allowing ourselves to laugh at the minor mishaps, the ugly holiday sweaters, and stop to throw a snowball or sled down that hill, even if we are just a little old to play in the snow.

Sometimes, for the grumpiest of grumps, or the most Grinch inducing tasks, we may have to bring the full force out to spread holiday cheer. I have a great friend who despises shopping at the mall.

However, she really needed to get a gift, so she grabbed a handful of candy canes, drove herself there, and forced herself to smile and hand a candy cane to every person who looked grumpier than she, and guess what? By the end of the night, she had a thoughtful gift in hand, and a much happier mood.

Isn't that what this holiday season is all about: to be thankful for those who have touched our lives, and to remember fondly, no matter how hard it is, those loved ones we have lost? To look for that magic, that youthful joy.

For me, my children represent that shining light; a catalyst for spreading joy, a bright future to look forward to, and a reminder to find and celebrate that magic however I can. I'm lucky that I have a two little reminders everyday that Santa Claus is real and stars are made for wishing on.

My family and I wish you a magical holiday season and a fabulous 2014!

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



TVRPD Announces New Child Enrichment Program for 2014!

by LeAnn Williams, MS, Recreation Supervisor at TVRPD

The Tehachapi Valley Recreation and Park District is excited to announce a new child enrichment program for residents of the Greater Tehachapi Area. "Tehachapi Tots" is an enrichment, preschool program operated by the Tehachapi Valley Recreation and Park District, and will replace the former Terrific Tots program.

The Program with its philosophy "to present to children activities that will foster their growth and development, encourage their curiosity, expand their interest, and help them recognize all of their potential," will serve children 18 months through 5 years of age, and offered as both Parent and Me (18 months to 3 years of age) and the Tots Enrichment (3 to 5 years of age).

Parent an Me classes are designed to involve children and their parents in movement, music, storytelling, and circle time and to prepare children for The Tots Enrichment program, a well-balanced enrichment program that includes exposure to pre-phonics, math, concepts, science, dramatics, motor movement, arts and crafts, and music aimed to enhance social, physical, emotional, and intellectual development. Activities include supervised play, signing, games, story-time, discussion of themes, special events, physical activity, field trips, and much more!

The new 2014 Tots curriculum is complimented by new instructors Megan Turk and Kellie Gilbert. Educator and mother of two young daughters, Megan Turk, will instruct the Parent and Me program. Megan, who received her Bachelor Degree from the University of Wisconsin states, "I am most excited about all of the growing that can happen at Parent and Me, including the parents, the children and most of all, myself."

Additionally, Kellie Gilbert, the new Tots Enrichment instructor and mother of two daughters, including brand new baby girl Riley, received her bachelor degree from Cal State Long Beach in Arts Education. Kellie who has taught art and English to Seventh and Eighth graders stated, "What excites me most about being the Tots teacher is being around the kids. My passion is to teach children, it's very rewarding. The highlight of my day at work is when I see a child's eyes light up when they learn or try something new," Kellie stated.

TVRPD District Manager Matt Young stated, "TVRPD is extremely excited to welcome Instructors Megan Turk and Kelli Gilbert to the TVRPD team. Both Megan and Kellie with their education and teaching experience are exceptional resources to our community in terms of early childhood development and wellness.

TVRPD is proud to offer this cost effective program and life-long learning experiences to all of Tehachapi. We are moving towards offering exciting, trending recreational and education experiences rarely witnessed in small communities."

Enrollment is open to the public, and children are admitted to the program without regard to race, color, creed, or sex. The program is offered August through May. Program costs are \$35 per moth plus a one time craft fee for Parent and Me, and \$75 per month plus a one time craft fee for Tots Enrichment. An additional Out Of District fee is required for residents of Bear Valley and Stallion Springs.

For more information about the Tehachapi Tots program, visit www.tvrpd.org or contact LeAnn Williams, Recreation Supervisor at 661-822-3228.

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New Year, New Resolutions?

by Victoria Alwin, MSRD

Nutrition Corner

Beginning a new year, many people make resolutions to improve themselves. Unfortunately most resolutions are abandoned before Valentine's Day. Perhaps this would be a good year for a new approach to an old practice.

One popular resolution is to lose weight, but it should be noted that while many of us do manage to lose weight, but it always seems to find us again so quickly long before the end of the year. In place of the traditional resolutions to lose weight, quit smoking, exercise more, and the like, perhaps we should try altering our method of change. Instead of "losing weight" or "eating better," how about replacing something sweet (candy, cake, pie) with a serving of fruit at least once or twice weekly? A decrease in your bread intake by one slice of bread daily might result in a weight loss of 10 lbs per year. Adding a serving of vegetables, albeit not deep fried or drenched in butter, can result in a similar loss, as well as improving your overall health. Substitute vague intentions such as "eating healthier" with something more specific, but doable, such as eating one slice less of bread, one more serving of broccoli or fruit, or having skinny lattes instead of regular lattes. Small steps lead to the same place.

The same works for exercise. Instead of "exercise more," think "I will park at least four spaces from the store." Studies

show that short workouts can often have similar results to intense ones. Difference? Sometimes it is easier to start on a five minute walk than to make room in the schedule for a 30 minute fast walk. The latter might burn more calories and fat, but the five minute walk might actually be done, instead of just scheduled or groaned about. Same result, less hassle. You could add something more fun (and active) to your schedule such as dancing or playing non-video games with the kids such as basketball, badminton or hopscotch. Playing keeps us young and more fit. It is also a great way to defuse stress.

If you eat out often, one way to combine three resolutions (lose weight, eat better and spend less money) is to take the money which would be spent on eating out, put it in the cookie jar, and eat a balanced meal at home or take a bagged lunch for work. In the course of a year, you will have lost some weight (restaurant or fast food is not known for being low calorie), eaten more vegetables and saved some money.

Nowadays we hear people talking about what they would add to their "bucket list," as in "before-I-kick-the-bucket list." Why not make a list of things you can do which would be fun and meet your health goals **and** which might delay having to make a "bucket list"? More of a Life List for a new year.

Loop 'round The World

Senior Master Ivan Jadric and Mrs. Maria Jadric of Tehachapi Martial Arts took The Loop on their trip to Spain to be honored at the International School of Martial Arts.

During their trip they traveled all over Europe. Here they are catching up on their hometown news in Croatia.

Going on a trip?

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Stony Brook Retreat: Another Time, Another World

Long-time residents of the Tehachapi area probably know some or all of the history behind the National Chavez Center. Others may be surprised to learn the history of the beautifully restored 187-acre compound dedicated to Cesar Estrada Chavez.

Its humble beginnings were markedly different than it is today and played more than one role.

Development of the site began in 1913. The Kern County Highway Department opened a rock quarry near Keene. Four wood buildings, a road and water and sewer infrastructure were completed. Two of the original wood buildings remain on the property but have been moved from the original site. In 1917 quarry was shut down by Kern County.

One year later California Bureau of Tuberculosis chose the property for a sanatorium for TB patients. Stony Brook built hospitals, a schoolhouse for young patients, dorms, numerous affiliated buildings and new roads, over a period of fifty years.

The Stony Brook Retreat was established and continued as a TB facility until 1967. A sanatorium was an isolation facility for patients with diseases such as tuberculosis, commonly referred to as TB or the "disease of the masses", among other mental and physical conditions. During the early and mid-20th century TB was a world-wide medical problem. Stony Brook was only one of many facilities across the United States dedicated to TB. The goal of these sanatoriums was to isolate and treat contagious patients, with the hope of eradicating TB. Germs and knowledge of infectious diseases was in its infancy and medical treatment was often unsuccessful, due to lack of understanding. As time went on the world became better equipped to deal with TB as medical advances helped researchers to understand how to treat TB. Understanding that infectious disease such as TB were carried through the respiratory tract and that isolating patients could drastically reduce the spread of the disease.

Patients spent a great deal of time, outside, as it was believed sunshine and fresh air should be a part of the treatment and sanatoriums were established in mountain regions where there was plenty of sunshine.

Recognized Valley Fever expert, Dr. Hans Einstein, of Bakersfield, was the assistant Medical Director of Kern County's TB sanatorium, in Keene. Einstein, a Quaker

Out 'n' About

by Shirley Given



of Jewish origin, was born in Berlin. He fled Germany with his mother and sister, when the Nazis came into power. In 1928 his mother contracted TB and was isolated in a sanatorium in Switzerland.

Five year old Einstein was placed in a "preventorium", a children's facility on the grounds where children were cared for, while their parents or guardians recovered and or had been exposed to TB.

Streptomycin was discovered in 1943 and was the first antibiotic for TB. It put an end to the need for sanatoriums and preventorium for the purpose of isolation. The Sandy Brook Retreat closed in 1967 and three years later the United Farm Workers, led by Cesar Estrada Chavez, established the Nuestra Senora Reina de la Paz (or Our Lady, Queen of Peace) Educational Retreat Center. After Chavez died in 1993 the compound was renamed the National Chavez Center, with the purpose of bringing to light the events and achievements Chavez brought forth for the civil rights of farm workers.

The restored compound includes the building of a visitor center and memorial gardens where Chavez was put to rest. The center is a replica of the 1914 quarry building Chavez used as his headquarters. The layout was catalogued by the Smithsonian, before the building was razed in 2003 and constructed to the specification of the original building. Funds for the restoration were provided by a California state heritage grant and donations.

Oct. 8, 2012, United States President, Barack Obama signed a proclamation designating the Chavez Center as the Cesar E. Chavez National Monument.

The National Chavez Center is located at 29700 Woodford-Tehachapi Rd. in Keene. For further information call 661-823-6271.

Information credited to: Reimagining the Stay: A Historical Examination of the Stony Brook Retreat Sanatorium in Keene, California, 1918-1968" by Olivia Garcia and Bakersfield Business Commentary Examiner, Dianne Hardisty. Hardisty is a freelance writer and has written extensively about the National Chavez Center and Dr. Hans Einsteins memories of Stony Brook Retreat.



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Tehachapi Christmas Bird Count of 2013

article and photos provided by Mary Dufrein

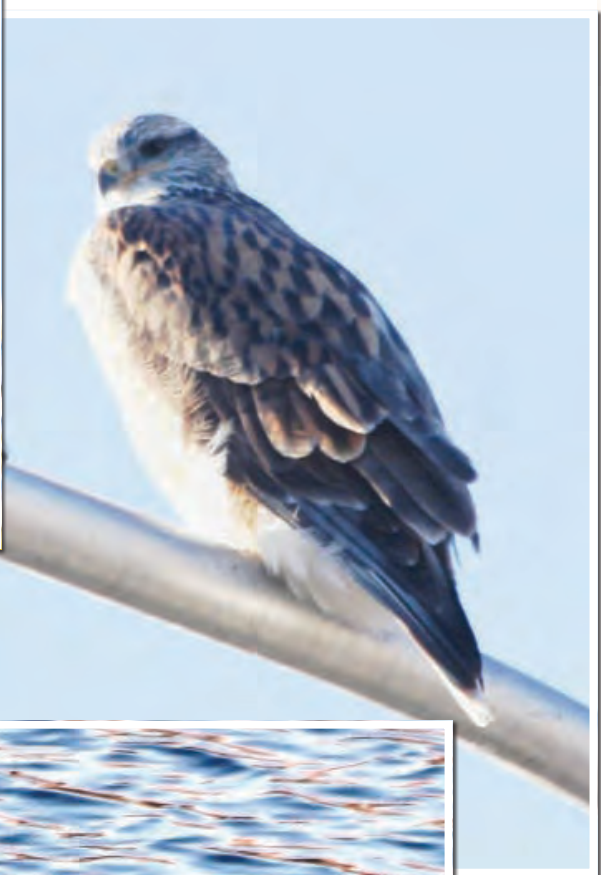
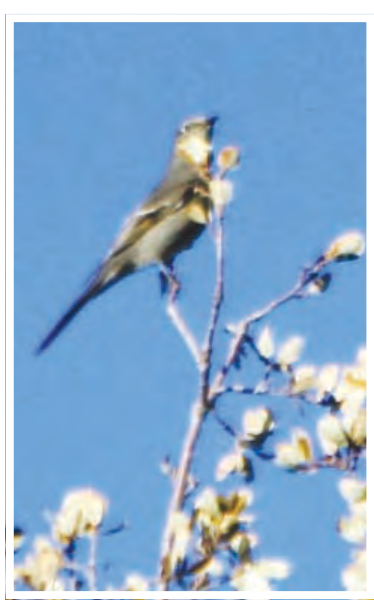
Hobby Spotlight



On Monday the 23rd of December, two days before Christmas, five diligent volunteers committed to counting all of the birds in a fifteen mile radius here in Tehachapi Valley. Unfortunately, only two volunteers were there from the Tehachapi area, one team came from Fresno and another drove in from Ridgecrest. This was the 114th consecutive year for the Worldwide Christmas Bird Count.

just came in with our numbers. We had a total of 3,410 birds representing 83 different species. The number of birds were down from previous years but conjecture was that this was due to our drier weather. It's a big area and a lot of birds to count maybe you could help next year. If you'd like to see our complete CBC list, go to our web-site; <http://www.kastehachapibird.com/>

If you'd like to learn more about the Worldwide Christmas Bird Count, go to; birds.audubon.org/christmas-bird-count



Loop 'round The World

Janet Teehee took The Loop along with her to Willemstad, Curacao in mid-December on a 10 day Cruise of the Southern Caribbean.

Going on a trip?
Be sure to take The Loop with you and send us a photo with a little information about your trip and email it to info@theloopnewspaper.com

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