

The Ojai & Ventura



VIEW



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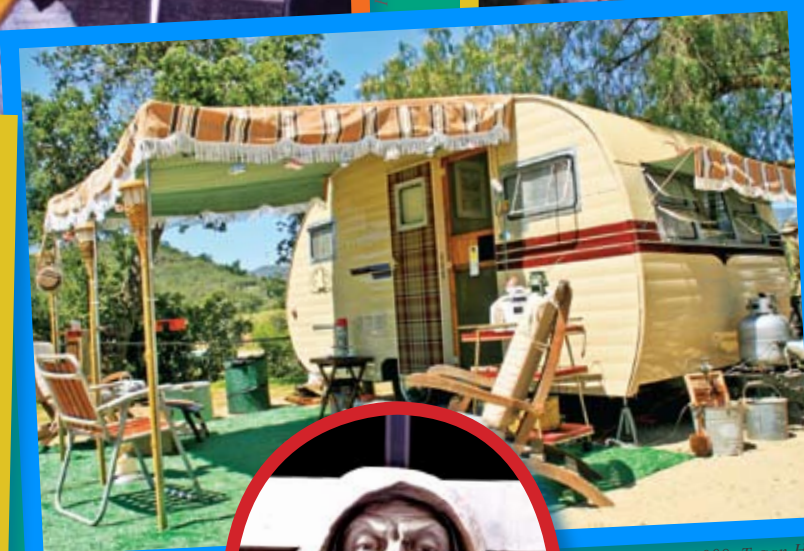


Photo © 2008, Tegan Hope

- **BILLIARD PROS**
- **HALLOWED GROUND**
- **REDFLEX?**
- **ALASDAIR COYNE**
- **SOMETHING'S FISHY**
- **DRUG WAR**
- **SPRING FLINGS**
- **ART & POLITICAL**
- **BLUNDERS**

IS THERE PROSPERITY IN CITY HALL'S FUTURE?



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- **R. ELLIS SMITH**
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- **How's Your Ecstasy?**
- **RICHARD SENATE**
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- **RON ROWE THEATER VIEWS**
- **DOC JANET**



Mary M. Long • Colts n' Fillies



Photo © 2009, Paul Anderson

JOE DEVITO SEZ OJAI'S FUTURE'S IN THE TOILET



Jefferson's Plan

HEALTH Gods & GANGSTERS

INSIDE: • **KITTY NIRVANA** • **Social Programs** • **DIG GARDENING** • **JFK II**



Pt II: JFK-Who Killed the American Dream ?

Am I Crazy ? by Larry Naron

Of the several hundred books written on the assassination, you may notice some recurring themes like Lone Nut Theory, Conspiracy Theory and Magic Bullet.

The most blatantly false evidence in my opinion is the magic bullet. I'm really not sure how anyone can keep a straight face, as this truly borders on the bizarre.

The second but just as important discrepancy concerns the path that this bullet would have taken to cause all of the wounds the Warren Commission claimed, on both JFK and Connally.

The significance of the magic bullet was used to imply that Oswald acted alone. The reason I mentioned this is that the second crucial evidence JFK's wounds were also tampered with to help support their conclusion.

I'm familiar with firearms and had a gun dealers license 20 years ago. The rifle Oswald allegedly used to shoot JFK was a clip fed bolt action rifle. This just means that the bullets are loaded into a magazine which is inserted into the bottom of the rifle and each bullet (round) has to be manually fed into the firing chamber by pushing forward on the bolt.

Dr. Fouad Bashour, who was present when JFK was treated, was shown the purported autopsy photos in 1979; he shook his head. The big hole in the back of JFK's skull at Parkland are absent from the photos.

The Doctors at Parkland, who were very familiar with gunshot wounds, were not allowed to perform the autopsy. At

this point you're hoping that the government took the body to Bethesda because there was some preeminent expert on gunshot wounds. Unfortunately the exact opposite was true. The Doctors who performed the autopsy there admittedly had no experience with gunshot wounds and they were instructed not to examine the neck wound or examine the clothing JFK was wearing.

In 1968 a panel of Doctors, who reviewed the autopsy photos and x-rays for then Attorney General Ramsey Clark, concluded that neither of the wounds were where the autopsists said they were.

I personally don't believe the Doctors at Bethesda were complicit in the cover up. They had no experience with gunshots and followed the orders of higher ups. On another note, a Robert Bouck (an employee of the Protective Research Section of the Treasury Department) signed a receipt for a bullet taken from Kennedy's body during the autopsy that is officially nonexistent.

We've now covered the pristine magic bullet and the discrepancy with what the doctors at Parkland saw and what was observed at Bethesda. We now come to the part that should really send a chill through patriots, who believe no one is above the law. This is in regard to the incredible shooting feat of Oswald who qualified as a marksman (lowest possible passing score) in the military.

I'm familiar with firearms and had a gun dealers license 20 years ago. The rifle Oswald allegedly used to shoot JFK was a clip fed bolt action rifle. This just means that the bullets are loaded into a magazine which is inserted into the bottom of the rifle and each bullet (round) has to be manually fed into the firing chamber by pushing forward on the bolt.

Personally, I don't believe Oswald fired any shots as he was just a patsy set up to take the fall.

A fingerprint found in the book depository snipers nest and matched in 1998 by a Dallas forensic expert was sent to the FBI for verification. The analyst who was sure an unquestionable match was found waited 18 months for the FBI to say verbally it did not match anyone.

The Doctors at Parkland, who were very familiar with gunshot wounds, were not allowed to perform the autopsy. At

Photoradarscam.com

JFK Dream, Continued Page 20...

EVENT CALENDAR

April 12, Ojai Film Society (OFS) screening of the film, "Moscow, Belgium" at the Ojai Theatre. She backs up her car. His big truck runs into it. She should have looked first. A truck that size shouldn't have been in the parking lot. They get out and start screaming insults at each other.

Continued Page 6...

Ojai - 'Trip' of the Week



Photo: © 2009, Ron Rowe

If you ever entertained the thought that local government was practical or efficient, think again. While the concept of shoppers resting their tired feet sounds enticing, the reality is another miscarriage of a good idea.

While merchants are recoiling in horror, tourists are watching their steps and the city council is yet again musing over the results of their efforts to increase the tourist trade, gone awry.

STATEMENT TO OJAI CITY COUNCIL - MAR. 24

Draft Housing Element

Good evening Mr. Mayor, council members, and city staff. My name is Carolyn Vondriska. I live in Ojai. First and foremost, I'd like to thank the council for the time you have spent finding a way to accommodate affordable housing in our community.

With that in mind, I feel that Option 4 represents Ojai's best efforts to date to map an alternative solution for Ojai, within the framework of the law because for the first time it acknowledges that water availability, traffic, and air quality pose significant potential constraints to large scale development in Ojai.

What will it entail? What will the budget be? And when will the necessary revisions to the Element be made? I'd also urge the council to seek to seek Ms. Bigg's advice as to the use of Jim Ruch' work product and water expertise, as an additional layer of substantial evidence on which you, as city leaders, can and should rely in creating a document that has integrity and defensibility.

- Carolyn Vondriska, Ojai

"I believe that banking institutions are more dangerous to our liberties than standing armies. If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around [the banks] will deprive the people of all property until their children wake-up homeless on the continent their fathers conquered. The issuing power should be taken from the banks and restored to the people, to whom it properly belongs."

- Thomas Jefferson, 3rd president of US (1743 - 1826)

Advertisement for the Ojai and Ventura Real View magazine. Includes editorial policy, contact information, and a wolf logo.

SMALL TOWNIE - VENTURA CITY TAKING AWAY PROPERTY RIGHTS HOW CITIES WHEADLE MORE MONEY OUT OF THE TAX PAYER IN FISCALLY IRRESPONSIBLE TIMES

Illegal Search and Seizure...? Is this okay with you, having to let the government search your home before you can sell it?

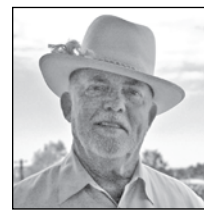
Ivory Tower: DRAFT HOUSING ELEMENT OPTION #4 on March 24th Ventura City Council Meeting Agenda states:

To facilitate goal attainment (i.e. LEGALIZING SECOND DWELLING UNITS) of an otherwise untested program, the following actions shall be implemented: (i) utilize an ombudsman to inspect and determine dwelling unit eligibility without recourse to the property owner;

- Editor

Blue Ribbon Bureaucracy...

R. ELLIS SMITH Sham of a Sham: Advisers from Inside - Not 'Citizens,' but Former & Current City Bureaucrats



City of Ventura Citizen Blue Ribbon Budget Committee...

Now ya gotta admit that title sounds real impressive doesn't it?? Well, I went to the first two meetings of the "City of Ventura Citizen Blue Ribbon Budget Committee" and once again I gotta kick myself for falling for the "Flim-Flam".

SELF-APPOINTED "YES" COMMITTEE

This 15 member "Blue Ribbon Committee" was hand picked by the Gang in the Ivory Tower, (Ventura City Council); they each picked 2 of their friends to be on the committee, since there are only 7 council members nobody has said who picked the 15th member of the committee.

The criteria for the "Citizen' Blue Ribbon Budget Committee is spelled Bureaucracy, Continued Page 22...

Send your Letters editor@ojaiandventuraview.com multiple publication submissions discouraged

PRESS RELEASE

Gallegly Statement on AIG Bonus Vote

WASHINGTON, DC - U.S. Rep. Elton Gallegly (R-Ventura & Santa Barbara Counties) on the vote today to heavily tax AIG bonuses: "As a person with a lifetime record of opposing tax increases, today I voted for a bill to tax bonuses awarded to executives who received federal bailout money."

"It's not the bill I would have preferred. I wanted to vote for the Republican alternative that would have recouped 100 percent of the bonuses. It would have done so by denying future federal funds to any company who did not recoup bonuses paid out under previous bailouts."

"Unfortunately, my Democratic colleagues - who stripped language banning bonuses from the stimulus bill and therefore allowed these payments - did not give members an opportunity to vote on the better bill."

"Right now, this was the only bill available to prevent AIG and other companies who receive bailout money to know of my outrage at giving outlandish bonuses to executives who failed the American people. These companies must get the message that the American people will no longer tolerate this behavior."

Rep. Elton Gallegly, (R-Ca) 24th District of California

PRESS RELEASE - 'WHEN I'M 64'

Medicare Talk: Little House

A free seminar providing unbiased information on Medicare and other health-related insurance options for seniors will be offered Tues., April 28, at 5:30pm at Little House, 111 W. Santa Ana St., Ojai.

Sponsored by HELP of Ojai and the Ventura County Area on Aging/Health Insurance Counseling and Advocacy Program (HICAP), the seminar will be presented by HICAP counselors Karen Kaminsky and Nita Whaley and is aimed at giving baby boomers an overview of the variety of choices available to them when they become eligible for Medicare.

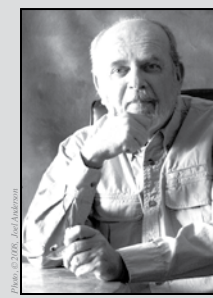
The program will provide objective information on Medicare, HMO's, Medigap policies and prescription drug plans in addition to outlining employer, union and veterans' coverage.

Further info. 646-5122

"If you want to be the "best" all you got to do is have all of your employees Vote 100 times each." - Local 'corporate Advertising' Rep

"Don't Tell Me Who I am... Let me guess !"

Psssssstttt.....want a little ECSTASY?!



Gotcha!! Relax, I'm not talking about the drug nor am I inviting you to a rave. However, I am talking about that awesome human experience called joyful Ecstasy... that divine gift that lifts us out of our ordinary reality and man, can we use some lifting these days. Ecstasy and joy have transformative power, which connects us to our souls and makes us feel at home in the universe.

My first experience with ecstasy occurred around the age of six or seven. I was alone at night and scared. At this point my mind kicked in and I asked myself the question "Who was here before you?"... Well, my mom and dad... And before them?... My ancestors... And before them?... The animals and plants... And before them?... The Earth... And before the Earth?... The Universe... and before the Universe?"

One way to make a momentary connection to Ecstasy is through drink, drugs, sex, gambling, dance and music as well as through impulsive adventures and sports like racing cars, mountain climbing, and surfing, etc. Outside of shopping, I've probably wrestled with every indulgence at various stages in my life. Through therapy, I learned about hanging out with the God of Moderation, which I'm more successful with at some times than at others.

I do know this; when I ritualized my life with the help of moderation, periods of joy and ecstasy have arrived more frequently and for longer periods than at any other time in my life.

The loss of ritual has left a tremendous void in Western Society. If we do not invest in our search for the mystical experience of ecstasy with humanity, it will return in dehumanized form. Fascination with excitement and horror is one way... addiction is another!

The dark side of ecstasy shows up when we're excited by the latest terrorist bombings, the latest arson fire... because in those times we're also momentarily pulled out of 'ourselves.' How many people became obsessed with the devastating bombs in Baghdad or hurricane Katrina? Some folks even buy a pager, which rings whenever there is a high-speed car chase on TV. Like any archetype, if ecstasy is not honored consciously it will show up nevertheless... in its shadow form. If we don't search ecstasy in a conscious way - it shows up unconsciously as fascination with horror. Just watch the news. Addiction, one of the most characteristic symptoms of our greed based economic system, is another dark version for the search for ecstasy. Obsession with consumption always leads to emptiness, and addiction unsuccessfully tries to fill the void that only a conscious search for joy can provide.

Obviously, all of us carry the experience of Ecstasy deep within us and the best we can do is to provide a hospitable environment for it to show up and treat it with consciousness and dignity. From my experience, the journey towards ecstasy always includes an encounter with one's own personal abyss and the unconscious. The road towards wholeness of the soul demands taking a look at ourselves, how we truly are and not how we want to appear to others... Consumerism and predatory capitalism depend on the clock to reach their goals. Whenever we're aware of the clock, ecstasy is not invited.

One for all and all for one. Love to Mother Meera PETER RUDOLF MILHADO, PH.D. Lic #MFT14142 35 Years Experience drpeterinojai@aol.com • (805) 640-1810 Extensive Experience With Folks Over Forty and Artists In All Creative Fields

Shufflin' Dos Bucks.....

R. ELLIS SMITH Six to 12 Million Dollar Defacit What, Me Worry ?



So, now the Gang in the Ivory Tower, (Ventura City Council), has decided to use some of their (our) "rat hole" money known as the "reserve funds"...

TRAVEL FUN & ADVENTURE

These two are the ones that had no qualms about spending thousand of our limited tax dollars to take a travel junket to Washington DC.

R. ELLIS SMITH How Ventura's Infamous Bat Lady Plunged Ventura's Traffic Program into The Financial Abyss



So, let's reiterate just a bit; back in the dark days of the "Bat Lady", (city manager Donna Landeros), a golden opportunity was brought to the Gang in the Ivory Tower...

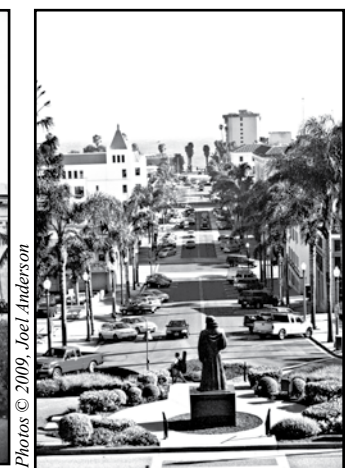
Now, in order to garner such riches all the Gang in the Ivory Tower had to do was enter into a contract with the Reflex company to install cameras on select intersections in our town to catch the horrific plethora of scofflaws that constantly, almost on a daily basis, ran their autos through the intersections after the red light was on.

Well sir, not only did the massive riches not appear as advertised, but in reality the amount of money garnered was of such a small amount that the city was not even making enough money to pay the guaranteed amount due to Reflex under the terms of the "horrific contract."

You also wouldn't expect them to eliminate the \$500,000 per year Travel and Conference Budget or the Car Allowance for 66 employees that are allowed to take home city vehicles at a cost to tax payers of over \$250,000 per year.

Redflex, Continued Page 22...

Ventura City Hall: Wealth Flows into the Sea...



I've been practicing Feng Shui across the U.S. and abroad now for 12 years. I get as excited about a great historic Ventura County Building as most folks do over a cool new gadgety thing, or fine piece of clothing or precious jewels.



Built in 1912, Ventura's Neoclassically designed City Hall shows signs of massive depletion of finances, which seem to flow down California Street, (top right) and on into the Pacific.

experts Mr. Richard Senate and his lovely lady Debbie Senate.

The size of the structure asks for lots and lots of people and activity, or spirit activity may be invited and/or "great loneliness" for whomever spends a lot of time in the building...

"People may tend to feel some pressure to perform, even if there isn't a lot to actually accomplish"

All buildings go through Locked Cycles - that is why some buildings which were once doing great, now are not; they are struggling for their lives.

Commanding the view from top of California Street, Ventura's City Hall is impressive for many reasons, including location, size and orientation.

Built in 1912, it's compass orientation created a Bad for Money/Good for People structure, with hidden luck for finances. The view of the ocean helps support some financial opportunity, though finances may have been difficult from 1984 - 2003.

It is important that challenging decisions made within this building be considered very carefully before moving ahead from 2004 - 2024, otherwise there may be negative consequences.

The architect's use of older, natural materials (marble, wood, brass, granite) may encourage or hold spirit activity - known well by our local ghost

Two out of the three doors leading into the building speak of "dirty peach blossom" or great love that is not so great an outcome for the female.

Female energies dominate the front of the building - or better said - encourages women to be the "Face" of City Hall, being very female oriented and driven.

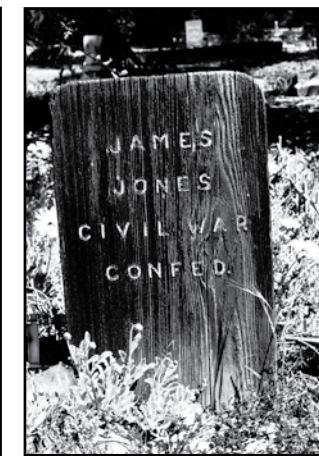
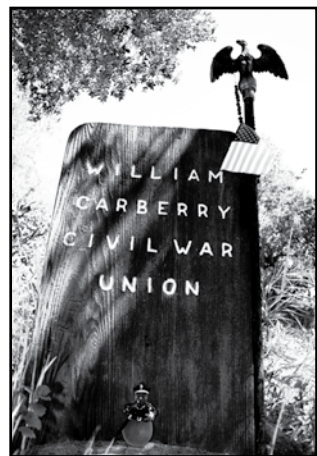
Prosperity Continued Page 22...

Accountability...

"First of all the Federal Reserve is an independent agency and that means basically that there is no other agency of government which can overrule actions that we take, so long as that is in place and there is no evidence that administration or the congress or anybody else is requesting that we do things other than what we think is the appropriate thing, then what the relationships are (between the Federal Reserve Chairman and the U.S. President) don't frankly matter."

- Alan Greenspan, Fed. Res. Chair, 1987-2006

Hallowed Ground



Civil War Brethren, Tombstones at Nordhoff Cemetery, Ojai.

The Civil War in California by Richard Senate



April has been designated by the southern states as Confederate History Month in preparation for the sesquicentennial of the Civil War planned for next year.

From the very first, California outlawed slavery but as the states took up arms, the question of California was very much in play. Many wanted California to remain neutral in the Civil War.

Many who favored the cause of the South were found in Southern California with San Bernardino as the center of anti-Union feelings.



"In 1913 the money power of the country was taken away from the people... by constitutional privilege it belongs with the congress, but it was given up in the Federal Reserve Act, The Federal Reserve is no more federal than Federal Express, but yet it has the power to determine the direction and use of money in our economy, if we could take that power back and put the federal reserve under treasury we start to be in a position of being able to control monetary policy on behalf of the United States people."

-- Rep. Dennis Kucinich, (D-Oh) Jan. 9, 2009

whenever a southern victory was reported. Many in Los Angeles were openly favorable to the southern cause. Pro-Confederate groups were formed such as the Knights of the Golden Circle and the Knights of the Columbia Star.

Many worked long and hard to keep California, and her needed gold, in the Union camp. Troops were sent to counties where secessionists were plotting anti-union actions.

California with the north. He was a young sickly New Englander named Thomas Starr King. He came to San Francisco in 1860 and headed efforts to collect money for the soldier's Sanitary Commission, the forerunner of today's Red Cross.

He raised funds, gave lectures, and worked to inspire patriotic loyalty to the United States. He lectured up and down the state with great passion.

Today his statue stands in the Capital Building along with that of Fr. Junipero Serra in Washington DC, placed there for his service to his adopted state and the nation.

In 1863 a Native California regiment of mounted cavalry was formed in Santa Barbara with many of the illustrious members of the finest local Latino families taking part. They served as the first bilingual unit in the U.S. Army and their unit was given a citation for their work in the war.

Now, monuments of the Civil War can be seen in local cemeteries (such as Nordhoff in Ojai) where the veterans of the North and South lie at peace together, grim reminders of a terrible time when Americans fought each other on the battlefield.

Richard Senate www.RichardSenate.com

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City Skirts EIR Issue

Ojai City Council Votes in 427 Housing Unit Draft Housing Element: Will City Council Defend Ojai From Massive Development?

Can Ojai's Water Table Support 427 Housing Units? Will Increased Traffic help the Bottleneck? More Crud & Congestion?

By Joel Anderson

The Ojai City Council voted (in a 3-2 split) to submit a required plan to the state which has the potential of increasing Ojai's housing over the next five years by 427 more housing units, despite no existing Environmental Impact Report (EIR).

Can Ojai's water table and bucolic environment survive? Many don't think so. Jim Ruch, Ojai Basin Groundwater Management Agency board member, said, "before you make decisions, and here you have a situation where we're dealing not just with the water for the people who live in the city of Ojai coming thru the tap, we're dealing with the water resources for the entire basin where there is no reasonable source of imported water."

Many have cited the Sacramento legislation as an unfair mandate which does not take into account Ojai's uniquely small town environment, limited aquifer and traffic infrastructure, which many in Ojai say should stay relatively the size it currently is.

City Members Betsy Clapp and Sue Horgan voted against the housing element, citing city staff's incomplete grasp of existing protective provisions of the element, with no current and clear provisions made by staff to invest in any required protective EIRs.

According to Tom Figg, consultant to the city for the past 1 1/2 years on the state mandated element, said "... it would trigger an environmental threshold and that threshold would require definitive studies be made of water and traffic capacity to the extent that they can conclusively show that they will impact those resources. You can either deny the project or you can do a Statement of Overriding Considerations... you'd have the lawful basis to deny the project. So it's a safety net, if you will, an additional safety feature we thought was important to tie up these pieces, the growth management with the resource constraints, so that even though on the books it looks like you are obligated to do so many units... it's very possible that you end up having to deny those projects."

Clapp said, "We've had citizens come forward with some extremely important input. I don't think that it's not well thought out, and I think that out of respect for our citizens and the fact that this is an extremely important document and it obviously means a lot to ev-

eryone and to our community, that we respect that and give the time to take those suggestions into consideration before we submit this to HCD (CA. Dept. of Housing and Urban Dev)."

Horgan explained her reasons for voting against the form of the current housing element, "Particularly when you consider the state of the economy today, and the dysfunction of our state government who is driving this. I just am not comfortable in signing onto this, which I believe really sets this city up for additional risk down the road. I can't support it."

The element passed after Mayor DeVito aggressively supported it, and sharply called for the vote. With this vote, Ojai is setting the stage for the potential of developing 426 housing units in the Ojai Valley, known perhaps now only in the past as Shangri-La, despite water resource concerns (recent years of minimal rainfall), massive water rate increases, which have adversely impacted local households and ranches. Many have discontinued watering their orchards altogether, choosing to let the Housing Element Continued Page 10...

"Our California River Bottom Management plan wasn't thrown together in a back room somewhere..." - Skip Faria, Superintendent, Golden State Water, Ojai, Mar. 24

Ojai City Council 3-24-09 VOTE on 427 Housing Unit Draft Housing Element Betsy Clapp NO Sue Horgan NO Carol Smith YES Steve Olsen YES Joe DeVito YES

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Wine And Roses

by Ron Rowe



It's official. As of March 20 Spring has arrived. The earth is filled with pregnant promise, an awakening. Mighty energy is preparing to burst forth; the grand opening of a new phase in the earths changing seasons. Spring when the young man's fancy turns to love and old men's to lust. To quote **Francis Beaumont, 1600; For now the fragrant flowers do spring and sprout in seemly sort, The little birds do sit and sing, the lambs do make fine sport; And now the birchen-tree doth bud, that makes the schoolboy cry The morris rings, while hobby-horse doth foot it feateously; The lords and ladies now abroad, for their disport and play, Do kiss sometimes upon the grass, and sometimes in the hay.** And I might add, with a hay and a ho and a hay nanny no.

Now to serious worldly concerns; how is the government stimulus package working out? Some say it's too early to tell at present. The value of the world financial assets have fallen by **\$50 trillion** since the economic crisis began about a year ago, the **Asian Development Bank (ADP)** said. That's equivalent to the world's total annual output. In the U.S., over 19 million homes and apartments, or almost one in seven, are sitting vacant. Only 6 million are for sale or rent. **Citigroup** stock hit an all-time low of **\$97** a share, last year. The same stock had been valued at **\$57** a share. The median price of homes sold in **Detroit** in January was **\$7,500**. U.S. home foreclosures rose 58 percent and bank repossessions rose 129 percent in a 12 month period ending in February.

According to **Rialto Realty Trac**, a total of 274,685 properties, or one in every 538 single-family homes, were in some sort of foreclosure in March. Oh, incidentally, the **U.S. National Debt** has risen to **\$11 trillion**; if counted out in **\$1,000** bills, a million dollars would be a stack 4 inches high. To reach 1 billion, that same stack of **\$1000** bills would be 358 feet tall. To reach 1 trillion, a stack would stand at 67.9 miles high.

Now for some good news; it's still great living and working, if you have a job, in the U.S. The worst place to work is **Lagos, Nigeria**, according to a survey by the human resource firm **OCR Worldwide** that looked at working conditions, citing violence, health risks and other factors. And in **Zimbabwe** a newly printed **\$50 billion** note would buy two loaves of bread. Now, are you feeling better? Oh no, it happened, **Michelle Obama** touched the **Queen**, breaking centuries of protocol. She not only touched, but placed her arm around her, much to the dismay of **Her Majesties** attendants, one of whom fainted. **The Queen** was rather gracious, she returned the gesture by placing her arm around our **First Lady**.

Well they do say, Times they are a Changing. If you'd like a bargain vacation, try the **Britannia Hotel** in greater **Manchester, England**. It has been voted the dirtiest in **Britain** by an international tourist group. All but two of the 44 people, who reviewed the hotel gave it a below lowest possible rating. The hotel has promised to clean up, and it is now offering discount prices for the next six months.

Irish airline **Ryan Air** is going to charge passengers for using the restroom in flight. **CEO Michael O Leary** said, they are considering a coin slot on the toilet door. Good news, all airline passengers in 2009 will be allowed to carry normal bottles of liquid onto planes again, thanks to proven x-ray technology.

Still feeling low? You could be **Jennifer Saunders** of **Bristol England**. When husband John died, she was promised a dignified funeral by the local undertaker. Alas, on the burial day it turned into a farce; when they arrived at the cemetery it poured with rain. Much to the horror of the widow and mourners the casket stuck, because the grave had been dug too narrow. Then the gravediggers pants fell down as he tried to widen the grave, baring his behind to the horri-

fied mourners. At that point, a woman became sick at the sight of the bare bottom and vomited over the poor widow, who lost her balance in the wet rain and fell into the grave, pulling the horrified priest with her. After that was sheer chaos; people tried to pull out the unfortunate widow and priest and falling in themselves with mud everywhere. **Widow Jennifer** is seeking compensation and a written apology from the cemetery. If there is ever a sequel to the **Full Monty** movie, you know where to find a future star, *the ex-gravedigger...*

More good news, last month an asteroid the size of a 10 story building whizzed past earth at a distance of 44,000 miles, a very close call, said scientists. A similar sized asteroid exploded over **Siberia** in **1908** and flattened 500,000 acres of tree.

My last advice; when you get to the end of your rope tie a knot and hang on.

A charming e-mail from **Wendy in Ojai**. She writes, *I feel wistfully for the old Ojai, a sleepy little rural town full of rock walls, orange orchards, and horse corrals, a small town with the reputation for spiritual sensitivity, churches, meditation centers and schools; I wonder if the soul of Ojai has been lost?* Wendy, I could not describe the town I have come to love better. Being a new comer, I arrived in 1984. I do believe there has been drastic changes, not all for the best. Now there's talk of the **City Council**, instead of directing the city attorney to seek a reasonable exemption, is lustfully applying to the **State** to potentially pack in 427 high density abodes in town, all the while tackling the serious issue of pesky leaf blowers.

Wendy, let's hope your dream is not lost, but will become a reality again.

Robbing banks is becoming an equal opportunity crime. Last year 8 percent of bank robberies in the U.S. were committed by women, a 30 percent increase from 2002.

In **Sweden**, gangs are stealing valuables from long-distance bus passengers by hiding dwarves inside the luggage. The dwarves are packed into a suitcase and when inside the bus luggage compartment, they rifle through the other bags. They then zip themselves back into their own suitcase before arriving at the destination. Police are looking for criminals of *limited stature...* **The Utah State Legislature** is preparing to pass a bill in **alcohol unfriendly Utah**. It would require all restaurants and bars to prepare alcoholic beverages behind a 10 foot wall designed to prevent children from seeing the tempting sight of drinks being mixed.

An **Oregon** teenager pulled over for driving 110 mph; claimed she didn't see the officer because she was texting on her cell phone. Wise sayings: Power doesn't corrupt people; people corrupt power. Illegal aliens have always been a problem in the **United States**, ask any Indian. Never believe anything unless it has been officially denied by the government. Never shout out your name during sex. Never argue with an idiot; bystanders cannot tell the difference. Never make eye contact with a tiger.

Attention, single elderly men. A 70-year-old lady, **Linda Wolf, of Indiana** has been married a world record of 24 times and is looking for husband number 25. She claims she is addicted to romance, and does not like to be alone.

It's true.... a trailer truck on **Utah's I-15** spilled its load of 45,000 hamburger patties on the freeway. An hour later, another truck spilled its load of beer, what a coincidence.

Did you know, your thumb is the same length as your nose. The word monosyllable has five monosyllables in it. The word alms has no singular form. Town is the oldest word in the **English** dictionary. Is it better to be intelligent or well-educated. The cost of a single **Stealth Bomber**

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would wipe out the debt of 25 of the poorest nations on earth.

Chardonnay drinkers, if you are looking for a change in wine, try **Sauvignon Blanc**. The grapes, high natural acidity makes it one of the most refreshing white wines, a mouthwatering aroma of gooseberries, grass, lemon and lime, smells like spring itself, feels crisp and fresh in the mouth. Try a **New Zealand Babich Marlboro 1999**, an excellent complex wine. **Caymus Vineyards, Napa Valley, Sauvignon Blanc 1998**, complex, yet good. **Kendall Jackson's Vintners Reserve 1998**, excellent, full tropical fruit aroma.

Time to ponder on the words of **Longfellow**. *Enjoy the Spring of Love and Youth, to some good angel leave the rest; For Time will teach thee soon the truth, there are no birds in last year's nest.* Peace to all living beings on earth

Your comments are welcome
Ron Rowe, Ojai
 rhjrowe@aol.com

Ojai Festivals Volunteers Needed

(March 19, 2009) — The **Ojai Music Festival** is currently seeking volunteers to assist at this year's **63rd Festival** slated for **June 11 to 14**. Volunteer positions include hospitality, production, set up, security, ushering, artist liaisons, and office assistance. This is an exciting and fun way to experience the **Ojai Music Festival** from within and meet new people. The volunteers make the **Festival** happen! During **Festival** week there will be morning, day and night shifts available to choose from for every day of the week. The **Festival** also seeks assistance in pre-Festival activities or office help.

All volunteers receive a tee-shirt, and those who work two shifts or more are given two lawn tickets to the concert of their choice.

This year's **Festival, June 11-14**, will feature **Grammy-winning Chamber Ensemble Eighth Blackbird**. Joining the sextet will be **composer Steven Mackey, actor/singer Rinde Eckert, Tin Hat ensemble, pianist Jeremy Denk, and recorder music ensemble QNG**.

For a volunteer application, please visit **Ojaifestival.org/support/volunteer**
 Or call 805-646-2094 ext. 100

EVENT CALENDAR

Continued from Page 2...

some rich dude. Johnny falls helplessly in love with Matty, possibly because he has met his match in throwing insults. Werner turns up when he hears about his wife's young boyfriend. They all share a family meal that is the epitome of awkward embarrassment. Soon Matty has to choose between the faithless husband who is a handsome jerk, or the love-struck truck driver with a disturbing past. You might advise her against either. The joy, however, is how deeply the director, **Christophe Van Rompaey**, draws us into their lives and how much we finally care for them. **Ojai Theatre** (formerly the Ojai Playhouse), 145 E Ojai Ave, Ojai.

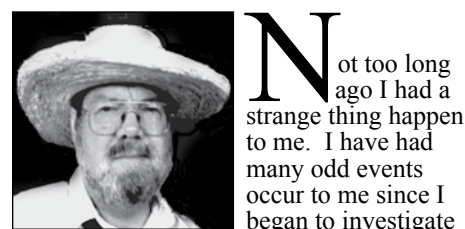
Info: (OFS office) 646-8936
 www.ojaifilmsociety.org
 • April 14, 7pm, Ventura County Writers Club hosts guest speaker **Poetry Author Diana Raab**, Free Seminar. Public welcome. Border Books, 125 W. Thousand Oaks Blvd. Thousand Oaks.
 More info: **Sheli Ellsworth 300-1365** www.venturacountwriters.com
 • April 17 thru May 17, Ojai Valley Museum "California Missions," The Ojai Valley

Events Continued Next Page...

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VENTURA COUNTY WEIRD VIEWS

UFO's Anyone? Have I been Ubducted?



Not too long ago I had a strange thing happen to me. I have had many odd events occur to me since I began to investigate

the paranormal, but this seems to be the most mysterious. It seems I somehow managed to misplace a number of hours.

I was invited to a party in downtown **Ventura**. Those who know me understand that I am not a party person, but this time I felt compelled to attend. To make things worse there was a movie on the **AMC** channel I really wanted to see. The film was *How the West Was Won* and I had seen it decades before in the movie house and wanted to see it again. The film started at 9:30 that night. I arrived at the party early, I guess it was about 6:30. I talked with old friends, ate the snacks and sipped on a glass of wine. It was typical of many parties, the music was too loud and the room became packed with people I didn't know. I kept my eye on my watch knowing it took about twenty minutes for me to drive to my house from downtown. About 8:30 I started to say my goodbyes and left the party at 9:00 sharp. I jumped in the car and drove home without stopping. I noticed about half way home, around **Ventura College**, the traffic seemed to vanish. There just wasn't anyone on the road. I went right home, parked the car and rushed into the house. The first thing I did was turn on the TV and change the channel to **AMC**.

I grabbed a snack from the refrigerator and took my most comfortable chair. A

detective film was on. I thought at first that I must have gotten home early and this was the tail end of a feature and my western would follow.

It never came on. I checked the station and the TV guide and was mystified until I glanced at the clock. It was 4:30 am! The detective feature was the one following *How the West Was Won*. My watch said 4:30, all the other clocks said that time. I even called time on the telephone to confirm the hour.

What had happened to me? Somehow I jumped forward in time from 9:00 pm to 4:30 am.

I have read about those who believed they have been abducted by aliens and subjected to alien probes. I did not feel different nor did I have any memory of any strange lights in the sky or large headed grey creatures. The only thing odd was the change in the traffic that happened when I was driving on **Telegraph Road** near **Ventura College**.

Maybe, if I was taken, it would have been there. I wasn't using any form of drugs and one glass of wine couldn't have affected me in such a way. Not long after this curious event I noticed something peculiar about my left leg. There was a bump of something on my shin. It was as if there was a small pill embedded under my skin. Was this some sort of tracking device placed there when I was taken? I thought of having someone hypnotize me and try to recover what happened to me that night but, I wondered if I really wanted to know.

So I ask you the reader this question; has anyone ever had strange things happen with missing time on **Telegraph Road**? Also, I ask you if I should seek out someone who might be able to regress me back to that strange event? Does anyone know someone who could provide such a service. If I discover what happened to me it will be featured in an upcoming column. I can be reached at the email listed below.

Richard Senate
The Odd and Strange and Bizarre
 in **Ventura County**
 www.RichardSenate.com

EVENT CALENDAR

Continued from Page 6...

Museum, one of the very few examples of authentic period Spanish Mission Revival architecture to be seen in the **Ojai Valley**, is the ideal setting for this exhibit of mission projects by **Ojai Valley** fourth grade students. The projects compliment the display of **Chumash Indian** artifacts from the museum's collection. Decent tours for this exhibit are offered Wednesdays, info: 640-1390 or www.ojavalleymuseum.org

• April 17, 6-7:30pm, **Ventura Hillside Conservancy, Sixth Annual Community Meeting**, Firehouse Building on the Patagonia campus, 237 West Santa Clara Street in Ventura, Wine & Cheese served. Info: www.venturahillside.org

• April 17, 7:30pm, **Musical Concert with Cathie Ryan and friends**, Matilija Auditorium, Ojai, Irish-American **Cathie Ryan**, with her crystalline vocals and insightful songwriting, is an original and distinctive voice in Celtic music. Since her acclaimed seven year tenure as lead singer of **Cherish the Ladies**, the **Detroit** born **Ryan** has established herself as one of **Celtic Music's** most popular and enduring singer-songwriters.

Perhaps what is so stunning about **Cathie Ryan** as an artist is not just her beautiful voice, but her fervent belief in music as a shared experience. This warmth and generosity of spirit are overwhelmingly clear not only in her own words but in her performing style. She has had a musical upbringing and career that blend Irish and American styles into a unique sound, but she is more than just the merging of musical worlds; she is also the purveyor of an important element of music-making that we shouldn't take for granted. It is the profound ability to transport the audience to a deeply personal place filled with possibilities, perhaps liberating, cathartic or something else.

Cathie Ryan is the daughter of Irish immigrants who, in her own words, were "absolutely mad about music." She was raised in **Detroit** during the Motown era, listening to the distinctly American music of **Hank Williams, Merle Haggard, James Taylor, and others**, while learning the traditional ballads and tunes of her parents' homeland both in the close-knit Irish community of **Detroit** and through frequent trips back to **Ireland** in the

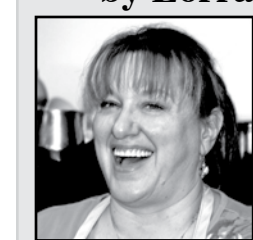
Events Continued Page 19...

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Grounds: Caffeine Contents

by Lorraine Mariz



People always ask about the caffeine content of coffee, tea etc.; so here is a useful chart. Most products do not put caffeine information on the label so cut this out and keep it handy for shopping. This information is from the website **www.cspinet.org**

- Drink servings are 8 ounces unless stated otherwise. The caffeine measurement is in milligrams and are, of course approximate.
- Coffee & Tea
 Coffee - 135 milligrams
 Decaf Coffee - 5
 Instant Coffee - 95
 Flavored, sweetened instant coffee mixes - 45-65
 Black Tea - 50
 Green Tea - 30
 Instant Iced Tea mixes - 25-45
 Arizona Bottled Teas (16 oz. bottle) - 15-30
- Snapple Iced Teas (16 ounce bottle - 42
 Yerba Mate - 80 milligrams
 Soft Drinks - 12 ounces
 Mountain Dew - 55.5
 Surge - 52.5
 Diet Coke - 46.5
 Coke & Pepsi - 34-38
 Dr. Pepper - 42
 Barqs Root Beer - 22.5
 Sunkist Orange - 42
 Deserts & Chocolate
 Hershey Bar - 10
 Hershey Special Dark - 31
 Coffee nips - 3 per piece
 Hot Chocolate - 5
 Coffee Ice Cream & Yogurt - 40-60
 Ben & Jerry's No Fat Coffee Fudge Frozen Yogurt - 85 (!)
 Dannon Coffee Yogurt - 45
 Over The Counter Drugs
 Vivarin - 200
 NoDoz - 100
 Excedrin - 130
 Anacin - 64
 I hope you find this information helpful. I think it's a real eye-opener!
- Lorraine Mariz, Java and Joe, Ojai**

"When told the reason for daylight savings time the Old Indian said, "Only the government would believe that you could cut a foot off the top of a blanket, sew it to the bottom, and have a longer blanket"

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Note to Uncle Sam: Step Aside and Call in the Professionals...

by Jefferson Pinto

When the economy is in the tank (or for that matter the bowl) there are four things that consistently happen: local law enforcement agencies start cracking down on minor infractions to help the municipalities' replenish their coffers, movie theater ticket sales increase, consumption of alcohol increases, and the churches fill up with people. This month, I'm getting outside my comfort zone to address a different and more "whole-istic" approach to public policy economics.

Well folks, anthropology (the science of human beings) teaches us that every society/civilization has a few things in common: **Language, Art, System of government, Music, Religion, etc.**

What's great about this country is our right to choose individually what works best for each of us. (Church, Synagogue, Mosque, Airport reservation chapel, community group, etc.)

If religion is common to almost all cultures, it seems "hole-istic" to ignore it as it is an integral and inseparable part of public policy. Hold your horses cowboy; I do not advocate dispensing with the "Separation of Church and State." Nor am I suggesting we ought to put the next **American Mother Teresa** on the government payroll. Read on.

Holy War

Consider this: Why is it that many people are horribly offended when someone knocks on their door to evangelize them? However, when a salesman knocks peddling brushes or frozen foods it doesn't muster the same degree of negative reaction?

Yeah, yeah I know. My favorite oxymoron is **Holy War**. No single religion perfectly appeals to all people, but is it worth going to war over the five to ten percent that's "different"?

Take the Wisdom where you can get it

Whether or not you believe everything someone else believes, doesn't mean all their beliefs are without merit. Put another way: Why not take in wisdom in any form from any source. The challenge is to separate the content from the delivery and personality.

It matters not the size or shape of your house of worship or what you call your deity. (God, Jesus, Jehovah, Allah, Budha, etc.) What does matter are the basic universal teachings. According to **St. Thomas Aquinas**, the substance of religion is the same; it is the form that varies. Each religion has pieces of the truth. That "substance" is the sole ambiguous source of morality, ethics - right and wrong.

Ironically, most governments are formed with the substance of the bona fide religions in this world. (Sorry **Jim Jones**, hold the cyanide cool aid.)

So what's so good about Religion and Religious Organizations anyway?

At a very high level, the failure of our financial markets/government is due to a collective abandonment of those basic values espoused by our religions. (Bernard Madhoff, corporate leadership, property appraisers, auditors, loan officers, mortgage brokers, etc.) Where's **Jiminy Cricket** when you need him? You know, that integrity, due diligence fiscal responsibilities sort of stuff. I'm thinking the line between ignorance/stupidity and immorality isn't all that thin.

In this country, bona fide "religion", organized or not, helps stabilize and forward the advancement of society. It takes into account human compassion, spirit and

intent of the law (with a lot of explanation/education), virtues, you know stuff like that. It invites self reflection - to ask ourselves the difficult questions - not whether we'll be caught (Oh yeah conscience - there you are **Jiminy**). Moreover, these virtues cross-pollinate amongst us citizens, via personal example. There is true (I

hate this over used word but I'll make an exception here) synergy.

Laws, rules, and regulations have their limitations. Lacking perfect information they and are often very difficult to enforce. Many of our laws lack deterrent power because many bad guys don't think they will ever get caught. Many laws only help persecute someone, after the fact.

Laws tend to be transactional in nature; religion tends to focus more on patterns of behavior and higher level concepts. It's easy to determine if someone didn't put coins in the parking meter, but it's more difficult to determine if someone is greedy or lazy.

Take the **Ten Commandments** for a moment. (Not to be confused with the ten suggestions) Isn't there at least one corresponding law on the books for each of these?

As evidenced in the **Supreme Court** ruling against **Dred Scott** that "slaves are property", the source of morality is a much higher order than the **U.S. government**. Almost all **Americans** now accept that humans are, and never were property.

Organized Religions and Community Organizations do things really well that the Government can hardly do at all

If **Uncle Sam** can't get it done, step aside and let the more capable do it. As evidenced by four generations of families on welfare, the current system (both the policy and implementation) doesn't work well. It is inefficient, demotivates voluntary giving, and is breaking the backs of working citizens.

Well folks, the old saying goes: "If the only tool you have is a hammer, the whole world starts looking like nails." My point: **Governmental** policy isn't the only tool in our tool box. In certain situations, government is poorly equipped to address matters of human well-being that require compassion, judgment, and a personal relationship.

Furthermore, it doesn't make sense to tax the living daylight (I've always wanted to say that although I'm not exactly sure what it means) out of the citizens so

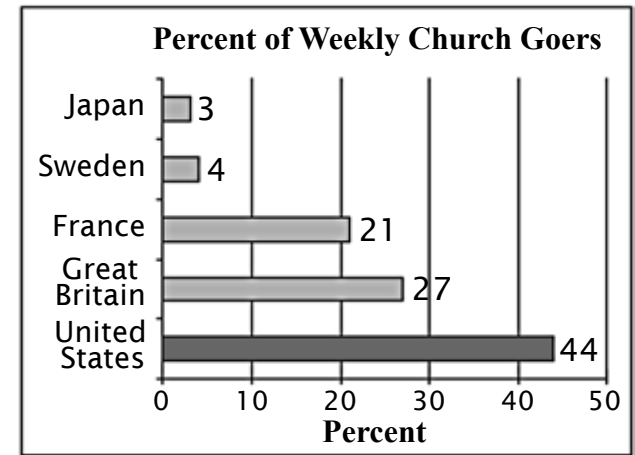
they don't have the economic means to voluntarily contribute to the cause or organization of their choosing.

The Sun and the Wind
In **Aesop's Fable**, the **North Wind** and the **Sun**, were arguing over who could get the man's coat off. The **North Wind** used force to try and blow his coat off and the man resisted. The **Sun** used persuasion, changed the weather into a nice spring day and the man quickly voluntarily gave up his coat. With the issue at hand, the government is the **North Wind** and other non-profit/community/religious organizations are the **Sun**. The citizens of this country have proven to be very generous with causes in which they believe.

Save Save Save: Where's the motivation in that?
In a society that is told to save gasoline, save electricity, and save water, it's no wonder when we come across some passion and enthusiasm we hurry up and save that too. **Helpful hint:** You can't save passion or enthusiasm. **Jefferson's hypothesis:** Allow us citizens to vote with our dollars and follow our passion; it will come back to us many times over. Contrast this random unplanned unstructured passion based approach with the opposite end of the spectrum - the planned **communist economy**.

Here's the cruel irony: This country was built on the **Puritan Work Ethic** - work hard, and get ahead. In its simplest form, capitalism rewards individuals proportional to their effort that is fueled by their passion.

These days, the government doesn't fuel anyone's passion; there's sort of this parasitic relationship between the government and the citizens at large. In this case the parasite (our government) gives host (citizens) barely enough to survive.



Nice theory, but will it work?

This sort of begs the question: Before the government stepped in, before **Income Tax** and **Social Security**, where did the folks go that needed help. They went to their families, worship communities, orphanages, and community organizations and the likes of the **Salvation Army, Ojai's Little House, YMCA, Masons, The Shriners, March of Dimes, Alcoholics Anonymous, Al-Anon**, etc. When you don't have **Uncle Sam** to prop you up, it's sort of amazing how quickly you find religion and learn how to apologize to your family and make amends.

A 1997 study, published by the **University of Michigan**, cites "Even though Americans worship only once a year, weekly church attendance is higher in the **United States** than in any other nation at a com-

parable level of development..."
Church Attendance in the U.S.
Fully 44 percent of **Americans** attend church once a week, not counting funerals, christenings and baptisms, compared to 27 percent of people in **Great Britain**, 21 percent in **France**, 4 percent in **Sweden**, and 3 percent in **Japan**, according to the study.

"Why **America** is an exception to this global trend is uncertain, although (**Ronald F. Inglehart**) **Inglehart** suggests several possible explanations... It could also have a more contemporary cause: a social welfare system less developed than those of most **Nordic or European countries**."

If it's not obvious, "religion" in this country is what makes us different and better.
All Government and no Religion makes for crowded schools, hospitals and orphanages

Whether or not you believe in organized religion, religious organizations are an integral and inseparable part of **America**. While the classification and tax treatment are debatable, these organizations are privately funded. However, make no mistake, if all religious schools, hospitals and orphanages closed down, their government funded counterparts would collapse.

Aspects of the Current Policy that don't work
Anonymity: The clerk at the welfare office doesn't know you. It's too easy to tell a good story, fill out a bunch of paperwork. The clerk doesn't have a personal relationship with you and probably doesn't live in your community. The money is quietly deposited directly into your bank.

In Germany, if you are baptized and or later declare your affiliation with a religious institution, your employer is legally required to withhold a specific percentage from your paycheck (above and beyond the taxes) and remit them to your religious institution.

Have some guy who lives and works and the community ask his fellow worshippers for assistance. If his plight is legitimate, first of all they'd know it and secondly they would be extremely motivated to help him financially, mentally, socially, and spiritually - *wholistically*. If he were faking, it wouldn't take him long to reveal himself. Hey how's **Johnny**? I haven't seen him at church in a few months. Oh he's fine, I saw him on the golf course the other day.

Lack of Verifiability

Outside the obvious cases, who is to say somebody is disabled? How many physicians does it take to screw in a disabled light bulb? **My father posed this riddle:** Two guys were betting on who owned the slowest car. What is the best way to determine the winner? **Answer:** Conduct a race and let the owner of the car drive the other guy's car. Effectively, each driver is motivated to make the other guy's car go as fast as it was capable. This ensures a high degree of propriety to the process. If each driver drove their own car, they would be motivated to manipulate the car's performance to appear less than its potential and skew the bet.

The current system has two types of failures: 1) helping people that don't need help and 2) Using bureaucratic stall tactics to stonewall people who really need help. It ought not to be a surprise that there are attorney's that specialize in suing the government to get benefits or increase existing benefits.

The recipients are harmed in the long-run

Many recipients of the welfare and disability system are incented to stay home doing nothing, not improve their skills or seek alternative forms of employment. Their growth as humans is stunted. They are robbed of their dignity and self respect.

People who know you and really care about you will give the help that you need not the help that you want.
The Current System Incent's more De-

pendence/Dependents

Have more children, get a bigger check. See, these folks do understand economics. Why would you pay someone to expand the problem?

Don't believe for one minute I think the entire system has no merit. Au contraire, it has some merit. It helps some people.

Jefferson's Editorial: Unfortunately, the fraud and abuse has gone unchecked for decades; the current system is clearly broken and the rest of the taxpaying citizens are getting fatigued from pushing the entitlement train. (Don't look now, the poorly run corporations are waiting to board at the next stop. Somebody better call the conductor and remind him there is no more room on the train.)

The demographic reality is that the fastest growing sector of impoverished people in this country are single mothers.

Conclusion:

I have met many good people that have no affiliation with or participation in organized religion. They too have the same "religion", passion and ethical standards that are common amongst the institutional religions. It's the "substance" that's common and organized religion isn't the answer for everyone.

So it seems, there is no shortage of quick fixes that don't work. The use of a non-government approach is a suggestion, something to commence the discussion, to work out the specifics. As a former manager/mentor of mine used to say, "The devil is always in the details." My underlying assumption is that taxes will be substantially reduced.

If there were another approach that would really solve the problem and cost less, who would object? Aye, here in lies the rub. Everyone is for change, just so long as someone else is doing all the changing.

When there aren't complete or perfect rules in effect to make something function, and somehow it seems to work anyway, there are typically other unknowns at play beyond the stated rules. Jefferson espouses the use of one or more deities; ie, education, accountability, and humble pie to do the rest of the job.

Jefferson Pinto is a retired **CPA**, holds an **MBA** from one of the finer accredited universities in this country, and is the **VP of corporate operations** for his day job.

jefferson@ojaiandventuraview.com



"That government is best which governs least."
- Thomas Paine

Computer Tech

Tax Management

by Mike Deering

Did you hear the story in the recent TV news about the family that had their income tax return stored on the family computer, intercepted and disseminated on the Internet? It seems that the kids were using a "P2P" (peer to peer) file-sharing program to download music.

What some of these file-sharing programs do is install unsecured "back doors" into your Internet connections. The people who make ill use of these "back doors" can access personal information and abuse it accordingly. That is what happened in this case.

Yes, the family computer should have **antivirus, spyware, and adware** protection programs installed on it. And yes, it is best to not allow these peer-to-peer file-sharing programs to be installed on the computer. But the fact is, the family PC is exposed to different people and different activities and it just seems that sometimes the previously mentioned preventative practices don't protect the machine for one reason or another.

How about this idea? Get an external hard drive. There are some good ones available for less than \$100 and depending on your computer, the external hard drive may be larger than the hard drive on the computer. On the external hard drive only, save those sensitive files, pictures, songs, or whatever. Connect the hard drive only when you wish to retrieve from or write to it. Save to the computer hard drive, only those things that don't have sensitive information. Another benefit is when and if the computer needs to be worked on, or the operating system has to be reinstalled, those important files are not on the hard drive in the first place, only to be lost.

Check out cnet.com or a similar site, for reviews of the various hard drives out there.

Mike Deering, Computer MD
local computer service

Last Weeks NEWSPAPERS PILING UP? Nobody picking them up?

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I Dig the Garden

by Sandra M. Blackburn

Do you ever consider dirt? That stuff we walk on. Whether under our fingernails or under the concrete it is the bottom-line. Created from eons of grinding, forming, disintegrating, and reforming, we all become part of it.



Over the generations, farmers have had a special relationship with dirt. From the first woman noticing and supplying the conditions so that a particular food plant would grow to the massive super farms and our present day agricultural systems, humankind has been able to manipulate nature to supply our overabundance. Trial and error has been a general rule of cultivation, evidenced by the American Dust Bowl and other man encouraged disasters. And, dirt. What has been taken from it by our agricultural practices over the millennium? Have synthetic fertilizers increased production at the cost of nutrition? How can I best invest my money to foster green practices, rather than the offspring of the monster chemical companies? More importantly, what can I do to my garden, my little or large area of stewardship, to help give back what may have been taken away while not adding salts or chemicals to an already overburdened mother?

When backpacking the motto is "leave it better than you found it." I have found a most gracious remuneration is attained from the garden when used as a practice, especially with dirt. Spring has sprung, and your garden dirt is calling!

Preparing the dirt of your growing area can make or break a garden. The truth is that all aspects of soil affect each other and the ability to store or release nutrients, including water and oxygen, to growing plants. There are myriad components. Water and air must flow through the soil. The main elements that occur naturally in living systems: Carbon, Hydrogen, Oxygen, Nitrogen, Phosphorus, and Sulfur, must all be available to your plants, along with K (Potassium), and the ability of the plants to utilize them.

The three numbers on a fertilizer label refer to NPK, and their percentages in the fertilizer. N encourages green leaves, P boosts bud and root production and K is for overall plant health. High percentages of NPK don't necessarily relate to increased soil health as other factors can inhibit nutrient absorption. "pH" refers to the alkalinity or acidity of the soil and it's ability to release needed nutrients to plants. It also helps protect against soil borne diseases. Soils are known as "sweet", (high pH) if they are alkaline and "sour" if they are acid (low pH). Values of pH 7.0 indicate a neutral soil; above pH 7.0 is alkaline and below pH 7.0 is an acid soil. High rainfall areas are typically acid, while aridity increases the alkalinity of the soil. Plants have different pH needs; many grow best in neutral to acid soil. Soil amendments like peat moss, redwood bark and soil sulfur will tend to help to acidify the soil. Multitudes of micronutrients and beneficial bacteria and fungi do their part in improving soil and thereby plant health.

Why not go to the root of it? Improve the soil and you'll improve its ability to give the plant what it needs for not only optimum appearance but actual vigor and nutritional value. You will also decrease loss to plant disease and pests. There are many factors to poor soil health. Man-made environments often suffer from disturbance, compaction, topsoil loss, and the absence of quality organic matter, which reduces the habitat necessary for nutrients, beneficial bacteria and fungi to survive and thrive. Artificial landscapes can isolate the plant from beneficial bacteria and fungi available

in natural settings and increase plant stress and the need for water, nutrients, and soil structure. Urban dwellers and other growers have been pouring toxic chemicals on their soils for years without recognizing that those chemicals harm the very things that make soil healthy. Use of toxins to any extent kills off the normal flora and fauna that compete with the bad guys and keep them under control.

Soil amendments are important to reintroduce beneficial bacteria and other important components for healthy soil, and in providing transient storage capacity for nutrients. Fertilizer (NPK) alone can't stop the decline of C and N in the soil. Organic amendment is necessary to improve and maintain soil health. Fertilizer isn't always required. Loosening up the soil by tilling and/or amending will allow stored nutrients to be released. When you pull weeds, you have green "waste" that needn't be wasted. Leftovers without meat or dairy and even some paper products can be reused as compost. A pile in your yard, the mulch between row crops, a typical 3-bin set up, or any pre-made compost maker, will do. Our communities have terrific workshops explaining the basics of composting, and other resources abound with information accessible to anyone about home composting. Bagged organic compost and other amendments are also available.

Any time a planting is done amend the soil. Add compost or other organic mixtures as top dressing during the growing season. There are organic fertilizers and compost mixes available that include beneficial bacteria like mycorrhizae, which actually help the roots to have more available area of absorption for nutrients, and humic acid, a chelate found in all decomposing organic matter, which helps bind nutrients, increasing their availability. Earthworm castings, various manures, kelp and fish emulsion, and guanos also provide variables for improved soil quality.

"Teaming With Microbes: A Gardener's Guide to the Soil Food Web," by Jeff Lowenfels and Wayne Lewis, is a 180-page tour of the world of bacteria, fungi, nematodes, protozoa and others that dwell unseen beneath your feet. Read this book and you'll never think of dirt the same way. You may feel you've just acquired several billion pets. Since Lal's (1993) initial definition of soil quality as the capacity of soil to produce economic goods and services and to regulate the environment, the term "soil quality" has been refined and expanded by scientists and policy makers to include its importance as an environmental buffer, in protecting watersheds and groundwater from agricultural chemicals and municipal wastes, and sequestering carbon that would otherwise contribute to a rise in greenhouse gases and global climate change (Reeves, 1997).

So even the scientists agree: Let's get down with the dirt.

Sandra M. Blackburn, Mountain Meadows Nursery, Ojai, 646 0714

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OJAI CITY COUNCIL DRAFT HOUSING ELEMENT

Continued From Page 5...

Mana From Heaven: Can Ojai afford to just rely on "hope"?

DeVito was not concerned with recent (and historic) overwhelming solid scientific data, detailing water declines. "This whole thing with drought, etc, I kind of look at that from an optimistic point of view. Mammoth a couple years ago had the greatest amount of snowfall that they've had, had over 52" of snow, they had 12 to 17" of base here just recently and they may be skiing up until July, so you go in cycles... a letter from someone in Alaska the other day, and they've had, they've had the coldest winter that they have had in 34 years, so hopefully we'll get back to a cycle when we get more water," said DeVito.

Future in the Toilet

"...a couple years ago...anyone who had one of the 5 gallon toilets, if you just bring the old one in, they'll (Casitas Municipal Water District) give you a new one. I was able to get two of those for our condos, put one down at the pool and one at a club house. If you ever happen to do that, don't get these things from China...other thing is...low flow things for your faucet...those things...so Mickey Mouse...I only got rid of that five gallon toilet because I woke up in the middle of the night, there was water all over the floor and it was cracked," said DeVito.

- Joel Anderson, editor

How L.A. Development Has Destroyed the Mono Lake Ecosystem

Source: Encyclopedia of Environmental Science

Mono Lake, A saline, or salt-water, lake in California that has been adversely affected by diversion of water from its feeder streams. Mono Lake formed in a volcanic crater and is fed by streams carrying meltwater from the Sierra Nevadas. Beginning in 1941, a system of aqueducts began diverting water from four of the streams feeding Mono Lake to the city of Los Angeles, located about 450 miles away, to help meet the water needs of its residents. Diversion of this water has significantly altered the Mono Lake Ecosystem. By 1989, the lake's water level dropped as much as 33 feet. This drop caused many tufa spires-calcium carbonate deposits-to emerge. As the water level dropped, the salinity of the lake increased, creating an environment unsuitable for fresh-water organisms. Currently, the main producers of the lake are algae that can survive the saline environment. The algae provide food for brine flies and brine shrimp, which in turn, provide food for various migratory birds and California gulls.

In 1989, concern about the future of the Mono Lake ecosystem resulted in a court

"It is not a field of a few acres of ground, but a cause, that we are defending, and whether we defeat the enemy in one battle, or by degrees, the consequences will be the same."
- Thomas Paine

order that forbade further diversion of water from its feeder streams; however, in 1993, the state legislature appropriated monies to allow for further usage of feeder stream water, while also providing protection to the ecosystem and surrounding Wildlife Habitat. Despite the provision for protection of the lake ecosystem, many ecologists fear that the salinity of Mono Lake will increase so much that the lake will be unable to support the organisms that now live in its water or the migratory birds that rely on these organisms for food.

Source: Encyclopedia of Environmental Science, Page 229, John Mongillo & Linda Zierdt-Warshaw

MAY 9 - FRANC D'AMBROSIO TO PERFORM BENEFIT FOR OJAI RAPTOR CENTER

Performing his Broadway Hits, Franc D'Ambrosio will perform at The Ojai Presbyterian Church, with proceeds to benefit the Ojai Raptor Center. This intimate setting with amazing acoustics will be a first for Ojai with the famous San Francisco "Phantom of the Opera"! Location: Ojai Presbyterian Church, 304 Foothill Rd., Ojai. Silent Auction/Refreshments, 6pm, Performance at 7pm. Tickets on Sale, \$40 ea., April 10 at Serendipity Toys (see VIEW ad page 23), or Online at www.ojairaptorcenter.org/2009concert.html www.francdambrosio.com/bio.php

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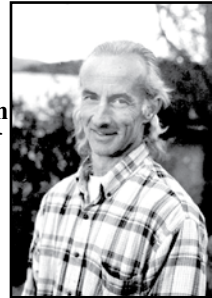
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A Steelhead Gets Stuck at United's Freeman Diversion Fish Ladder

by Alasdair Coyne

On March 4th, an upstream migrating Steelhead was found stuck past the top of the fish ladder at the Freeman Diversion Dam on the Santa Clara River, by staff for United Water Conservation District (UWCD), who were at that moment dewatering the fish ladder.



As reported in the County Star, United's fisheries biologist Steve Howard stated that the steelhead "for some reason got turned around" past the top of the fish ladder. It did not proceed upstream of the diversion structure into the Santa Clara River, on its way to one of several tributaries to spawn. Sespe Creek was its most likely destination, being an accessible upstream tributary with the most miles of appropriate habitat.



United staff place the 28" inch long 'stuck' Steelhead in an ice chest for vehicular transportation upstream.

United staff captured the Steelhead, a beautiful specimen measured at 28" in length. Adult Steelhead, unlike salmon, can go from fresh water to saltwater and back to fresh water as many as three times in their lifespan. United staff netted the Steelhead, placed it in an ice chest of water and drove it upstream to their chosen release site near the 12th Street bridge over the Santa Clara in Santa Paula.

United physically moved the Steelhead without authorization from the appropriate state or federal agencies, as they are under legal obligation to do.

Federal fisheries biologists with the National Marine Fisheries Service (NMFS) concluded in their Biological Opinion on the Steelhead and the Freeman Diversion Dam that the fish ladder there could not, after many at-

Pain vs. Age

by Dr. Pete Barnes, D.C.

Some believe that as we get older it's normal to experience pain, but that isn't true. Sometimes pain is simply caused by the cumulative effect of years of poor posture, bad working habits, or being sedentary and not getting enough exercise.

Pain is the body's way of telling us something is wrong and we need to do something about it. Inflammation and discomfort usually occurs from trauma or injury.

One elderly gent who came to my chiropractic office with severe back pain said his back went out after an intimate moment with his girlfriend. Surprised by his candor, I continued to work on getting that slipped joint back into position. Years of insult to his body was the culprit, not the moment of the night.

What can you do about it? Examine your everyday routine, asking yourself: 1. What are your daily activities? 2. Is your body in motion daily, or are you in one position for too long during the day? 3. Are you stretching? 4. Are you continually bending over to lift or retrieve things? And lastly, 5. Are you on your feet all day?

All of these elements can contribute to the body being

Ed Tennen, Ed.D, Psy.D Clinical Psychologist PSY 22365
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tempts, be made to work properly. NMFS instead recommended that a new fish passage structure be constructed at the Freeman Diversion Dam, preferably a rock-ramp structure that could mimic the natural ascent of a rocky creek bed. The beauty of the rock-ramp design is that it would not require any diversion of water for its operation, as does the current fish ladder there. The rock-ramp structure would allow Steelhead to migrate upstream only when adequate stream flows pass over the length of the Freeman Diversion Dam. It would also require no dedicated staff time from United, whose operation of the Freeman Diversion has always been conducted to the detriment of the Steelhead.

The stuck Steelhead was actually the first adult Steelhead known to pass up the Freeman Diversion Fish Ladder in the 15 years since it was built. Unfortunately, it ran into circumstances directly caused by United's lack of concern about the endangered Steelhead's migration requirements.

"United's Diversion Operations Prevented the Steelhead from Progressing Upstream"

The Steelhead was found stuck because United was at that time dewatering their diversion flows. There is only one water intake for both the diversion of water to underground aquifers and the fish ladder. United closed the intake because the water was too silty to divert - because of erosion upstream, primarily in Sespe Creek's watershed following the Day Fire a couple of years ago. Of course, United operates the fish ladder for only 48 hours after a storm event, which subjects the unknowing upstream-migrating Steelhead to a non-stop upstream sprint from the ocean to the Freeman Diversion. If they arrive too late, too bad - the fish ladder is not usable.

Despite United's expressed concern for the Steelhead, they have not provided adequate fish passage at their diversion facility for the past 15 years.

The stuck Steelhead was trapped past the top of the fish ladder because the bars of the "trash rack" there are too close together to allow an adult Steelhead of this size to readily pass through and exit the fish passage facilities.

The combination of poor fish ladder design (selected by United's consultants nearly 20 years ago) and the manner of its operation by United, conspired to ensure that the first adult Steelhead known to climb the entire fish ladder never had a chance to complete its passage on its own.

Alasdair Coyne, Ojai www.sespewild.com

in discomfort. There are simple practices that are easy and will make a great difference in the way your body moves and feels.

If you are constantly bending over to pick things up in your job, use your knees to lower yourself - this helps prevent straining the back muscles. If you are sitting for long hours at the office it is important to take stretching breaks. Even getting up and just getting a glass of water, walking around the office for a few minutes will increase blood flow and help the body to not become too stiff. If you're on your feet for prolonged periods, ensure that you have shoes that are not only comfortable but provide correct arch support. It's also crucial to stretch daily, take frequent walks and get proper hydration. Water is such an important element and drinking enough water daily will help the body feel better.

Your body is a temple and should be treated like one. Don't abuse it, neglect it or push it too hard. Sometimes you have to slow down, take a warm bath, honor the body and take it easy.

Dr. Pete Barnes, D.C.
 The San Buenaventura-Family Wellness Care
 738 E. Main St., Ventura
DrPeteBarnes@gmail.com
 or 805-653-1326

Seniors: Got Sleep?

- by Ed Tennen

With sleep disturbance now affecting at least a third of the population, it is clear that it is a major health issue estimated to be affecting 70 million Americans.

Frequent insomnia is more than just having difficulty falling asleep - and, while sleep problems are not uncommon with aging where at least half report a problem - the sleep deprived are twice as likely to miss family events, leisure activities and work functions. Sleep patterns change as we age, but disturbed sleep and waking up tired every day are not part of normal aging.

Sleep problems can be caused by a number of factors, including physical problems and that is why it is always important to discuss sleep with your doctor. Other reasons for sleep issues are bereavement, posttraumatic stress, forced retirement, social isolation, and mental disorders such as anxiety, dementia, and depression.

When compared to a group of people who did not have difficulty falling asleep, insomniacs have higher potentially damaging cortisol levels. Cortisol is a stress hormone that regulates the blood sugar glucose and prolonged sleeplessness causes the body to continuously release cortisol into the bloodstream. Insomniacs with the highest cortisol levels tend to have the greatest difficulty falling asleep.

Chronic lack of sleep can also accelerate the aging process. When you don't get enough sleep, your brain doesn't make the normal amounts of hormones, producing hormone levels similar to those of a much older person. But getting a full night's sleep reverses this aging effect, returning hormone levels to normal.

Persistent insomnia may be a disorder of the stress system and it appears that the insomniacs have nervous systems that are on overdrive, unable to quiet down. Behavior therapy often guided by a mental health practitioner may be helpful.

As you learn relaxation techniques, you'll become more aware of muscle tension and other physical sensations of stress. Once you know what the stress response feels like, you can make a conscious effort to practice a relaxation technique the moment your muscles start to tense. This can prevent stress from spiraling out of control and should help with insomnia.

There are many other strategies that should be used as well, including going to bed and getting up at a regular time each day - staying on a regular sleep routine is often a problem for older people who may not need to adhere to a daily schedule and are more likely to experience sleep-wake schedule problems. Get an adequate amount of sleep - at least 7-8 hours, avoid drinking alcohol late in the evening and engage in relaxing, non-stressful activities before bedtime. If you can't fall asleep after 20 minutes, get out of bed and do a quiet activity such as reading or listening to music. These are but a few suggestions.

Be patient with yourself. Stay motivated to reduce the negative impact of stress on your body and to experience a greater sense of calm in your life.

Ed Tennen, Ed.D, Psy.D is a clinical psychologist in Ventura who works with seniors, phone, 648-5800



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REAL VIEW

Take the Pills and the Pain Will Go Away

— Heather Cornett

I have been sick and absent from work for two weeks. I am at my wit's end. What began suddenly with double vision, a thunderous headache, and dizziness that has yet to subside, came to include a broken molar Thursday night, one week and four days into the ordeal. The next day I'm told I need oral surgery, and no one is available until Monday.

Quicker than I am able to take captive my thoughts, "what next?" springs to mind. According to every faith, and every culture in every corner of the globe; from Hindu, to Aborigine, Haitian, Aleutian, Asian, and Samoan; you are never, ever supposed to ask that question. Even thinking it is believed to open up Pandora's Box of bad juju.

So now what? (Another version of "what next" Doh!) I'm dizzy, in pain, unable to work, isolated, impaired, and worried. In two weeks my life has become unmanageable, and all my beliefs are being challenged.

Feeling basically in control of nothing, my two remaining priorities came into conflict when my partner informed me; the recovering drug addict; that he would feel less burdened if I were medicated.

Memories of life in a giant ashtray, crawling on the floors of back rooms and garages smoking anything that would melt filled me with the fear that I may recover from my illness to find myself a drug addict once more. He is raising his voice because he cares. It is irrelevant that I stopped participating in the conversation.

I respond to the last thing I remember hearing before I stopped listening and agree to get a second opinion. It is unanimous. No one agrees with me. A trip to the grocery store puts me over the edge and I take the pills. I think I am in less pain, or maybe I no longer care. The dizziness gets worse, but I no longer care about that either. I really don't care about anything. I don't care that I can't eat and I'm in my pajamas in the middle of the afternoon, or that there's \$22.43 in my checking account. Maybe that is what it's all about. Medicating the masses so we don't care if we work 14 hours a day alphabetizing insurance forms, or stacking, packing, counting, and separating big from small, hot from cold, and left to right in the endlessly unfulfilling manner necessary to perpetuate a system of dehumanization destined to fail.

Maybe I've had one MRI too many. Or maybe the pain meds are wearing off and my bad attitude is returning. It's been 5 hours. I really hate it when he is right. I take another pill. I don't crush it up and snort it or take 3 with tequila, but as prescribed for the pain which goes away. The dizziness gets worse, but so what. As long as I don't fall down in the shower or get in a car accident on my way to have my tooth pulled things have got to get better.

— Heather Cornett, Ojai

— Heather Cornett, Ojai

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FOODIE VIEWS: Mexican Seafood

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Once again I got to say I don't really do restaurant reviews, but when you come on a real special place you just gotta let everybody know.

This place is one of the best "AUTHENTIC" Mexican Food restaurants in Ventura and believe me I have eaten in most of them including the ones in Oxnard, Santa Paula, Fillmore and all points in between. If you really enjoy good Mexican Food at the best possible prices you just gotta try this place.

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dishes are priced at \$5.99 – bet you can't eat the whole thing! Lunch (6 or 7 choices) is also priced at \$5.99, 6 different Dinner plates are not only wonderful but priced at a very low \$8.99. All 7 different tacos (my favorite are the fish tacos with a green salsa) are priced at, (are you ready?) \$1.60, extra large Burritos are \$4.99, 3 types of delicious shrimp plates are \$8.99 with rich beans, and avocado, extra large shrimp and octopus cocktails are also \$8.99. Oh yeah, they also have all the favorite Mexican Beers Ice Cold and Ready.

The girls that run the place are happy to see you and the service they provide is fast and professional. You owe it to your tummy and your health to give it a try plus, just think, you might even have the unequaled pleasure of running into yours truly at anytime.

Rellis Smith
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Sicily, the Master Painter

By Mina French

My mother, Carla D'Amico was a painter. She painted gorgeous flowers, houses and landscapes. In the beginning my mother painted in oils but later she used watercolors. Our family has all my mother's watercolors in frames hanging in places of honor around the house.

I think Sicilians are a creative people. My aunt, my mom's sister, is also a painter. She is also Sicilian.

One example of a Sicilian master painter is Antonello Da Messina. He lived in the fifteenth century around 1430-1479, painting portraits, landscapes and designing altarpieces. He is a key figure in Venetian painting and learned the **Netherlandish Style** from Niccolo Colantonio in Naples. Also, while in Naples, Antonello was influenced by **Provençal Painting of France** which had spread to Italy when King Anjou was in power.

Antonello painted many religious paintings. The ones which still exist are: *Saint Jerome in His Study*, *St. Sebastian, The Crucifix, Madonna and Child with Saints Nicholas of Bari, Anastasia, Ursula, Dominic, and Helena, Madonna and Child with praying Franciscan Donor, Saint Jerome in the Desert, The Virgin Annunciate, and Christ Crowned with Thorns.*

The Virgin Annunciate is depicted as a 13 or 14 year old girl. She is wearing a cloth over her head and wrapped around her shoulders. She keeps it closed with her delicate fingers. The wrap is blue. *The Virgin* has a book in front of her. It could be of a religious nature. Her right hand is stretched out from underneath the cloth. She is looking down toward the right somewhere. She has a serious expression on her face.

Antonello also painted portraits. His best work is *Portrait of a Man from Cefalu*, which is now at the *Museo della Fondazione Culturale Mandralisca Cefalu* (Palermo). This man could be a Baron. He is wearing a black hat and balck and white top. He is smiling slightly like the smile of the *Mona Lisa*. He looks staring at the viewer, so he is in command. His skin is a pale flesh tone and he has a five o'clock shadow. This painting is painted flawlessly. Experts are not sure when it was painted, maybe in the 1460s, or between 1470 and 1472.

A gorgeous drawing, attributed to Antonello Da Messina, *Group of Draped Figures*, which was done in fine pen and brown ink on irregular sheet. The fabric draping on the figures is beautifully executed in luxurious folds. It is suggested that the drawing was made in the artist's workshop in Messina according to his instructions. It is also suggested the group of six draped people may be mourners.

In *Christ Crowned with Thorns*, owned by the Metropolitan Museum of Art in New York City, Antonello shows Christ in a different manner. He has an expression of great pain on his face as shown by the fine rendering of his eyes and mouth. This Christ is shown bare chested. The tonal values of the skin are painted immaculately. And the *Crown of Thorns* painted in great detail and look painful as they pierce the Christ.

Painting is a wonderful venture with a great history in Italy. Not many of Antonello's works are left, but the ones that have survived bear witness to a great and sensitive artist. One can learn from and enjoy the

mastery of his technique from the study of his works. As, I myself work on my mom's portrait, I will remember that I am one in a long line of Sicilian artists who will share what I have learned of portraiture and painting. Currently I am working on a collection of abstract paintings.

Mina French
Artnews510@aol.com

Ojai: Plein Air Workshop - April 27 to May 1

Plein Air - On the Surface

By Joel Anderson

I don't know, there's something very magical about Ojai and very serene... mystical. I'm at a point where I just want like the clean air, the peace, the solitude."

For Impressionist Painter Jennifer McChristian, Ojai's rural landscapes and long-time accommodating art community provide the ideal backdrop for teaching her *Plein Air* painting classes. *Plein Air, French* for as painted outdoors in natural light, is an "invigorating" process for Jennifer as she finds a certain appeal in painting as a way of exploring the outdoors through an integrative artistic experience.

"Every time I go to Ojai I always venture out to someplace new... let's take this road, or that road, and especially since I'm doing a workshop there now. I went a couple times to do location scouting, and we found some awesome places like the Krotona Institute, the people there were absolutely wonderful, said Jennifer.

I also spoke to the director at Meditation Mount, and she was like 'yeah come on by' so we have a date to paint there. And then there's Happy Valley, next to the Beatrice Wood Center, they're very lovely people there and they're going to allow us to paint on the grounds. Beatrice Wood, what a fascinating person... And the gallery that was once her home, just really inspiring. It's a great privilege for us to go up and paint there... and my students, while on their break, they can go up and visit the gallery. I'm really excited about the workshop."

Canadian born in Montreal, Jennifer is no stranger to the art world, having exhibited hundreds of times in galleries from New York City to New Mexico to Chicago. She obtained an art degree with honors while attending the Otis Art Institute, and is well-known nationally among Landscape Painters, having studied under renowned artists Robert Blue, Karl Dempwolf, Scott Burdick and Steve Huston. She has worked on projects for various animation studios, such as Disney, Nicholodeon, etc.

Jennifer looks beyond the surface in her *Plein Air* teaching, actively involved in the interactive learning process between student and teacher; she is generous as thoughtful as she seeks to inspire.

"My students are very happy and I really enjoy my classes. A lot of new students complain about prior classes they've had elsewhere in which the teacher just kind of sets them loose with canvas and paint... With me, I like to give them a lot of information, sometimes I try not to overwhelm them..." said Jennifer.

Also experienced in focused studio painting, she finds that painting from real life - Plein Air - ensures a sound 'real' foundation.

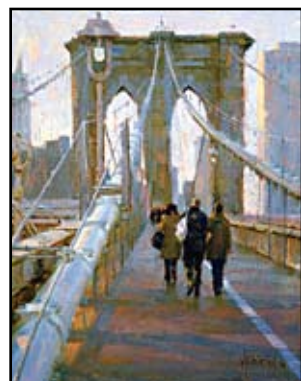
"Personally I prefer to paint outdoors, it's a lot more invigorating, but I also like the studio setting because it's quiet.... I don't have cars honking, people walking by... it's two different mind sets, but I really do enjoy doing both."

Jennifer incorporates compassion in her landscapes, both country and the perhaps harder edged world of concrete and steel in her urban renderings. Her work has a fleeting and dynamic quality which seems to lend

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This painting was accepted into OPA's 2008 Western Regional Juried Exhibition of Traditional Oils hosted by Devin Galleries, Idaho. In addition, the painting received an 'Award of Excellence'

'Making Our Way Across'

continued from previous page a certain compassion for the everyday subjects she paints. Recently she has begun incorporating more human figures into her compositions. Perhaps an autobiographical and humanist notation?

"I just love the city... the brown stone buildings and the beautiful old architectural cityscapes. I really like to capture something that has soul... I feel that sometimes

these older buildings have a little bit of like a soul, or carry a lot of years of history. I like to capture that because,



these days things get torn down so quickly and new buildings get built... we're kind of losing a sense of our past and community," said Jennifer. I do plan on teaching more classes in Ojai, and another one in October because the fall there is absolutely gorgeous, the leaves turning... and the weather's cooler, crisp..."

— Joel Anderson

Five Day Intensive Plein Air Workshop
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Hospital Guild Will Shift Gears for it's Springtime Fling with 'Frankie & Mia's Wedding' May 16

PRESS RELEASE - HOSPITAL SUPPORT

Mia's Wedding' is easily the most entertaining way we know to do that."

Attendees at the dinner show will become members of this most irregular wedding party, where they'll mix with professional actors who play the wedding couple and their hilariously dysfunctional guests. Before the evening is out, all pretensions and most inhibitions by guests and principals have fallen by the wayside.

Along with the zany nuptials, guests at the \$70-per-person event will be treated to a scrumptious wedding dinner, desert and a free drink. All proceeds will go toward improvements to the Continuing Care Center at Ojai Valley Community Hospital.

More than \$135,000 was raised from the six previous Guild springtime events.

"There is no dress code for

Make sure your customers know how to find you. Advertise in the **Ojai Valley Directory** No other phone book compares.

Splish Splash

Things are getting a lot more colorful in downtown M.O. town! A breathtaking larger than life size mermaid adorns the East facing wall of the Ojai Pool Store and bicycle store, Project Ride.

The branchchild of bicycle store owners Kelly and Marlene Pasco, the concept was inspired by a vintage French poster for Gladiator Bicycles and then morphed into a mermaid to include the motif of the Pool store.

Producing a mural this size turned into a combined creative effort for both store owners. Artist Marlene Pasco was joined by Troy and Jeri Becker of the Ojai Pool Store, with friends and family turning out for the production in the tradition of family owned and operated businesses.

Workers Riley 14, Tatum 11, Austin 12, Julie, 11 and Aiden, 8... all lent a brush, with Kelly providing the glitter to make the mermaid come alive in full sunshine. Look out Ojai, M.O. is rapidly stealing the spotlight as a hub of creative energy and artistic freedom.



Meiners Oaks Mural, Marlene Pasco, friends and family

photo and text, Mary M. Long

"Frankie & Mia's Wedding," explains Rodems, "Guests can come in blue jeans, white tie and tails or anything in between. Best of all, nobody has to bring gifts. Just bring yourself and a well-developed sense of humor."

Villa Giuseppe Center is next-door to St. Joseph's Retreat, 2464 East Ojai Ave.,

entered via the driveway just east of the main entrance to St. Joseph's. Free valet parking will be provided, said Hartenstein. more info, call the Ojai Valley Community Hospital Foundation office, 640-2317, or drop in at 1301 Maricopa Highway, Suite A

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An Evening With **ROBERT BLY**

Thursday April 23, 2009 • 7:30 pm
Granada Theatre • 1214 State Street • Santa Barbara
805-899-2222 or www.granadasb.org

Robert Bly, author of more than three dozen works of poetry and translations, and the best sellers Iron John and The Sibling Society, remains one of the most hotly debated American artists of the past half-century.

In his wide ranging roles as ground breaking poet, editor, translator, storyteller and father of what he has called the "expressive men's movement," Bly has influenced two generations of poets and readers on how to write, hear, read and use poetry and myth as psychological revelation, guidance and interpretation.

Accompanied by sitarist David Whetstone and tabla percussionist Marcus Wise, Robert Bly brings his art, wit and the wisdom of our cultural dilemma to the stage for this uniquely stimulating and rare public performance.

"When the cultural and intellectual history of our time is written, Robert Bly will be recognized as the catalyst for a sweeping cultural revolution."

Robert Moore

GENERAL SEATING \$25 - \$60
AUTHOR'S CIRCLE \$125
Includes VIP seating and post-performance reception with Robert Bly in the Granada Founder's Room.

To purchase tickets:
Granada box office
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For more information:
www.AnEveningWithRobertBly.com
and www.RobertBly.com

All proceeds will benefit:
The Mankind Project of Santa Barbara, Domestic Violence Solutions of Santa Barbara and Boys-to-Men Mentoring Network.

Don't Miss the Vintage Trailer Rendezvous - Lake Casitas April 25



This Vintage 1936 Home Built Pop up/Pop out Trailer and 1932 Ford Pick-up is owned by Dwayne and Marilyn Bower of Ojai. Don't miss this year's Sat. April 25 2nd Annual event, 10-3pm, a Party from the Past! Special Thanks to Tegan and Dwayne for these great 08 photos, Craig Fraki (see below) for providing the detailed Trailer info. More Event info. ojaicraig@sbcglobal.net, or Lake Casitas, 649-2233



Photos © 2008, Dwayne Bower



This stunning combination is rarely seen in the USA. The travel trailer is a German made 1971 Eriba "Puck" restored and owned by Joe & Jen Ingram from Joshua Tree. The matching tow vehicle is a multiple show winning 1963 23 window ragtop VW microbus. This is a great example of an efficient use of space as this light weight trailer is well equipped for cooking and can comfortably sleep this family of four.

This 1973 Silver Streak "Continental" travel trailer represents the high quality riveted aircraft style construction that is still popular today. The interior design and decor of this trailer was quintessentially early 70s. The owner, Craig Fraki from Ojai, chose to stay true to the style of the era and built on the bright electric green shag carpeting and harvest gold & green curtain fabrics, adding the classic burnt orange accessories to complete the painful memory inducing color combo from the past. Craig towed the 28' trailer with his matching 1973 original paint Jeep Wagoneer.



This is a beautifully restored 1952 "Canned Ham" style travel trailer that was produced by Hanson Trailers. The model is called the "Love Bug" and it is owned by Harvey Robinson. This trailer has a warm and golden birch interior and is richly appointed with accessories from the era.

Photos © 2008, Tegan Hope www.teganhope.com

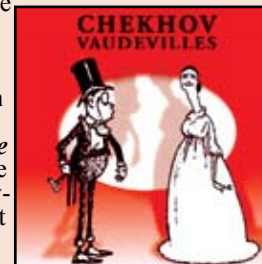
Francisca Beach



text by Adelle Chabelski

Ojai has a gift in its midst in the form of energetic and talented director Francisca Beach. She came to live in her beloved Ojai in 2007. Starting in May, she is creating a new theatre group, Senga Classic Stage Company (SCSC) to perform at the Ojai Valley Grange. The Grange is the new and permanent home of her creative offspring: SCSC's first production will be two one-act comedies by Anton Chekhov, "The Proposal" and "The Boor." If her future productions are anything like her recent work, "True West" by Sam Shepard at the Elite Theatre in Oxnard or "She Stoops to Conquer" by Oliver Goldsmith, Backstage at Santa Paula Theatre Center, the Ojai Valley and its surround-

ing communities are in for a plentiful feast of well-directed classic American and European Theatre. Beach has repeatedly won over reviewers, audiences and her appreciative actors with her professionalism, inspirational directing, knowledge, and experience of what good theatre is all about. She knows how to direct and bring characters to life, with her fascination for, and deep insights into the human condition. When she works, her focus is completely on the production. She lives and breathes the production. Beach says "Theatre is a wonderful place to live." Her first engagement was playing Margaret, the dream child in J. M. Barrie's "Dear Brutus" when she was fifteen years old. She fell in love instantly, and the love



affair with theatre has lasted a lifetime, giving renewed direction and purpose to each new play discovered along the way. Beach, a native Brit first founded Senga Women Theatre Company in Scotland in 1997 with the aim of promoting the work of women playwrights. Her new theatre company has retained the name "Senga" who was an ancient Celtic Goddess of Plenty and Fertility. Beach graduated from the Royal Scottish Academy of Music and Drama in Glasgow, where she was given recognition for her comedic talent and awarded the Comedy Prize. She went on to study at the H.B. Studio in New York. She has to her credit 30 important years of theatre in the United Kingdom, Canada and United States. Beach brings not only her talent as an accomplished and skilled director, but also her rich experience of being an actress in British repertory companies and theatres

in Canada and the United States. Beach says that her directing grew out of her acting experience. It was a natural evolution - after 25 years of acting professionally I gravitated towards directing - directing satisfies all my skills and creative impulses. What she envisions for her theatre in Ojai is as intelligent, exciting, and focused as she is. At the Ojai Valley Grange, she will provide plays that Ojai and the surrounding communities don't normally have a chance to see. Given her education and portfolio of wonderful plays, she will provide a cultural stimulus as well as entertainment. She does not see herself as competing with the other existing theatres in the Valley, but rather complementing the existing theatre productions with her repertoire of European and American classics. Like many Europeans she believes theatre should "...not only entertain, but

Francisca Continued Page 25...

Art Happening in Meiners Oaks



Krista Newman and son, Cody Bakula enjoy a moment with Jeweler Dave Whipple, sponsor of the event. "I see a master jeweler in the future here," speaking of his apprentice, Cody, "The pieces he's making are beautiful..."

He started with scrap gold, he extracted the stone, set them aside, did a wax carving, you know fitted the stones and everything and then he did the casting, did the finish and all the stone setting. What would take most jewelers a couple years to do, he's done in like a couple months, very conscientious, said Dave. Krista beamed, "The very first day working with Dave, Cody came out and he had this like, beaming face you know, he had really accomplished something. That's how it's been, it's like everytime he comes out with some great accomplishment..."



Cody with dad, Scott Bakula, Chelsea Field, Owen and Will (at right).

Unrestrained Passions Abound at Party of the Season Who's Who in Ojai Theater: Spring Theatrical Fling!

Saturday Night was a Party Night in Ojai - Actor/Director Tracy Williams decided to throw a bash at her home, and what a bash, everyone who was anyone in the Ojai Theater world attended; the place was overflowing with theatrical talent, the food was delectable, booze, including fine wines flowed freely, conversations were brisk, informative, varied and amusing.

Many Thanks Tracey, you were the Star amongst Stars!

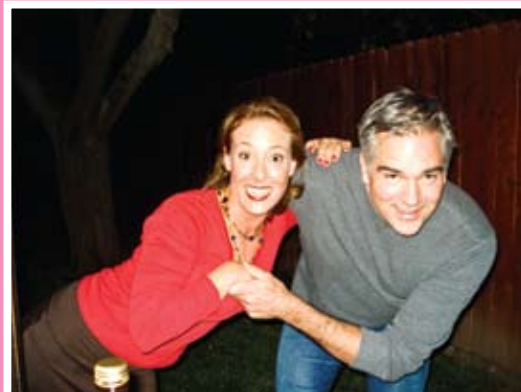
photos & text by Ron Rowe



Stars of the Recent Play at the Ojai Art Center, Private Lives, Tracey Williams and co-star Cecil Sutton share a moment together again, off stage.



A Trio of Actors/Directors Steve Grumette, Frank James Malle and Cecil Sutton enjoy exchanging directing stories and ideas.



A Dashing OVN News editor Brett Bradigan swings with Holly, he says it's a simple dance Holly! At a count of three, 1, 2, 3... When I say go we jump together.



Holly and Tracey enjoy a moment together.



Olivia Donnelly shares her secrets, can you believe it? Director Steve Grumette has offered me a lead in his next play!



A Glowing Holly Ferguson... asks is this what true love looks like?



This Charming Trio consists of poet, Tree Bernstein, actor/director Buddy Wilds and poet Liz Grumette.



Steve Grumette gives a hug to hostess, director/actress Tracey Williams.



Singer/Musical Director Candace Delbo say hi to everyone.



Happy Couple - actor/director Frank James Malle enjoys a quiet moment at the party with wife Marlene.



So Very Ojai

Pirates of Penzance

by Ron Rowe

I went to Matilija Auditorium to see the Nordhoff High School Production of Gilbert and Sullivan's Pirates of Penzance. I must admit I have never seen a mediocre show at Matilija. The last one, Pajama Game was fantastic, yet after being a member of Los Angeles Gilbert and Sullivan's Group for five years and having performed the role of the Modern Major General three times, I must admit a certain doubt was in my mind. It was to no avail, from the grand opening, the energy, talent and enthusiasm swept over and engulfed the audience, to coin a phrase, we were blown away. The acting, singing and dance routines, where incredible, the Director Marty Babayco, Music Director Bill Wagner, Vocal Director Jaye Hersh. Choreographers Julie Hamann and Brooke Masters poured their hearts and souls into this production, and their efforts were rewarded with a highly successful show, standing ovations for 10 minutes, the audience just did not want to leave the theater.

As for the role of the Modern Major General, Gus Hoffman, excelled, with poise and diction, worthy of a London stage production. Gus, you really were fantastic. I particularly liked the runway built in front of the first row of seats; it brought the actors into the audience, in my view, making them more intimate with the audience. I'm only sorry I didn't write about the show at opening night, Fortunately they played to full houses every performance, Saturday was the closing night.

So, if you missed the show, be prepared for the next show, you can book your seats on the web, I guarantee your money will be well spent on a very successful evening out.



Gus Hoffman, Modern Major General



Amanda Landis, Daughter



Dr. James Halverson with his wife, Robyn

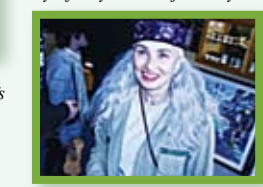
Photos © 2009, Ron Rowe



Jeff and Alison Hewitt with daughters Hayley and Kayla, (and below) Alison's dad, Artist Dennis Wood and "Ojai Day."



Cody and friend Khalil display Cody's finely created jewelry.



Tina Chappel, (Yoga Jones-Ventura) and one of the beautiful people of the fine art community showed up, adding star power.



Artist Kerry Crank with "Concert Under the Oaks," depicting the Ojai Music Festival.



Mary Distin and Chelsea Routson.



photos by Joel Anderson



Dvorah (right), author and happiness guru with unidentified guy pal.

THE LEASHES END

by Ron Rowe

Now is the time to check on your pet's vaccine shots; the **Ojai Humane Society** is having a low-cost shot and microchip clinic on the first and third of every month, **Sat., 10am and 1pm**, located at **402 Bryant St., Ojai, 656-5031**.

Four and counting, that's how many pet stores have been closed. Thanks to the campaign to end puppy mills in **Los Angeles, Pet Love**, a store that had sold thousands of puppies, born in puppy mills for over 15 years has finally closed. Another one, **Pets of Belair**, the celebrity pet store sold so many sick puppies from puppy mills that a class action law suit was brought against them. So once again, spread the word, do not buy puppies from pet stores, visit a humane shelter and adopt. If people stop buying puppies from stores, the puppy mills would disappear; they are only in the business for money, the dogs live in horrific conditions, treated as a cash crop. Learn more by visiting www.humane.society.org/puppymills. Crimes against animals often go on unreported or unreported. **The Animal Legal Defense** has launched a **National Justice for Animals Week**, which will be observed every Feb. It's a small step, but a positive one in ending animal abuse. Statistics show people who abuse animals inevitably abuse fellow human beings.

Cruellest forms of hunting: because primitive archery equipment wounds more animals than it kills, studies show for every animal killed by a bow hunter, one is left wounded to suffer. Hunters do the killing on public lands supported by taxpayers. In the last century hunters have wiped out dozens of species, others have been brought to the brink of extinction. Last year, 92 people were shot and killed and 972 injured in hunting accidents. Good news for the people against seal hunting. After watching movies of baby seals being clubbed and skinned alive, **President Putin of Russia**, said it's a bloody slaughter of defenceless animals and he banned further seal hunting in Russia. Over 100,000 seals are slaughtered around the world annually.

A **British** free range chicken rancher, **Tom Vessey** urged consumers to buy medium and small eggs instead of large ones. He said it is painful for them to lay large eggs and it would be kinder to eat small ones. We hear you, Tom, and we will do.

Falling milk prices and reduced demand for butter have forced farmers to send hundreds of thousands of dairy cows to be slaughtered for meat. This year, 1.5 million of the nation's 9.3 million dairy cows will go to the slaughterhouse. If you want a healthy drink, then try **cow urine**. A **Hindu Nationalists** group in **India** are selling a soft drink made from cow urine, the leader of the group, **OM PRAKASH**, who believes as all **Hindus** do; that the cow is a sacred animal. He says the drink is sold for its health value and can cure all sorts of health problems as well as cancer. Imagine a drink that tastes good and is healthy, well OM, thanks but no thanks.

Looking for a **Chihuahua**? Try your local **California** animal shelter; they are being swamped by **Chihuahua**, discarded by fashion conscious owners, who followed **Paris Hilton**, who made it fashionable to carry a small dog. Problem is the dog needs care, which is a surprise to many people, especially fashion conscious ones. So they abandoned the poor dogs to animal shelters.

Did you know that the giraffe has no vocal organ and hence makes no sound, it can also see both ways without turning head or eyes.

The waste produced by one chicken in his lifetime can supply enough electricity to run a 100 wall bulb for five hours. The **Amazon Rain Forest** produces half the world's oxygen supply. Moths are not attracted to light they fly towards the blackest point which is behind the light. The average elephant produces over 50 pounds of dung per day.

Are you a little confused about feeding your pet a

good healthy quality food? Then I suggest you pop down to the friendliest store in the county, **Linda's Claws and Paws** located at **1865 E. Main St., Ventura, 805-646-6060**. Linda specializes in raw food diets for pets. Special this month; all large bags of **Innova, Evo, and California Natural**, all top-quality kibbles. I have known Linda for over 18 years and I've found her to be a very competent and reliable person. They are open seven days a week for your convenience.

And appearing **April 19, Lydia Hiby, Nationally Acclaimed Animal Communicator** will be available at **Linda's Claws and Paws** for consultation. Call Linda for an appointment.



Ron and his companion, Dudley.

Sandy of Ventura asks, "Have you ever worked in a kennel?" Yes, I have **Sandy**. I owned, and operated, **Rowe's Academy for Dogs**, located at **633 North La Peer Dr., Beverly Hills** for over eight years. I trained and boarded dogs, had three training classes a week, limited to eight people. I also gave private training at the owner's home and trained dogs left at the kennel for three weeks of training, followed by four follow-up sessions with the owner.

I trained many movie stars dogs, including for **Doris Day, Lucille Ball, James Mason, Jerry Lewis** plus many others. I appeared on the weekly **Pamela Mason** television show and the **Red Rowe (no relation)** TV show.

In **Saudi Arabia**, every single man knows that walking the dog in the park is a guaranteed woman magnet. Alas, the **Saudi Islamic religious police**, are zealous about keeping the sexes apart; the solution, ban selling dogs and cats as pets, as well as walking them in public. The prohibition went into effect in the **Saudi** capital of **Riyadh** and the police say they will strictly enforce this law. They claim that many men use **Dogs**

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to **Make Passes at Women**, thus **Violating Proper Behavior in Public**. It also is a **Corrupting Western Influence**, like fast food, **Jeans and Pop Tunes**. So, you young single men looking for a female partner; walk your pet down **Ojai Avenue**, on a leash of course, you never know who you will meet.

Speaking of love... if you are a young lad pursuing and courting a young girl of your dreams don't complain about the time and effort required to woo your intended love. Consider the **Toad Fish**, blessed with a face only a mother could love. Some male **Toad Fish**, called the **Plain Finn Midshipmen**, work very hard to impress the girl toad fish. The male hides under rocks in shallow water and hums to attract females by vibrating a set of sonic muscles on his air bladder 6000 times a minute, for more than an hour, leaving him completely exhausted for the next four hours. Ah well, every effort made in the game of love is worth it. Male **Cuttlefish** guard their mates to keep away other potential suitors. Some clever males have a trick for sneaking by the guarding male, they cross dress holding their **arms** like egg laying females. They also acquire a feminine skin pattern and hide their sex organs, this according to a prominent biologist reporting in a nature magazine.

Time to be away and leave you with the following; *an old dog who has served you long and well like an old painting the patina of age softens and beautifies and like a masters work can never be replaced by exactly the same thing every day.*

Your comments are welcome, Ron Rowe
Peace and blessings to all beings on earth
rhwjrowe@aol.com



Ashley and Brandon Rodarte, ages 6 and 5, enjoy a spring day in Ojai, playing with a **Ladybug** in front of the family owned and operated business, **The Yuppie Puppie Pet Spaw**.

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ADVANTAGE FRONTLINE

Barn Raisin' at the Humane Society

by Mary M. Long

It's a new beginning for the **Ojai Humane Society** as the long awaited barn has finally arrived! Friday, April 5th the first horses were led into the new structure.

Aisles were raked and the smell of fresh cedar shavings, alfalfa, and the sound of horses contently chewing their hay was more than enough to keep volunteers and staffers smiling. "We never could have done it without the support of the people of **Ventura County**; we are very thankful," said a pleased **Director Jolene Hoffman**. The beautiful **Mare Motel** was built with donations from horse owners and horse lovers from all over the county after months of fund-raising. Meeting several times with the owner of **Blue Ribbon Barns, Hoffman** and expert horse staff, **Missy Henderson, Becky Holder** and **Patti Neal** chose from several barn models a structure that best suited the needs and budget of the facility. A large airy **Mare Motel** was their pick, comprised of 14 stalls, four which are 16' x 16' and ten are 12' x 16'.

This is a huge accomplishment for the **Ojai Humane Society** and will enable them to shelter horses in the event of natural disasters such as floods or fires, in the future. Since the barn is portable they also reserve the option of relocating it if the need should ever arise.

According to equine professional and **P Bar H** resident trainer **Patti Neal** "the benefits of the barn style are shade, sun, breeze and protection." She also pointed out that the broad aisle way is great for workers, providing a safe place for farriers and veterinarians to handle horses in inclement weather. For now, there are two fillies and three colts enjoying the shade and safety of the new facility. With more foals coming, staff is working very hard to keep up with the demands of not only caring for, but handling these new foals.

As every horseman knows, starting a foal out right sets a pat-

DOG JANET - RITES OF SPRING

Your Basic Guide to a Few Seasonal Maladies

by Janet McNeil, D.V.M.



Dr. Janet McNeil and Devi, Ventura, 2006

As we humans stumble yawning and scratching from our winter burrows, the first thoughts are generally not aimed at prevention, so when things happen to our animals our first thoughts are something like "what the...?!" Here are a few little explanations for those little joys of spring.

1. Eating Grass: It just tastes good. Think of it as the baby greens, salad without the dressing. Not everyone is sick if they eat grass. Many a dog and cat will happily munch away at those pale green shoots. When the a) overload point is reached, or b) esophagus or stomach get irritated by rough edges (fescues especially), the vomiting sets in. Try providing barley or wheat "kitty grass" in small quantities for softer browsing satisfaction.

2. Diarrhea: Those lovely cow pie-like plops appear in the spring frequently after storms. *Coccidia*, *giardia*, and other squirmly little one-cell parasites, among other things, cause irritation to the lining of the large intestine, which begins losing fluid into the gut. This is nature's way of trying to flush the problem out. The real problem is those micro parasites rarely take the hint and an animal can get dehydrated and miserable even as you get tired of cleaning up the mess(es). Intervention is needed to head off disaster. Very young and older animals are most at risk. Even strictly indoor animals can pick up some of these problems since stuff can be tracked indoors on shoes. Grass eaters can pick up *infective agents* that have been washed or blown onto grass.

3. Goopy Eyes and Runny Nose: As you reach for your allergy medicine, have a thought for the critters that are closer to ground level. Much easier to get a noseful of pollens when you are on level with the plants. If your animal has similar symptoms at the same time each year, ask your veterinarian about starting and antihistamine or other treatment prior to the problem season. Remember, indoors is not necessarily a protection against this problem. We do not live in sealed environments and allergens can get concentrated in our shared habitats. Flush eyes with buffered eye wash after walks and avoid heavy vegetation areas if you have a sensitive pet.



Thoroughbred mare "Partner" is brought into the confines of one of the new stalls to be safely examined by Veterinarian Dr. Elise Reuben.



Arabian mare "Skittles" and colt "Mr. Good" are already at home in their new "digs." Nose-deep in lush alfalfa hay, they are enjoying a life of prosperity thanks to the generous donations of horse lovers everywhere.

term of success that will ensure its "job security" for the rest of its life. Starting with imprinting in the first few hours after birth, then daily handling, the first few months of a foal's life are pivotal. The most valuable horse in any market is the one that has a good and trusting relationship with their human partners. Teaching the youngsters to lead and learn basic skills such as allowing their feet to be picked up and their eyes and mouths to be examined is part of the daily routine for the horse pros at the facility. Already preparing for summer with their pint-sized fly nets these little guys are learning the routine of their bigger counterparts. While some of these lovely horses are already available for adoption, foals will not be available until after weaning. All interested parties will have to go through an approval process to determine their suitability as horse owners. Eventually these foals will venture out into the world leaving the protection of their equine sanctuary behind and it will be their start in life that ensures their future successes.

Mary M. Long
petviews@ojaiandventuraview.com

Another Successful Adoption



Mike Kimmeter, pictured here at the **Ojai Humane Society** chose "Gizzy." To meet and make your perfect pet match visit the **Humane Society** at 402 Bryant St. in Ojai. To make an appointment, phone 646-6505 www.humanesocietyvc.org

4. Snakes, Bees, Gnats, Mosquitoes, Fleas, Ticks: It's their planet too. Put on your flea and tick prevention *BEFORE* you go out and don't wait until your animal is infested to use something. Use a spray for the biting and flying insects (*especially on ears*) if you have a sensitive pet. Attend a snake avoidance clinic and/or use the **Crotalus** (*rattlesnake*) vaccine if you play or live in snake-prone areas. If your animal gets a bite or has a reaction, *DO NOT* wait until it is more convenient to have them treated, it may cost a life.

5. Weekend Warrior Syndrome: the sudden call to trail or beach is hard to ignore, but you may be paying for it a long time afterwards if your pet is not ready. Beach bodies require appropriate coat care, gradually increased

exercise, and weight loss. Joint injuries rise dramatically at this time of the year, so don't assume your pet is training itself during that downtime when you are at work. Joint support products are available in many forms, but they are not guarantees against the forces of gravity and other stresses. So run giddily, roll in the dandelions, pounce on your playmates, and be careful what you put in your mouth, safely. Janet McNeil, D.V.M.

Ojai Humane Society

Rocky is looking for a home!



ROCKY American Bulldog/Boxer mix - Handler volunteer **Joan DeWolf**. Rocky is an obedient, trainable, easy going guy. "We've put a backpack on him, he's been on the treadmill, he's been great about everything," said Joan "Don't be put off by his large size," she said as she bent over to pet him. "he's a love..." His response? A lick in the face!

To meet these and other wonderful animals visit the Humane Society at 402 Bryant St., Ojai info. 646-6505

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Come Back Little Sheba

by Mary M. Long

Sheba the Come-back cat has pushed back from the light once again in a death defying response to therapy. Coming down with an upper-respiratory infection, she spun quickly into a spiral of complications pushing her already marginal kidney function over the edge. On a Friday she visited **Ojai Veterinarian Dr. Matt Bailey**, who generously squeezed her in, between appointments, giving her antibiotics and subcutaneous fluids. Over that weekend she hovered in the **Twilight Zone** looking listless despite my best efforts. On Monday, she made a trip to **Ventura Veterinary Hospital** where **Dr. Janet McNeil** gave her more fluids, **Vitamin B** injections, and pronounced her "not ready to go yet." Needless to say, **Doc Janet** is the **Patron Saint** of antique kitties and sees hope where few others do. Thanks **Janet!**



Photo © 2009, Mary Long



Queen Bathsheba, March 30, 2009

A few days later, I was afraid that **Sheba** was "circling the drain" getting tottery on her feet with her forward progress looking something like "stagger to the right two steps, stagger to the left two steps." Pondering whether it would be kinder to euthanize her than to keep pushing food down her, I put in a call to **Dr. Junia Childs** to ask her opinion. "I'll be right over" said **Junia**, who has been a ranking member of the **Sheba Fan Club** since **Sheba** was the resident cat-mascot at the famous **Bart's book Store** in **Ojai**.

Breezing through the door with her bag full of tricks, **Junia** started **Sheba** on "emergency" acupuncture, followed by more fluids and some really cat-friendly TLC. **Junia** explained to me that western medicine is limited on what treatment is available for failing kidneys, but that with acupuncture and **Chinese** herbal medicine kidney function can be restored. I have to say, I have really been blown away with the results of **Junia's** treatments. Never having witnessed acupuncture before, this experience has made me a believer. Integrating veterinary acupuncture with western medicine has been a real life-saver for **Sheba**. No doubt about it.... animals just don't lie.

Daily fluids, check-ups with **Dr. McNeil** and **Dr. Childs** along with plenty of quality foods and in a few days **Sheba** was looking like the old spark was coming back. I remember **Dr. Liskey** once saying that he'd seen animals be so sick they wished they were dead and then changing their minds when they were feeling better. I guess **Sheba** felt like she had to convince me not to give up and decided to do something really dramatic to tell me that she wasn't ready to "cash in." Heroically she made a leap for the dining table (that got my attention!) only to be intercepted by a quick save, before she did a face plant. **Queen Sheba**, may have used up another of her nine lives, but with her zest for living I wouldn't put it past her to have a few extra lives stashed away.

Of course, **Sheba's** face is her fortune and she has the cutest face that has ever graced the bookmarks at **Bart's Book Store**. Forced into an early retirement from her screen career (that's her on the **Bart's website**) she lost her job because she dished out some swift feline justice to a clumsy shopper who stepped on her as she lay sleeping in the bookstore. Jettisoned from **Bart's**, which feared litigation (oh my, a cat!!!) and left at the **Humane Society**, she was rescued last **May** and sponsored by the **VIEW**. Everyone loves **Sheba**, and after a year on high quality food, (no by products please) obtained at **Watchers, Linda's Claws and Paws**, and **Rainbow Bridge** her coat has shed it's tangles for a soft and luminous fur. She is a shining example of how "senior" "MEOW!"... er...mature... kitties can be kept well and comfortable into advancing age with the right diet and care. Boy, it just doesn't pay to be cheap. A poster child for **Innova, Halo, Merrick, Wysong, Pet Promise and Natural Life** foods, she is looking good and still wowing her fans. According to **Pet Expert Linda Lamon**, of **Linda's Claws and Paws**, in **Ventura**, cats are "true carnivores", and are meant to eat "real" meat! Mouse in a blender anyone?? **Linda's** own cat (acquired from **Greyfoot Rescue**), affectionately known as the "**Siamese From Hell**", keeps his predatory edge by eating a diet of raw foods which **Linda** specializes in. **Linda** says that dry food can not only cause kidney failure but is the leading cause in cats of obesity and dental decay. Keeping these err... "mature" kitties going on all four paws is a challenge and requires, as **Dr. Janet McNeil** says "Constant Vigilance", to quote a **Harry Potter** character.

"Extreme vintage cats have less of a margin for error, says **Janet**, they generally have less body mass and do not digest their food as well since their organs may not be functioning at full capacity anymore. They need to stay hydrated, and cannot eat the junk food they did when they were younger". There are many rewards to caring for the elder-puss, extending the life of your feline friend in their advancing years. Or to be selfish, teaching your children the benefits of optimum care for the aged in hopes that you yourself will not be shuttled off when the day comes that you miss the potty and make a spot on the rug. Pet ownership has many rewards and one of the best is found in the moral lessons that can be taught to children as they are growing up. Loyalty, commitment, responsibility, unconditional love, gentleness and respect, are a few that come to mind.

I was brought up on the **Grimm's Brothers Fairy Tale "The Bremen Town Musicians"**

and have a lot of empathy for animals that are rejected when they are no longer young and fuzzy. Unfortunately, the high price of veterinary care and euthanasia are causing a lot of senior animals to be abandoned at the **Animal Shelter** because their owners simply cannot afford the expense of caring for them. Many rescue organizations have stepped in to try to fill the void, but ultimately it's up to the personal responsibility of individuals to improve animal care in a culture. Those who work in the pet industry often find themselves taking

in "second-hand" animals. Ask **Doc Janet** about this one. I for one, have a good load of inherited sense of responsibility to make me a perfect repository for animals that are rejected by less guilt-driven parties, (somebody help me!). I sometimes think there is a neon sign flashing at my door saying "**Mary's Diner**".

Sheba is getting stronger every day and looks like she will soon be able to resume her duty of office manager specializing in walking over the keyboard as I am typing.... *\$%j*i*e\$* (She's baaak)... Sitting in the early morning sunshine, cleaning herself, she is looking happy to be alive. Making a few concessions to rehabilitation though, she is now using the step-up instead of the direct vertical elevator route to the cat dining table. Of course, not every kitty is lucky enough to have an all-star **Veterinary team** like **Dr. Bailey, Dr. McNeil** and **Dr. Childs** waiting on them but then as **Sheba** says, fluffing her fur, "it does help to be a celebrity!" A special thanks to everyone who has helped with her care.

Go **Sheba** Go...rah...rah...rah!!!

Mary M. Long
petviews@ojaiandventuraview.com

Company Cat of the Month "Phoebe"



Photo © 2009, Stacie Logue

Phoebe is a beautiful Calico Cat who herds all the artists at **Sea Breeze Art Gallery and Studios**. **Phoebe** is the one who catches these artists perpetrating random acts of great love and kindness and turns them in.

This month's **Phoebe Award** goes to **Stacie Logue**.

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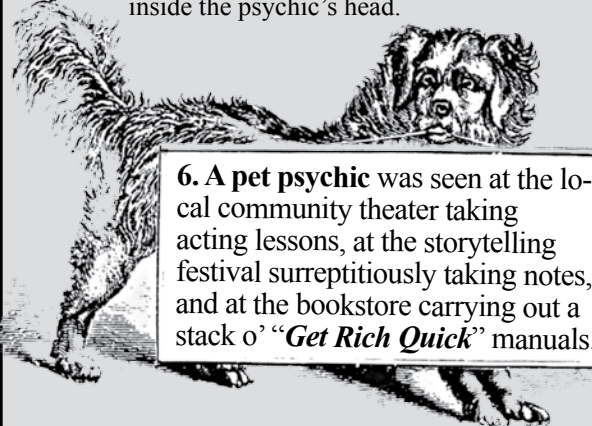
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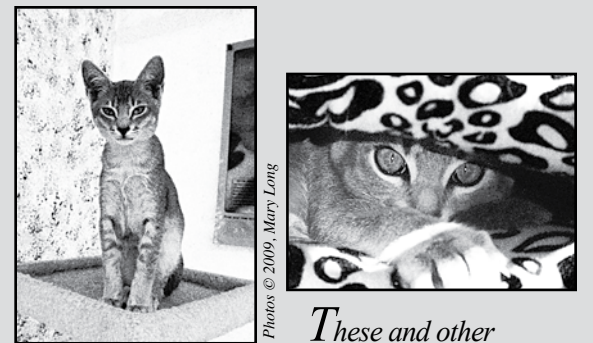
Top Ten Ways to Tell if A Pet Psychic is a Fake

1. A pet psychic tells you your pet doesn't like T.V. *You don't have a T.V.*
2. A pet psychic tells you your pet doesn't like the Hallway Light. *You don't have a hallway.*
3. A pet psychic chirps in your pets ear; your pets head tilts. *You chirp in your pets ear; your pet bites you!*
4. A pet psychic says your cat doesn't appreciate your dogs barking so much. *You don't have any dogs.*
5. A pet psychic says your parrot asked for some of that spicy chicken take-out in your fridge. *You're a vegetarian.*
6. A pet psychic tells you little people communicate what Fido is thinking through voices heard inside the psychic's head.



7. A pet psychic often uses phrases like *it could be, I feel like, sort of, either way, emotionally draining, comforting, it's been difficult, huh, tell me a little bit about Mr. Wabbit and, can I see your wallet...?*
8. A pet psychic initially is prone to vast generalizations, until you divulge a few specific details about Fido (everyone wants to talk about their own pet), then suddenly the pet psychic goes into vast elaborate stories about Fido's view of world politics, and your need to lighten up on financial love offerings for your pet.
9. A pet psychic says he/she has a gift to talk to animals and that Veterinarians (who invest 10 years in solid Vet. studies) just don't understand his/her psychic abilities...
10. A pet psychic tells you the spiritual world is vast and elusive, money is an impermanent nothingness, and that your tawdry pet psychic fee concerns only serve to disrupt the spiritual world and could prevent Tiger from achieving an enlightened transcendental happiness, or kitty nirvana.

Adoptable Pets Ojai Humane Society



These and other adoptable animals can be seen at the Ojai humane society.

Visit the Humane Society
402 Bryant St., Ojai
info. 646-6505

www.humanesocietyvc.org

Adoption Links

www.vcar.us
www.petfinder.com
www.humanesocietyvc.org
www.aussierescuesocal.com

Adopt a Pet: C.A.R.L. Hannah



Hannah, is a 4 month Shepard Mix who is a product of C.A.R.L.S's Project Second Chance. She is well socialized and very loving and would make a great family dog. C.A.R.L. is also looking for volunteer dog walkers. If you have love in your heart and a leash in your hand, consider helping out.

To meet her, contact **Canine Adoption and Rescue League (CARL)**. Visit adoptables Saturdays and Sundays at 3004 Telegraph Rd., Ventura.
www.carlc.org
652-1001

Adoption Links

carlc.org
bunssb.org
www.vcar.us
petfinder.com
aussierescuesocal.com

EVENT CALENDAR

Continued from Page 7...

summers to visit family. These trips to Ireland were a kind of "going home" for Cathie and her family, and afforded her the sharing and cultivation of a rich tradition of storytelling and making music, passed down from the magnificent Celtic legacy of folklore and myth. Matilija Auditorium, 703 El Paseo Rd., Ojai.

Ticks, phone 646-8907, and online at www.ptgo.org

- April 18, 9-2pm, Native Plant and Treasure Sale, Ojai Museum. Spring is the perfect time to plant as the ground is still moist from the winter rains. With another rain deficient winter and talk of water restrictions in the Valley, planting native plants makes sense. Ojai Valley Museum, 130 W. Ojai Avenue.
- info. 640-1390, or ojaimuseum@sbcsglobal.net or www.ojaivalleymuseum.org
- Sat., April 18, 8-1pm, Healthy Kids Day at the Ventura Family YMCA, 18th Annual, An opportunity for kids and families to "Put Play in Their Day." This special event uses free, fun, engaging, and creative activities to encourage children and families to adopt behaviors that support a healthy lifestyle. YMCA Healthy Kids Day is supported by the American Diabetes Association, American Heart Association, American Public Health Association, American Cancer Society, Centers for Disease Control and Prevention, and the National Association of Chronic Disease Directors.
- info. Via. Family YMCA, 642-2131, or www.venturaymca.org
- Sat., April 18, 11am-3pm, "Founding Day" at El Presidio de Santa Barbara State Historic Park, Presidio Comes Alive with Annual Living History Experience, Celebrate Santa Barbara's 227th birthday
- info. 966-1279 or 965-0093, jared@sbhnp.org www.sbhnp.org
- April 19, Corporate Games for Ventura County, Sixx Billiards, event for the corporations and businesses in Ventura County, Team 8 Ball. info. Sixx Billiards, 641-2020
- Apr. 19, Lydia Hiby. Internationally Acclaimed and Renowned Animal Communicator, "The Real Thing" at Linda's Claws & Paws, Ventura, call for a consultation/appointment, pre-paid RSVP Absolutely Required as times are filling very quickly, with attendees coming from all over California. info. call Linda 648-6060
- April 20, Ventura County Philatelic Society, Do you collect Stamps? We meet the 1st and 3rd Monday evenings each month, 7:30-9pm, Church of the Foothills, 6279 Foothill Rd, Ventura. Admission and parking, free, Come for a great evening. We are a fun group. info. vcpsforyou@lycos.com
- Apr. 20, 7pm, Oxnard Heritage Foundation Annual General Meeting & Election, community-supported historic preservation organization. info. www.oxnardheritage.org

Events Continued Page 23...

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TAX CUT OBSESSIONS

PRESS RELEASE - MOVE ON

This is ridiculous. The media has been obsessing about President Obama's plan to roll back the Bush tax cuts for the wealthiest Americans...

But do you know what tax rate the wealthiest Americans paid on the top portion of their earnings at the end of Ronald Reagan's first term? 50 percent. Under Richard Nixon? 70 percent. Under Dwight Eisenhower? 91 percent!

Shocking, right? And for all the whining about rolling back Bush's irresponsible tax cuts, the truth is that Obama's plan cuts taxes for 95 percent of working Americans.

Further, it closes huge tax loopholes for oil companies, hedge funds and corporations that ship jobs overseas so that we can invest in the priorities that will get our economy back on track.

We saw a great chart in The Washington Monthly that shows just how absurd Republican complaints about Obama's budget are. Check it out and pass it on:

Thanks for all you do, Daniel, Eli, Laura, Matt and the rest of the team moveon.org

SOURCES:

- 1. "A socialist? Obama calls back to insist no," The International Herald Tribune, March 8, 2009, www.ihf.com/articles/2009/03/08/americabarack.php
2. "Tax Cuts," The New York Times, February 26, 2009, www.nytimes.com/2009/02/27/washington/27web-tax.html
3. "Soaking the Rich (Redux)," The Washington Monthly, March 8, 2009, www.moveon.org/r?r=51234&id=15734-10036058-d7nrKLx&t=2

Want to support our work? We're entirely funded by our 5 million members - no corporate contributions, no big checks from CEOs. And our tiny staff ensures that small contributions go a long way.

PRESS RELEASE - EDUCATION HOMESTAY

Ventura County - 25 More Beds Needed for Summer Program

EF Educational Homestay Program offers an experience of a lifetime. Volunteer families are asked to host international exchange students, ages 14-17, scheduled to arrive in the U.S. in June for a three week program.

This is a wonderful opportunity for you and your family to learn about other countries and cultures without ever leaving your home. When you volunteer to host an international exchange student, your world comes alive for a young person from another country.

What You Offer: You! Wonder if you have what it takes? All you need to do is be yourself. Time and again, our exchange students tell us that what they remember most are the little things.

To host your own student contact Heather phone, 766-0861 or heather.behrens@yahoo.com

Ode to a Good Ol' Boy

Old Sheriff Bobby Brooks is a "Good Ol' Boy" He runs the department with a personal ploy, He got his job, on a Silver Platter, Now says to all, What the hell is the matter? He was Bradbury's boy, in the good ol' days, He thought for sure he'd get his ways, These days he sighs, When he hears "Hang um High" He knows it's over, makes him want to cry, He wants to pick his successor, we know that's true But the Commission popped his bubble, and now he's Blue.

He says he'll retire, get out of the race, it's only a way to try and save face. He'll ride into the sunset, with his retirement Money, Laughing all the way, knowing it's all so Phoney!

Rellis Smith rellis39@sbcglobal.net www.californiachile.com

JFK - ASSASSINATION OF THE DREAM

Continued From Page 2...

a five year suspended sentence. The bad news is he then becomes a felon and couldn't vote for LBJ; the good news was that he didn't have to go to prison for murder. The man Wallace was convicted of shooting was said to be a golf pro at a pitch n' putt who, LBJ was afraid, knew too much about his illegal schemes.

After JFK's murder a lot of us were in the dark and believed the disinformation. I remember that the reason given for Jack Ruby shooting Oswald was to save Jackie from the stress of the trial. I'll admit that it sounded plausible to me at the time but now that I'm aware of Jack Rubys' mob connections, as well as all the Dallas police he knew, I find it much less credible.

So now LBJ has a public relations problem; over 50 percent of Americans don't believe Oswald acted alone. LBJ came up with a really smart idea. Appoint a Blue Ribbon Panel of a fired CIA Director, a banker, a U.S. Supreme Court Justice, a lawyer and some politicians.

This was called the Warren Commission, although I think it should have been called The Dulles Commission as I believe Commission Member Allen Dulles had much more to do with the findings. At this point we should take note that this was the CIA Director fired by JFK.

Did I mention the suspected involvement by the CIA in the murder? The FBI had already prepared a five-thousand-page report that said Oswald did it. The Warren Commission used evidence that fit the scenario and ignored the evidence that made it look like an involved plot. Then they came up with the idea to seal the evidence from the nosy public for years. There is still a credibility gap and in 1976 we get the House Select Committee on Assassination (HSCA). It is interesting to note the people who died suspiciously before they could testify. The HSCA still believed Oswald was the shooter and fired the fatal shot but now they conclude that a shot was fired from the grassy knoll. Well, I guess you could call this progress, although I'm not sighing with relief. A big failure of the HSCA was preventing the Doctors from Parkland from seeing the autopsy photos, which differed significantly from the wounds they described immediately prior to the assassination.

FYI Operation Zapata, which later became known as The Bay of Pigs, was Nixons' plan when he was V.P. under Eisenhower. The reason I bring this up is I believe two of our future presidents were up to their eyeballs in this scheme. I already mentioned Richard M. Nixon so what if I told you that George H.W. Bush owned Zapata Offshore Oil at the time? This, by itself, would not really be noteworthy in my mind. What if I told you that two U.S. Navy vessels were repainted to disguise the fact our government was involved in the invasion? The names chosen were Barbara and Houston. Did I mention H.W. lived in Houston, at the time. He probably thought Operation Zapata (Bay of Pigs) would be a

huge success and his wife and city of residence would be honored. Boy was he wrong.

As I mentioned, the CIA felt betrayed when JFK refused to provide air support for the invasion they were planning behind his back. When it became a disaster they scapegoated JFK and blamed him for the dead and captured Cubans, but much more importantly the dead and captured CIA advisors.

When George H.W. Bush was sworn in to head the CIA he testified under oath that he had never worked for the CIA before. I'm going to go out on a limb and say that I think he was fibbing. I've seen a photo of what looks like a young H.W. outside of the book depository in Dallas, but I can honestly say that it isn't clear enough for me to say without a doubt that it is him. In a memo by J.E. Hoover, dated six days after the assassination, he says "George Bush of the CIA would be assessing reaction to the assassination by the Cuban-exile community." This document was released under the Freedom of Information Act (FIA). Well Bush, you're safe on the perjury charge, it was more than seven years after your testimony. Oh yeah, did I mention he doesn't remember where he was the day Kennedy was murdered? You know you just can't make this stuff up. If water boarding is legal (as his son claims) I think I have a person who needs interrogated.

There is much more evidence than the tiny amount given to you in this article. If you are interested I'll recommend a couple of books before I move on. Who's Who in the JFK Assassination 40th Anniversary ed., by Michael Benson. JFK And The Unspeakable, by James W. Douglass. Deep Politics and the Death of JFK, by Scott.

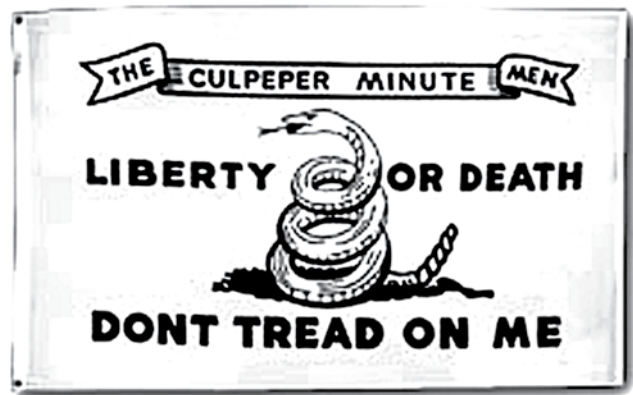
I believe that to deny the cover up is to deny history. I think a lot of people get caught up on wanting to know the name or names of the actual triggermen. This is a major source of curiosity even for myself. I think that by doing this we lose sight of the larger picture. Obviously anyone out there with a rifle in their hand was a pawn even if they were well paid. I'm also pretty certain if they could identify any of the big players, they would have wound up dead if they had any knowledge of higher ups and were not trusted to keep quiet.

Three individuals I know about, who were thought to be shooters all died prematurely. Johnny Roselli found garroted, stabbed and dismembered floating in an oil drum off the Florida coast in July of 1976. This was after he had agreed to talk to the Senate and had spoken with columnist Jack Anderson. Charles Nicoletti, a hired gun for the Chicago Mob, who was scheduled to testify before the HSCA concerning the JFK assassination and the CIA/Mafia plots to kill Castro, received three bullets to the back of his head. Lucien Sarti, a Corsican hit man has long been speculated as the Badge man who was wearing a police uniform and fired the shots from the grassy knoll. He was killed 4/27/72 by police in Mexico.

I won't imply that any of these men would have incriminated themselves as hit men, as they tend to be pretty tight lipped about who they've shot and who paid them. I'm sure most people realize a blabbermouth hit man probably would be unemployable. Lee Bowers Jr., a rail yard switchman who told police about the cars he had seen drive in the area behind the grassy knoll, and two men who were his superiors died in a one car accident 8/9/66 when he apparently drove into a freeway concrete abutment. No autopsy was performed and he was cremated. Did I mention he had received death threats after the assassination? Is it possible that he was shot in the head before his car crashed. No autopsy and an incinerated corpse will prevent us from ever knowing.

Need to know. All this means is that in any military or intelligence operation the information is always compartmentalized. In other words, would we tell the USMC Lance Corporal guarding a U2 spyplane all of its capabilities such as speed, altitude, operating parameters and radar evading capabilities? No, this would be foolish, as his only responsibility is to guard the plane. On the other hand, the pilot may need this info to dodge anti aircraft or outrun other jets.

JFK Dream, Continued Next Page...



What I'm getting at is, in the assassination plot, few if any of the players had all the info. Would LBJ, Carlos Marcello or any other men at the top need to know the shooters, where the rifles were purchased or what kind of ammo was used? I think not. This is what has made this case so hard to crack. Oh yeah, and the U.S. governments inability or unwillingness to get to the bottom of this. I do know every year that passes more witnesses die of old age or get Alzheimer's, as the assassination is now 45 and a half years old.

Now, as promised in issue 12, I will name those I think had direct or indirect knowledge of some phases of the plot. When I say indirect it means I find it very hard to believe they knew nothing more than a five year old kid listening to a main stream media broadcast in Long Beach, California, in 1963. I'll let you infer and guess who knew what, based on your own research.

Texas Oilmen: H.L. Hunt, Clint Murchison, Howard Hughes, J. Paul Getty, George S. DeMohrenschildt, George H.W. Bush.

The Mafia: Carlos Marcello, Sam Giancana, Santos Trafficante, Meyer Lansky, Johnny Roselli, Charles Nicoletti, Lucien Sarti, Jack Ruby, Frank Ragano.

The CIA: Allen Dulles, Charles P. Cabell, David Atlee Phillips, George H.W. (Poppy) Bush, E. Howard Hunt, Frank Sturgis, David Ferrie, Berriman Adler Seal (Bary Seal).

The Cubans: Carlos Prio Socarras, Orlando Bosch, Pedro Diaz Lanz, Gilberto Lopez, Marita Lorenz, David Morales.

Politicians, Civil Servants and Cronies: LBJ, Edward Clark, J.E. Hoover, Nixon, Earle Cabell, Gerald A. Behn, Emory Roberts, Bill Greer, Floyd Boring, Malcolm Wallace, William (Guy) Bannister, Judyth Vary Baker.

If you are curious about any of the names and their alleged knowledge of the plot just google their name and JFK Assassination and I'm sure you'll get more info than you ever wanted to know about this Assassination and the bizarre plot to keep us Americans in the dark. If you believe, as I do, maybe you could email your Senators and Obama and ask for a real investigation. Yes, I know President Obama has a lot on his plate right now.

- Larry Naron

Stiix Billiards - Tournament of Champions 9-Ball

Closer View: Brendan Crockett

by Joel Anderson

The Tournament of Champions at Stiix Billiards is more than a competition, it's a meeting place for the new, the old and otherwise aficionados of the sport of Billiards.

With a barbecue and a whole lot of Fun Stiix Billiards in Ventura, hosts a Tournament about twice a year, the purpose of which is to promote and honor billiard players and Stiix customers. At this year's Sunday, March 15 event, the spotlight was on Brendan Crockett from Moorpark who, at 14, is already playing in National tournaments.

Starting on a toy pool table at home which his mom gave him as a Christmas gift in 2007, Brendan quickly found his calling and, fortunately through the support of his parents followed it.

According to veteran Billiards semi-pro and owner of Stiix Billiards, Jerry Matchin aka 'Baby Huey,' 'Brendan is probably going to be the best player out of Ventura County. I would imagine, in a couple years, if not sooner.' Brendan has gone from being a novice Billiards player to competing at an extraordinarily high level in National tournaments in only a year and a half.

'I've found a talent that I have and I try to make it the best that I can be. I'm going to Pennsylvania to play at the Super Billiards Expo, they have a junior tournament and a couple other ones, so I'm excited about that, and I

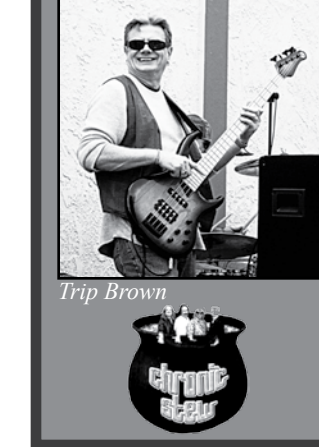


Peggy and Jerry Matchin, Stiix Owners

Chronic Stew Benefit at Sarzotti



Richard Metcalfe, Chronic Stew, with Rick Zavaldi (center), Rockin' Patrick Duffy



Trip Brown

Chronic Stew at the March 15 fundraiser at Ojai's Sarzotti Park for the family of basketball Coach Jim Davis. Cooking up some classic Rock n' Roll, they entertained the crowd while well-wishers played baseball and waited for a rib-stickin' barbecue meal. With veteran rockers like Trip Brown, bass guitar, Richard Metcalfe, guitar and vocals, Rick Zavaldi, vocals, and Patrick Duffy on drums, Chronic Stew musicality is "Rock" solid. With Richard doing a few of the lead vocals

info and performance dates, www.myspace.com/chronicstew

Lee Fitzgerald Show Tuesdays Ch. 10 8:00 pm Wednesdays Ch. 25 8:00 pm Announce your event, or become a sponsor of this popular program airing county wide in 10 cities, reaching over 1 million homes. Inquire with "Dr. Lee" 805-701-1489 info@valleyvideofoundation.org

PRESS RELEASE - APRIL 8

Ojai Skate Park Update

Greeting to everyone! Just to give you the latest update on the Ojai Skate Park Project.

There have been a number of meetings with the design team (City staff, Site Design Group and Community Works Design Group) and we hope to have a final conceptual design within the next few weeks, as well as a revised project timeline highlighting major project milestones.

- The Parks & Recreation Commission approved the conceptual design at their April meeting
Staff and the design team is preparing to make a presentation to the OUSD School Board at their April 14 meeting - the meeting will be held at 414 E. Ojai Ave. in Board Room #1 at 7pm.
Staff is anticipating to take the final design to the Planning Commission for the Design Review Permit in May.
Staff is anticipating at this time that groundbreaking will be this summer and the park will be open before Winter recess.
City Staff, Skate Ojai, Ojai Police Dept., Ventura County Fire Dept., OUSD have been meeting to review the design, discuss safety, rules of operation and the bad behavior at the park. The group will meet again later this month to review and make final recommendations for rules and day to day operation issues.
Staff, Skate Ojai and other committee members will review the recommended rules, staff will then prepare the final skate park ordinances and municipal codes and then send them to the Parks & Recreation Commission to approve. City Council will then review and adopt the rules, ordinances and municipal codes later this year.

Staff, the design team and Skate Ojai have been very busy the last few months working behind the scenes to get things done in order for the final design to be produced (i.e. soil survey, topographic and site surveys, drainage engineering, etc.). I thank you all for your patience and think that you will be pleased with the new park design. Feel free to email or call me if you have any questions.

Dale Sumersille Director of Recreation sumersille@ci.ojai.ca.us Additional info. www.skateojai.org

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BLUE RIBBON Bureaucracy

Continued From Page 3...
out in an outlined box on their first agenda package. Within this box it states: "Citizen Blue Ribbon Budget Committee" Hold at least 4 community meetings for the purpose of taking public testimony and making a recommendation on whether a sales tax measure should be placed on the ballot, when the measure should be placed on the ballot, how the revenue generated by the measure should be spent, and to present a report to the City Council no later than April 2009.

You will notice it specifies "taking public testimony". When the meeting first begins anybody wanting to speak before the committee is required to fill out a speaker card and is then called upon to speak their piece. I have no qualms about this requirement, however once the meeting gets under way and the city staff members that have been invited to speak do so and ask for questions, only the committee members are allowed to ask questions of the speaker. If a member of the public wants to simply ask a question they are required, according to the chairperson, to fill out a speaker card, turn it in and they will then be called upon to ask their question. Of course by the time the card is filled out, turned in, and they are called upon another speaker has begun to speak and the question is now practically invalid.

SORRY FOLKS... NO TIME FOR 'PUBLIC' INPUT...

Both of the first meetings were entirely taken up by the staff of the Ivory Tower trying to explain to a group of 15 non-financial people exactly how the city budget works. It's something like Bill Gates giving you a 15 minute lesson on the workings of Microsoft, you leave asking yourself, what the hell did they just say?

The point of the entire committee and their 4 meetings is to decide if the Gang in the Ivory Tower should place a ballot before the lowly tax payers to ask for an increase of 1/2 cent in the already blown up sales tax. The State of California has already added a 1 cent increase that will take effect in April 2009 which raises the sales tax in Ventura to 8.25 percent.

It's obvious that this committee which was gathered together by the Gang in the Ivory Tower is simply a "Rubber Stamp" committee that was put together to bring the Gang the answer they want.

Rellis Smith
rellis39@sbcglobal.net
www.californiachile.com

RED FLEX MONEY PIT

Continued From Page 4...
intersections.

After a bunch of amendments to the contract, at this time the city is required to pay Redflex a Tier 1, fixed fee of \$1800.00 per month, per intersection for the 18 intersections with installed cameras. So that means the city owes Redflex \$32,400 per month or \$388,800 per year, no matter how many tickets are given. Then at the expiration of the "Warning Period" for each Designated Intersection Approach, the City will be obligated to pay Redflex a fixed fee of \$6,500.00 per month for each intersection. So it seems after the "Warning Period" (what ever the hell that is), the city will be paying Redflex \$117,000 per month or \$1,404,000 per year.

Now it would appear to us "uninformed" citizens that if the Gang in the Ivory Tower were to admit they had made a real dumb blunder in signing this contract and advise their city attorney to somehow get them out of it, and they were to go back to having their own police write the red light running tickets and only realize 25 percent of what they are paying Redflex, not only would we be saving \$1,404,000 per year but we would be increasing our income by about \$300,000 per year, or a net gain of \$1,704,000 per year. Of course the hard part of this entire plan would be to get the Gang in the Ivory Tower to admit they had made a big ol' BooBoo and they are sorry as hell, and they promise to never do so again.

Rellis Smith
rellis39@sbcglobal.net
www.californiachile.com

Photoradarscam.com

Ventura's Wealth Flows Steadily Out to the Sea



CITY HALL FENG SHUI PROSPERITY

Continued From Page 4...

Finally, the lobby's successive chandeliers, hearty front doors, Father Junipero Serra statue and garden out front create a strong "plateau" to correct the "falling" feeling of Qi rushing off the mountain behind City Hall. There is a very strong "pull" for City Hall Qi to "fall down" California Street. This could result in a "running away" of finances. In general, buildings that have this kind of "run away - falling energy" street situation may experience a lot of different tenants/owners or occupants that disperse, do not stay home a lot.

Best money making opportunity area is the Future Projects office. If properly stimulated, this is where the "money star" lives in the Northwest of the building - money for the dominant male in charge, or could be Ventura itself, though for some reason I have always thought of Ventura as a female city...?

If you would like to experience a building of Power and Authority with a super cool spooky feel to it, Ventura's City Hall is not to be missed!

"We shape our buildings, thereafter they shape us"
- Winston Churchill
Peace and In Light
The Feng Shui Lady, Lee Ann, Ventura
creatingplanet@yahoo.com

Why Feng Shui ?

- by Lee Ann

If you are a skeptic, I applaud you. You had better be skeptical as the majority of Feng Shui information available is bull!%#! You can read 5 different books and get 5 different suggestions for the same problem. Some suggestions are way out there! I've heard of a practitioner who warned a third trimester first time mommy that, unless she placed sealed jars of salt water in her closet, her baby would be born without a rear end. Yikes!

Most over-the-counter Feng Shui info has been diluted, not based on the actual energetic needs of the building, land or the highly individualized desires of the occupant. Instead this "McFeng" Shui has focused on myth, superstition and information taken out of context, a majority of results turn out to be lackluster or actually harmful.

What does a Feng Shui Master look like? Not many left in the world anymore. For 3 years I had been practicing what I call **McFeng Shui** (one size fits all) when I met Master and Doctor Sang. I had no idea how fortunate I was to find him, especially during a time when



he was in the U.S. so often. He sports a precariously balanced bow tie that takes on a life of its own when he's passionately working. And passionate he is as his compass may reveal that your potential office space will yield great money opportunities in 2009, or a "Money Locked Cycle" until 2024 - better pass on that office space and go with a good one.

I left my **McFeng Shui** practice behind and set myself to learn the basics of **Xuan Kong**, also known as **Time/Space Feng Shui**. I then went back over my entire client list and created new remedy plans for each, free of charge, because fees previously paid to me were not for the true **Science of Feng Shui**.

A Science? Whaaa...? The definition of **Science** (Wikipedia): "Using controlled methods, scientists collect data in the form of observations, records of observable physical evidence of natural phenomena, and analyze this information to construct theoretical explanations of how things work." True **Feng Shui** has been using this exact template for over 5,000 years. The science emerged from the **I CHING**, the source of our modern day binary code (math and computer technology) and the sister school to true **Feng Shui**, **Acupuncture**! That is what **Feng Shui** actually is - **Acupuncture** for the building and land - releasing toxins and supporting vibrant growth.

What should one look for in a good **Feng Shui** practitioner? Sane prices, and a great track record. Someone who looks you straight in the eye and can offer solid **unrehearsed** client testimonials and references. Nothing vague or "spooky" unless it is a haunting of which the client is seeking to be free. Ask about their education and experience. If they try to sell a

Feng Shui Continued Next Page...

"All the animals come out.... Someday a real rain will come and wash all this scum off the streets."
- from the film, Taxi Driver, 1976

STIIX BILLIARDS

Continued From Page 21

and do whatever they're good at. And as long as I can help them make that happen, I'm going to do it. I don't know about being a cool dad, but he's really a cool kid. I gotta tell you, he's a great kid, really enjoys himself and you know he makes a lot of friends, and wherever he goes, people know him....and the hardest thing he has to deal with is going into a place like this, where he hasn't played before. And people see a 14-year-old... and they don't know whether it's worse to beat a 14-year-old, or get beaten by a 14 year old."

Peggy Matchin, Stiiix owner, understands the passion for the "click of the Billiards," being married to semi-pro player/husband Jerry, "this is definitely a **Labor of Love**, my husband loves it, he could play it all day, and all night, this is his thing, this is his baby."

Jerry explains that the **Tournament** is "our appreciation to the community for those folks that support our business. We add some money to the pot so the winner of the **Tournament** will win a few hundred dollars, and we just want everyone to enjoy the game. We're big proponents of the game, and the profes-

sionalism that we think pool players and billiard players should have."

The Next Stiiix Event, April 19, sponsored by Stiiix is the **Corporate Games for Ventura County** event for the corporations and businesses in Ventura County, **Team 8 Ball**, info, Stiiix Billiards, 641-2020. Also May 3rd will be an **Open Nine Ball Event** for all of Ventura County.
- Joel Anderson



Brendan Crockett (right) & Don Andre at the Mar. 15 Stiiix Tournament.

WHY FENG SHUI ?

Continued From Previous Page

product or scare you into treatment, walk away. Truth be told, most practitioners don't last a year, as learning this science takes years, many years.

Happily a licensing program is being formed with the Chinese government and the U.S.

If all goes well, within the next 5 years, a practitioner of **Environmental and Architectural Design** will require a minimum of 8 years close study with a master, as well as repeated and rigorous testing. Requiring licensing will assure the public that the practitioner will serve their community with integrity, honesty and an eye to the best for the person for which they are creating the **Feng Shui**.

When used properly, **Feng Shui** can turn a bad situation into a better one. The proof is in the results as well as your efforts to achieve those results.

With over 100 schools of **Feng Shui** presently being practiced worldwide, I personally love to answer and welcome questions!

"We shape our buildings, thereafter they shape us"

- Winston Churchill
Peace and In Light
The Feng Shui Lady
Lee Ann, Ventura
creatingplanet@yahoo.com

Semi Mod

Sometimes passion transcends "reason." For Troy Martin, the reasonable thing to do was take a **1953 Ford Ranch Wagon**, lengthen it to 11', widen it by 4", "pancake" the roof 3", and tuck a **21st century 2002 ZL6 Corvette Chassis**, with the "original" 6 speed double overdrive Corvette trans underneath. And passion? "Now you see, I would have loved to do this to a Chevy. It would have been easier because the (Chevy) Nomad is already wide enough - 55s, 6s, 7s... they're out there. These early Fords are very narrow, they're very narrow and very tall. I did just the opposite; I went this way (fabrication mods) and that way with it," said Troy.

Troy's business "Calling Card, as he likes to call it, sports a howling **600 hp Chevy Z06 motor**, personally tuned by **Jerry Magnuson** who has 30 years of supercharger tuning experience, running his business, **Magna Charger**, Ventura. Troy's **Ford/Chevy 'hybrid'** is a work-in-progress, which Troy proudly trailers to car shows in its unfinished form. His own custom shop specializes in builds for rodders beyond their wildest automotive imaginations.



Troy's sleeper sports a 2002 ZL6 Corvette Chassis complete with hi-perf. Z06 motor.

1953 Ford Ranch



Howler - Troy Martin, Full Scale Hot Rods and his 'Calling Card' '53 Ford, modified.

"I don't build just one kind of car. I build cars for the people, not for me. So I do a lot of different stuff. Yeah, it's fun. My customers love it; they bring their cars out, and you know we have a whole variety from... you name it...the '49' Mere I chopped, to the **40 Ford** pick-up I cut for a guy in Santa Barbara, to my daughters restored **Mustang** to my buddy's **Falcon Wagon**, with a blown small block in the front we did for him.

We also do traditional hot rods... Right now we're doing a **30 Ford** in my shop, with a **flathead Merc**; we're doin' old school. In fact, I'm makin' it look like it came out of a barn. I'm makin' it look old. I'm not fakin' it, I'm just buildin' it. This looks like it came out of a barn and he wants that **old 50s, early 60s look**, so I'm intentionally making it look old school, using the brass fittings and the old school pieces and the **Fenton Heads**... doing all that stuff... and the old steel wheels."

For more info, Contact
Full Scale Hot Rods & Customs
in Ventura, Shop Number: 658-7666
- Joel Anderson

SPECIAL EVENT - OJAI'S NORDHOFF HIGH CENTENNIAL COMMITTEE SEEKS VOLUNTEERS

Nordhoff School District started in 1909. The Ojai Museum will be installing a Nordhoff High School exhibit this spring as part of the Centennial Celebration. The group is welcoming enthusiastic community involvement in the project and also to serve on the committee.
Contact Richard at the Ojai Valley Museum, 640-1390

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EVENT CALENDAR

Continued from Page 19...

- Heather Behrens at 981-1060 to reserve a seat.
www.oxnardheritage.org
- April 23 thru May 7, The Year of Living Creatively at Besant Hill (Happy Valley School), Ojai, Guest Artists Series, Spring Production of Chantecler.
Reserv. info, visit www.besanthill.org or call 805-646-4343
 - Sat. Apr. 25, 10-3pm, Vintage Travel Trailer Rendezvous, 2nd Annual, Lake Casitas (near Ojai), You are invited to a Party from the Past! See and View over 70 Vintage Travel Trailers. This event is FREE to the public if you park outside the entry gates and walk in. You may also pay a Day Use Fee to the Lake and drive your vehicle in. Vintage Car and Motorcycle clubs are highly encouraged to attend. We will be camping in the Bass (B) Campground, just inside the entry gates to the left. There are no sites available in Bass but there are hundreds of other sites available in different camp areas around the lake.
Directions/camping info, www.lakecasitas.info Hope to see you there.
General Event info, write to ojaivraig@sbcglobal.net or call Lake Casitas, directly, 649-2233 or 407-2538
 - Sun. April 26, 3-5pm, The Ventura County Storytelling Guild Meeting
info, Elaine Muray at elaine@embodiedvoicestoryarts.com or 407-2538
 - April 26, 2-5pm, 16th Annual Garden Party, hosted by the Boys & Girls Club of Ventura at the Pierpont Inn
info, or to order tickets call Amanda Martinez 641-5585.
- Events Continued Page 27...

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THE DATING CONFESSIONS

Cougars & Bobcats Are Not Desperate

By Ali K. My close girlfriend who is in her 40s is an urban "Cougar," (an older woman who dates younger men) but blushes when I call her that.



"I don't like that term," she said. But I chimed back, "It's a woman who is confident, financially independent and sexually adventurous." "I am okay with that," she said. My friend loves younger men and enjoys that young men find her attractive. The cougar animal (often called "puma," "panther," and "mountain screamer") is a powerful ambush predator who pursues a variety of prey. The Cougar is a solitary animal and meets with other adults only to mate - and female cougars are very exotic and fiercely protective with primal instincts and an aggressive nature. This is how older women got the nickname "cougar." I have been deemed a "cougar" myself. I have had a habit of dating younger men and I prefer to for a multitude of reasons: 1. "Young bucks" have minimal drama and they're easy, simple and fun to be with. 2. They have little to no baggage. 3. "Chew-toys" as I call them, they are eager to learn about sexual things. 4. Most are forgiving with a less than super svelte body. 5. Lastly, young guys are very grateful in the sack.

Cougar women have been labeled with a reputation as being "slutty" or "desperate," but those are really not fair testaments. 1. A cougar is: a woman in her sexual prime who

prefers to hunt rather than be hunted. 2. Their lovers are usually under 25 - as cougars prefer to mate with youthful men, who haven't started to noticeably age. 3. Cougars enjoy role reversal. 4. They are self-sufficient, financially independent, confident and sexual aficionados. 5. She is most often a middle-aged woman who is not afraid to take risks - and also isn't afraid to walk away from what is no longer working. A woman in her 30s who likes younger men in their 20s is often called a "puma," but that is essentially the same as a cougar. I think a more appropriate term would be a "Bobcat." Bobcats are territorial and largely solitary, and their prey depends on location and habitat, season, and abundance, which is no different than a woman and her moods.

If you are a "cougar-seeker" or "cougar-lover" and are young, healthy and in prime shape to be hunted, there are a few rules you should know about approaching cougar woman. Some of these are the opposite of what you would do with a primal cat, but this is about cougar women:

If you are interested: 1. Do not run from her. Running will only provoke an instinctive response, which could lead to aggressive behavior on her part. 2. Let the Cougar woman pursue you - let her hunt you and make you her prey - not the other way around. 3. Don't act intimidated. Make eye contact with the cougar and be friendly, approachable and confident. 4. Have a little bit of attitude, but don't be dominating or controlling. You can play hard-to-get, but make it known that you want her. 5. Do not speak loud, firm or demanding to the cougar - this will upset her and make her feel you are being controlling.

Remember to let her be in control and that you are the submissive prey. Being involved with a cougar woman doesn't mean you are a spineless wonder - it simply means you are allowing yourself to surrender to an older woman with more experience. You must respect her and treat her with dignity. Honor her - she will give you great pleasure - this

is of course... if you play by her rules. You will have to rearrange your schedule for her; be available when she needs you, answer your phone to the best of your ability, don't play games and be a giving, sensitive and exciting lover. You should also be available when she needs you sexually.

In today's society, it's becoming more socially acceptable for older women to date younger men. Older men have been dat-

ing younger women for years; they are often deemed "sugar daddies" or "benefactors," to doting young gals. For me personally, I discovered that dating young guys can give me that "youthful glow," making me feel years younger. Dating younger men is like drinking from the fountain of youth.

- Ali K. spiralgr@yahoo.com



Steve Priest, founding member of The Sweet

The Sweet Line-up 2009



Stewart Smith, lead guitar & vocals



Richie Onori, drums



Richie Onori and family



Stevie Stewart, keyboards & vocals



Fans at The Canyon Club - The Sweet signed autographs for fans after playing for an enthusiastic packed house



Helen and Dirty Robb loved the show

KOHLI'S MUSIC PIT

Disfunction Rattles & Dazzles The Hut in Ojai

by Michael Kohli. Reetings once again fellow music freaks! Now that we are a few months into the new year - I hope the Spring of 2009 treats you all well. There have been quite a few events in our scene recently. Two of them I was able to attend. One - I was certainly there by heart and spirit! We need more of these events that bring us all together.



Noteworthy: Disfunction at The Hut, March 6. First show that I feel noteworthy to mention was the return of Disfunction. Led by Rusty Villas (who is a veteran of our music scene here.) He moved to Texas a couple years ago and out of the blue, invited me to their Ojai show, March 6. It was my first time at The Hut. We even had dinner at the nearby spot, Q's Sports Bar. Good BBQ food! Then we walked over to The Hut to catch up with Rusty, take a photo of the band and enjoy the live show! It had been at least 2 or 3 years since I had seen Disfunction perform. The Hut was packed with hardcore metal fans. Once the band started - people started moshing in the small intimate room. Rusty and the whole band delivered a flawless performance. Full of screams, laughter, and hardcore metal.

Just a week before The Hut/Disfunction show - I was so happy to see Army Of Freshmen/Le Meu Le Purrr/8Stops7 perform together again at Rock City Studios in Camarillo. I missed the opening act, End Transmission, but got to see them on stage with all the other bands together performing an encore together after AOF's set. It was Army of Freshmen's cd release party for their new fourth full length album, "Above The Atmosphere," (their follow up to, "Under The Radar.") AOF performed lots of favorites and new tunes. There

was a tad bit of technical trouble - but, these guys are pros and seem to know how to handle any stage type of difficulties. They've been touring/traveling/recording now for over 10 years. Could you believe it? Over 10 years it's been since the Teltron Internet Cafe days.

Speaking of Le Meu Le Purrr - the band has announced on their Myspace page that they are gearing up to release a two album set in this month. Both their previous albums are highly cherished in my musical book. The guys in Le Meu Le Purrr - when you hear them on any recorded song or see them on any stage - they show that they are meant to do what they are here to do. Meant to be stage performers and recording artists. They once even sparked the interest of TVT Records - but, many think it's better that they do this project on their own terms.

The one big event I did miss earlier this month was the one and only performance from Psycho Cafe. One of the bands that started up our current vibrant scene. "Earth Riot" is by far one of my favorite all time songs. I wish that since members of Psycho Cafe moved on to Le Meu Le Purrr - maybe they'll still adopt that song into their live show! Who knows?

One final note: I recently created a new site spot for the music scene. Hope to soon make it the one spot online for bands to post shows, fans/bands to leave notes for each other, fans to hear music, and people to talk about the scene. Check it out: www.venturalivefire.ning.com. There is also a work-in-progress site related to the Ning.com page: Venturalivefire.net. I have big plans for this... so, stay tuned. Get involved, get informed and get wired!!! Thank you for reading!

- Michael Kohli Kohli Rocks Entertainment www.kohlismusicpit.com Myspace.com/djkohli

Kohli's Music Pit advertisement for Kohli Rocks Night and Nicholby's Nightclub.



THE SWEET AT THE CANYON CLUB - It was a great show March 13 at The Canyon Club in Thousand Oaks, where the kick ass band glam rock band, The Sweet (Ballroom Blitz, Love is Like Oxygen, Hellraiser) played to a packed house. Powerhouse Vocalist Joe Retta, was recently nabbed up by The Sweet. And has been on a whirlwind tour (Canada, etc.) - I'd call it the Hellraiser Tour. Retta is one of the most charismatic, high energy rockers (Led Zepplia, Queen Nation, Joe Momma Band, etc.) belting out the most demanding vocals that few other front men have the "chords" to try. Adding The Sweet to his already impressive play list, Retta Rocks.

Bombay Bar & Grill advertisement featuring photos of The Sweet band and Joe Retta.

Suicide Is Painless? by Larry Naron

Any of you old MASH fans will no doubt recognize the title of the theme song. I really like the song with its catchy tune.

The question in these "hard times" is somewhat germane. With the economy in the crapper and so much suffering heard on the TV News about the millions of families turned out of their homes, it begs the question.

I would argue that suicide is anything but painless. Sure there are sleeping medications available that make the act relatively pain free. The pain of the suicide is a burden for the living family and friends of the person who makes this choice. Almost all of us have heard of

or known someone who took this alternative. I knew two young men just out of my high school who chose this option because they thought their hearts were irreparably broken by young women.

I'm sure their grief was a terrible thing for them to bare at the time. I'm just as sure, with the proper support and some mental health guidance, these terrible choices could have been avoided. This would have saved the family, friends and not to mention the young ladies involved from the guilt and heart ache associated with losing their loved ones. Steely Dan said it best in the song Any Major Dude. The message of this song is that, although you may be feeling pretty low, if you just chill and ride it out your outlook will most certainly improve.

I have personally found exercise to be

the best medicine when I'm flying low. A lot of people turn to alcohol during tough times but being as alcohol is a depressant I imagine it's use would have the exact opposite effect. Personally I feel like a fatty of good green will definitely put a positive spin on almost any situation but I know smoking is no friend of the lungs. I know several people who have a prescription for the use of medicinal marijuana and I can't help thinking of the long term health effects of such a choice. So if you know yourself to be an addictive personality the green cure-all may be worse than the disease you are treating.

The side effects of prescription drugs makes them the worst possible choice, with a list of side effects that all look life threatening.

So we've come full circle, illegal drugs

and their health consequences, prescription drugs and their health consequences or taking a long walk and pondering what is really bothering you. Seems like a pretty easy choice but the longest journey starts with a single step. Get that bike outta the garage and replace those old tubes. Ride till your lungs burn and your leg muscles say no mas!! When you're done you will probably feel an inner peace that has evaded you as of late. Personally I just weeded my raised beds and planted 12 tomato plants and 30 gladiolus bulbs. Wow, I'm feeling better already. This Rx is not for people wasting due to AIDS or cancer, you just may need that fatty of green to get your appetite working. Good luck with your journey.

Larry Naron

EVENT CALENDAR

Continued from Page 23...

- April 27 to May 1, Plein Air Painting Workshop in Ojai with California Impressionist Jennifer McChristian...
May 3, Open Nine Ball Event for all of Ventura County, Stixx Billiards, Team 9 Ball...
May 1 thru May 28, The Inkspots of San Buenaventura, Fine Art Printmaking Show...

PRESS RELEASE - REP. GALLEGLY

From U.S. Rep. Elton Gallegly (R-Ventura & Santa Barbara Counties)

Cartels Murder Thousands in 'Victimless' Drug Crimes

In 2007, Mexico, other Latin American countries and the United States signed the Merida Initiative in an effort to crack down on drug, human and weapons trafficking. With that document, we joined Mexican President Felipe Calderon in his courageous war against the drug cartels.

But we are losing the war. While the high-profile bust of more than 50 Sinaloa cartel employees in the U.S. last month was meant to show our commitment to the drug war, we have not been effective in slowing the flow of guns and money from the U.S. to the Mexican cartels. Nor have we even begun to eliminate the reason the cartels kill to keep the drugs flowing: drug use in the United States.

The stakes are high. While there are some details I cannot discuss as a senior member of the House Permanent Select Committee on Intelligence, I can tell you this: If we lose this war, Mexico will fall. If Mexico falls, the flood of refugees into the U.S. will make the flow of illegal immigrants look like a trickle - clearly, a liability that our economy could not sustain.

Our success depends on Calderon's success. The U.S. has always had a liberal policy toward refugees, and rightfully so. But unlike other refugee situations, if we are forced to take in tens of millions of Mexican refugees, we can only blame ourselves.

So far, Mexico has taken the brunt of our failure. Battles for control of the drug flow killed more than 6,200 Mexicans last year and more than 1,000 in the first two months of this year. Guns from the U.S. killed most of them. Of the 20,000 weapons seized from the cartels last year, 90 percent were bought in the United States.

"He who is the author of a war lets loose the whole contagion of hell and opens a vein that bleeds a nation to death." - Thomas Paine

PRESS RELEASE - "Poems from Guantanamo"

Veterans for Peace (VFP), together with A Place of Peace will present "Poems from Guantanamo."

The poems will be a part of "Poetry Month," and will be performed by The Peace Poets Ensemble. The event will also include guest Speaker, Vincent Warren from New York's Center for Constitutional Rights (CCR). The program is scheduled for Monday, April 13, 7pm at A Place of Peace, 896 East Main St., Ventura.

Warren is a pro bono attorney working with detainees at the Guantanamo Bay facility. He will discuss media myths about detainees, with updates on due

process and detainee abuses. Following Warren's presentation, will be the performance of the recently declassified book, "Poems from Guantanamo." The poems, written by detainees, express feelings of isolation, loneliness, their long-term incarceration, humiliation, and torture, as well as their faith, and redemption. By bringing these voices out of the wilderness of detention, Veterans for Peace wants to make the public aware of continued policies of torture. Through the efforts of CCR, the poems were recently released by the Pentagon.

info. A Place of Peace, 794-9878, or VFP, Grant Marcus, 648-2455

When the U.S. signed the Merida Initiative, we promised to crack down on the flow of guns to Mexico. Obviously, we have yet to be effective.

In a recent appearance before Congress, Homeland Security Secretary Janet Napolitano promised to work with the Justice Department, state and local police to crack down on gun and cash smuggling into Mexico. I suggest one way of doing that is to train Mexican border guards and give them the technology to give Americans and U.S. cargo crossing south of the border the same scrutiny the U.S. gives Mexicans coming north.

But left out of Napolitano's promise, and what has been missing since the Merida Initiative was signed, is cracking down on drug users in the U.S. While their crime is often portrayed as victimless, Americans who consume billions of dollars of illegal drugs every year are contributing to a grave national security threat on both sides of the border. If we don't stop the demand for drugs on our end, the cartels' deadly demand for guns and money

will continue and the number of victims of America's "victimless" crime will continue to grow, perhaps exponentially.

We need to beef up our drug laws and intensify our prosecutions of "recreational" drug users, increase our prevention efforts among teens and at-risk groups, and strengthen our treatment and rehabilitation programs. If there is no demand for illegal drugs, the cartels will go out of business. Analysts from diverse organizations have concluded that the drug war cannot be won if demand is not severely curtailed, if not eliminated.

As a senior member of both the House Foreign Affairs and Judiciary Committees, I am pushing my colleagues to intensify our efforts toward cracking down on the consumers of illegal drugs and on gun and money smuggling. Mexico and the United States are at war with a common enemy. A fully implemented strategy will bring victory. A fragmented strategy will bring defeat.

Rep. Elton Gallegly, (R-CA) 24th District of California

Psychiatry's early 'cures' caused great suffering & anguish. Some things never change.

The true extent of the failure of psychiatry has come to light by way of a newly released study showing psychiatry's treatment success rate to be less than 1%—while its treatment per patient costs three times as much as conventional medicine. But there is another important factor to

know about psychiatric treatment—it is not just a failure, it is routinely destructive to the individual and his mental health. If you or someone you know has been abused by psychiatry, contact the Citizens Commission on Human Rights. We will take action.

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Insense & Peppermints - Brian Faith Band Update



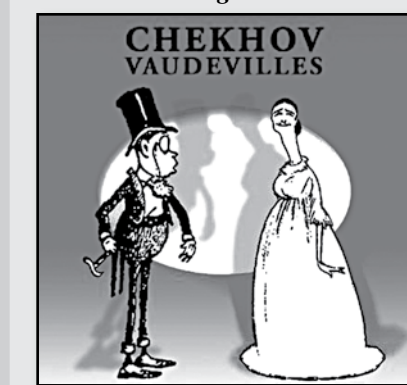
Ernie Joseph Orosco, Lead, Brian Faith Band

Goleta based Brian Faith Band has been out playing & in-studio working on a EP, remixed version "Havin' Fun-Incense & Peppermints 09," with additional songwriting. In addition to the core band members, some great players helped out on this one, including: Nick St. Nicholas (Steppenwolf), original Faith band member, Jony Podz, bass (back recently from Sacramento), Chuck Wilds (Missing Persons), Kenny Cetera, background (player with Chicago, etc.), Cornelius Bumpus, sax (player from Doobie Bros, Steely Dan, etc.), Jamie Shane, sitar (Canned Heat), Christian Love, back-up vocals (Beach Boys, etc.).
Core Band Members include: Karen Perry, lead vocals/percussion, Jony Podz, bass/vocals, Cory Orosco, keys/vocals, Ernie Joseph, lead guitar/vocals, and Brian Faith, drums/vocals.
 Look for the New EP called "Havin' Fun-Incense and Peppermints," including hits, "I'm in Love, Michael, Havin' Fun, and of course, Incense & Peppermints" info. www.myspace.com/brianfaithbandsongs
 - Joel Anderson, editor

Photos © 2009 - Joel Anderson

FRANCISCA BEACH

Continued From Page 15...



also educate, inspire, and bring different cultures and times closer to us, capturing historical perspectives and providing a "live" participation between actors and audience." **Beach** wishes to expose young people to theatre, referring to them as "audiences of the future", who will benefit from being exposed to the different "mores and manners of other cultures."

Beach is thrilled and very grateful for the space she has acquired for **SCSC at the Ojai Valley Grange**. "It has all the facets I need in a theatre: a stage, a box office area, a kitchen and a parking lot. We are a bit short on dressing room space, but we can solve that with ingenuity. I'm so grateful to the members of the **Grange** who have generously started the necessary alterations to transform the space. They are extremely supportive and enthusiastic about the theatre."

The **Grange** is the oldest agricultural organization since the Civil War. It is a fraternal organization of **American farmers** that encourages farm families to work together for their common economic interests and well-being. The **Grange** can be found in 3,600 communities in 37 states and still has a membership of close to 300,000 people. "**Grange**" comes from the Latin word for grain. And rumor has it that there will be homemade baked goods available at every performance. We would expect no less from the ladies of the **Ojai Valley Grange**.
 Down the road, the **Ojai** community will also benefit from **Beach's** teaching experience in schools and colleges in the **UK, Canada, and United States**. She plans to offer drama classes and play readings between her quarterly productions of plays at the **Grange**. She wants to encourage young people into the theatre. "**Creative Drama stimulates the imagination and fosters self-confidence, and clear and audible speech. It heightens physical and verbal response patterns, promotes relationships, and uncovers the creative potential in each student.**" Drama classes will include theatre games, improvisation, role playing, mime, scene study, dance drama and discussion groups - and having interviewed her in person, it sounds like a lot of fun.

Most importantly, **Francisca Beach** envisions much cultural stimuli, good entertainment and a lot of people of all ages having a great time. Good luck **Ms. Beach** - we welcome that energy and life-force you bring with you to all your projects. See you there in May. "**The Proposal**" features **Della Brownlow, Lloyd Heslip and Vincent Ugolini**. "**The Boor**" features **Laura Maruzella, Frank Payfer and Steve Grumette**. The production opens **May 15 - May 31**. Fridays and Saturdays at 8:00 pm. Sundays at 2:00 pm.

For reservations, 805-646-4885 www.franciscabeach.com
 - Adelle Chabelski, Ojai

EDITORS NOTE: Writer Adelle Chabelski is also a translator, historical advisor, human rights advocate and 31 year resident of Ojai

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- Fri, May 15, 8pm - Ed Berghoff & Dan Wilson
- Sat, May 16, 8pm - Big Joe Hurt
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Plein Air Painting Past, Present and Future
 "Painting "en plein air" or 'outdoors' was popularized by the impressionists during the mid nineteenth century, and was looked

Dan Wilson - Ed Berghoff
 Catch Dan Wilson and Ed Berghoff at Caffe Bella Fridays, May 15 and May 29 at Ventura's Caffe Bella, where the people are always interesting, the musicians are the friendliest, the Vibe is Cool.

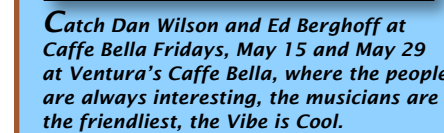


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upon as a crucial component to the advancement of their craft and careers. The impressionist's goal of capturing the effects of the fleeting light became a timeless pursuit towards perfection. Today artists like myself are returning to the traditions founded in the French countryside as a way of escaping the hustle and bustle of modern pressures, a way of reconnecting with nature in a progressively urban environment. What the future holds for plein air painting no one can truly say. Will we have the pastoral blue skies we have today, or will dire environmental predictions come true? Will humanity have overcome interstellar boundaries, migrated to yellow planets with pink skies? Got me. I'm just going to keep painting outdoors till I can't paint outdoors no more!"
 - Jennifer McChristian
EDITORS NOTE: Read more about Jennifer and the upcoming classes she will be teaching in Ojai, page 13 of the VIEW.

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