

The

Loop

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Vol. 26 #3

Talk It Up:
News from the City
of Tehachapi
pg. 13

Your Hometown Community News & Local Happenings

Feb 15 ~ Mar 1, 2014

Divine Intervention: Maggie's Story pg. 6

Look
In this Issue

Meet Your New
Neighbors pg.5

Nonprofit
Highlight pg.14

Stallion Springs
Happenings pg.24

The Local Scene
pg.30

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INSIDE THIS ISSUE

Page 4	Real Estate Spotlight • Mortgage Matters
Page 5	Meet Your New Neighbors
Page 6	A Dog's Life
Page 7-8	Pet Pages: Adoptable Pets – Cats and Dogs!
Page 9	Local Real Estate News • BVS CAA Art Show • BeeKay
Page 10	From the Pastor's Desk • Readin' & Writin'
Page 11	Spirit of Tehachapi • Tehachapi Mtn Brew & Grill Fest
Page 12	TTT Classes & Events • Fiddlers Crossing: Ernest Troost
Page 13	City of Tehachapi's Upcoming Events and Information
Page 14	Non-profit Highlight: <i>Monday Night Manna</i>
Page 15	New Eagle Wrestling Club Attends Tournament
Page 16	Jennifer's Thoughts...
Page 17	One Man's Passion • Fishing Tips Healthcare Reform Answers
Page 18-19	The Forde Files
Page 20	T-Fitness News
Page 21	Your Tax Preparer • Taste of Italian
Page 22	Fun Page
Page 23	Ask the Advocate • A Page of History
Page 24	What's Up in Stallion Springs • Nutrition Corner
Page 25	Horticulture in Tehachapi • Bump, Birth & Beyond
Page 26-27	Community Happenings
Page 28-29	Classifieds • Business Directory
Page 30	Local Scene
Page 31	The Pet Nanny

THE LOOP

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Bar Double J Supplies Celebrates Fourth Anniversary



What started out as a swap meet business has blossomed into a store with unique as well as everyday items for your horse.

Bar Double J Supplies tack shop on South Mill Street in Tehachapi is celebrating its Fourth Anniversary during the month of February. The store has all types of new and used tack, along with clothes, boots and other gift items for the horse and rider.

"I started selling used tack at swap meets and other venues," said Jill Nelson, one of the owners. "People kept asking me 'where's your store?' I told them your looking at it."

As sales increased, a seed was planted to open a tack shop. Along with her husband, John, and friend Al Anders, they opened a small store off South Street in Tehachapi. They began buying and consigning everything from saddles to tack. Within a few months, they needed more space, and rented the adjoining rooms. Two years later, Bar Double J Supplies expanded again to its current location on Mill Street.

"We serve a niche in the area," Jill said. "We buy all sorts of tack that you may no longer used, or we consign it. Not many tack stores do that. It puts money in people pockets, and gives new horse buyers a chance to buy some less expensive, but good of good quality tack, to start with."

Saddles are a big part of the shop's

business, and riders are always looking for used, nicely broken in ones. During 2013, BDJ sold 60 saddles, of which 45 were consigned. They also sell winter blankets, saddle pads, helmets, reins, bridles, halters, and lots of odds and ends.

"You never know what's coming in the door," she said. "Most of our stuff is one of a kind, so if you like it, put down a deposit. It may not be here the next time you come in."

BDJ has branched out to fix selected items such as broken reins, bridle and blanket straps and halters.

They also do some repairs on saddles such as stirrup straps, broken or missing rings and more.

"We have all types of items from snaps and clips that cost only a few dollars, to silver inlay bits that could be a few hundred," Jill said. "We have tack and stuff in every price range. And we always willing to haggle."

During February, every customer who makes a purchase gets a ticket for gift items that will be raffled off at the end of the month. Bar Double J Supplies also plans an all-day Open House on Feb. 22.

"Come join the fun," Jill said. "We'd like to thank our customers for helping to make us a success. We hope to be here for many more years."

BDJ is located at 117 S. Mill St., Tehachapi, CA. Phone 661-823-1115. You also can find them on Facebook.

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Moessner Farms sandwiches are served with soup or salad and their famous pickles. The above pictured sandwich is the California Roast Beef with Ortega chillies, jack cheese on parmesan sourdough bread with habanero mayo, grilled to perfection and served with onion soup.

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Turning Your Real Estate Dreams Into Reality

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More About the Score

by Tammy Engel, Mortgage Advisor

When we pull your credit report, lenders are supposed to give consumers a credit score disclosure. This document shows what your credit scores are, and gives reason codes as to why.

You'll see references to credit score ranges of 309 to 844, higher being better. In real life, most consumers shopping for a home loan will score somewhere higher than 500. Since beginning my practice in 1990 I have only seen one credit score in the 400s, and a few as high as 824.

Remember this snapshot will differ depending on what industry is pulling your

Mortgage Matters



score. Consumer credit score models tend to return a higher range of numbers than do mortgage. It's all about how each credit bureau calculates your score, and they have differing products for consumer, mortgage, employment, insurance, and beyond.

Here's how we use reason codes: They tell us why your score isn't higher.

When you have a low score, this information is invaluable, because it tells us what to address first in improving your score. We'll know whether your score is damaged because of recent derogatory reporting, which is usually only corrected by waiting for the late reports to fade into the past. If the reason code tells us you have a high "proportion of balances", we might be able to raise the score if you pay off or pay down credit cards.

But what if you already have a "good" score? For mortgage purposes today, that usually means 740 or higher. When we get reason codes for higher scores, we're still being told why the score isn't higher. When you consider that your score is pretty close to perfect, you'll realize these comments hold very little weight.

For example, a recent client has a 759 credit score with the first reason code being "serious delinquency". A review of his report shows a single credit card late payment in 2010. The event is way in the past and there is nothing to be done about changing facts, and he is already getting the best possible loan pricing. In this situation, the best thing to do is smile and say thank you and leave the credit report alone.

Don't fall for the worst mistake you can make when your score counts: Closing unused credit lines. This can backfire and lower your score.

As with everything else mortgage-related these days, work with your local mortgage advisor and get professional guidance when obtaining a home loan. Trying to figure it out yourself could cost you for the next 30 years.

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



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Meet Your New Neighbors

by Pat Doody

When **Jack Roth** met **Sylvia** in 2008 he was living at Rosamond Air Park with a 1949 Navion which he had owned for 15 years. He had met women and dated but no one had "clicked" until, by chance, he was waiting in line at Walmart one day for a prescription. While talking to a woman in line, she finally said "You need to meet my aunt". He agreed, called Sylvia and they met for bagels. They were both a bit apprehensive at first but enjoyed each other's company. Jack even agreed to watch her dog for two weeks while she went on vacation. To make a long story short, they eventually married and lived in Rosamond until they decided that the natural surroundings and four seasons of Tehachapi was where they wanted to spend their retirement. In June they found their new home and moved.

Sylvia was a "Navy brat". She was born in Hollywood and moved around a lot. She even spent about three years in Albuquerque, New Mexico. She has four children in San Diego – three girls and a boy – and a grandchild in college. Her brother lives fairly close by in Norco. She is a crafter, loves to sew and still loves to travel (as does Jack).

Jack has retired after his 36-½ grueling years as a firefighter and he also has a long history with horses. He claims he won his first horse in a shuffleboard tournament and then had to work for hay. His father had been a brick layer, so Jack learned to be a "jack-of-all-trades". He even learned to be a farrier. Although he no longer rides horses or flies airplanes, he loves to work on Jeeps and his new house.

Jack and Sylvia are not alone. They have two friendly pups, a Labrador Retriever named Katy and a Cavalier King Charles named Lucy. They all love their new neighborhood and their neighbors and we welcome the Roth family to Tehachapi.

The **Embry Family** found their new vacation home in September. Since then Jim, Sheila and their three children have been spending as much time here as they can. The motivating force was, according to Sheila, "wanting to be with our family in nature".

The family spends most of their time near

Sunland, in the San Fernando Valley, since both of them still work in the Los Angeles area. Jim is a teacher, working with youth-at-risk for the Los Angeles Unified School District. Sheila was the producer of "The Dog Whisperer" with Cesar Milan and is currently working on a documentary about a soldier with PTSD and his relationship with a horse.

Jim is originally from Half Moon Bay in northern California and played professional baseball for about five years, playing for the Giants, the Phillies and the Angels. His hobbies, of course, are sports and also acting. He has appeared in a number of films including "The Other Sister", "Rocky II" and "Escape from New York".

Sheila was brought up in the Los Angeles area and has lived in Culver City, West Los Angeles and Long Beach. She is a real horse woman. Although she said she likes to read, she also told me she has ridden horses her whole life. She has even worked as a camp wrangler and a guide for a pack station.

Seven year old Ben and five year old twins, James and Anabella are always busy. It is not a surprise that the boys love baseball but Anabella is into gymnastics. Ben also rides but it is Anabella who is showing a real interest in horses.

When the family visits the mountains, they usually bring their two horses with them. Spirit is a Rocky Mountain Pleasure Horse and Stormy is a Tennessee Walking Horse and they both seem very comfortable with their new surroundings. The household would not be complete without their two dogs: Ollie – a Havanese – and Goldie – a Labrador Retriever.

I know they will all spend many happy vacations here enjoying the beauty of the mountains. To the entire Embry household: "Welcome to Tehachapi!"



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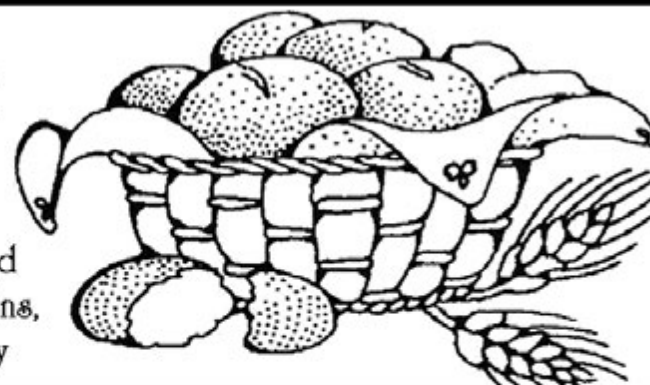
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(Continued from Front Page)

Divine Intervention:
Maggie's Story

It's A
Dog's Life

by Liz R. Kover, Animal Assisted Activities Director at Marley's Mutts Dog Rescue

It takes some of us longer than others to find the place we truly belong. We don't know why this is, but we know that once we find and feel a sense of true rightness and belonging, the amount of time it took to get there becomes irrelevant.

Most of you know Maggie's story, but let me summarize for those who are new to Marley's Mutts. Maggie was essentially a feral dog, found wandering in a parking lot in Los Angeles with a Chihuahua sidekick Charlie.

Both were rescued and came to live with Zach and the Mutts. Before long, the pair was adopted together into one family. Everyone was thrilled for them both, as the situation seemed just right.

Several months later, we got word that, while there was no sign of Charlie, Maggie had been returned to the shelter. We tried in vain to contact the family, who turned out to be completely inaccessible.

Regardless, Maggie came back to the rescue where she continued her rehabilitation process, learning to be comfortable in her surroundings and within a tight-knit pack of dogs and people.

Months later, we met our friend Shane. Shane had seen Maggie online and had fallen in love with her, so then we spent a couple of months having Shane come over to get to know Maggie.

For Maggie to get to know Shane's smell, we had him leave a pile of his clothes on Maggie's bed. We facilitated lots of time for the two of them to bond, to walk together and share space.

Eventually, Maggie seemed ready for the transition. When she went to live with Shane, she ripped his blinds down and scratched up the door to his apartment while he was away at work.

Then, on Christmas morning, she broke loose from Shane's grasp while they were out walking, and ended up missing in the Tehachapi hills for four days.

Shane felt absolutely terrible about all of it, but ultimately decided he'd have to bring Maggie back to the rescue. She just wasn't meant to be cooped up alone in an apartment all day.

Here we were again. Though, oddly enough, since she had returned this time, Maggie seemed like a different dog. She cuddled with her best friend Baloo, as she always had, and did her normal "Maggie things".

There was a change in her demeanor for the better. She simply seemed happier. She reached out more for affection, even toward the men in the picture –both Zach and pet sitter/friend Chris – which was the sign of a new Maggie. She was just more relaxed in general... and playful!

Even still, we continued working with our trainer, Lisa, to help Maggie rise above her remaining fear and anxiety.

We continued wondering...what is to be this beautiful dog's fate? For all her past experiences and all her unique qualities, we knew we would need a miracle to find just the right place for our girl to call home.

Last weekend, our prayers were answered when the Sisters at the Norbertine Monastery called and said "We want to meet Maggie."

While they spend the vast majority of their time praying and working and studying in silence, they also take time to peek at Facebook now and then. The Mother had followed Maggie's story since the beginning.

Zach, Dr. Lelewer and I brought Maggie and Fred to visit the sisters last Sunday on their most beautiful, idyllic property in the Tehachapi mountains. The monastery sits on hundreds of acres of rolling hills set against a backdrop of strong peaks. It is a vision to behold.

Mother and a few of the Sisters greeted us, along with their pack of five Great Pyrenees, and a little cattle dog named Whinnie. We threw the ball for the dogs in an enclosed field while a group of cows looked on.

Mother and the Sisters would trade off walking Maggie, and laying loving hands on her, into which she melted. She seemed so comfortable, so at ease and at peace. The way one feels when they know they are HOME after a long, arduous journey.

We explained Maggie's past and her particular needs: Strong, unwavering leadership, the consistency of daily routine, guidance from and connectedness with other dogs, enveloping feminine energy.

Of course...Love. Maggie needs a special kind of love...a transcendent, divine kind of love that will never falter and never fail her. The sisters were ready to provide Maggie with everything she needed and could ever want.

A few days later, Aileen and I brought Maggie back to the Monastery for her official adoption. We outfitted her in a high tech GPS collar, for ultimate safety and peace of mind, though the Sisters won't let her out of their sight or off the leash until they are absolutely certain she will stay near.

A few different sisters came out this time and, alongside one of their Pyrenees, Lady, led Maggie on a twine lead they made (on the spot, in thirty seconds) around to meet the chickens, the goats, and the kitties.

Maggie took it all in stride as though she had been there forever.

It was impossible not to get emotional... especially when one of the newer sisters approached and asked, "What's her name?" Then Sister Mary Agnes (the resident dog whisperer) looked lovingly at Maggie and said... Her name is Maggie. Perhaps short for Sister Mary Margaret, or maybe Magdalena.

While we hold onto this situation with caution, it is caution backed by a greater faith. We truly feel now that Maggie has found her place. That she has found her calling. That she has found peace. God had a plan in store for Maggie that none of us could have predicted... but now seems like the only one – in Heaven or on Earth – that is plainly, perfectly, right.



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The Loop's 'Adopt A Pet'

Trixie & Dixie

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Kipper

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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!

Rebel

Rebel is a 6 month, 9 pound male Terrier mix puppy with a terrific tan coat, likes kids/plays well w/others (and will soon graduate from Housetraining 101). ~ To adopt clever Rebel and/or his sweet sibling, Spunky, by all means, call Aleshia, 661-750-1409, or Save Tehachapi's Orphaned Pets, 661-823-4100, menu #2.



Maverick

My name is **Maverick**, I'm a 3 year young, 9 pound housetrained male Terrier mix with a copper colored coat, playful w/other dogs, kid-friendly, and a super-sweet snuggle-bug. To meet mellow Maverick and adopt him in to your heart and forever home, call Marsha, 661-823-7868 or Save Tehachapi's Orphaned Pets, 661-823-4100, Menu #1



Spunky

Spunky is a 6 month, 10 pound male Terrier mix with a super-sleek black coat, likes kids, cats/dogs (and will soon graduate from Housetraining 101). To adopt special Spunky and/or his swell sibling, Rebel, wait no further to call Aleshia, 661-750-1409, or Save Tehachapi's Orphaned Pets, 661-823-4100, menu #2.



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.

Dixie



Dixie could do well in many different environments, and with just about any other pets or people. She is confident in who she is, loves exploring in the yard with my border collies and horses, and watches over my kids while they play. She is not needy in the sense of wanting attention all the time, but loves knowing she has someone to be with. I think Dixie would do great in a moderately to very active family that enjoys going for walks or runs, whether it's through town or on the trails. I haven't tried taking her out with a bike yet, but I think she would catch on to that quickly. She is very good at ignoring distractions on walks and she doesn't pull on

the leash. She has such a loving and loyal spirit that she wants to share with everyone she meets. Adoption applications for Dixie can be found at www.marleymutts.com.

Frodo

Frodo is a 12 week old black and tan chihuahua mix. He was rescued from the animal shelter after spending most (if not all) of his short life behind bars. This feisty little fellow plays great with

other pets and would also make the perfect companion for a child or children. Frodo is current on vaccines, will be neutered in the next few days, and will soon be ready for adoption at www.marleymutts.com.



Marley's Mutts Dog Rescue

(a 501(c)3 Non Profit Org)

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

Visit us online
www.marleymutts.com

The Loop's 'Adopt A Pet'



All Dobie SOS dogs are neutered/spayed, vaccinated, micro-chipped, and have received a veterinary exam. All adopted dogs come with one free bath at Canine Creek and one free grooming at Tehachapi Pet Lodge. You can see all of the Dobie SOS dogs waiting for homes at www.dobiesos.org. 661-886-1721 dobiesos@earthlink.net

Dharma



Dharma was born in early December of 2008. She is long and lean with natural ears and a natural tail. Dharma is very energetic, playful, affectionate and smart.

She is dog-social, though tends to be dominant and cannot live with a female dog. She is crate-trained, has a good start on housetraining, and knows how to use a dog-door.

Dharma is toy and food motivated, so she should be easy to train.

Dharma is fine in the car and like most Dobermans wants to be with her person 24/7.

Dharma was adopted twice, but returned both times for two problems: the first is separation anxiety and the second is overprotectiveness.

Dharma needs an active, Doberman-experienced owner that can set rules and calmly, but firmly, see them through.

A large, social male dog to play with would be best as she does not like to be alone. Please visit our website: www.dobiesos.org and click 'Adopting' for more adoption information.



Phone: 661-823-4100 (Menu 2 Dogs / Menu 3 Cats); E-mail: contact@thestoppers.org
Mail Address: 785 Tucker Rd, Suite G, Box 460, Tehachapi, CA 93561 (for monetary donations)

Chucky

Happy-go-lucky, that's our **Chucky**. This guy is one of the most entertaining dogs we've ever had. He does all kinds of funny things; he's loving, playful and just downright adorable. He's a terrier about 2-3 years old. Chucky is definitely a dog that will steal your heart. He was found by Sonic on Valley Blvd. After we took him, he became sick. Blood work revealed problems with his liver. Our vet, Dr. Paulson, put him on meds and special food. Chucky will need continued treatment and we don't know if



he will ever be cured. He shows no sign of being sick, and he will make a fabulous pet for the right family.

Shylan

We think **Shylan** might be an Italian Greyhound or Whippet mix. She is approximately 2 years old and was terrified when we got her. This little trooper came out of her shell lickity split when she realized her foster mom was her friend not her enemy. Shylan is ready to venture out into the world and find people who will adore her as she deserves.



Allie

Allie is 7-8 years old and possibly a MinPin mix. She's on the chubby side but with her new diet she is shedding the ounces. This dog is all about love—getting and giving. She was Shylan's bed buddy in her previous home and would love to be adopted with Shylan, but we know it's very hard to find a family interested in taking two dogs at one time. Because of Allie's age, we are offering her on our Seniors 4 Seniors adoption program at a greatly reduced adoption fee. Allie is going in for teeth cleaning on the 13 of Feb. so she will have a sparkling smile.



Savannah

Savannah is a large, very dark chocolate point Siamese s/f 6 years. She was abandoned in the local high school and was scared at first and hid under the dresser. She was probably a senior's pet and something happened to them. She is very low energy and should probably be the only pet. She loves to be brushed and has beautiful blue eyes that are crossed sometimes. She is living in a spare bedroom right now because one of the other cats tried to start a fight and Savannah jumped on



her and that was the end of the altercation. She is really a great cat. Very beautiful. This animal was placed as a public service. Contact us for more information.

Mommadog

Mommadog is a 2 year old spayed doxi-terrier mix. 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.

Won't you consider giving her a loving forever home?

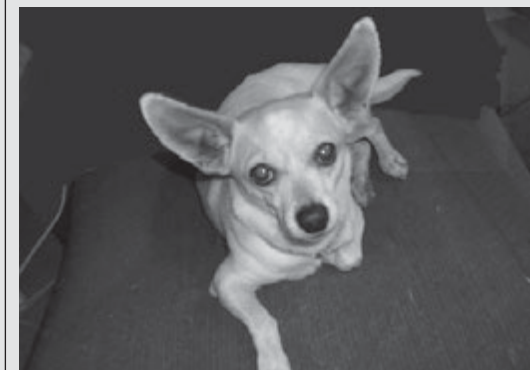


Skittles

Skittles is a white and tan terrier mix, maybe with some Chi, who is spayed, micro-chipped and current on all her shots.

She is house trained, crate trained, good on a leash, and loves to ride in the car. She gets along with her foster brother and sisters and is good with children. She met a cat and was okay with it.

She is a very loving little lap dog looking for a great home.



Tehachapi Humane Society

661-823-0699 (select menu #5 for dogs & #6 for cats)

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

Real Estate Market Update for Tehachapi

by Diana Williams, Remax Tehachapi

After five years of declining prices and sales the Tehachapi Real Estate Market has begun a slight increase in pricing and sales volume. Most buyers are aware that our inventory for the year has been low with the demand for housing on the rise. This makes finding, securing and buying a home a bit more difficult.

Local REALTORS® are up to the challenge in finding homes for their buyers and making transactions work; however the biggest challenge in a market where values are increasing is the appraisal process. Appraisers are under the most scrutiny they have ever been in years so they are cautious about giving too high of a value to homes. On the other hand, buyers are adamant they will pay over the appraised value to secure the home they want. Unfortunately buyer's are often unsuccessful in getting the appraiser to bring in the higher value. It is a catch 22 situation that is continually being solved by the REALTOR®. Each case is different and each solution is unique. Just one of the things REALTORS® do throughout the course of a transaction that makes them so valuable.

Some interesting statistics are that we actually sold 56 fewer homes in 2013 than in 2012, but the average home price jumped from \$166,852 in 2012 to \$202,850 in 2013. The fact is that the sales of vacant land jumped from 66 sales in 2012 with an average price of \$16,900 to 140 sales in 2013 with an average price of \$23,580. This increase tells the story of the low inventory. Many of these lots were sold to builders that have begun construction. All of this in answer to the low inventory problem that has plagued REALTORS® for the entire year of 2013.

What will 2014 bring?

Sally Lawrence 2014 President of Tehachapi Area Association of REALTORS® says: "Experience shows that how the real

Local Real Estate News

estate market is doing depends on your specific neighborhood. Overall, the Tehachapi area has seen an increase of more than 21-percent in estimated home values over the past 12 months according to data provided by the National Association of REALTORS®. Even better, this corresponds closely with the 12 month increase in values reported for Bakersfield by the California Association of REALTORS®. The fact that Tehachapi real estate value increases are so closely aligned with the largest city in Kern County is good news for us. What will happen in 2014? Because I do not have a crystal ball, that's really difficult to predict. I can assure you that if you are considering making a move, it's always a good time to do so."

Linda Clough Immediate Past President of Tehachapi Area Association of REALTORS® says:

"I believe the real estate market will most assuredly remain the same in 2014. Neither going up nor down, holding steady while our economy struggles to stabilize. Inventory will remain somewhat guarded on the 'need some more' side...as sellers struggle with the question of should I or should I not?

Many buyers are currently out there in the lower price ranges but unfortunately there is very few lower priced homes as investors took advantage of those homes when the time was right. The market has seen less buyers for over \$300,000 range and that has made the higher end homes sit awhile longer.

All and All I feel positive that we will get through the real estate slow down and come out on the other side with a smile on our face because we ...REALTORS®, sellers, and buyers were victorious."

As you can see, the real estate market is a constantly moving target. For the most up-to-date information about your situation, ask a REALTOR®.



Mar. 1

James Lee Stanley and John Batdorf Play the Stones

BeeKay

by Deborah Hand-Cutler

What if Mick Jagger and Keith Richards had hailed from California instead of Britain?

Would the Rolling Stones songs have sounded more like The Beach Boys', sung in tight harmony and played on acoustic guitars?

James Lee Stanley and John Batdorf will present their answer to that question when they perform their "All Wood and Stones" concert in the BeeKay Theatre Saturday, March 1, presented by Fiddlers Crossing.

With songs that in the hands of these two virtuoso singers and acoustic guitarists will seem both familiar and brand new, and dashes of the duo's comedic repartee, this will be an evening

not easily forgotten.

James Lee Stanley and John Batdorf are no strangers to Tehachapi.

Both have played at Mama Hillybeans in the past.

Stanley has performed twice for Fiddlers Crossing, and last fall in the BeeKay Theatre, in a concert sponsored by the Bear Valley Cultural Arts Association.

Tickets are \$20 and may be purchased at Mountain Music, 206 E. F St. in downtown Tehachapi, or at Tehachapi Treasure Trove, Tehachapi Furniture in Old Town, and Lucky's Barber Shop on Green Street.

Tickets may also be reserved by calling 661-823-9994. The concert begins at 7 p.m. Doors open at 6:30 p.m.



Photographer Leslie VoVilla

Leslie's interest in photography began after she and her husband Matt moved to Bear Valley Springs, in Tehachapi California a few of years ago. Moving to the mountains where the wild life is so plentiful and ventures so close to the back porch inspired her to pick up a camera and record the magnificent creatures and unbelievable moments. Now the curiosity has become a passion.

A self proclaimed artist most of her life, Leslie has studied at the New York School of

Design, studied painting in both Watercolors and Oils, and dabbled in the fashion industry with a line of woman's clothing.

Leslie has received several awards for her photographs of the "Central Coast Elephant Seals"; she has been invited to show her work in several local businesses and galleries and has produced a line of greeting cards that reflect her many interests.

Leslie's work can also be seen on her web site crossroadsphotos.com [This photo is in serpentine format not black and white.]

BVS Cultural Arts Association Presents the 2014 Art Show

by Linda Coverdale

The Bear Valley Springs Cultural Arts Annual show is a much anticipated event that showcases our local talent.

Every year it is shown over Easter week, and this year that week falls on April 12.

The entire event starts with a reception on April 12 at 4 p.m. and is free to CAA members.

Five different artists have given a generous donation of a piece of art as a door prize.

All of these door prizes are a way for the Cultural Arts Association to raise money for other events and donations we make during the year to scholarships and cultural entities.

Artists will be featured in each issue of *The Loop* coming up to the event. This issue's featured artist is Leslie VoVilla (left).

All these artists are all generous donors that have helped BVSCAA.

(Brite Lake continued from pg. 17)

we can use," Martin said.

The district also has water banked with the West Kern Water District and Kern Water Bank.

Jacobsen Reservoir, which is kept low on purpose to reduce evaporation and seepage, will look a lot different soon.

"We are going to be filling it up to the tippy top," Martin said. "We're filling the reservoir to provide more water for the peak agricultural demand this summer."

The district plans to provide the Tehachapi farmers with surface water in order to keep the ground water levels high.

"We want to keep the farmers off the ground water as long as we can," he said.

The Tehachapi ground water basin reaches 10 miles east to west and six miles north to south.

The Cummings Basin is 13 square miles (roughly four by three miles).

Brite Basin is approximately one-third the size of Cummings Basin.

However, Martin said, "If there is no rainfall for another year, it could get critical."

Residential water for the city and county areas is from wells, which emerges clean from the earth after being filtered through layers of sand and rocks.

"For all the wells, the only treatment is low level chlorine," Martin said.

All the snow on the mountains surrounding Tehachapi does not refill the aquifers naturally.

"The native vegetation uses 90 percent of the water that falls," Martin said. "That's why the trees grow up there."

Foolishness in Your Temple?

by Rev. Nancy Bacon

“Do you not know that you are God’s temple and that God’s Spirit dwells in you?...you should become fools so that you may become wise.” (I Corinthians 3:16,18b)

For many of us, our physical bodies, aka “God’s temple” may not be in the best of shape.

New Year’s resolutions have come and gone.

How’s your temple doing?

Is the Spirit thriving in you?

I think Paul was onto something when he suggested we should become “fools” to become wise.

Think about your foolish whims.

What do you love to do?

Are you doing those things?

Healthy things we love doing restore our temples.

Olympic athletes may inspire some of us to get a bit more active these next few days, but if you’re looking for a very foolish spiritual challenge, come and listen to internationally acclaimed motivational speaker, Dr. Chuck Wall on Feb. 23 at 10:30 a.m., during our worship service.

Dr. Wall created the “random acts of kindness” movement and he has been featured on the Oprah Show and about 350 other television and radio broadcasts.

He has been honored by the U.S. House of Representatives for his humanitarian work and he has worked with the President of the United States

From the Pastor’s Desk

on a stage production about the future of America. He has been repeatedly listed among the 50 most influential people in Kern County.

Dr. Wall has written six books and he will be available for book signing and informal conversation after the service during our coffee hour. You can learn more about him and his movement at chuckwall.net and kindnessusa.org.

Imagine a big bunch of us becoming foolish enough to practice random acts of kindness in this community as a committed effort for 40 days.

Too often we read about random acts of violence in communities. Could we become a news story in the other direction?

Are there enough fools out there to see? Our church has asked Dr. Wall to speak and inspire our Lenten practice of 40 days of “Kindness in Community” which will begin with our Ash Wednesday service at 12:10 p.m. on Wednesday, March 5.

Foolishness... why not?
Peace, Rev. Nancy



The Power of Habit

by Lauraine Snelling

• Dreary overcast days, falling rain and snow and temperatures in the 30s; so cold all I want to do is sit by the woodstove. Well this year I thought I’d escape to Texas to attend a writer’s retreat and visit friends. • Well the joke is on me – it is warmer in Tehachapi than in Texas and like all Californians I am praying for rain and snow to help ease the drought.

• Besides meeting fascinating people on this trip, I have been introduced to an exceptionally powerful and life-changing book. I am currently steamrolling through The Power of Habit by Charles Duhigg. I finally believe there is hope at the end of the tunnel for changing some of the habits I would like to live without. I used to say, “get rid of” but in this book I have learned, new habits overlay old ones, and thus the old ones never die. Which is why people, including me, slip backwards so easily.

• Charles Duhigg is not a scientist, but an award-winning journalist, who writes about business for the New York Times. • While investigating why some businesses succeed and others fail, he discovered several scientific studies that focus on human behavior, especially human patterns of behavior. As he points out companies are masters of this information, as they influence us on a daily basis to buy their products.

• My goal in reading and studying The Power of Habit is to gain victory over certain destructive behavioral patterns of my own. • As I overlay my old ways with new actions, I have a feeling parts of my life will definitely work better. There are three magic words I learned from my reading: cue, action and reward. Before reading this book, I had no idea what a strong part habits play in one’s life. Written in a friendly, easy to read and comprehensive style, The Power of Habit can indeed help not just me but anyone change their life. The book comes in all

Readin’ & Writin’

formats: print, audio and ebook.

I am reading it in print because I can underline and circle important points. I may also get the ebook for its portability and maybe even the audio version. I plan to get this information into my brain every way I can. Want to change your life? Pick up a copy.

Dream of becoming a writer? Want to tune-up your writing skills? The Mount Hermon Writers Conference April 9-15 is the ideal place for you. For more information visit www.mounthermon.org. Click on the camps and events tab. Hope to see you there.

It’s never too early to plan your summer vacation. I will be hosting a special tour to Norway June 27 – July 6. Let’s explore the contemporary and historical highlights of Norway together. Who knows we may even discover Ingeborg hiking in the mountains. Visit www.brekketours.com or phone 800-437-5302 for more information.

Good news for those of you, who love the Red River of the North series. I have just completed the first book in the Songs of Blessing series. The year is 1905. Come and discover the changes that have occurred in the fictional town of Blessing, ND. To Everything A Season will be released in September. Plus Heaven Sent Rain, a contemporary novel set in Ohio about a boy, a small dog, a veterinarian, and a female executive who is driven to help people with diabetes, tries to not let her heart be taken over by a gifted child, who needs a home will be available in July.

Happy readin’ and writin’, Lauraine.



Tehachapi Community Congregational Church

United Church of Christ

A Progressive Christian Church

10:30 am Worship
and Sunday School



100 East E St. (Disability Access) (661) 822-4443

Tehachapi Al-Anon

Local Meetings

Mondays 7 p.m. Tehachapi Meeting at Summit Christian
Tuesdays 11:30 a.m. Paths to Recovery at BVS Church

Friday 1:30 p.m. Tehachapi
20717 South St. Tehachapi
All meeting are open meetings for those who or family members that have been affected by drinking
For Al-Anon information please go to www.alanon.org or call answering service at 661-322-1102

**If you war ‘
to drink,
That’s your
business!**



**If you want to stop,
That’s our business!
We have a solution!
We can help!**

**Give us a call!
Alcoholics Anonymous,
Kern County Central Office
(661) 322-4025**

NASA’s First A Aeronautics from 1958 to 2008

11 A.M. – Mojave Air & SpacePort Board Room

Dr. Robert Ferguson – Historical Perspective of NASA’s First A –
“The Evolution of NASA’s Aeronautical Research.”

On behalf of the NASA History Office, Dr. Ferguson completed a manuscript on the history of NASA’s aeronautics research. He is a graduate of the University of Minnesota Program in the History of Science and Technology. He taught at the Hong Kong University of Science & Technology and was awarded the university-wide medal for distinguished teaching. He was the 2003 Ramsey Fellow in Naval Aviation History at the National Air and Space Museum. His other principle area of research is World War II American aircraft manufacturing.



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**When: Saturday, February 15, 2014
10 a.m. – 2 p.m. – Free Admission!**

**Where: Mojave Air and Spaceport
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<http://www.airnav.com/airport/KMHV> or www.mojaveairport.com

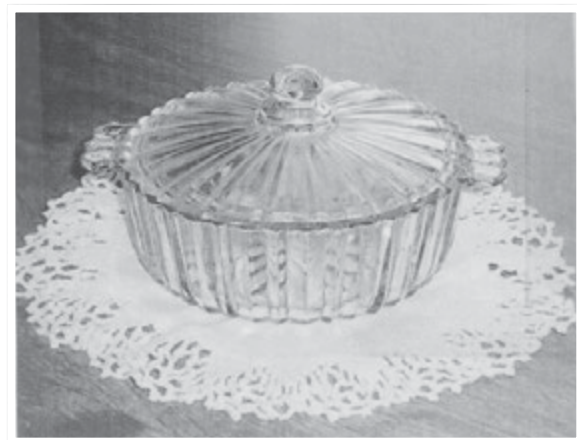


Meanwhile, Back on the Farm....

by Pat Gracey

In the early part of the 20th Century the little community of Tehachapi and surrounding areas

were dotted with orchards, fields of grain and farms. Tehachapi boasted a population of 600 souls. I am not sure if those living on the outlying farms were counted in that census or not but since there was no Golden Hills, Stallion Springs or Bear Valley Springs communities, the extra population from those outlying farms would not have increased the number dramatically. Tehachapi Valley, Brite's Valley and then, Cummings Valley existed in that order as they do today. The Fickerts were the Bear Valley residents and after Fred Fickert died, Nellie and Louise lived in the home



The famed candy dish! Photo provided.

place, running the business and employing cowboys to handle the cattle and farm lands.

Local Brite's Valley farmers, Walter and Frank, had adjoining farms while their cousin, Dick, lived in the home place, adjacent to his relative's acreage. The house Dick lived in was built by their grandfather, John Moore Brite and his wife, Amanda Duty, the first settlers in the Tehachapi Valley.

Their son, James, was the father of Walter and Frank. Their mother was Lucinda Caroline (Callie) Wiggins. The Wiggins Family acreage also bordered the Brite farms. It was truly the valley of the Brites'.

Frank was to lose his leg in a farm accident. A wagon load of wood had a wheel break and turn over pinning his leg beneath. Frank's limb was amputated just

below the knee but, undaunted he was fitted with a wooden leg that he wore until he died. He still worked his fields plowing and mowing and would simply tie down the artificial limb as he operated the farm equipment. He and his wife, Ethel, never missed a dance or a Grange meeting.

Local resident, Laura Hawkins Warner, daughter of Velma Brite and Jack Hawkins, was fortunate to be the granddaughter of Frank and Ethel Brite. Each summer she spent most of her vacation with them. Imagine waking up to hear a rooster crowing, a meadowlark's

The Spirit of Tehachapi

beautiful song and the smell of breakfast in Grandma Ethel's friendly kitchen. The delicious smell of morning was unhampered by any carbon monoxide fumes.

Looking east Laura was able to see the home where her Great Aunt and Uncle, Lucille and Walter Brite lived with their two children, Barbara and Delman. By looking west she could see the beautiful old Brite home place where Dick and Della Brite lived. She could walk to Dick and Della's for a visit and be certain to get a piece of candy from a fancy dish on the dining room table. There was a ritual involved for obtaining the piece of candy. Della, herself, would lift the cover from the dish and Laura would choose the coveted treat.

She was able to help Grandma Ethel with gardening and other farm chores but still had time to ride horses. Her never-to-be-forgotten summers with her grandparents are memories of those long ago days that will live in her heart - undimmed by time.

One day Laura called me and told me that she and her niece, Sherryl Warner Humpert, were browsing in an antique store's back room. Sitting on an obscure table was an exact replica of the famed candy dish of her childhood. A feeling came upon her like no other she had ever felt and memories of those happy days came flooding over her. Sherryl, a loving niece, immediately purchased the dish for her aunt. Sherryl, the daughter of Barbara Brite and Wayne Warner, grew up in Tehachapi as did, Laura which cemented the fondness they had for one another. As I visited Laura one day, the gift of the replica of the famous candy dish rested on a special shelf in her china cabinet.

An example of typical Tehachapi relatives exists between Laura and Sherryl. Actually Sherryl's mother - Barbara Brite - and Laura's mother - Velma - are first cousins. Laura is Barbara's first cousin (once removed), and Sherryl would be Laura's first cousin (twice removed). However, Barbara Brite married Wayne



Wedding day for Ethel and Frank Brite May, 1905

Warner and Laura became Jerome Warner's bride making the two cousins sisters-in-law and making Sherryl Jerome's niece. Complicated? Somewhat, but interesting. Due to a few years age difference, Laura prefers the aunt label.

I grew up in the old James Brite residence on Curry Street. James and Callie had six boys and one girl. The boys were very tall and good looking men. The height of these men demanded a bath tub with more length than the average tub. When we would have guests use our bathroom they would invariably marvel at the lengthy bathtub. It was kind of fun to "take a dip" in it. It remained in the house until after the 1952 earthquake when repairs to the home were needed and the bathroom remodeled.

I have always wondered why the city Dad's decided to cut the ending "s" off of Brites Valley on maps, street signs, etc. It is referred to as Brite Valley these days.

One day Laura and I met in the Post Office and I asked her if someone asks her where her grandparents, Frank and Ethel Brite lived, what does she tell them.

She said, "Brite's Valley, why do you ask?" I told her that people today cut off the "s".

She said, "Well, they're newcomers."

Tehachapi Mountain Brew & Grill Fest

July 19, 2014

Tehachapi, CA. - Tehachapi will host the union of two great American loves, barbecue and beer, at the Tehachapi Mountain Brew and Grill Fest July 19 from 4 to 8 p.m. at the Benz Visco Sports Park.

The barbecue portion of the festival will feature teams made up of one head cook and three assistants competing to see who makes the best barbecue tri-tip, chicken or pork in California.

The brew portion of the festival will be the Central California Craft Beer Competition, which puts commercially produced California craft beers head to head, will culminate with awards, by category, for best beers in California.

Sanctioned by the Beer Judge Certification Program, the Tehachapi Mountain Brew & Grill Fest is the only event of its kind in Central California. "This event will put Tehachapi squarely in middle of the craft beer world and showcase our community to the people that enjoy BBQ and Beer," said David Brust founder of the Tehachapi Mountain Brew and Grill Fest.

Festival goers will be able to sample the same judged beers and barbecue, as well as a complete dinner from their choice of a number of local restaurants.

The Tehachapi Mountain Brew and Grill Fest will also see the return of Foster Campbell and Friends, the headliner band that played at the 2012 Tehachapi Food

and Wine Festival.

"We

are so happy to have

Foster Campbell and Friends back to Tehachapi. They are incredible and really know how to get the crowd moving," said Brust.

Brust said he is especially excited to introduce Tehachapi to the opening act, Terese and the Sweetness.

General admission tickets (\$45) include lots of beer tastings and barbecue samplings, as well as dinner. VIP admission (\$100) includes a fully catered VIP section, wine, beer and other adult libations. Overnight R.V. parking is available, as well as shuttle service to select Tehachapi area hotels. The event is strictly for those 21 years of age or older.

Tickets and more information are available at: TehachapiBrew.com. The Tehachapi Mountain Brew and Grill Fest will donate a portion of its proceeds to local charities, Make-A-Wish Foundation, AYSO Region 479 and more. Local vendors are welcome and may register on-site by June 23.

[Publishers Note: The Loop newspaper is proud to be a media sponsor for this event. We look forward to participating.]



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Classes & Events

submitted by Susanna Monette



Leila Kleiman explaining her glass piece - Photo by Susanna Monette

Stop by out completely remodeled store and see our collection of uncommonly eclectic and unusually unique stuff. Remember we also carry an extensive line of art and craft supplies, artist services and more.

Open Studios at the Treasure Trove do not require reservations – you can come and be inspired to do your best work (or play) in our comfortable and creative environment any time the store is open. Open studio sessions are available for \$5. Come on over and get busy being creative! Free coffee, tea and hot chocolate are available to folks participating in open studios and classes.

- Monday evening, 5 to 8 p.m., is **Open Studio – Watercolor.**
- Tuesday afternoons, 1 to 3 p.m., **Open studio – Earth Clay.**
- Friday morning, 10 a.m. to 1 p.m., is **Open Studio – All Media.**
- **Valentine’s Wine Walk**, Saturday evening, Feb. 15, from 6 to 9 p.m. Wine and chocolate tasting sponsored by Main Street Tehachapi. www.mainstreettehachapi.org.
- PFLAG meets every Third Thursday at 7 p.m. (Parents and Friends of Lesbians and Gays)

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.
- Feb. 26, Friday afternoon from 1 to 4 p.m. - Paint a Bird House with Juanita Niemeyer. Paint a bisque bird house or bring your own to paint. \$25 plus materials processing local clay for your projects.
- Every Wednesday Morning 10 a.m. to 1 p.m. – Ask Juanita. Bring whatever art project you are creating and work with other artists. This is not a class but Juanita will be available to help you with questions, advice and ideas. Junanita has taught art for many years and knows

Tehachapi Treasure Trove

acrylics, oils, bisque painting, tole painting, pastels, drawing and more. Come any Wednesday morning. \$10 per session.

Feb. 15, Saturday afternoon 1 to 4 p.m. Polymer Clay Cane with Cathy Clark. Get ready for spring with a polymer clay Basic Leaf Cane and bead class with Cathy. Learn a cane making technique, how to apply canes slices to a focal bead along with sanding and polishing your bead.

Feb. 26, Friday afternoon from 1 to 4 p.m. – Paint a Bird House with Juanita Niemeyer. Paint a bisque bird house or bring your own to paint. Cost is \$25 plus materials

March 1, Saturday Morning 11 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.

March 5 to 26, Four Wednesday afternoons 1 to 4 p.m. – Adventures In Painting: Spring Colors with Juanita Neimeyer. Students will create a scene of on a 16” x 20” canvas using either oil or acrylic paints. Learn techniques for painting water in motion. It is \$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

March 8 and 29, 10:30 a.m. to 4 p.m. – Pastel Workshop with Teresa LeClerc. Cost is \$50 per session or \$90 for both sessions paid in advance. I have these pastels. Now What? This is a pastel’s class designed to teach the fundamentals of the medium. Students will explore different types of pastels, papers used and how to manipulate the medium. They will learn strokes, marks and blending on different papers. All levels are welcome.

Save the Dates

March 11 to April 15, Tuesday evenings, 5 to 7:30 p.m. – Watercolor Painting with Jim Walsh.

March 26, Wednesday afternoon, 1 to 4 p.m. – Polymer Clay with Christy Friesen for \$45 Plus Materials.

March 27, Thursday afternoon, 1 to 4 p.m. – Wire Crocheted Necklace with Mike Caraeti.

April 4 to May 11, Sundays, 2 to 4 p.m. – Intermediate Acrylic Painting with Susan Cunningham

June 18, Wednesday afternoon, 1 to 4 p.m. – Polymer Clay with Christy Friesen
Winter Hours: Monday - Saturday 10 a.m. to 4 p.m.; Sunday 11 a.m. to 4 p.m.
www.facebook.com/TehachapiTreasureTrove
116 East Tehachapi Blvd.,
Tehachapi CA 93561.
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Feb. 22

Singer Ernest Troost Brings ‘Cinematic Folk’

by Deborah Hand-Cutler

The “big dream” for many singer-songwriters is to have their music used in film or TV scores. For Ernest Troost, it was the other way around. Troost became an Emmy Award-winning composer of movie and TV scores first, and only recently became an award-winning folk-blues songwriter, as well. “Songwriting was something I had put in the trunk and sat on for 20 years because it was an impractical thing to do,” he said. “I hadn’t done it since high school.”

Ernest Troost will perform at Fiddlers Crossing Saturday, Feb. 22, at 7 p.m.

On his way to a successful career as a film and TV composer, Troost studied jazz guitar as well as classical music at Berklee College of Music in Boston. After coming to Hollywood, he earned an Emmy Award and numerous Emmy nominations by composing scores for TV and Films, including the cult classic, ‘Tremors,’ and HBO and Hallmark Hall of Fame specials and movies. Troost also composed, arranged and produced two critically praised albums for singer Judy Collins.

Then, about seven years ago, he had an epiphany while in McCabe’s Guitar shop in Santa Monica that made him want to bone up on his Piedmont blues guitar style and write more songs.

A month later he was back at McCabe’s for their Open Mic night. First-time Open Mic performers might take heart from Troost’s trepidation. He thought, “The scariest thing I could do in my life was write a song and go up on stage and play it.” When he performed his song, “All Boats are Gonna Rise,” he said, “I thought I was going to have a heart attack onstage, I really did. But I got through it.”

People went nuts for the song. A few weeks later, at another McCabe’s Open Mic, he played “Evangeline,” a song that has now become a hit for singer Susie Glaze. The soundman grabbed Troost afterwards and said, “That’s the best song I’ve heard at an open mic in the last 10 years.”

His reception at McCabe’s gave Troost the confidence to focus on songwriting. In 2004, he released his first solo album, “All the boats are Gonna Rise,” which won accolades both for the songs and his guitar playing. He started playing


coffeehouses, house concerts and festivals, and launched a monthly singer-songwriter night in Venice called the Juke Joint Gang. Word spread about his songs, and other LA performers began to cover them. In 2009, he was the New Folk Winner at the prestigious Kerrville Festival in Texas.

It’s not surprising that for a cinematic composer, Troost would write story songs. He has a lyrical taste for earthy ramblers, gamblers and small-town dreamers, as well as murder tales and other dark stories.

When he was a boy, his father would read aloud tales such as Coldridge’s “Rime of the Ancient Mariner,” and Poe’s “Raven.” “I think their musicality and dark romantic nature had a powerful effect on me,” he said. “It’s storytelling that really excites me. I call my songwriting style cinematic-folk. I try to create a vivid world of images and music that envelops the listener.” Along with the dark side, the “vivid” world of Ernest Troost songs is also a world of hope and love.

Fiddlers Crossing is at 206 E. F Street 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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**FEB
2014**

Talk It UP

News to Share from the City of Tehachapi.

**TEHACHAPI**
CALIFORNIA

115 South Robinson Street | Tehachapi, CA 93561 | (661) 822-2200

Talk it up is a monthly brief provided by the City of Tehachapi helping us all to keep informed and keep in touch.

Reaching Up & Out

from Community Outreach & Community Development

- » Coordinated with SunSelect HR Director and sent them a digital relocation packet on our community in an effort to help them recruit their management staff.

- » Continued working with Gravity Logic to finalize the Mountain Bike

Park Feasibility Assessment.

- » Met with Dr. Kurtural of Fresno State to discuss the possibility of a winery on airport property.
- » Finalized Tehachapi GranFondo sponsorship packages.
- » Attended a cross country mountain bike meeting to discuss a cross country trail on Lehigh property.

First Responders

from Police Dept.



- » The first Senior Safety Day at the Movies was held on December 11th, at the Hitching Post. The seniors received a fraud awareness talk from Crime Prevention Officer, Teri Cryer prior to viewing a movie. The seniors in attendance overwhelmingly supported doing future events.
- » Officer Matt Goe successfully completed the Motorcycle Officer Course and is now a POST certified motor officer.

From Facebook

Keep up with us online at [facebook.com/CityofTehachapi](https://www.facebook.com/CityofTehachapi)

Tehachapi Police Department in final stages of construction. Opening planned for Spring 2014



New Board of Directors Recently installed for the Greater Tehachapi Chamber of Commerce



There was a packed house for Crime Prevention Day at the movies for seniors.

JOIN UP

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TehachapiCityHall.com

Greater Tehachapi Chamber of Commerce

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info@Tehachapi.com
(661) 822-4180
Tehachapi.com

Greater Tehachapi Economic Dev. Council

PO Box 2386
Tehachapi, CA 93581
info@TehachapiEDC.com
(661) 748-3327
TehachapiEDC.com

Main Street Tehachapi

PO Box 830
Tehachapi, CA 93581
(661) 822-6519
MainStreetTehachapi.org

Tehachapi Valley Rec & Parks

490 West D Street
Tehachapi, CA 93561
(661) 822-3228
TVRPD.org

CONNECTIONS

Tehachapi General Plan a Winner!

The City of Tehachapi is pleased to announce that we were recently selected winner of a regional Award of Merit for our General Plan update. Kern COG, an association of city and county governments, focuses on regional transportation issues and is responsible for developing and updating a variety of transportation plans and for allocating the federal and state funds to implement them.

The General Plan will preserve and enhance Tehachapi's quality of life over time. One of the guiding principles of the Plan was to "preserve Tehachapi as a small mountain town". In terms of fostering a regional identity, the form based Plan will help retain and enhance Tehachapi's sense of place and ensure that we (the City) do not lose unique traits and become just another "suburban anywhere USA".

UPcoming Events

**Feb
18**Chamber of Commerce Luncheon
Noon at Pacino's
Call for Reservations
822-4180**Feb
26**Tehachapi Parks Foundation Survivor
Premier Fundraiser
4pm at West Park Activity Center - \$30

Local Attorney Cassandra Mc Quillen recently participated as a contestant on Survivor. Join her as she hosts a fundraiser for the Tehachapi Parks Foundation during the premier on Feb 26. Tickets are \$30 and can be purchased at City Hall and TVRPD.

City Council meets at 6pm on 1st & 3rd Monday at the Wells Education Center at 300 S. Robinson St. **Next UP: Feb 18th and Mar 3rd.**

Join Our Team as a Sponsor of the Tehachapi GranFondo!

sponsorship information available online at www.TehachapiGranFondo.com



Taking a moment before the doors open and the crowd descends. All of the January volunteers at Tehachapi Mountain Vineyard join in a moment of prayer, uplifting not only church members, but those in need within the Tehachapi community

Monday Night Manna

by Mary Clyde, wordsmith

You may remember hearing about manna from Sunday School, Bible studies or even Sunday sermons, and while the manna served up on the last Monday of each month at Tehachapi Mountain Vineyard differs in substance from that which God gave His people in the desert, the intent is very similar: feeding God’s people when they find themselves in need and when there’s more month than money.

Between Pastor Barry Galloway and Lilliana Valdez who, according to Pastor Galloway “runs a tight ship,” organizes and oversees these great meals, Monday Night Manna certainly is filling a much needed service.

The idea itself isn’t “new,” but it certainly was “new” to the congregation at Mountain Vineyard. “Our congregation is involved in our community and we like to help where we can,” explained Pastor Galloway.

“We work closely with the Salvation Army and the Family Life Pregnancy Center here in Tehachapi in addition to providing a really good meal once a month for those who find themselves in need – whether it be in need of a meal or in need of fellowship.”

Being treated with respect and dignity makes everyone feel good.

“Our associate church, the Desert Vineyard in Lancaster, has taken their Manna project from once a month to every Monday night and they currently are serving between 200 and 300 meals every Monday. We decided we’d start small, do it well and watch it grow,” Pastor said with a big smile. “Our first Monday Night Manna served 13 people and we have grown to serving about 40 to 50.”

Learning from their Lancaster sister-church, they have given congregation members a way to not only serve each other but serve God as well. “Monday Night Manna is like a very well organized pot luck,” Pastor explained. “We don’t have kitchen facilities as yet and all of the food is prepared by members of our congregation and brought to the church. Lilliana has organized teams of volunteers to not only prepare the meals, but to set up, serve, and visit with those who come.

We also have a safety team who makes sure everyone is safe inside the church and around the grounds and a great team who cleans up after the meal.”

Monday Night Manna at Mountain Vineyard began about 11 months ago and has been the springboard for incorporating a sack lunch prepared on the Sunday before Monday Night Manna after the second service. “We deliver the lunches to areas in need and invite the folks to Monday Night Manna,” Pastor said.

“Our volunteers do an incredible job,” shared Lilliana. “The project has changed many lives – not only those who are in need of a helping hand, but also the lives of those who give of their time and work, myself and my family included. Even my 17 year old son Christian gets involved with a loving, giving heart. And how many teenagers do you know these days who cheerfully help on a project such as this?” she said with a big smile.

All of the volunteers must be members of Mountain Vineyard, she explained further. “For the project to work efficiently, everyone must know exactly what they will be doing, thus our “teams.”

We have an orientation and Volunteer Voyage 101 that they go through before actually taking part in the Monday night event.”

After the orientation, members are assigned to specific teams: serving, beverages, “floaters” (aka host or hostess who go from table to table engaging in conversation) and part of the safety team. Lilliana plans all of the menus and then posts them on EventBright where volunteers then sign up to fill the needs for a particular Monday night. “That way, I know where, if anywhere, I need to fill in. Our volunteers are the real heroes here! They all care about people.” (Most of the time the cost of the food, including yummy desserts, is all shouldered by the individual volunteers – so it truly is a gift of love from the heart.)

“We welcome anyone to join us,” said Pastor. “Whether they are hungry or just lonely, they always can come for food and friendship. So, if you find yourself in a time of need, Monday Night Manna at Mountain Vineyard is the place to be. Our

hope is that everyone who joins us will help spread the word so our project will continue to grow.”

“We see single folks and families, young and the elderly. And we encourage folks to come back through the serving line for seconds if they are really hungry and we send them home with food as well,” explained Lilliana. “We are planning a canned food drive so we can also send folks home with canned goods and maybe even fresh fruit.”

“People need to have relationships with other people and conversation is important for folks who may spend days without actually talking with others,” explained Lilliana. “We have great musicians who also give of their time and provide wonderful worship background music, so Monday Night Manna is like dining at a fine restaurant. But if I can’t hear myself talk, the music is softened so people can talk and share.”

Some of the folks walk and some carpool, Pastor explained. “We can’t pick them up because of liability issues. But

they are good at getting the word out and finding rides when they need to.”

“In addition to our regular Monday Night Manna events, we also are around at other times of the year.

For example, at Thanksgiving we handed out certificates for turkeys and goodies and then at Christmas we handed out blankets and personal hygiene items. I know I’ve said it before, but again, we, as a congregation, and individually, care about those around us and want to help where we can,” said Pastor.

Tehachapi Mountain Vineyard is located at 502 East Pinon (corner of Pinon and Scarlet Oak) and has two services on Sunday, one at 9 a.m. and another at 11 a.m.

Remember, Monday Night Manna is the last Monday of the month, with dinner served between 6 and 7 p.m.

If you’d like more information about Tehachapi Mountain Vineyard, their services or Monday Night Manna, please give the church office a call at 661-822-9313.



Alicia on the violin and Derek on the guitar provided the soft background worship music at the last Monday Night Manna at the Tehachapi Mountain Vineyard church.



Liz, Steve and Curtis (January’s serving “team”) take a deep breath before the crowd arrives for their terrific Monday Night Manna dinner.

Welcome to The Loop's Nonprofit Highlight

This is the second installment and we are happy to have RST Crane as this issue's sponsor for "Monday Night Manna". They have picked a nonprofit unfamiliar to many of us and are bringing needed attention to the efforts put forth by "Monday Night Manna".

We are highlighting one nonprofit, service organization or club per issue, depending on when we are able to get a sponsor for nonprofits.

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

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

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

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

We already have had a great response to this sponsorship page, so do not wait if you have a favorite charity that needs more attention. Call the Loop office to schedule, (661) 822-8188.

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



Bottom row: Benjamin Mayorga, Rue Lutge, D J Collins, William Small, Dean Lutge, Ben Small, Jabari Ramos. Top row: Coach Bryan Lindsey, Sam Sherritt, Ethan Estrella, Brandon Medina, Brady Lindsey. Not pictured team mates: Tanner Love and Luke Maddox.

Eagle Wrestling Club Attends Tournament

Members of the newly formed Eagle Wrestling Club arrived home in high spirits from their first tournament held in Norwalk, California on Jan. 26 at Cerritos College. Coach Bryan Lindsey, founder of the club, is instrumental in teaching children ages K through Eighth Grade the art of the sport. The avenue of teaching the skills of wrestling promotes not only a team effort but also is a sport that comes down to individual ability as well.

The Tehachapi competitors attending the Tournament: CAGWA California Super Tournament #7, proudly placed in their weight categories:

Sam Sherritt place First in the JV Novice 80lb weight class

William Small placed Third in the

Varsity Bantam 60-lb. weight class

Jabari Ramos placed Third in the JV

Novice 75-lb. weight class

Brady Lindsey placed Fourth in the

Varsity Novice 130-lb. weight class

Ben Small placed Fifth in the Varsity

Intermediate 80-lb. weight class

Caleb Lindsey placed Fifth in the

Varsity Middle School 140-lb. weight class

Abraham Gutierrez placed 6th in the

JV Novice 95-lb. weight class

Members also participating in this tournament were Tanner Love, Benjamin Mayorga and Laura Small.

Those members unable to make the tournament are Dean and Rue Lutge, Luke Maddox, Ethan Estrella, D J Collins and Brandon Medina.



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Tuesday, March 4

12 pm - 6 pm



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Think Outside the Shoe Box:

When Organizing Financial Records

If you've ever had trouble finding an important financial document, you know why it's necessary to keep your financial records organized. Less clutter means less stress, and though you'll need to commit a bit of time up front to organize your files, you can save time and money over the long term when you can find what you need when you need it.

What records do you need to keep?

If you keep paperwork because you "might need it someday," your files are likely overflowing with nonessential documents. One key to organizing your financial records is to ask yourself "Why do I need to keep this?"

Documents that you should retain are likely to be those that are related to tax returns, legal contracts, insurance claims, and proof of identity. On the other hand, documents that you can easily duplicate elsewhere are good candidates for the shredder. For example, if you bank online and can view or print copies of your monthly statements and cleared checks, you may not need paper copies of the same information.

How long should you keep them?

A good rule of thumb is to keep financial records only as long as necessary.

For example, you may want to keep ATM receipts only temporarily, until you've reconciled them with your bank statement. If a document provides legal support and/or is hard to replace, you'll want to keep it for a longer period or even indefinitely.

Records that you may want to keep for a year or less include:

- Bank or credit union statements
- Credit card statements
- Utility bills
- Annual insurance policies

Records that you may want to keep for more than a year include:

- Tax returns and supporting documentation
- Mortgage contracts and supporting documents
- Receipts for home improvements
- Property appraisals
- Annual retirement and investment statements

Records that you may want to keep indefinitely include:

- Birth, death, and marriage certificates
- Adoption papers
- Citizenship papers
- Military discharge papers
- Social Security card

Of course, this list is not all-inclusive and these are just broad guidelines; you may have a good reason for keeping some records for a shorter or longer period of time.

Where should you keep them?

Where you should keep your records and documents depends on how easily you want to be able to access them, how long you plan to keep them, and how many records you have.

A simple set of labeled folders in a file cabinet works fine for many people, but electronic storage is another option if space is tight.

For example, one easy way to cut down on clutter and still keep everything you need is to store some of your files on your computer. You can save copies of online documents or purchase a scanner that you can use to convert your documents to electronic form. Make sure you keep backup

copies on a portable storage drive or hard drive, and make sure that your files are secure.

Another option to consider is cloud storage

Despite its lofty name, cloud storage is simply an online backup service that allows you to upload and store your files over the Internet, giving you easy access to information without the clutter. Information you upload is encrypted for security. If you're interested, look for a company with a reliable reputation that offers automatic backup and good technical support, at a reasonable subscription cost.

Staying organized

Keeping your financial records in order can be even more challenging than organizing them in the first place. One easy way to prevent paperwork from piling up is to remember the phrase "out with the old, in with the new." For example, when you get this year's auto policy, discard last year's. When you get an annual investment statement, discard the monthly or quarterly statements you've been keeping. It's a good idea to do a sweep of your files at least once a year to keep your filing system on track (doing this at the same time each year may be helpful).

Don't just throw your financial paperwork in the trash.

To protect sensitive information, invest in a good quality shredder that will destroy any document that contains account numbers, Social Security numbers, or other personal information.

Whatever system you choose, keep it simple.

You'll be much more likely to keep your records organized if your system is easy to follow.

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.

Jennifer's Thoughts...



J. Williams

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- Which retirement plan (Traditional IRA, Roth or Roth Conversion) would be best for you?
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in Tehachapi

Floats vs. Bobbers

by Craig R. Stockton, owner of Treasures eConsignment

One of the most overlooked presentations in fishing today is using a float, or in American terms – a bobber. Bobber fishing is certainly not new. While bobbers are common, there are big differences between bobbers and floats other than appearance.

Bobbers are usually round and brightly colored devices in red/white or yellow/green so they can easily be seen by the fishermen. Floats on the other hand tend to be long and slim and for the most part less visible except for the tip top. The reason being is the majority of the float is under water with only a small part of the tip showing.

You may be wondering what the big deal between them is. In a word, sensitivity. Bobbers float on top and have great resistance to the surface water, which can be very problematic when bites are light and the fish are wary. If you have fished long enough you would have used them in the past and you probably caught some fish. But, how many fish have you missed? The Europeans have made float fishing a science. Why? some may ask, because they had to. With smaller lakes and greater pressure, the need to see and feel a wary fish's nibble and gentle take was the only way to catch fish under those circumstances.

Necessity being the mother of invention drove people to begin experimenting with different materials to heighten the sensitivity. Just one of many solutions was to use porcupine quills and straw. This helped to resolve the problem of missing those "light bites". Today Balsa wood and plastic straws are used to make a wide array of floats. Bobbers come in about half a dozen sizes ranging from extra small to extra large and their use depends on the fish you are after and the size of the bait you are using. Floats on the other hand are designed by the number of grams of weight being used.

Float fishing is a very precise method and can take quite some time to conquer the nuances and get the hang of it, but the rewards are well worth the invested time. I started using floats about 12 years ago and I can tell you the results were amazing. I have caught Bluegill, Crappie, Trout and Carp using this method; and I can tell you it's exciting to watch your float start to twitch and then dart under when the fish takes your offering. Again sensitivity is the key to catching wary fish or just fishing. When fish are in a positive feeding mood a bobber can work just fine, especially when the fish are competing for

One Man's Passion

your offering, however that may last only a few minutes to an hour during the day.

When fish are in a neutral mood and less aggressive they may need to be coaxed a little. If you are using a bobber and they do decide to take your bait, but feel resistance, they will drop the bait and swim away. If you are using a float your chances of getting that fish to continue taking your bait and move off with it will increase. Now you have a better chance of setting the hook and catching that fish.

Rod choice with float fishing can be just as important. Europeans use very long rods to float fish. Varying lengths of up to 14' is common and needed in order to cast a light rig where it's needed, and to set the hook quickly when the strike comes. With trout season upon us it's a great time to try this technique and enjoy a unique and fun way to catch fish. It is not always about the number of fish we catch but the knowledge that we can catch them using multiple options. Some days I take greater pleasure in catching a few fish the way I want rather than going for a "limit." The ultimate goals being; provide you with fond memories, give you some good stories to swap with your buddies and put a great big smile on your face.



Local Fishing Tips

by Dustan Hostetler

Cold weather, high winds and well water filling the lake have kept both fishing and local anglers confused. Fishing limits are being caught early morning. Timely Tip: 2-4 lbs test, clear line with Rainbow glitter garlic or white marshmallow bait, 30' off shore, 16" leader.

Last stocking was on 1-31.

Log on tehachapi weather for current conditions or for comments britelakefishingreport@gmail.com

Watch the Loop for fishing updates and more details on our Brite Lake Fishing Derby on Saturday, April 19, 2014.

Insuring the Good Life

by William Critlow

Over the last few months, I've been concentrating on ObamaCare. Remember now, enroll by the March 31, 2014 deadline and avoid the IRS penalty.

That said, it's time to talk about another important protection, one not often discussed even between family and friends, and yet one that needs to be discussed often and with people who know about it - Life Insurance. If you were to die tomorrow, or suffer a devastating disability, would anyone you love suffer financially? If so, and if preventing this suffering is important to you, we can help. Come learn about how modern life insurance planning can protect your future, your family's future and your legacy, as well as protect you during your own lifetime. If what you believed to be true about life insurance turned out not to be true, when would you want to know? And if Life Insurance can truly help your future and the future of those you love, when would you want to know that? The answers the same - now.

That's why we're holding an important seminar. You'll leave our presentation "Insuring the Good Life" with great information, as well as a no-obligation opportunity to explore how this information can work for you and your family. Set this time aside and join us: Place: Fairfield Inn, 422 W Tehachapi Blvd, Tehachapi Time: 11:30 a.m. to 2 p.m. (11:30 – 12:15 a.m. General Discussion; 12:15 a.m. – 1:15 p.m. Presentation; 1:15 – 2 p.m. General Discussion)

William Kritlow, Phone (cell) 949-394-4525 or 661-821-0262, CA Insurance License#0A93013
Stacy Segal Neuland, 714-536-1812, CA Insurance License#0E45244

Healthcare Reform Answers

RSVP by February Nineteenth: billkritlow@gmail.com, by phone at 661-821-0262 or by cell at 949-394-4525.

Lite lunch will be provided at 11:30 a.m. I'll be presenting, and so will Stacy Segal Neuland, one of the most knowledgeable Life Insurance agents I've ever met and a decade-long veteran in the industry. Her background is in how to use life insurance to create efficient generational wealth transfers, tax-advantaged income, business and partnership protection, grand-child inheritance planning and permanent individual income protection with Terminal, Chronic and Critical Illness benefits. If you already own life insurance, she reviews your current life insurance strategies to make sure you're getting the best use out of the money you're putting into your program(s). If you are, she'll tell you. If you're not, she'll show you a way to improve your program. Either way, you'll be happy you talked with her. I'm in awe when I hear about what she's done for her clients.

We're both independent life insurance professionals, which means our focus is on you, your needs, your desired outcome and your budget. Between the two of us, we've got you covered. I alone represent some 56 different life insurance companies, a broad base to assure that your needs are met at the best balance of payment and protection.

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The Forde Files

No. 64

PLANNING AHEAD FOR WATER: BRITE LAKE WILL BE BRIMMING

In 2010, the principle water purveyors in the Greater Tehachapi area completed a Regional Urban Water Management Plan. In it, the Tehachapi-Cummings County Water District as Watermaster, the city of Tehachapi and the Golden Hills, Stallion Springs and Bear Valley community services districts mapped out a long-term plan for water management and conservation.

The State Water Project's Jan. 31 declaration of a zero allocation for all its customers was not on the radar when that report was written. Never in its 54-year history has the SWP issued a zero allotment.

"We were required [by the state] to plan for different scenarios," water district Manager John Martin said. "We planned for a drought with six percent allocation. We planned for three years at 25 percent. Here it's zero. It's worse than the worse-case scenarios."

The zero allotment came as a surprise, Martin said. Governor Jerry Brown had declared a drought just three weeks before that announcement.

Usually, Martin said, the expectation is for rain and snow in January, and it is unusual to declare a lower allotment in



Above, a fisherman's gear rests on a spit of land exposed by the low water level at Brite Lake (Jacobsen Reservoir), the reservoir for the Tehachapi-Cummings County Water District and recreational playground managed by the Tehachapi Valley Recreation and Park District. Water district Manager John Martin, left, said the reservoir will be filled to the top in a pro-active move to maintain water resources during the drought. The level will rise far above its present level, covering muddy shoreline and re-floating the grounded boat ramp.

Photo by Tina Fisher Forde

mid-winter. The original allotment for the year had been five percent – not enough for the district – and the next announcement had been expected to be higher.

On a normal year, the district brings

8,000 acre feet of water up the hill from the California Aqueduct. Even with a zero allocation, the district will pay \$2.1 million for no water, as the district is obliged to pay its share of the SWP bond debt service.

To get through the drought, the water

district is planning to utilize some old, unused wells, to fill Brite Lake (Jacobsen Reservoir) and to receive "a little" leftover 2013 water from the State Water Project.

"There is water in San Luis Reservoir

(Brite Lake con't. on pg. 9)

Former United States District Judge Oliver W. Wanger told a Feb. 13 audience at the Tulare Ag Expo that Congress has given non-human species priority over humans, and the way to win the "water wars" is to elect legislators who will change the law.



Oliver Wanger

"A judge no longer has equitable discretion," said Wanger, whose decisions on California environmental water issues have become a flash point for Central Valley ranchers and farmers. "They have only species on the scale. Humans and the economy are not on the scale."

"Seventy percent of the decisions I made favor the environment. Do I think it's right? It's the law. The answers lie with the legislature."

Laws can be changed, suggested Wanger, who is now in private law practice in Fresno.

"Are they waging a war on the human race?" he responded to a provocative question from the audience. "That's a legislatable issue."

Wanger moderated a panel – sponsored by the Latino Water Coalition – of water managers and policy experts (see photo caption), who discussed the serious drought. The consensus was that the

Former judge Wanger at Tulare Ag Expo water forum: 'The answers lie with the legislature'

Central Valley needs more water storage.

"We've got to have a bond in 2014 that deals with storage," said Manuel Cunha Jr., farmer and president of the Nisei Farmers League and a member of a previous panel.

"I am more optimistic today that Congress will take some action [regarding Delta water and species]," said panelist Tom Birmingham, general manager of the Westlands Water District. Birmingham hailed new legislation introduced two days previously by California senators Dianne Feinstein and Barbara Boxer, saying the bill would change how biological opinions apply.

Representatives from the state (see caption) briefly mentioned the issue of climate change, which figures into the state's long-term planning but does not create much of a blip from the farmers. One said the state is providing funds to promote conservation, which also elicits little bounce from the farmers, who, as another speaker said, already are stretching every drop as a matter of necessity.

A previous panel focused on the effect of the drought on cities and farms.

Robert Silva, mayor of Mendota, said his city is "ground zero" for impact of the drought, with residents lining up at food banks and unemployment high. He said an Associated Press story of several weeks

ago has brought the international media to his town for more coverage. "They can't believe this is happening in this country," Silva said.



Policy makers and water managers panel at the Tulare Ag Expo, Feb. 13 – (l-r) Tom Birmingham, general manager, Westlands Water District; Dan Nelson, general manager, San Luis & Delta Mendota Water Authority; Ron Jacobsma, general manager, Friant Water Authority; David Murillo, mid-pacific regional director, U.S. Bureau of Reclamation; attorney Oliver Wanger, former federal judge, United States District Court for the Eastern District of California; Martha Guzman-Aceves, deputy legislative affairs secretary, Gov. Brown; Steve Haugen, watermaster, Kings River Water Association; Dorene D'Adamo, member, California Water Resources Control Board; Steve Chedester, general manager, San Joaquin River Exchange Contractors.

Photo by Tina Fisher Forde

Shedding light on local issues.

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

Inspiration, invention at Tulare's Ag Expo

The Tulare Ag Expo – located a quick drive up Hwy. 99 in Tulare County and held every February – is a cornucopia of shiny monster farming machines, down home visiting, community pride, international marketing and big-money purchases. Industrial vendors may write their entire year's contracts at the expo, which is the world's largest annual agricultural exposition (there's a larger one in Europe that is held every two years). The agricultural machines cost in the hundreds of thousands of dollars. Farmer-businessmen do a lot of tire-kicking during the three-day event.

In a testament to community support, a thousand volunteers help plan the event and keep it running smoothly. Schools close in the city of Tulare so the parents and youngsters can participate in fundraising food booths and other activities. The 2014 expo, Feb. 11-13, featured 1,500 exhibitors on the 260-acre site. A hundred thousand visitors dropped in this year. The atmosphere is that of a county fair.

A Surgente gearless water windmill from Argentina.



Visitors won't find Las Vegas style models promoting the industrial wares, but they may walk away with a free Bible from a local church's booth.

The Kaweah River Senior Drill Team booth's peach cobbler, cooked cowboy style (by cowboys) in skillet covered with hot charcoal briquettes, alone is worth the drive.

The expo features a recurring presentation of the top 10 new products, which this year included a remotely controlled field machine, nutrition-managing software, an unmanned aerial vehicle that helps farmers scout crops and track livestock, a fruit-harvesting platform for workers who are harnessed for ease of collection (see photo), a non-vibrating hammer and an innovative flow meter.



Photos above and top right show two products that were developed by family farmers to meet specific needs. Above, Logan Staheli, 22, of Cedar City, Utah, is shown in front of the hay steamer designed by his dad Dave and the Staheli sons. To be properly processed, hay cannot be too dry (the leaves come off) or too wet (it will mold) when baled, and farmers historically must bale their winnowed hay during a precise three-hour window when nature provides the perfect the dew point. The Staheli machine, pulled here by a John Deere tractor and followed by a Massey-Ferguson baler, provides the exact amount of moisture needed for baling. The bales are 1,500 pounds.

Photo top-right, J.J. Dagarret (standing right) of Automated Ag, Moses Lake, Wash., with his new Bandit Xpress, a mobile harvest assist platform that allows "everyday people" to harvest fruit in a less fatiguing manner. The mannequins show how workers (up to four) are harnessed on the platform, which can be raised and lowered. Also shown, company board chairman Stephen Mason of Clearwater, Fla.

Photo center-right, Italian vendor Vignetinox reps show their wire grape vine system. Right-below, Rusty Bechtold (r) and Rick Cook explain the state's Joint Venture Program that puts businesses into space in prisons for production. Businesses in the program receive below-market long-term leases, 50 percent discount on Worker's Compensation Insurance and other perks.



FORDE SHORTS

Our loss – Lisa Gilbert, Tehachapi Unified School District's dynamic superintendent, has accepted the position of Chief Academic Officer for the Kern County Superintendent of Schools. Gilbert will finish the school

year in Tehachapi and start her new job July 1. She will oversee curriculum instruction and accountability, migrant education for region five, school community partnerships and Community Connections for Child Care. "I'm excited," Gilbert told Forde Files. "Those particular areas of the county office provide support to all

47 school districts in the county." Gilbert, 46, is a graduate of West High School in Bakersfield. She earned her undergraduate degree at California State University, Bakersfield, her masters at the University of LaVerne and her administrative credential at Fresno Pacific University. Gilbert's predecessor in the position, Desiree Von Flue, has moved on to the position of assistant superintendent, and the county department is holding the academic officer post until Gilbert comes on board in the summer.

In case of shooter, new rules – Gilbert told the Greater Tehachapi Economic Development Council (which was bursting with 70 attendees at the Feb. 5 breakfast meeting at the Original Apple



Lisa Gilbert

Shed) that, as a result of careful analysis of past school shootings, school faculties and staffs nationwide are being trained to consider more options than the standard "shelter in place" in the event of a shooting incident. "School districts are looking at changing their response," Gilbert said. Those options, in addition to shelter in place, include fleeing and defending. A key is determining where, and how close, the shooter is.

At Columbine High School in Colorado, she said, the librarian, as she had been trained, instructed the students to get under the tables in lockdown mode. The shooter came in and killed people. "Analysts looked at the facility. The librarian, if she thought she had the option, could have gotten the kids out of the building and into the hands of law enforcement, who were not far away." At the Virginia Tech shooting, there were four classrooms in the shooter's path. "In the first classroom there were lots

of fatalities, also in the second room. In the next two rooms, they heard the gunshots and responded by defending. [In the third room] a professor and student blocked the door and the other students survived. In the last room they figured out a way to barricade the door." The school district plans a meeting on safety, bullying and harassment, the date in March or April to be announced.

Thurs., Feb. 20, vital information parents need to know – The school district will host a meeting on the Common Core Standards and the state wide school funding Local Control and Accountability Plan, 6 p.m. at the district board room, 300 South Robinson St., Tehachapi, Calif.

Who's who: Caption correction



The caption of the cover photo on the last issue of The Loop (above) of the new lifeguards for Dye Natatorium got a bug in editing. In the photo, Tehachapi Valley Recreation and Park District Recreation Supervisor LeAnn Williams is on the far left in red. The lifeguards in the center row between District Manager Matt Young on the right and Williams are (l-r) Chloe Williams, Morgan Stewart, Alan Ayers and Shawnee Villarreal. In the front row, Taylor Carpenter (l) and Shawn Carpenter. Back row (l-r) Andrew Bartels, Cody Brown, Travis Peterson. Photo by Tina Forde.

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New Instructor, Ashley Krempien

T-Fitness

Ashley Krempien (Rehbock), is a Tehachapi native who began her fitness enthusiasm at a young age. Ashley played College Softball in Midland Texas before moving to Northern Michigan and graduating with her Bachelor's degree from Northern Michigan University.

During College, Ashley worked for the athletic department at the University where she assisted behind the scene for all athletic events.

After Graduating she worked for two years with the YMCA of Marquette County providing health and fitness classes and group programing for cancer survivors.

She also taught group exercises, organized numerous fitness programs, including health awareness events, fun run/walks, and triathlons.

Ashley has also competed and placed in 5k, 10k, 10 mile runs as well as sprint triathlons.

Ashley is certified by the American Fitness Training of Athletics as a personal trainer and also carries several

certifications including; LesMills Body Attack and Body Combat certifications, Beach Body LLC.

Insanity instructor and Indoor Spinning instructor.

Ashley is committed to helping others reach their fitness goals by providing the education, motivation and friendly environment needed to live a healthy lifestyle. She believes that your only limitations are the ones you set in your mind.



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If I Sell Property at a Gain, do I owe Tax?

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The answer is maybe!

Only tax law is strange enough to have three different answers to the same question. Let us wade through the murky water together and I will give you some examples of different answers to the same question. The first factor to consider is, did you own the property you sold for more than one year?

Exception #1 – Tax law differentiates between property held more than a year and property held a year or less. If you held the property more than a year, it is taxed at a more favorable tax rate.

Exception #1A – If you inherited property and sold it one month after you received the property from the person who died, it is the same as if you held it more than one year, and so you get the lower tax rate. So how much is the tax savings from holding property more than one year? If you happen to be lucky enough to be in the 10- or 15-percent tax bracket (taxable income below \$36,251 for singles or married filing separately, \$72,501 for married filing jointly, or \$48,601 for head of household filing status) the tax rate is zero on the gain, so the answer to the question do you owe tax on the gain, is no you do not owe tax on the gain if you held the property more than a year, and were in the 10- or 15-percent tax brackets. If your taxable income places you in the 25-, 28-, 33- or 35-percent tax brackets the tax rate is 20-percent on the gain (lower than the 25-, 28-, 33- or 35-percent tax rate) and if you are unlucky enough to be in the 39.6-percent tax bracket (over \$400,000 taxable income for single, \$225,000 for married filing separately, \$450,000 for married filing jointly, or \$425,000 for head of household filing status) the tax rate is 25-percent of the gain (lower than the 39.6-percent tax rate). Some of these tax savings can be reduced by the alternative minimum tax, but that is another tax we will not discuss in this article. If you held the property more than a year, and were not in the 10-percent or 15-percent tax brackets, you will owe tax on the gain, but at a lower tax rate. Now what happens if you held the property less than one year (or did not inherit the property)? All gains in this case are taxed at your normal tax rate (no lower tax rates for anybody).

Exception #2 – What if I sold property (stocks, mutual funds, etc.) at a loss last year, and had more losses than gains? When you have losses that exceed gains, you are allowed to deduct \$3,000 of losses in excess of gains in that year. Losses in excess of gains are then carried forward to offset any gains in the following years. So if you had \$8,000 of 2012 stock losses in excess of gains, you could have deducted \$3,000 of those losses on your tax return in 2012, and the remaining \$5,000 of losses would have been available to eliminate up to \$5,000 of gains you recognized in 2013. Hence all the rules in paragraph one may be set aside until you consider the carryover of losses from the prior year(s). Unfortunately, when you buy a do-it-yourself tax software program, that program does not know about prior year losses or tax credit carryovers unless you tell the program about them. This is why our firm always asks for a copy of your prior

Your Tax Preparer

year(s) tax returns so we can ensure you are getting credit for any loss carryovers or credits to help reduce your tax.

Exception #3 – What if the property I sold was my house? If you lived in the house at least two out of the last five years (it was your principal residence, not a vacation home or rental property) you can exclude gain on up to \$250,000 for individuals, and up to \$500,000 of gain for married individuals filing jointly where neither spouse excluded gain from the sale of another home during the two year period ending on the date of sale. Well, that is nice!! What if I don't meet the two year ownership and use tests, or I already excluded a gain on another house within the two year period?

If the reason for the sale of your principal residence was due to:

(1) – A job related move where the new job is located more than 50 miles farther from the location of the house that was sold; (2) – to obtain or provide medical care for an individual suffering from a disease, illness or injury; or (3) – unforeseen circumstances due to the occurrence of an event the taxpayer could not have anticipated prior to buying and occupying the home, you can receive a reduced exclusion on the gain on the home sold.

Assume you (a single individual) sold the home at an \$180,000 gain, but only lived in the home 18 months. Unless you met one of the move, health or unforeseen circumstances tests, you will owe tax on the \$180,000 gain. If you meet one of those three tests, you can exclude 75-percent (18 months/24 months) of the \$250,000 available principal residence exclusion or up to an \$187,500 gain. Since the gain realized was only \$180,000, you will owe no tax.

What if I did not sell any stock or mutual funds, but received qualified dividends or capital gains dividends from the stock or mutual funds? The rules in paragraph one dealing with taxability of long term gains (held more than a year) depending on your tax brackets apply to qualified dividends or capital gains dividends also, so can avoid paying tax, or pay tax at a reduced rate, depending on your tax bracket.

Aren't you glad you use a tax preparer who is familiar with all the nit-picky rules in tax law?

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The Last Half

by Cathie Sibley

I'll be turning fifty while this issue of *The Loop* is on the news stands. The last half of my life is here whether I'm ready for it or not. Well... really it's more like the last third most likely since my family isn't known for its history making longevity.

Instead of looking at the last half through melancholy glasses, I'm kind of excited about it.

The first fifty years blazes by at an inconceivable speed, the speed of time; and, if I've learned anything, I've learned that the busier we are the faster the clock ticks – or so it appears.

It seems like we spend most or all of our younger years trying to get somewhere. In our youth it's all about careers and buying houses and cars and toys. We concentrate our efforts on raising families and hopefully (although not in my case) figuring out how to make our marriages work.

The way my life is now is not the way I envisioned it would be when I hit the half century mark. I thought I'd be happily married with a nice collection of grandchildren that I could teach to fish. I thought I would be ensconced in a home that was nearly paid for with a husband who was looking forward to a retirement that included traveling.

I did not think I would be eight years into owning and running a restaurant and single. Didn't see that coming!

Well I did a little since it's what I've been doing for the last eight years, but – in the big picture – it's not what I saw.

Now that it's here, the last half that is, what am I going to do? I'm going to live that's

Taste of Italian



what. I'm going to learn to let go a little. The first half teaches you that you really don't have control of anything anyway so why bother. It seems that even if you wear a bra every day from the time you're ten years old, your chest **still** falls into your drawers. It's all a gamble. I might have another fifty years in this life or I might have another day...

Here's what I'm going to do.

I'm going to build friendships that are true and honest. I'm going to go where I've never been as often as possible. I'm going to cherish today because there is never a promise of tomorrow. I'm going to remind my children often that I'd really love to be a grandmother. I'm going to wear flat shoes as often as I can (even when it's not fashionable) and comfortable underwear all the time. I'm going to burn my spanx because you cannot cram ten pounds of stuff into a five pound bag and still plan on breathing. I'm going to smile as much as possible and let myself cry sometimes too. I'm going to be brave and ask for help when I need it instead of doing it all on my own. I'm going to watch old movies and read good books and cook delicious food.

I'm going to thank God for it all every day.

Peace and blessings to all and may your life be beautiful, no matter what half you're in.



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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to cooking.

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Answer: Hunger

Guess Who?

I am a Filipino actress born on February 22, 1971. I achieved great fame on the stage, and became famous for playing Kim in the musical, "Miss Saigon."

Answer: Lea Salonga

SUDOKU

Here's How It Works:

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

Level: Advanced

PUZZLE SOLUTION

A	U	R	A	R	A	R	A	C	C	O	R	D		
C	I	N	E	M	A	T	O	G	R	A	P	H	E	R
A	R	I	G	A	R	E	T	E	M					
D	M		A	D	P	A	N	E	N		A	S		
S	A	M	P	W	A	N	T	S		S	A	N	E	
N	A		P	B	S		S	A	C		D	D	T	
S	H	A	N					D	A	I	S	E	S	
H	O	A	R					R	O		D			
S	E	N	S	E	S			G	A	U	R			
T	R	I	S	I	P		N	E	T	B	A			
R	A	C	E	R	E	B	E	L	A	S	I	N		
A	L		R	O		P	O	I	B	D	R	A		
N	D		A	B	U	S	I	V	E	L	Y	I	G	
C	I	S	S	I	M	I	L	A	R	I	E	S		
G	N	A												

ANSWER:

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

CLUES ACROSS

1. Plural of eyrir
6. Concord
12. Photographer
16. Atomic #18
17. Tobacco cylinder
18. Of I
19. 1/10 meter (abbr.)
20. In the year of Our Lord
21. Belittle
22. 1/2 of an em
23. Equally
24. Cornmeal mush (British)
26. Desires
28. Of sound mind
30. 1st moon man's initials
31. Public broadcasting
32. Bodily cavity
34. Insecticide
35. County in China
37. Platforms
39. Frost
40. Crucifix
41. Bodily faculties
43. Seladang
44. Denotes three
45. Imbibe slowly
47. What's left
48. Liberal degree
50. Competition
52. Confederate
54. 7th Hindu month
56. Senator Frankin
57. "Crying" singer's initials
59. Taro root dish
60. Bahrain dinar
61. Sun god
62. 39th state
63. In a harmful way
66. Immunoglobulin (abbr.)
67. Differences
70. Moves slowly
71. Snarl, growl (var. sp.)

CLUES DOWN

1. Aviator
2. Boutros' group
3. Go over
4. Be among
5. Cloth scrap
6. Clerks
7. Vacuum tube
8. Actress Blanchett
9. Removes the lid
10. Atomic #45
11. Peremptorily
12. Dishonorable men
13. Spanish appetizers
14. Algerian gulf & port
15. Sets again
25. About Freemason
26. One point N of due W
27. Not happy
29. Accumulates on the surface
31. Peels an apple
33. Diamond weight unit
36. Possesses
38. Note
39. About heraldry
41. Hair filament
42. Title of respect
43. Hair product
46. Colas
47. Capital of Huila, Colombia
49. More diaphanous
51. Eliminate
53. Change to a vapor
54. Ancient temple sanctums
55. Pestors
58. Off-Broadway award
60. Light Russian pancake
64. Baseball official
65. Work unit
68. Jr.'s father
69. Atomic #77

Using an Advocate vs. an Attorney

by Diana Wade, Disability Advocate

I often get calls asking about whether someone should use an attorney or an advocate.

My short answer is "there is no difference."

Attorneys and Advocates both represent claimants the same way and have the same authority.

One major difference is that most Advocates have not gone to law school.

Many, like myself, have been Paralegals for many years. I have been a Paralegal for 34 years and 19 years as an Advocate.

When I graduated from Paralegal school, I decided that I wanted to find a non-traditional way to apply my legal skills.

Eventually I found that opportunity by becoming a non-attorney disability representative.

I advocate for our claimants at all levels including the hearing level of the appeals process and the Appeals Council.

For a non-attorney representative, you should use a SSA-accredited advocate to represent claimants at a hearing.

I had to have several years of hands-on work experience as an initial-level Advocate before taking the test for my accreditation.

Though I already met the education requirements for accreditation, I gained a real strong knowledge of the Social Security system by actually developing cases.

To get my accreditation I had to take a written test administered by the Social Security Administration. The test is very technical.

You have to study for it and be very comfortable with SSA's Code of Federal Regulations.

Questions cover the law of ethics, such as taking gifts or divulging confidential information. It tests your knowledge of the vocational requirements for qualifying for disability benefits, and you have to know the complexities of the Social Security Act.

Taking a standardized test like this one requires a certain way of thinking. The questions are tricky; and, if you're not thoroughly prepared for it, you won't pass. It's not uncommon for people to have to take it a couple of times before passing.

The test is great for measuring an advocate's knowledge of the system and application process.

The fact that you are required to have years of prior advocacy experience before becoming accredited ensures that you have the practical experience to represent someone's case.

I believe, however, that one of the most important factors is how good you are at interacting with the claimant, and how motivated you are to work hard for the claimant.

These are qualities, I think, that makes one an exceptional Advocate.

Now that I'm accredited, I have to take continuing education courses. I do this by going to different conferences around the country and taking seminars, mostly with the National Association of Disability Representatives (NADR) or the National Organization of Social Security Conferences (NOSSCR).

I've taken a variety of seminars on specific medical conditions, an area of expertise not covered in the accreditation test, and classes to stay current on new policies and procedures at SSA.

Ask the Advocate

If someone were to ask me what the advantage is of working with an accredited non-attorney versus a lawyer, I would say that disability advocacy is a specialty. I am totally focused on what I do and I am in tune with my claimants.

Unless an attorney or lawyer is in practice exclusively for disability, I think that's the big difference. I do this all day, every day, whereas, disability could be just one area of a lawyer's practice.

I admit that my work can be frustrating for me. By the time a case comes to me, the claimant has gone through months of waiting and two denials, one at the initial level and the other at the reconsideration level of the appeals process.

Then the case will hang in a holding pattern for another year or so before getting scheduled for a hearing.

I am often dealing with claimants who have reached the panic point, but we try to stay patient together until the hearing.

They are usually nervous at the hearing, but I try to put them at ease as much as possible. The hearing is very informal, for one thing. It's usually held in a small room with only the Administrative Law Judge, an assistant, me, the claimant, and maybe a few witnesses to support the vocational or medical aspects of the case.

Very rarely do we know the outcome, unless it's a bench decision when the judge makes a determination on the spot. It usually takes another two months before we know the outcome. But, it's so worth it when we win. It's personally rewarding for me. I can only imagine how it must feel for my claimant.

According to SSA statistics, claimants get better results if they are represented. If you are considering one over the other, get a referral, ask questions... be proactive!

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>.

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Field Trips

by Susan Wiggins

When I read recently about a movie that was made of the pictographs (or petroglyphs, I always get them confused) near China Lake it brought back a lot of memories of the many field trips that I went on with my parents Paul and Marion Deaver, organized by the Kern-Antelope Historical Society. I have been to the China Lake site on such an outing.

I could probably write about field trips with that group for the next six months, but I try to "sprinkle" them in every now and then.

One such trip was to the Kern valley area to view the remains of a rock wall believed to have been built 2,000 to 3,000 years prior by "Chinese or Egyptians."

This interested me, since I had not idea that these peoples could have ever been there.

The article noted that anthropologists believed that up to one million people lived in the South Fork area, not far from Weldon.

Buck Raines, who led the field trip, said he had lived in the area for over 25 years, and had seen carvings on the ancient wall, believed to have been created by the Chinese or Egyptians. (I don't know how the Egyptians or Chinese got there either. . .)

He had also searched the area for relics left by Native Americans, who lived in the area "much later."

One granite stone that the group was shown by Raines was "definitely a Chinese carving", he said, and was a Chinese cup carving, similar to the shape left by an ice cream scoop.

One of the other rocks in the vicinity had a carving on it that Raines said was the "key" to the ancient village, a circle and triangle - shaped carving.

He declared that this carving was the "only such carving ever found in California."

The wall, Raines said was built by stacking square stones on top of one another made of several different types of rock.

The rocks showed signs of having been beaten into shape and "could have formed a prison," Raines noted, adding there was nothing holding them up.

A smaller wall was found in another area, and Raines claimed it was also manmade, but came later.

In another area, below the Lake

A Page of History

Isabella Dam the group viewed some rocks that had petroglyphs, also believed to be "Chinese or Egyptian." My mother noted in the article that they were badly eroded.

Later the group drove down Kelso Road and viewed a smooth mound of dirt that Raines said was believed to be a "serpent mound" left by some Native Americans who lived in the area.

Raines said that plans had been started to excavate the mound to search for relics that were believed to have been buried there.

High above the mound at the top of the mountain the group could see a cave that Raines said was filled with pictographs, but the group decided that they were too tired to make the climb all the way up there.

I don't recall this trip, it must have been one they went on when I was in high school.

There is no date with the article, but as I got older I was involved in "teenaged things" and didn't go as much with them.

This trip and its findings sound rather odd to me, but I am not well-versed in ancient history of the Kern County area.

I looked up the history of the area and did find out that the Kawaiisu were very early inhabitants of the South Fork area.

Researchers found an obsidian tool dated at 3564.

This information came from the Audubon Society discussing the wildlife preserve in the area.

Who came first - the Native Americans or the Chinese? Or were there only Native Americans who left strange carvings?

I am sure some of you must know more than I do - since I know very little on the subject.

If you do, send me an email at The Loop Newspaper, or Facebook me, and we will continue the story in a future column.

Then we can all learn something more about the early residents of the South Fork and Weldon area.



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CTEC

What’s up in Stallion Springs?

by Ed Gordon



The CSD held a luncheon on January 31 for over 70 Volunteers who have provided services to the CSD over the past year. Volunteers from C.E.R.T., Mailbox Group, Library, Trails, Dog Park, Welcome Committee, Neighborhood Watch, PAL, District Lands, the POA and other volunteers, provided over 9087 hours of service. These services, if provided at minimum wage, saved the CSD over \$72,000.

The Stallion Springs’ CSD District Lands Committee held its monthly meeting on Monday, Jan. 27. The committee was established to review new and continuing activity impacting District property and easements and make recommendations to the Stallion Springs Board of Directors on operational and policy matters concerning District-owned land. The committee will review and advise on real property acquisitions, exchanges, dispositions or land use for which the Board of Directors must give final approval. Recommendations to the Board are to include public access, CSD ownership, fiscal, legal and insurance impacts. The committee cannot act, without Board approval, on any recommendation.

The first project taken on by the committee is to review Equestrian Trails. Members reported on several trail areas they walked looking for signs of use, blockages and easement violations. Members were then assigned new trails for assessment. The process is going to be time consuming and take many months to complete before any recommendations are ready to present to the Board of Directors.

Matt Young of the Tehachapi Valley Recreation and Parks District was the

CERT Classes to be Held in Stallion Springs

Here is some information about the new CERT classes to be held in Stallion Springs. As you can see, this is a quick class. Normally, these classes are done in eight weeks, at four hour sessions. We have found most people prefer the two long days and two short evenings. HOPEFULLY this will fit your schedules!

March 12 — 5:30-9:00 p.m.

March 15 — 8:30 a.m. - 5:30 p.m.

March 29 — 8:30 a.m. - 5:30 p.m.

April 2 — 5:30 - 9:00 a.m.

Stallion Springs CERT training focuses on issues in our area. Our training is scheduled in conjunction with other area classes so chances are if you have to miss one of our modules you will be able to pick it up elsewhere to complete your CERTification. You can call Tonie 661-822-6588 after 5 p.m. daily or weekends, for more information.

guest speaker at the POA’s Jan. 28 meeting. Young spoke about the value of Recreation and Parks to the communities. The speaker for Feb. 25, 2014 will be Evan Rayner Interim CEO of the Tehachapi Hospital to keep you informed of the progress of the new hospital.

CSD Upcoming Events

CSD Board of Directors meeting, 6 p.m. Feb. 18 at the CSD Offices.

Parks and Recreation Events

Family Movie night will present, Cloudy with a Chance of Meatballs 2 on Feb. 21 at 7 p.m. and Frozen on March 21 No cost for the movies.

Insanity Fitness classes have been added to the agenda. Insanity-30 (30-minutes of Insanity instruction) will be held on Tuesdays from 7-7:30 p.m. in the Corral Room. Insanity-60 (60minutes of Insanity instruction) will be held on Thursdays from 7-8 p.m. in the Corral Room.

The Fourth annual Chilly Dip is coming up on March 8 at 11:30 a.m. at the pool. Check with the CSD for requirements and fees. Get ready to take the plunge. The event is a fund raiser for the

Events for Kids at the Community Center

St. Patricks’ Day, Melting Crayon Rainbow, March 1 at 10 a.m.

Story time at the library on the second and fourth Thursday of the month, at 10 a.m.

PAL

The Police Activities League, is thrilled to announce its first Open House on Saturday, March 22, 2 – 5 p.m., in the Gym

Send Us Your Community Events!

Submit them to:

articles@
theloopnewspaper.com

by Friday, Feb 21 to be in
the March 1 issue!

Stallion Springs



4th Annual

Saturday, March 8th

@ 11:30 AM

Make a splash this March at the **4th Annual Chilly Dip!**
That’s right, we’re taking a plunge in the pool to raise funds for recreational activities!

Who: You, your kids, your friends, your family - it’s loads of fun for a good cause!

What: A quick dip in the Stallion Springs swimming pool!

When: Saturday, March 8th @ 11:30 AM.

Where: At the Stallion Springs Community Swimming Pool - “The Pond”.

Why: To combat winter blues, raise funds for the Parks & Rec Department and have some fun!

Cost: Register, in advance and the price is ten bucks (\$10) for a dip in the pool, a T-shirt and a warming Chili Boat. It’s \$15 at the door. (Non-jumpers can buy a tee shirt and/or chili boat the day of the event!)

PRIZES for the BEST COSTUMES and PRIZES for WINNERS of the GAMES at the pool!

You need to know how to swim. Lifeguards will be on duty.

Register in advance at the Stallions Springs Community Center or at the CSD office.

Kids, under age 14, must be accompanied by an adult.

Take the plunge for fun - it’s a great way to support parks and recreation in Stallion!

Salt of the Earth [continued from last issue]

by Victoria Alwin, MSRD, Dietitian for Tehachapi Valley Healthcare District

You have either heard that lowering you salt/sodium intake is healthier for you or your doctor has told you that you need to follow a low sodium diet.

How do you do this and survive?

It depends, especially on how far you should lower your intake.

First for perspective, one teaspoon of salt has about 2500 milligrams (mg), or 2.5 grams, of sodium. Most Americans need only 1,500-4000 mg sodium per day. However, most Americans consume between 3000-5000 mg sodium per day. Big difference.

Many doctors will recommend what is known as a “No Added Salt” or 3-4 grams sodium per day. The diet is what it says: no added salt, that is, no salt at the table and avoid really salty foods such as bacon, ham, and similar lunch meats. Salt may be used in the cooking, but don’t try to make up for what you can’t add at the table. This can be a great first step in changing our habits. At this level, most foods taste the same as what you are used to eating.

Next comes the low sodium, reduced sodium or two-gram sodium diet. The more processed the food, the more sodium it will have in it. In addition to avoiding salt at the table and salty foods, this diet promotes more natural, homemade foods.

Homemade soup, heavy on the spices, herbs and vegetables but no salt, has approximately 100-200 mg sodium per cup.

Most canned soups start at about 800-900 mg sodium per cup.

Nutrition Corner

Mom was right: homemade is better.

Low sodium soups do not necessarily taste good. Think trial and error. For those who like it easier, there are frozen meals that are less than 800 mg per meal, but look at the nutritional information on the label.

Frozen meals in general can **start** at 1000-2000 mg sodium for one, small tray of food. Restaurant food can be even higher in sodium. Many chain restaurants have websites with nutritional information. Check out the numbers on the website before you go. If you take in more sodium than your doctor advises, it can raise your blood pressure or make you gain so much fluid that your heart will have a harder time beating. There are diuretics or water pills which help with extra fluid. Unfortunately many of these are hard on the kidneys, which isn’t what you want either.

On this diet, foods may taste flat for a while. You can add herb blends such as Mrs. Dash to the cooking to help. Molly McButter is another shaker that is lower sodium, tastes good, and can be added to your plate instead of salt. Salt substitutes should only be taken with your doctor’s permission. With salt substitutes such as “No Salt,” when they removed the sodium, they added potassium; a bitter mineral that can stop your heart if too much is taken. Ask your healthcare provider.

In short, homemade, not processed, foods are healthier, less expensive, and usually taste best.



Horticulture for Landscapes, Gardens, and Orchards Class Offered in Tehachapi

by Nancy Buge

Mr. John Karlik, Extension Advisor for the Kern County Farm Advisor's Office, will offer a ten-week course designed especially for the Tehachapi area.

The class will be held at Valley Oaks Charter School, 20705 South St., Tehachapi, CA on Thursday evenings from 5:30 - 8:30 p.m.

The first class will be on Thursday, Feb. 27, and the last class will be on Thursday, May 8.

This is a rare opportunity for those living in the Tehachapi area, as the class will have been offered only twice in the last 12 years.

The last class was in 2012 and, before that, hadn't been available for ten years. This 2014 course will not be a repeat of what was last taught.

The following topics will be addressed:

- Introduction, Climate, Cold Hardiness
- Irrigation Systems and Scheduling

- Water-Conserving Landscapes
- Vertebrate Pests
- Weeds and Herbicides
- Landscape Plants and Management (including windbreaks and firescaping)
- Turfgrass Management and Troubleshooting
- Vegetable Crops
- Trees and Air Pollution in Kern County
- Troubleshooting

Registration will take place at the first class meeting.

A fee of \$70, payable to the University of California Davis Cooperative Extension, will be collected at the first class meeting.

Spring is coming soon. This class will provide invaluable information regarding how best to beautify landscapes, ensure productive gardens, and plant and maintain orchards.

For further information, please call Mr. Karlik at 661-868-6220 or email him at jfkarlik@ucdavis.edu.

Trying to Conceive

by Justina Engen

I have heard that many people in my life either trying to conceive or announcing pregnancy. This time in a family's life is so exciting. Just the single thought of creating, growing, and bringing a new life into this world is truly amazing.

As I look back on my four pregnancies, I have fond memories of the first time my husband and I agreed that it was time to try for another baby. All of my pregnancies were very different, but many feelings remain the same: Excitement of opening a new chapter in our life, worry about everything being okay, and a huge sense of responsibility about bringing a new life into the world.

Many of my friends also share these same feelings and worries. There is so much information on pregnancy, birth, and parenting, that it can be quite overwhelming when taking your first steps into this new world. I often think of what I would want to tell myself seven years ago, when I first found out I was pregnant with my oldest daughter. Here are just a few things I would say:

'Enjoy the ride'

This is such an exciting time! Whether it's your first or your fifth, each pregnancy began with two individuals loving one another. Sometimes when conception doesn't happen right away, worry can set in and some of the excitement can begin to diminish. This can also happen once pregnancy is confirmed. After my miscarriages, I was excited until I became pregnant, and then all the worry about possible problems set in. Looking back, I really wish I could have reassured myself that no matter what happened, I was pregnant or trying to conceive and it was a time to be cherished, no matter the outcome of the journey.

'Wait to test'

There are a million pregnancy tests out on the market; all claiming to get you results earlier and earlier. While I know we all would like to know right away whether we are pregnant or not, sometimes a little patience can go a long way. Every time I tested before my missed period, I always ended up testing a second time (or third or fourth time), usually because it was negative, or a super, super faint "pregnant". I personally found that waiting even a few days past can ease the agony and confusion, while also usually

Bump, Birth & Beyond

resulting in a clear and quick result.

"Don't wait"

No, not to conceive, but more to change your lifestyle. We often say: "Once I'm pregnant," or "Once I'm a parent..." but a great way to get ready to be a parent is to live that way. This includes things like eating healthy, changing habits, and even looking at your financials. Getting your health and livelihood ready for parenthood can be a lot easier when you aren't pregnant. Plus, it's exciting to start preparing for this new exciting time. On the same note, if parenthood comes quicker than anticipated, pregnancy is 40 weeks long, and most parents quickly adapt and go on to have healthy pregnancies and wonderful parenthood experiences.

'Trust yourself'

As hard as it is to imagine, all parents have incredible instincts and skills already built in. Sometimes all we need to do is train ourselves to listen to those instincts. If something doesn't feel right, look deep, and you are probably right. If everything feels right, it probably is.

'Be Open'

If I were to share some of my experiences with my newly pregnant self seven years ago, I would think some of my experiences and decisions were completely crazy. While I never have wavered from my core morals and values, I have tried things as a mom that are definitely out of the ordinary and unconventional. While some of these things are different than I was raised, I feel I have discovered tools that have made me a better and healthier parent. At times, I may appear a little crazy, but I know deep down that my kids and my family are as healthy and happy as we can possibly be.

Congratulations to all the newly pregnant and those trying to conceive! Welcome to parenthood, no matter where you are in the journey!

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



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Community Happenings

Free Tax Return Preparation Offered by AARP

AARP offering free tax return preparation. Tax preparation that's free, individualized and no strings attached. AARP Foundation Tax-Aide volunteers are trained and IRS certified each year to ensure their knowledge of revisions to the U.S tax code.

Taxpayers received \$1.3 billion in refunds last year. By using AARP Foundation Tax-Aide, these low to moderate income taxpayers also avoid preparation fees and pitches for high-interest tax credit or refund loans. AARP Foundation Tax-Aide is offered in conjunction with the IRS. Appointments are required. Please call 661-823-0825 to make an appointment.

Company of Wayward Saints Delights Tehachapi!

TCT's current production of A Company of Wayward Saints (Playing weekends with a Sunday matinee through February 23rd) is declared a theatrical joy! The production value of this show is truly outstanding and the actors represent the very best of TCT.

Don't miss this terrific evening of entertainment! Tickets are \$15 and available online at www.tctonstage.com or our agencies at Johnny's Take n' Bake, Tehachapi Furniture, or Picture Perfect.

See you at the beautiful Beekay Theatre!

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

Dance Performance and Pilates Class offered at Country Oaks Baptist Church

submitted by Angi Wiggins

Country Oaks Baptist Church is offering a new experience in the arts: an exciting one of a kind dance production with classical and contemporary choreography, cutting edge multi-media, and passionate worship! Country Oaks will host the Paradosi Christian Ballet Company again on Sunday, March 2 at 7 p.m. The public is invited to this free performance.

The company will be performing Awakening a Night of Worship and Testimony. Awakening is Paradosi's worship set where they joyfully dance to a compilation of worship songs declaring the majesty of the name of Jesus Christ! This is not just a show but an opportunity for you to experience worship in a new way and you are encouraged to worship right along with them!

In addition to the Sunday evening performance, Paradosi has offered to teach a pilates class the next day, Monday, March 3 at COBC at 9:30 a.m. in the Country Oaks chapel. The class is \$10 and will be run only if 10 participants sign up in advance. Please call 661-822-1379 to sign up.

Bear Valley Springs Soccer Register Now

Bear Valley Springs soccer has begun registering players ages 4-16. Cost is \$60 per player. An early-bird discount of \$10 per player will be given for all who register before Feb. 18. Non-BVS players will pay an additional \$20 and must be sponsored by a BVS resident.

Mandatory player evaluations will be held on March 22, with opening day on April 12. Season ends on June 28. For more information contact BVS Sports Director Matt Martz at 661-821-6641 or mattm@bvsa.org.

Tehachapi Senior Center Weekly Activities

Lunch is at Noon on Weekdays
Bingo Closed Until April 1

Monday

10:30 a.m. – Tai Chi
12:30 p.m. – Mexican Train (Dominoes)
1 p.m. – Line Dancing

Tuesday

10:00 a.m. – Pinochle/Cards
10 a.m. – Club Strength & Wood Carving
1:30 p.m. – Grief Support
4 p.m. – Bingo! Bingo! Closed UFN

Wednesday

10 a.m. – Zumba Gold
11 a.m. – Tai Chi
1:30 p.m. – Caregivers Education (1st Wed.)
1 p.m. – Early Stage Dementia/Recipients (Second Wed.)
1 p.m. – Neuropathy Group (3rd Wed.)

Thursday

10 a.m. – Club Stretch & Bridge/Cards
12:30 p.m. – Game Day (3rd Thurs.)
1 p.m. – Knitting and Crocheting
1 p.m. – Caregivers Support (4th Wed.)

GriefShare Meetings

Sessions of GriefShare 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.

Jazzercise Classes at E.M.B Martial Arts Studio

151 N. Mill St. Ste.#F

First class is free!

Jazzercise, one-hour classes

M-F 8:30 a.m. (every weekday)

MWF 7:15 a.m. (three days a week)

Weekly Storytime

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

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.

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by Friday, Feb. 21 to be in the **MAR. 1** issue!

Gracian's Grill
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51st Annual Tehachapi Mountain Festival® Theme Contest Announced

The Greater Tehachapi Chamber of Commerce and the 51st Anniversary Mountain Festival Committee are looking for a theme for the 51st Annual Tehachapi Mountain Festival®. The Festival will be on Aug. 16 and 17, 2014.

Original or unique theme ideas should be submitted to the Chamber by Friday, Feb. 28, 2013 at 4 p.m. The winner will receive a \$100 prize, along with V.I.P. treatment and an invitation to ride in the Mountain Festival Parade. Participants are allowed to submit an unlimited number of theme ideas, but only one winner will be chosen.

Themes from previous years included:

2013 "Comin' Round the Mountain 50 Years and Countin' "

2012 "Timeless Pleasures, Mountain Treasures

2011 "Rope the Wind, Ride the Mountain

2010 "Windmills, Wine & Oaks Divine"

2009 "Tehachapi 1909-2009, What a Century in Time"

2008 "Once Upon A Mountain"

2007 "Mountains of Memories & Dreams for the Future"

2006 "Mountains, Memories & Magic"

2005 "Remembering Old Times, Enjoying New Ways"

2004 "Trains, Planes, Spurs & Lace"

2003 "Pioneer Days and Modern Ways"

2002 "Childhood Dreams and Wilder Things

2001 "2001 A Mountain Place Odyssey"

2000 "Gentle Breeze and Apple Tree's"

1999 "Four Season's of Fun"

1998 "35 Years of Memories Past"

1997 "Apple of my Eye"

1996 "Family Affair in the Mountain Air"

Send legibly written theme ideas to the Greater Tehachapi Chamber of Commerce, P.O. Box 401, Tehachapi, CA 93581-0401, drop entries off at 209 E. Tehachapi Blvd., Monday through Friday 10 a.m. to 4 p.m., or email to mountainfestival@tehachapi.com. Be sure to include your name and phone number.



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

Rated PG13, 2 Hrs. Showing at the Hitching Post Theater

February 19 (Wed)— 12:30 Showing

(Doors Open at 11:30 and showing in their largest theater)

Reduced Price Senior Admission (60 and over) \$2.50

Seating is limited, arrive early for best seating

For More Information Contact:
Teri Cryer - Crime Prevention Officer
Tehachapi Police Department
129 E "F" St.
(661)822-2222 Ext 117



Drought-Tolerant & Firewise Native Plant Sale

The Fourth Annual Native Plant sale by Tehachapi Resource Conservation District, in cooperation with Desert-Mountain Resource Conservation and Development Council (<http://tehachapircd.org/annual-native-plant-sale-for-tehachapi>), is a non-profit annual event to encourage residents of the Tehachapi area to plant natives known to be fire resistant and/or drought tolerant.

Never more important than this year of critical drought and extreme fire risk, our plant selections have been revised to maximize their benefit for conservation and safety minded local gardeners. In addition, we've added more detailed information regarding the soil and water requirements, resistance to nibbling wildlife, and fire resistance characteristics of our selected species.

Order forms and descriptive photos with plant information are available at both the TRCD website (tehachapircd.org) and the Desert-Mountain website (desertmountainrcandd.org). Orders must be prepaid and received at the Ridgecrest office of DMRC&D by March 31. Plants will be available for pickup on Saturday, April 12, between 9am and 1:30 pm at the TRCD Office, 321 West "C" Street, corner of Mill and "C", Tehachapi.

Tehachapi Resource Conservation District is a volunteer based Special District, welcoming community interest and participation. Please contact edith.frick@gmail.com for additional information about TRCD or call the DMRC&D office at 760-446-1974 for more information about the native plant sale.

'Cast Away' Fundraiser: 4 p.m. Wed., Feb. 26, at West Park Activity Center

The Tehachapi Parks Foundation will be hosting a *Survivor* party, titled "Cast Away", in celebration of the launch of the new season of *Survivor*. What makes this party different is the fact that Cassandra McQuillen, a local attorney, is one of the contestants on the show. "Kass", as she is known on the show, is on the Brains tribe, in a season that pits Brains vs. Brawn vs. Beauty. In her *Survivor* interview, she says her strategy is to not be the smartest, but gradually work up the chain the further into the game she goes. The Tehachapi Parks Foundation will host the premier

party on Wednesday, Feb. 26, 2014, at West Park Activity Center. Doors open at 4pm, with the showing to begin at 5pm, using an East Coast feed projected on a giant screen. Tickets are only \$30, and will include appetizers, a drink, and an opportunity to rub shoulders with a member of one of this season's hottest TV shows. All proceeds raised at this fundraiser will go toward Youth Sports Equipment and Scholarships. Tickets may be purchased at the TVRPD District Office, Tehachapi City Hall, and TFitNESS.

For more information, please call (661) 822-3228 Ext.#2.

Winners of the TVAA 2014 Photo Contest

Best of Show

Thomas Medaris – Petra

Animals

1st Dennis Cowden – Hi Ho, Hi Ho, It's off to...

2nd Donal O'Sullivan – Passenger Dog

3rd Judy Trauger – Rufous Hummingbird

Honorable Mentions: Dan Hendricks – Back Off, Dylan Arbaut – Bored of the Beach

Black & White

1st Amber Sickels – Getty Museum #3

2nd Thomas Medaris – Old Truck Tehachapi Loop

3rd Jerry D. Mathes II – Snags and Abandoned Monitors

Honorable Mention: Jerry D. Mathes II – Sunset Tracks

Details & Macros

1st Kelly Miller – Daddy's Hands

2nd Jack Williams – Old Hinge

3rd Dana Cooper – Lady Bug on White

Honorable Mentions: Dana Cooper – Fire, Diana Palmer – The Hitchhiker

Digital Darkroom

1st Thomas Medaris – Petra

2nd Thomas Medaris – 1956 Ford Custom

3rd Susan Kohkonen – Mirror Mirror on the Wall

Honorable Mention: Megan Bowman – Little Patriot

Flowers & Still Life

1st Diana Fifer – Cinderella Pumpkin

2nd Joseph W. Kinn – My Morning Glory

3rd Dana Cooper – Flat Flower

Honorable Mentions: Tim Hopp – Lotus Flower, Tim Hopp – Water Lily, Julie O'Sullivan – Blind Date

Landscape & Nature

1st Diana Fifer – Lilacs Among the Oaks

2nd Judy Trauger – Housekeeping Camp Bridge

3rd Judy Trauger – First Snow

Honorable Mentions: Valerie Santiago – Serenity in the Snow, Sheri Carter – Second Glances

People

1st Susan Kohkonen – Singing for my Supper

2nd Joseph W. Kinn – Boy Scout Paying Respect

3rd Durwood Thrasher – Lee

Honorable Mentions: Megan Bowman – Supporting our Troops

Tehachapi

1st Susan Kohkonen – Midnight Train in Tehachapi

2nd Joseph W. Kinn – Hang Gliding in Cummings Valley

3rd Jack Williams – Town Vetter

Travel and Architecture

1st Kelly Price – Little Church in the Woods

2nd Jack Williams – Oloron Ste. Marie

Youth Photography

1st Brittani Hanesrget

2nd Adriana Graybeal – Above the Waves

3rd Madison Marty – Marvin

Honorable Mentions: Geraldo Ramirez – Lights, Grace Miller – Pine cone Perspective

Do You Want to be a Published Writer and Help Pet Rescue Efforts?

With the help of New York Times Bestselling author, Deborah Smith (www.deborah-smith.com) who is a partner in BelleBooks, a small press known for southern fiction (www.bellebooks.com), Have a Heart Humane Society will publish a book

titled: *Touched By A Furry Angel*, True Stories Of Rescued Pets Who Touched Our Hearts. The book will be a collection of true stories, poetry, photos, illustrations, children's drawings and letters. All Tehachapi residents, young and old, published or unpublished, are invited to participate.

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

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

We are looking for true stories up to 3,000 words. Submissions must be typed, double spaced, 12pt Courier Font, 1" to 1.5" margins, page number top right corner, author's name, email address, phone number and mailing address in top left corner. All stories and poetry must be sent in Word doc files, photos and illustrations in jpg files and emailed

to: haveaheart@bak.rr.com, Furry Angels in subject line. Children's letters and drawings may be mailed to Have A Heart /Radio Shack, 1121 W. Valley Blvd. Ste# A, Tehachapi, CA 93561. Deadline for submissions is March 31, 2014.

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



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Family Restaurant in Tehachapi

CLASSIFIEDS

FOR SALE

J RANCH NURSERY – J Ranch Nursery. Special Offer, 10 trees, 6ft-10ft tall for \$150. Tree's and Bushes for sale. Huge Trees for small price. HWY 202 & Easy St. Tehachapi. Open 8 to 12 weekdays, 8-4 weekends (661) 330-5812.

MISC

DONATE YOUR VEHICLE TO – Bags 4 Kids, a non-profit organization, helping children in crisis. 760-217-0909 [www. Bags4Kids.org](http://www.Bags4Kids.org).

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

GARAGE SALE

INSIDE GARAGE SALE– Feb.15&16 909 Elm St. 7 to 1 All items have been well maintained.

VEHICLES

25' FLEETWOOD "MALLARD" –2001 travel trailer w/ nice interior, color TV w/ DVD, stocked kitchen, complete hook-ups, two new batteries, new tires, central air & heat, two 35 gal. propane tanks, stabilizer tow bars & good to go. \$6199. Or best offer (661) 822-1014

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WANTED

YOUR ATTENDANCE– at Water Aerobics begins 3-3-14 6:15 to 7:15 PM Marti Sprinkle instructor sign-up thru TVRPD (661) 822-3228 .

Shop Locally & Help Your Community:

Look throughout this issue for advertisements from local businesses.
Shop Locally!



Tehachapi Hospital Explorers

Exploring is a Learning-for-Life career education program for young men and women ages 14 (completed 8th grade) to 20 years old.

Exploring provides experience to help young people mature in preparation to become responsible and caring adults.

Participants will be introduced to all aspects of healthcare.

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



Tehachapi Valley Healthcare District

Quality healthcare. Right here. Right now.

Career Opportunities

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FINANCE

Chief Financial Officer
FULL- TIME

IMAGING

Ultrasound Technician
PER DIEM

EMERGENCY SERVICES

RN 1
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MED/SURG UNIT

CNA
PER DIEM

PATIENT FINANCIAL SERVICES

Patient Financial Services Associate
FULL- TIME

HEALTH INFORMATION MANAGEMENT

HIM Director
FULL- TIME

PLANT OPERATIONS

Plant Operations Technician
FULL- TIME

RURAL CLINICS

Nurse Practitioner/Physician Assistant
PART-TIME

Effective Date: February 12, 2014

TEHACHAPI VALLEY HEALTHCARE DISTRICT (TEHACHAPI HOSPITAL) is located at: 115 WEST 'E' STREET, TEHACHAPI, CA
TO APPLY ONLINE PLEASE VISIT OUR WEBSITE AT www.tvhd.org
RESUMES SHOULD BE EMAILED TO sjones@tvhd.org

ATTENTION APPLICANTS

It is the policy of Tehachapi Valley Healthcare District (TVHD) to accept online applications for any position TVHD requires successful completion of a "drug test" and "criminal background check" by any applicant seriously considered for employment.

Our wages and benefits are very competitive!!

Business Directory

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26.07



Rainbow Rescue,
Devoted love waiting
to find you!

Meet our pets on www.petfinder.com or
California City, (760) 373-2907
IRS 501 (c) 3 Non-Profit Organization.

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26.03

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Complete Water Well Services
Design & Installation
Submersible & Booster Pumps
Water Storage & Pressure Tanks
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Locally Owned & Operated
Mike Finley - Lic. #874581



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Shop UP**

Help Your Community by
Shopping Locally

ADVERTISE

This ad is only
\$130 for 5 issues:
That is 10 weeks total!
or 50,000 looks!
Call 661-822-8188 Today!

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Take a minute to tell your
friends how much you enjoy
reading The Loop newspaper
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theLoopnewspaper**

ELECTRICIAN

26.05



**PERKINS
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Commercial • Residential
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Want the LOOP delivered directly to your door?
We ask a nominal \$28 for the rest of 2014,
to cover the cost of mailing.

If you would like to receive Tehachapi's main source for community & entertainment news, please send a check or money order;
or call 661-822-8188 to pay with your credit card.

Please fill out the form below and include a \$29 check or money order payable to "The Loop". This price is good until Feb 15, 2014

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 **in 2014**

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Business Directory

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26.05

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Disaster Restoration
 INSURANCE SPECIALIST
 WATER | FIRE | MOLD
EMERGENCY CLEAN-UP & REPAIRS
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 Give the Gift \$75 Garage Door Tune Up and Opener Safety Service

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26.07

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*Good References • Free Estimates
 All Services Guaranteed*
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26.04

Fresh Organic Produce, Raw Milk & Meat Year Round

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 14 year Anniversary in the Tehachapi Area
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\$49.00 A/C, Heating Tune Up
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26.06

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 Summer Special on Chimney Sweeps & Pellet Stoves
2 Locations!
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 (661) 823-0117
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 (661) 949-0906

PET SITTING

26.04

Daphne's Pet Sitting
 Purrfect Kitty Kat and Pooch Care
 Providing THE best pet sitting service in Tehachapi and the surrounding areas.

 Insured/Bonded
 National Association of Professional Pet Sitters
817-776-7303
daffyfurcats@gmail.com

METAL SIGNS ETC.

26.04

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 ♦ Metal Signs ♦ Cut Outs ♦
 ♦ Free Estimates ♦
661-321-0451
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Judith Reedy
 ANN-LEN STUDIO
 (661) 823-8111
 CUSTOM SEWING FOR YOU
 Professionally trained in all alterations, housewares etc.
 Reasonable Rates

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Phone (661) 824-3333 / We Buy Military Items
BOB'S ARMY NAVY
10% OFF
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 You don't know what treasure you'll find at Bob's!

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26.04

Building Signs That help YOU Build Your Business

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 ORDER. ONLINE. ANYTIME.
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26.03

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 Tires Brakes Batteries and more!
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26.06

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26.04

Chimney Chokers
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CONSTRUCTION

26.05

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 ROOFING & CONSTRUCTION
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 Cell: **304-5725**
 All Types of Residential Roofing
 11 years experience
 Free Estimates - Unbeatable prices
 Licensed, Bonded & Insured
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 Home Repairs • Remodeling • Kitchens/Baths
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10% OFF Labor
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Don's Pro Technology Automotive Repair
Your Full Service Automotive Center
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661-822-1600
Where Quality & Service are Number 1

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Batteries installed for Off-Grid Homes
 • Quality US Built Batteries
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 Ask for Dave (661) 549-9621

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Gadget Repairz
 Professional Smartphone Repair
 Your source for iPhone, Smartphone, Tablet, XBOX, PS3, PSP, Mac, PC and iPod Repair!
NOW LOCAL
 ALL PARTS IN STOCK
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26.06

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MORTUARY

26.09

Wood Family Funeral Service, Inc.
 • Cremation Services
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 Tehachapi, CA 93561
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www.WoodMortuary.net

Call Today to Advertise in The Loop's Business Directory (661) 822-8188

The Local Scene

First Friday TVAA Winter Photo Exhibit



Best of Show went to local resident Thomas Medaris, for this well executed HDR print entitled Petras by Nick Smirnoff (NPPA)

by Nick Smirnoff (NPPA)

A packed gallery greeted visitors at this winters 2014 Tehachapi Valley Artist Association semi-annual Photo Contest

This well exhibited display was mounted by TVAA Coordinator Gail Coldwell, and included an outstanding selection of deserts and finger foods. Viewers were treated to a record number of entry's. Lively art filled conversations were overheard. Computer photography verses traditional photograph techniques was a topic of much debate. All of this made for a wonderful First Friday Night event in Tehachapi. The number of entry's this year show's an upward trend. In February 2013 the number of entries were 98. In the spring 2013 contest there were 180 entry's and this winters contest had 270 entry's. Included this year were 55 outstanding entry's from Ms. Carol Horst high school photo students. Showing talent and technical expertise associated with an outstanding

mentor, the students work ran the gamut of themes and artistic expression.

Definitely worth a look see. The exhibit will be on display until February 28. At Gallery and Gifts on the corner of Tehachapi Blvd. and Green St.

(See complete list of winners on page 27 of this issue.)



First place in the non-high school youth division is Brittani Hanes. Photo by Gale Caldwell

H.E.A.R.T.S. Connection Grand Opening



Chamber Director Claudia White, President Ida Perkins and Ambassador Kathleen Kline joined Susan Graham, Timaree Torres and Dian Schneider with H.E.A.R.T.S. Connection for the Grand Opening/Ribbon Cutting of their new facility.

H.E.A.R.T.S. Connection's mission is to enhance the quality of life for people with special needs through a family resource center that symbolizes professionalism, dignity, compassion, and respect. H.E.A.R.T.S. Connection of Tehachapi is located at 21600 Golden Star Blvd, #1, Tehachapi, CA. For more information call 661-328-9055 ext 777. Congratulations!!!!

Wine Walk Winners



We are so excited to announce that LeighAnn Dees is the winner of "The Loop Newspaper's Valentine's Wine & Chocolate Tasting Giveaway!" LeighAnn won two **free** tickets to the event for herself and her husband Paul.

We'd also like to thank everyone who participated. Our readers are the best. Thank you all for making this so much fun! Stay tuned to The Loop's Facebook page for our next **free** giveaway.

Get ready, the next winner could be you!



Pictured from Left to Right are: Angelica Anthony, Thomas Barragan, Micah Saylor, Kaylene Zamudio and Jamie Lopez.

Micah Saylor Wins California City Lions Student Speaker Contest

California City, CA - The Cal City Lions Club held their first Student Speaker Contest on Feb. 12. Five speakers from California City, Lancaster and Tehachapi competed with Micah Saylor, a Sophomore from Valley Oaks Charter School in Tehachapi taking the top prize, a \$75 cash award. Saylor now moves to the Desert Zone B Contest which will be held on March 15, 2014 at the American Legion Post 476 in California City.

All five of the students provided their perspectives on the topic "Community Service -- What Does it Mean and Why Does it Matter?" to a good number of spectators from California City, Ridgecrest, Tehachapi and Lancaster.

Steven Morgan, Membership Chairperson for the Ridgecrest Lions and member of the Board of Directors for the Student Speaker Contest said "The Student Speaker Contest gives students an opportunity to make public presentations and win scholarship money to help them go to the college of their choice." This

is the 77th year that California Lions are holding the contest. The ultimate winner of the contest will receive \$21,000 that will be held in trust until they are accepted by the college of their choice. A total of \$103,500 in scholarships will be awarded to students participating in this years contest.

Other contest participants were Angelica Anthony, Thomas Barragan, and Jamie Lopez, all students at California City High School, and Kaylene Zamudio from SOAR High School in Lancaster, CA. Each of the runners up received a cash award of \$25.

Special thank you to the judges of the contest, Reverend Ron Sparks, David and Toni Evans.

For more information please contact Karen Nannery at 661-917-7757 or via email at calcitylionsclub@gmail.com.

Local To-Go Menu Advertising

Great Value!

One low price for 12 months of glossy, full-color advertising!

Awesome Exposure!

To-Go Menus are saved by customers for future reference and are readily available at the restaurants. Petra and Kohnen's Bakery will have their menus in the Tehachapi Tourism Commission's display rack in over 25 locations throughout Tehachapi and outlying areas.

All menus will be included in the local Welcome Gift Bag.

Petra and Kohnen's Bakery:

Single ad on 1 Menu - \$250	Double Ad on 1 Menu - \$450
Single ad on 2 Menus for \$450 TOTAL A \$50 Savings!	Double Ad on 2 Menus for \$800 TOTAL A \$100 Savings!

Kelcy's Cafe:

Single ad on Kelcy's Menu - \$175	Double Ad on Kelcy's Menu - \$300
Single ad on all 3 Menus - \$550 TOTAL A \$150 Savings!	Double Ad on all 3 Menus - \$1000 TOTAL A \$300 Savings!

Call Jean Nasser today!

(661) 406-4797

These menus are published by Hilltop Publishers - Home of The Loop Newspaper - (661) 822-8188



Street Dog Toby Turns Jet Setter

by Daphne Sherring, The Pet Nanny

The Pet Nanny



Hello fellow pet lovers. I'm the Pet Nanny, and it's time to share a true rags to riches "tail". I received a call from a dear client one afternoon requesting my service. She informed me she was fostering a very small, shy dog named Toby. She is a volunteer with Save Tehachapi's Orphaned Pets (STOP). Her own fur family consists of a medium size black and white female dog named Maddie; a small white dog called Phyllis - if anyone recalls Phyllis Diller's hair, they could be twins! - and a beautiful male tiger-striped cat named Puss-Puss. Toby is a terrier- mutt mix with a half grin and a comical personality.

Toby, being a true street dog, grabbed treats from my hands. He attempted to steal everyone else's too. Puss-Puss treated Toby with the utmost disdain thus provoking chase scenes that rivaled any high action movie. Toby jumped and ran around on his leash attacking it the first time I took him for a walk.

Fortunately, Toby made progress; walking on the leash instead of chewing it, eating treats instead of grabbing them along with half your finger, and allowing love and trust to turn him around. His progress grew and his foster fur mom got a call from a couple who were potential adoptive fur parents.

Everything checked out and they flew into Tehachapi in their private plane to take Toby home. Toby is now happily enjoying the good life.

Never underestimate the potential rewards of fostering a raggedy, street mutt. In the end they may become a beloved family dog.

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



Tehachapi Parks Foundation

PRESENTS

CAST AWAY

WATCH THE SEASON PREMIER OF SURVIVOR AND MEET "KASS"

"I'm here to play this game, and I wanna win"

\$30 TICKET PRICE

(Tapas/Appetizers and a drink ticket included)

February 26th at West Park Activity Center

410 West D St.

Doors open at 4pm — SURVIVOR Premier 5pm-7pm

ALL PROCEEDS WILL BENEFIT THE TEHACHAPI PARKS FOUNDATION FOR YOUTH SCHOLARSHIPS AND EQUIPMENT

(661) 822-3228 Ext. 2

www.tvrpd.org

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Taxes are complicated. Getting your taxes done isn't enough - you need your taxes done right. That's where we come in. We hire and train the most qualified tax professionals to ensure you claim every credit and deduction you deserve so you get your maximum refund. Guaranteed.†

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