

The Ojai & Ventura



VIEW



Photo © 2009, Mary M. Long

Vol. 2 • No. 4 • Issue 16 • Published in the Ojai & Ventura Gold Coast Region • **FREE** • July 2009



Photo © 2008, Joel Anderson



BOMBERS IN OJAI



Photo © 2009, Joel Anderson



Photo © 2009, Joel Anderson

- **R. ELLIS SMITH**
- **PETER MILHADO**
- **RICHARD SENATE**
TEA PARTY

BOMBERS IN OJAI



Photo © 2009, Mary M. Long

SALZERS' SCULPTRESS - ADOPT-A-PET



Photo © 2009, Joel Anderson



Photo © 2009, Joel Anderson

Brian Faith Band - Michael Jackson Tribute

- **DOC JANET**
- **PARADE COVERAGE, PG 14**
- **RON ROWE**
- **JEFFERSON**
- **MARY M. LONG**
SCHOOL FOR DOGS
- **KOHLI'S CALAMITY**
- **MARY JO**
- **ALASDAIR COYNE**
- **ALI K. JAM SKATE**

• **EVENTS/MUSIC LISTINGS**

INSIDE: • **SKATEPARK FIREWORKS** • Honoring Our Vets • **FILLMORE MONORAIL**

PRESS RELEASE - JULY 13

**General Election
Ventura City Council,
School Districts, and
Special Districts**

There will be elections held Nov. 3, 2009, in the following districts and offices:

- CITY OF SAN BUENAVENTURA - four Council Members
- LAS VIRGENES UNIFIED SCHOOL DISTRICT - four Governing Board Members (three full terms, one short term)
- OCEAN VIEW SCHOOL DISTRICT - three Governing Board Members
- SATICOY SANITARY DISTRICT - three Directors
- VENTURA UNIFIED SCHOOL DISTRICT - three Governing Board Members

Official nomination documents for eligible candidates desiring to file for any of the elective district offices may be obtained commencing on Mon., July 13, from either the District Office or from the Ventura County Elections Division, Lower Plaza, Hall of Administration, 800 S. Victoria Ave., Ventura, and must be filed with the Ventura County Elections Division no later than 5pm, Fri., Aug. 7. Info regarding filing for these offices may be obtained by calling the Ventura County Elections Division at 654-2664.

To file for city office, eligible candidates may obtain official documents commencing on Mon., July 13, from the City Clerk, San Buenaventura City Hall, 501 Poli St., Room 204, Ventura, and must be filed with the City Clerk no later than 5:30pm, Aug. 7. Information regarding filing for City of San Buenaventura Council Member may be obtained by calling the City of San Buenaventura City Clerk at 658-4787.

— James B. Becker
Assistant County Clerk and Recorder
Elections: 654-2781

<http://recorder.countyofventura.org/elections.htm>

LETTER - VTA SKIPS REQUIREMENT

EIR-Complete Incompetence

From: Daniel Cormode [mailto:dcormode@sbcglobal.net]
Sent: Thursday, May 28, 2009 10:11 AM
To: mide@ci.ventura.ca.us
Cc: 'Cole, Rick'; 'Rangwala, Kaizer'; lonaga@cityofventura.net; 'Councilmembers'; acalonne@ci.ventura.ca.us
Subject: Review of Wells-Saticoy Community Development Code

A notice was received from the City of San Buenaventura inviting review and comment on the Saticoy & Wells Draft Community Plan, Development Code and Draft EIR during the public review period from 15 May 2009 to 29 June 2009. The notice also stated to obtain more information, please visit the City's Web Site at www.cityofventura.net/saticoywells and draft documents are also available for review at the City of Ventura Planning Department, 501 Poli St, Room 117, Ventura, CA. Public comments are to be submitted to Margaret Ide.

As of 27 May 2009, draft Saticoy & Wells Draft Development Code was not available for review at the City of Ventura Planning Department, 501 Poli St, Room 117, Ventura, CA. I was advised by City Staff that as of 28 May 2009, the Saticoy & Wells Development Code had not yet been published and was not posted on the City Web Site at www.cityofventura.net/saticoywells. Furthermore, I have learned that the public review period cannot be extended due to an urgency to meet scheduled planning calendar events.

Review of the Draft Saticoy & Wells

Draft Development Code EIR cannot be completed without a copy of the Saticoy & Wells Development Code to understand the changes in land uses and then associated impact on the environment.

A review of the City Council Planning Calender dated 27 May 2009 has revealed that there is no action currently scheduled for the Saticoy & Wells Draft Community Plan, Development Code and Draft EIR.

I consider release of a public notice inviting review and comment on the Saticoy & Wells Draft Community Plan, Development Code and Draft EIR during the public review period from 15 May 2009 to 29 June 2009 without the required supporting documents being available to be an act of incompetence by City Staff and Management and request a public notice be issued by the City of San Buenaventura to extend the review period of the above documents to 45 days after release of all of the above documents.

In addition, lack of adequate manpower and resources or planning by management do not justify the above actions.

For additional information, please contact Daniel Cormode at by e-mail at dcormode@sbcglobal.net

LETTER - C-IDIOT BLOGGERS

Political Internet Wars

From: Steven schleder <steve_schlelder@restorestmarys.org>

Friends & Relatives of the Deceased:

The City Manager has chosen to include San Buenaventura's desecrated cemetery of 3,000 historical graves into his 'really cool' blog site. There is not one thing that this person does that does not have ulterior motives.

Opening the 'black & white' cemetery laws up to a (dog people) 'majority rules' public forum, seems immediately evident that he is trying to diffuse the cut and dry legal reality, one of his specialties.

He does not, nor does any of the City Council have family buried at St. Mary's Cemetery, nor are their deceased family members receiving daily dog defecating indignation.

Cemeteries by law must have a protective fence around the perimeter. Do you know of any cemetery that does not have a perimeter fence?

All military veteran graves must be marked into perpetuity. We have 54 Civil War soldiers, 25 Spanish-American soldiers, 1 Medal of Honor recipient from the Indian Wars and 1 veteran from WWI, all in unmarked desecrated graves.

You can not change the designation of a cemetery to anything else until ALL human remains are exhumed and re-interred into a cemetery that is designated as a cemetery. At that point, legally, you can re-designate the land to a dog park, but not until then.

By law, there must be signage that says it is a cemetery with operating hours.

The 600 headstones that were stolen by the City from the graves have a value today of \$7,200,000.00.

The Grand Jury found that the City does not hold title to the Presbyterian and Hebrew sections of the cemeteries, which is half of the 7 acre cemetery.

In January, this site was nominated by Roberta Greenwood and Associates, for a State Historical Landmark, thereby giving it CEQA protections. Shouldn't the City be celebrating?

I have just given you some talking points (or blogging points) as the case may be, if

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

you choose to send your comments directly to the City Manager.

We are making great progress in that the City has refused to address this nightmare directly and today we have the City Manager laying himself down on the tracks.

So if you have the time, please 'copy and paste' the address below, to get to the guy's blog site:

www.cityofventura.net/cmblog/2009/06/battle-over-cemetery-memorial-park.html

Sincerely,

Steve Schleder

www.restorestmarys.org

LETTER - U.S. TREASURY...

**Gallegly Selling America
Short to China**

— Christopher James Grant

For years now Elton Gallegly along with both members of Congress and the Senate sat back and watched The United States sell itself to China by allowing China to buy up US Treasury bonds instead of forming a prudent tax and spend policy that provides a balanced budget along with adequate supplied social, educational and civil services.

Instead of crying wolf for a common practice of inserting provisions into must pass legislation, which was common practice for Bush, Gallegly and congressional Republicans. And was done so as recently as the Credit Reform act with a Gun law that allows an individual to bring a Loaded gun into a wild life refuge, what does a gun law have to do with Credit Reform? Nothing.

This is hyporacy at its very worst. With the myriad of issues facing our nation right now, you waste our tax dollars by childishly pointing out what All members of your party do, yourself included - adding provisions to must pass legislation.

The actions in the Senate, with President Obama inserting such provisions is not what I support, Gallegly you are living in a glass house and should not be throwing stones.

By attempting to move the blame for our Economic crisis with childish complaining of the actions of Obama, while you did nothing to fix General Motors or create more economic stability is a non starter.

The addition of the IMF provision was an educated one and is in no way Anti-American. The Actions of President Obama are not politics at its worst, it is politics.

Gallegly failed in so many levels is politics at its worst. Citizens suffer, while you fly home.

Christopher J. Grant
Ojai, California

LETTER - INSIDE LIGHTING ?

**Massive Night Lighting
at Olivas Adobe**

Dear Mr. Jack Schaffer:

Thank you for your colorful response as to running for City Council. (NONE !)

In regards to the future historic restoration work to be done at the Olivas Adobe, did not we (HPC) tell Christie@HistoricalLA and Cynthia Thompson that no massive night lighting systems would be accepted at the adobe?

Under the Summary section of the link below, 'massive night lighting' appears again as part of the bid contract !!!

Is it Christie or Cynthia that has the brother-in-law with the electrical contractor's license?

Massive night lighting is historically incorrect for the site and can not be added to a Historic National Landmark.

www.ci.ventura.ca.us/newsmanager/article-files/4903-item%2003.pdf

Please tell me what we need to do to stop this 'glow-on-the-night-horizen' coming from the Olivas Adobe's direction?

I believe this will compromise the landmark status!

Sincerely,
Steve Schleder

**VENTURA COUNTY
VIEWS**

Michael Has Not Left Us



Will Michael Jackson come back as a ghost? Very possible, because he died so unexpectedly, he might not even know

that he is dead. He had a large ego, and people with large ego's do come back as ghosts. He had lots of unfinished business in the form of his upcoming concerts and his three children. In looking at the ghosts of the rich and famous, he has all the earmarks of someone who will return as a ghost. The love of his many fans will hold his essence to the earth like a magnet - at least that is the old belief. Where will he haunt? I would guess the old Neverland Ranch near Santa Barbara where he spent his happiest hours.

— Richard Senate
www.RichardSenate.com

the Ojai and Ventura Real
VIEW



Editorial Policy
The Ojai & Ventura VIEW is FREE, owned by Stealthkat Publications, edited, and written by contributors, Printed by Western Web, 15,000 distributed in the Ojai & Ventura Gold Coast Region. Views in the VIEW do not necessarily reflect those of the editorial board, local government, corporations, advertisers or other dependent entities. Requests for news or feature coverage, or concerns about editorial or advertising content should be addressed to the editor. Sole responsibility for content of The Ojai & Ventura VIEW rests with the VIEW Editor and Editorial Board. VIEW graphic/content is copyrighted by Stealthkat Publications. After publication in the VIEW, the copyright of all written, visual and artistic material reverts back to the author, photographer, artist or advertiser, special agreements notwithstanding.

Distribution
Limit: One Copy Per Reader.
The VIEW may be distributed by authorized personnel/distributors only.

No person, without the permission of the publisher of the VIEW, may take more than one copy of each VIEW issue unless \$2 is paid to the Publisher for each issue.
For further information, contact:
circulation@OjaiandVenturaView.com

Letters & Submissions
Letters to the Editor & Submissions must be signed. Multiple publication submissions are discouraged. All letters must include name, address, and accessible phone number clearly printed. Names may be withheld, but not always, upon request. Libel will not be printed. All correspondence should be directed to:
the Ojai & Ventura VIEW
P.O. Box 1824, Ojai, CA 93024
editor@OjaiandVenturaView.com
Phone info: 805/640-8439 (640-VIEW)

Advertising
Advertising inquiries should be directed to:
the Ojai & Ventura VIEW
advertise@OjaiandVenturaView.com
We Reserve the Right to Refuse Any Advertising.
OjaiandVenturaView.com

MEDIA VIEW: Been a while...

**R. ELLIS SMITH
Lookn' fer Work...**



I couldn't help but notice that in the last couple of issues of the "Only Local Ventura Newspaper," (according to the owner) *The Breeze*,

there was a job wanted ad in the last page. This ad stated that a "retired architect, and newspaper owner, was desirous of finding some local small construction jobs to supplement his retirement income," I suppose.

Well, Sir the only retired person I am familiar with that owns a newspaper is **Mr. Sheldon Brown**, so I would assume that he is the person that placed the ad in his own newspaper. It would seem that **Mr. Brown** has discovered that the amount of money that a person can make by owning a newspaper is just about enough to buy a cup of coffee if somebody else is paying for it.

When **Mr. Brown** first came to **Ventura** a couple years ago from **L.A.**, he called me and wanted to meet to talk about me writing for him. I met **Mr. Brown** and his daughter **Staci** at **Tipps Thai** for a discussion. The talk didn't last very long because after about 10 minutes I found out that **Mr. Brown** had the delusion that he could change the way I write and decidedly wanted to instruct me on how and what to write about. That went over with me about the same as a fart in a diver's helmet. However during this time **Mr. Brown** related to me that he was a retired "building contractor" from the **Los Angeles** area, nothing was ever said about him being a "architect" but I suppose one could acquire a architect's degree and then choose to become a building contractor. However, if I were **Mr. Brown** and I was looking for some small remodel construction work I do believe I would refer to myself as a "building contractor" instead of a "architect" because in my dealing in the building industry, which is extensive, I have found out if somebody refers to themselves as an "architect" the price of everything doubles.

Since **Mr. Brown** is obviously so enamored with the **Gang in the Ivory Tower**, witness his constant loving reports about the **Mayor** and the **City Manager**, maybe the **Gang in the Ivory Tower** should hire **Mr. Brown**, (at a very reasonable price, say \$5.00/hr) as the city's live-in arche-type, or something.

However, I do wish **Mr. Brown** "Good Luck" with his quest for extra work to supplement his retirement income.

Rellis Smith
rellis39@officeliveusers.com
www.venturanow.web.officelive.com

VENTURA CODE ENFORCE

Letter to Councilman Andrews

- Michael Pedziwiatr

Neal, I read your article in the *Breeze*. I am very disappointed in you. I thought you were one who stood for fairness. I am fighting for my life here and you throw me an anchor.

You do not care for the little people. You are just another politician in a world gone wrong because of



"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

politicians.

Who spent the money? The people know! You had a good trip to Washington. Congratulations.

I can only say that nine out of ten people I speak with about this issue of proactive code enforcement see right through **Mr. Cole's** and his Merry Council nonsense. **Mr. Cole's** reputation from **Pasadena** has followed him to **Ventura**.

These are people who visit the libraries, **Rubicon**, and are good members of the **YMCA**.

They go to art galleries, and they generate money here.

They all vote and have brains enough to see what is going on.

You are messing with people's property rights in the name of safety. Go through the list of the people who have been cited. We are *all dead* from all the fires and germs from our faulty septic tanks. Thank you for protecting us! You told me yourself that over half of all the buildings in this city probably have a code or safety violation.

Would you care to have your home checked and scrutinized for every minor detail named in the law books. We have too many laws. It is about the money and more people keeping their cushioned government jobs. We know!

I have a very decent and safe apartment, you visited and saw for yourself. **Mr. Stuffer's** appeals board is totally biased. A semantic argument over "BBQ house" or "apartment" relegates my unit to being substandard.

They say I now owe fourteen thousand dollars in impact fees!

A blatant disregard for our **Eighth Amendment** rights.

I am glad that all of you government people have a secure and safe future. Many regular workers do not. You don't care. You guys were elected By the people and FOR the people but you only look out for yourself and follow the almighty dollar!!!! Everything I learned in High school social studies has been swept aside.

We do not need anymore police on our streets. They hassle our children and homeless folks. We do not want \$400-\$500 traffic fines everyday.

People are angry.

Last night at the **Wright Library Fourth of July** party, about fifteen people told me just that.

Ventura City Council and "California's New Art City" - You are being exposed as the fraud that you are. You are making it more difficult for decent people to live here. Many are selling their homes and leaving. I guess this is what you want.

Thank you for calling me a *skillful agitator*.

Thank you for being a defender of the people!
SO SORRY.

Michael Pedziwiatr, Ventura

**VENTURA CITY COUNCIL MEET
MONDAY, JULY 20, 6PM**

City Staff to present an amnesty plan for second units. This plan was prepared without citizen input, and any citizen input at the meeting will be limited to two to three minutes. Citizens are requesting an equitable seat at the table to develop a plan that meets the concerns of all stakeholders.

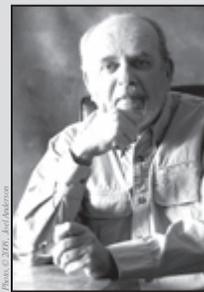
LOCATION: VENTURA CITY HALL, 501 POLI STREET, VTA.

For More Information
Email Laura at, vstasis@hotmail.com

www.OjaiandVenturaVIEW.com
Keep Smiling!

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

'Being in Love vs. Loving'



What happens when we "fall in love" and the person we fall in love with appears quite ordinary and human to everyone else, but becomes a goddess or god to us, filled with an aura of translucent grace, beauty and holiness? It's that state of madness poets have been telling us about throughout history and has been the cause of entire nations going to war with each other. It seems only

religious fanaticism, fascism, bigotry and, recently, corporate greed have caused more havoc and tragedy on this planet.

John Sandford tells us that a man carries within himself an image of a woman. When he is "in love", he projects the image of his inner woman onto the woman he loves. In other words when he falls "in love" with a woman, he is, in fact, only in love with himself. He is in a state of possession, and becomes totally fascinated with her and feels incomplete without her. Many men want to be in love with a goddess and the euphoria it brings, but are not capable of loving a real woman. It is an unconscious and instinctual relationship and the woman just becomes an extension of himself as he tries to fit her in a box to live up to his selfish expectations. He doesn't love her for her own sake, but as someone who is to make him happy, that is, as an all-accepting and unconditionally affirming mother figure. If she lets him down in any way he frequently leaves her. Being "in love" is a state of projected narcissism, whereas "loving" means getting to know and appreciating the woman for herself and who she actually is. It is only a variation of his mother complex, which requires the woman to unconditionally accept his immature and wounded self-image. A man has to free himself from the attachment to mother or her replacement. He has to be able to relate to a woman as his contemporary; otherwise he remains stuck in the role of a demanding and dependent child. Of course, the same holds true of women when they fall "in love" as they project their own inner soul image of the masculine on the man and are therefore stuck in some form of their own father complex.

As always Thomas Moore brings us a different slant on the "in love" state, when he says that we fall "in love" with the divinity of the other person, a divinity which is in all of us. I'm sure, however, he would agree with the blissful petals of the rose of love also comes the pain of the brambles. By the time we reach our middle years there are not too many of us who've not lost quite a few quarts of blood in the arena of romantic love. The "in love" stage doesn't last. After a year or two we come crashing down to earth and this is one of the most painful experiences in life. It's that time when we find out our partner is not a goddess or god, but quite an ordinary human being who carries a "shadow" including selfishness, greed, arrogance, laziness, etc., which all of us have. At this point there are three possibilities:

(1) One of the partners leaves. Many are addicted to the "in love" stage, and look for another goddess or god, leaving the one behind with a broken heart.

(2) They stay together due to fear of aloneness and the sticky glue of neurotic dependency. They become strangers to each other, a very despairing and tragic condition.

(3) They actually begin to reflect, look within, do the inner Shadow work, stay related and talk with each other. Both partners need to do this, one obviously can't do it for the other, even though many attempt it. Then, the inflated "in love" stage is replaced by the 'loving' stage. At this point the relationship gets deeper like a river and continually becomes more soulful.

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

How to Keep Health Care Costs from Killing Us

by Jefferson Pinto

This column is not for everyone. *Don't Ask your Doctor if it is right for you. Although side effects are rare, a small number of readers have experienced increased appetite, increased tolerance for forked-tongued politicians, and the desire to pay higher taxes for lower service levels. If you experience depression or feelings of helplessness that last more than four hours, seek verifiable facts immediately.*

But seriously folks, the health care reform debate is flaring up again. Current proposals and debates are hasty and half-baked — throwing out (or throwing up) solutions without first defining the problems and the causes. And so now is the time to ask the tough questions; What exactly are we fixing? What is the core problem? What are the associated symptoms, causes, and potential side effects? I can only hope the approach to the fix isn't as fragmented as our current health care system.

We are NOT suffering from a lack of technology, qualified health care professionals, labs, pharmaceuticals, hospital beds, or imaging machines. Plain and simple — the fundamental problem is high cost. The primary cause is an absence of downward pressure being exerted on costs. Runaway costs are driven by fear, greed, and ignorance.

COST ACCOUNTING 101

Let's say two years ago you bought 100 gumballs for a dollar; they cost one penny each. Ahh, that's an easy one. The next year, you bought 125 gumballs for \$2.50.

Question #1: What were the two causes the total cost increased? First you bought more gumballs (*quantity variance*), and secondly, the unit cost went up from one cent to two cents (*price increase*) per gumball.

Cost for each unit (*gumball*) is escalating: each MRI/CAT scan, each lab test each pill, each office visit, etc., procedure. The primary reason is a lack of competition and no "economic down force" pressure on prices.

Secondly, the quantity (*number of gumballs*) scans, lab tests, prescriptions, office visits, surgeries are also increasing. The primary reason is due to an increase in the number of people receiving health care.

This sort of begs an ethical question. Who ought to be treated and how do we pay for those who can't pay for themselves? Well folks, in the U.S., it is my personal belief, there ought to be a minimum standard of care (including emergency care) provided to every citizen irrespective of their ability to afford it. Hold your horses! I'm not advocating socialized medicine for one second. We are a nation of people, not money-grubbers, and if the richest country in the world can't "take care" of its sick people, than maybe we aren't really the "richest" country after all. Moreover, if the land of opportunity lacks the ability for 95 percent of Americans to pay their own way, there-in lies yet a bigger problem.

Pretend, for a moment, that we all agree everyone ought to have transportation. What minimum standard ought we, the taxpayers, foot the bill? A bus? A Hyundai? A Mercedes Benz? Does the new luxury car really provide more effective transportation? Nicer and more prestigious yes; more effective, no!

Currently, our health care system is operating at the Mercedes Benz standard.

That's too high a standard than the taxpayers can afford. However, if you choose to upgrade your transportation with your own money, go for it.

The cruel economic reality is public policy does indeed put a price tag on a life. And clearly we could save countless lives by lowering the maximum speed limit to 25 miles per hour. You see, *we do trade dollars and convenience for lives.*

What if there were just 100 people in this country suffering from the same ailment? What if the cure would cost one trillion dollars each, should the rest of the citizens pay? NO! That would cost more than ten times the national debt. My point? There is a dollar limit to save/extend a life.

CURRENT "SOLUTIONS" WON'T WORK BECAUSE THEY DON'T ADDRESS THE PROBLEM

Forcing everyone to buy health insurance: The first flaw with this approach is it fails to reduce costs; it only spreads the costs around.

If I go on a road trip, take the ice chest out of the back seat and put it in the trunk did it reduce the overall weight of the vehicle? No, it simply redistributed the weight.

The proposed quick fix to make everyone pay only spreads the cost around. The second problem is the indigent can't pay which means those who can pay end up paying for those who can't pay in the form of higher health care premiums. Sort of like how it's done today. This is sort of nice for the government because it shifts the cost to the insurers and off the federal books.

The third problem with everyone paying an "equal share" is still no downward pressure is exerted on prices, and costs will undoubtedly continue to escalate until the U.S. gets to be like other countries who have implemented this approach. (Like Sweden, with a 70 percent marginal tax rate). Criminy! That's gonna leave a mahk!

Lastly, we need to lower overall costs. Running everything through an insurance company seems to be adding an additional layer of profit to further enrich the insurance companies, one of the most powerful lobbies in the country. Is the motivation behind this one sort of making sense now?

FORCING ALL EMPLOYERS TO PROVIDE HEALTH INSURANCE

First, it (*again still*) puts no downward pressure on health care costs. (*Does this sound vaguely familiar?*) Second, it does nothing for those who are not employed or who are self-employed.

Third, if you subscribe to the "creates new jobs" philosophy, it will actually only increase the cost of labor. I can assure you there will be fewer jobs, lower service levels, and higher prices for other goods and services. Aye, there's the rub: the costs of health care will be borne by every product or service we consume in this country.

Finally, it will make all products made in the U.S. even less competitive than those manufactured elsewhere. Ever wonder why the manufacturing jobs keep going overseas? Consider the labor cost difference between the U.S. and China. Then consider those foreign-made goods, that were put on a boat that sailed almost 4,000 miles and are still cheaper than making them on our soil. The primary cost drivers for U.S. manufactured goods are labor costs, U.S. government regulatory costs

and other government-imposed restrictions (*But that's another topic relating to inefficient and badly managed government for another article.*)

POOL LARGE NUMBERS OF PEOPLE AND NEGOTIATE LOWER RATES

This puts very little pressure on health care prices. It doesn't affect the operational efficiency or the treatment/prescribing decision-making process. What if you aren't in one of the larger pools of insured? In this scenario, it wouldn't pay to be a big fish in a small pond. This proposal solves no problem; its strategy, as an old business law instructor of mine said, *if you can't convince them, confuse them.*

CAUSES: PLAYERS WITH INCENTIVES AND RESULTANT CONFLICTS OF INTEREST

Players: Media Untruthfulness in Ads

Have you ever noticed that every commercial ends with how their product or service will solve your problem? Weight loss → Call Jenny. Headache? → pain reliever. Heart burn? → Antacid. I don't really expect to see commercials anytime soon that say,

"Want to loose weight? Get counseling, exercise, make good food choices, and eat reasonable quantities. Have a headache? Drink Water. Go to a quiet place, lie down and relax. Heart burn? Stop eating the foods that cause you discomfort. Try something simple first. If the problem persists, see you health care provider."

PLAYER: CITIZEN/PATIENT BEHAVIOR

Many citizens engage in behaviors that are directly destructive to their health such as poor diet, lack of exercise, smoking, drugging, drinking alcohol in excessive, etc. These behaviors drive medical costs like no other. Providers can only do so much; the rest is up to the patient. By the way, many of these behaviors are caused by physiological dysfunctions and the patient would probably benefit immensely from psychotherapy. My father had an old joke: Q: How many psychologists does it take to change a light bulb? A: As many as seven, but the light bulb has to want to be changed.

Unfortunately, many citizens do not get regular check ups. The earlier you detect a problem the less unpleasant the treatment, the less expensive and the greater the probability for a complete and successful cure. The education about breast cancer in this country has saved countless lives, pain, suffering and (of course) money. Similar education about other diseases (like prostate or colon cancer) would reap similar benefits.

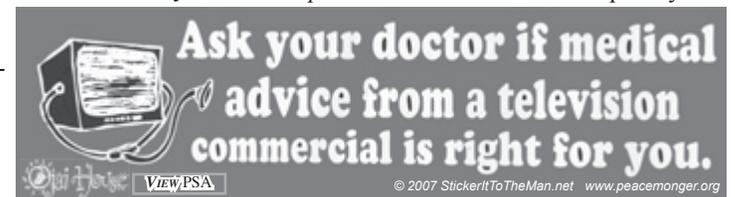
I've heard the argument, "I can't afford regular checkups..." Depending upon where you get treated, an annual check up is probably a few hundred dollars. If you can't set aside less than a dollar a day to take care of your most prized possession (*your health*), why would you expect someone to care more for you than you do for yourself? I do believe some people re-

ally can't afford it; however, I think many can but won't. Lack of annual checkups or only seeking health care at the onset of symptoms also leads to avoidable and expensive trips to the emergency room (ER). High costs are also driven by early triage treatments and the fact that emergency rooms can't turn away people in need.

Iatrophobia (*fear of doctors*) is another barrier to cost limiting efforts. Many are afraid to seek medical treatment. This fear is almost always overcome by pain and then they end up in the ER.

I once overheard someone complaining, "I took the time to get a check up, paid, and the doctor told me there's nothing wrong with me. What a waste of time and money." I didn't quite see it the same way...

How many patients don't follow the advice of a health care professional and wonder why their health doesn't improve or worse, continues to deteriorate? Even mainstream AMA doctors are beginning to prescribe vitamins more frequently. Oh



well, you can lead a horse to the treatment plan but you can't make him sign the consent form.

Physicians aren't the only ones who contribute to over-prescribing medications. Some patients are downright bullies. After watching the commercials, these patients tell/insist/demand their practitioner prescribe a particular medication. This is called presenting the solution before defining the problem. Maybe they too are taking lessons from our politicians, "I know I've got a bacterial infection go ahead and prescribe me the (wrong) antibiotics so we can nip it in the bud." Properly diagnosing an ailment isn't always a "one tripper" (*single office visit*). Sometimes you need to wait a few days, if the symptoms get worse you may need to go back to your practitioner. One trippers can result in over-prescribing or prescribing the wrong medication. Sometimes patients need to have patience with their practitioner.

Patients who are not forthright and honest with practitioners also hinder the ability to diagnose and treat them. Some patients feel embarrassed or guilty. Maybe health care providers ought to put a chapel in their offices so their patients could address their fear (*pray*) and guilt (*confession*) before their visit. After all, there are already chapels in airports and hospitals. Similarly some supermarkets have banks: that sort makes sense; get money before you go shopping.

PLAYER: HEALTH CARE PRACTITIONERS

By definition health care practitioners include physicians, nurse practitioners,



Lee
Fitzgerald

Show

Announce your event, or become a sponsor of this popular program airing county wide in 10 cities, reaching over 1 million homes

Profiling Interesting People, Community Events, Exciting Happenings...

OJAI -

Tuesdays Ch. 10 8:00 pm

Wednesdays Ch. 25 8:00 pm

Inquire with "Dr. Lee" 805-701-1489 info@valleyvideofoundation.org



805-701-1489

info@valleyvideofoundation.org

nurses, therapists, chiropractors etc. Practitioners have financial incentives to do more "stuff" (*require more diagnostics, prescribe more medications, and perform more procedures*). Furthermore, many of the labs and imaging facilities are owned by the very practitioners that are prescribing and directing the patients to go there. Can you say *conflict of interest*? I knew you could. CPAs aren't allowed to own a single share of the stock of the company they are auditing.

Another reason practitioners over prescribe and perform more diagnosis than necessary is to avoid frivolous law suits. (*Special thanks to our tort attorneys*).

Here's the bottom line: Practitioners are trained in medicine and the associated risks. After *conflicts of interest* are removed, practitioners are in the best position to recommend diagnostic procedures and treatment for their patient, *not the bean counters or insurance companies*. Most practitioners really went into their respective field to heal people, not for the money.

PLAYER: INSURANCE COMPANIES

Insurance companies, like politicians where *bureaucracy knows no bounds*, are the best stall artists on the planet when it comes to paying. Consequently, practitioners must fund the additional working capital (*cash flow*) which translates into more non-medical costs (*interest*).

If that weren't enough, the practitioner must maintain a very specialized and *expensive* administrative staff to interface with insurance companies (*verify coverage, bill, follow up on payments, follow up on payments, follow up on payments...*)

Practitioners are also subject to audit by the insurance companies. In concept, audits aren't a bad idea. Where it goes sour, is when the insurance hires auditors on contingency (*The more 'waste' they find the more they get*). Hello boys and girls, again, can you say *conflict of interest*? As a retired CPA and public auditor, I'll point out that it is *against the code of professional ethics to audit on contingency*.

PLAYER: TRIAL ATTORNEYS

Strict liability standards have morphed into *hot coffee liability* in this country, and there appears to be *no disincentives to discourage filing frivolous lawsuits*. Liability insurance premiums have been increasing proportionally to health care costs, and the patient is the cash cow (coincidence? I think not...). It's not just the cost of the final judgment against health care professionals, it's also the legal cost to defend such lawsuits.

Additionally, some areas of medical specialty are so rife with lawsuits that fewer medical students are choosing that field. Case and point, Obstetrics: A study released in 2004 by the **American College of Obstetricians and Gynecologists (ACOG)** disclosed:

- 1 in 7 have stopped delivering babies because of the fear of being sued.
- In 2004, only 65 percent of the OB/Gyn residency slots were filled by U.S. medical school seniors, compared with 86 percent a decade earlier.
- The survey also found that 49.5 percent of all claims against OB/Gyns are dropped by plaintiffs' attorneys, dismissed or settled without payment – and that OB/Gyns win eight out of every 10 cases that go to court.

PLAYERS: PHARMACEUTICAL & MEDICAL DEVICE MAKERS

Think back. Think way back. Think 1980s. Think *windfall profits tax*. Pharmaceutical & medical device makers are to medical costs what petroleum companies were to gasoline prices.

The idea, *'windfall'* was based on the prohibition of taking any wood from the

king's forest, unless you were to come across a tree laying on its side that was blown over by the wind hence the word, *windfall*.

We've heard all the banter about how much money they pour into research and development. Anecdotally this sounds good, but why have their *take-home corporate profits* sky rocketed parallel to overall health care costs? For example, our friends at **Amgen** posted average growth of 13 percent per year, of the past four years. That's 52 percent profit increase over four years !!!

Also, intellectual property protection (*patent protection*) is essential to foster research, but 17 years is a bit long in this economy.

SOLUTIONS:

- Remove practitioners' conflicts of interest. If you are a practitioner you may not directly or indirectly own independent labs, diagnostic facilities, or pharmaceuticals. (*Mutual funds ownership are probably OK.*)
- Remove insurance co. auditors' conflict of interest by eliminating contingency fees.
- Increase flat rates to primary practitioners, increase patient deductibles and lower premiums proportionally. When patients are paying with *their own money*, they tend to *look at the costs* more carefully. Moreover, a higher deductible means less involvement and administration from the insurance company. This will take some doing to fine tune the optimal balance.
- Require practitioners to provide a written estimate. Auto mechanics are required to provide a written estimate prior to performing a service. Why not practitioners?
- Require practitioners to put treatment plans in writing and give a copy to the patient. This sort of removes the excuse of said patient not knowing what he/she the patient was suppose to do, see a psycho-therapist or do perform daily exercise.
- Educate citizens about preventative medicine. And how to "listen" to their bodies. Have you ever seen the Show "*I didn't know I was pregnant?*" I don't get it? Then I've never been pregnant and oh yeah I'm a man. On the opposite end of the spectrum, don't run to the doctor at the first sign of a sniffle, just because you want that "*professional*" drama and attention... Wait until you have X symptoms for Y days before consulting over the phone with your primary practitioner.
- Educate practitioners about cross functional coordination (medical, psychological, chiropractic, etc.) and patient misconduct (*bullying the doctor/shopping for meds antibiotics, etc.*)
- Impose a penalty on patients for making poor health choices and failing to follow reasonable prescribed treatment plans. Oversized people have to buy two airplane seats, why not link personal costs based on factors within your direct control. (*Did you follow your treatment plan? Did you see your psychotherapist?*)

• Enforce existing false/misleading advertising laws. How many more weight loss pills or bowel cleansers do we really need? (*Most of these prey on the desperate and ignorant*).

• Reevaluate the existing intellectual property laws to determine if the period of protection is appropriate. Streamline and expedite the FDA approval process for new medicines or devices.

• Remove tort attorney's contingency fees. Bill by the hour like any other self-respecting professional. Build a safety valve in the litigation process to better determine *actual injury* and the *party of proximate cause* before too many defense

costs are incurred. Evaluate whether a monetary cap for pain and suffering judgments is appropriate.

All of the above really address the incentives (*or disincentives*) that drive the behavior that have led the current state of the health care "system". None of the above addresses the *operational efficiency* of diagnosing and treating patients. (*That's sort of up to the practitioners and not really within the domain of public policy.*)

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@ajaiandventuraview.com

Doctor's and Chiropractor's Can't We Just Get Along ?

by Dr. Pete Barnes, D.C.

My profession is a difficult one. Being a chiropractor we are loved or hated, admired or scorned, understood or called something not too pleasant.



The fact of the matter is that a chiropractic degree is a post-graduate study that on average takes seven to eight years to complete. The coursework mirrors that of a medical doctor with similar classroom hours but without the hospital rotation and residency. Granted many more hours are given to M.D.'s in pharmacology, but we have many more hours in spinal anatomy and radiology, thus preparing us respectively for our field of work. We do have our own clinical internship that puts us in contact with the public, addressing neuro, muscular, skeletal issues.

After graduation we must satisfactorily pass four parts of the **National Board of Chiropractic Examiners (NBCE)** with the last part including an oral evaluation. This allows the candidate to sit for the state exam that is the final step in obtaining a license to practice chiropractic. If x-ray privileges are desired we must take a separate exam to obtain a permit to take x-rays. This permit issued by the **State of California** is labeled as an **Operator Supervisor and Operator Permit** which allows the taking and or overseeing of x-ray technicians at a facility. We are recognized by the **State of California** as "**Doctors of Chiropractic**" (D.C.). A **Doctor of Chiropractic** degree is not a trade school certificate and cannot be taken on-line and completed in your spare time. But, unfortunately in many medical doctors eyes, we're a notch below an electrician and a notch above a plumber. No offense to those plumbers out there for yours is a valuable skill set apart!

M.D.'s vs. D.C.'s

So why do some medical doctors, when

asked about seeing a chiropractor say, "*Oh you don't want to see them,*" or make some other remark discouraging their patient? The only thing I can think of is a lack of understanding or maybe a prejudice. Many M.D.'s don't understand the biomechanics of the body and feel that everything under the sun is in their scope of practice.

While yes, they are licensed to treat just about every condition, how effective their treatments are in addressing some of the common ailments of society such as back, neck or headache is unclear. The only thing they have to throw at these problems are drugs or surgery. I'm sorry but there's not a pill in the world that's going to correct a dysfunctional joint that can manifest itself in unwavering pain, stiffness or discomfort. Logic dictates that you would treat like with like. If you have a chemical imbalance then treat it with chemicals. If you have a mechanical dysfunction then treat it mechanically. If there are surgical implications all other conservative alternatives should be explored before heading down that one-way road. Surgery when needed should be considered the last resort.

Our profession is the only one that excels in treating dysfunction's of joints by adjusting (*manipulating*) these joints so that they are placed back into their original articular position or groove thus relieving the pain, stiffness, or ache associated by nerve irritation. When drugs are given to deal with the pain associated with these joint dysfunction's, the medication targets the pain, but does nothing to address the problem that caused the pain to begin with. If only these M.D.'s would take the time to learn more about what we chiropractors do; addressing these problems conservatively and safely, untold numbers could benefit. The side-effects which are common with pharmaceuticals have impacted countless patients, covering up and not resolving nagging ailments for years.

Now if we're dealing with prejudice, that issue is usually deep rooted and much more difficult to resolve. With open mindedness and understanding this too can be overcome.

Dr. Pete Barnes, D.C.

The San Buenaventura Family Wellness Care

738 E. Main St., Ventura

DrPeteBarnes@gmail.com or 805-653-1326

**Bernhoff Center
For Advanced Medicine**
Robin A. Bernhoff, MD

We practice the medicine of the future.
We don't throw pills at symptoms, we look
for causes and try to heal them.

• Autism	• Chronic Fatigue
• Fibromyalgia	• Allergies
• Heavy Metals	• Obesity
• Chemical Sensitivity	• Hormone Imbalance

We also provide
Breast Thermography, and
LipoLaser to melt fat painlessly
(805) 640-0180
www.drbernhoff.com
1200 Maricopa Hwy, Ste A

2110 Thompson Blvd - Ventura
support@venturahighspeed.com
(805) 643-4375

- Business Internet Solutions
- Residential Internet Service
- Website Hosting & Design

- On-Site Computer Support
- Mac & PC Repair
- Virus Removal & Protection

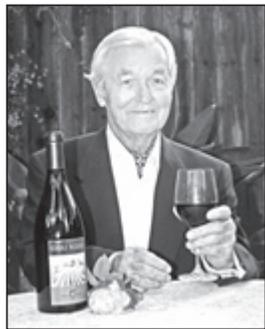
We know hardware, software, and internet connect issues !

Keep Your Computers and Internet Connections Tuned Up !
Check with Ventura Highspeed Internet to find out how !

Integrity and Service that Can't be Beat !!!

Wine And Roses

by Ron Rowe



Summer began June 21, today I heard a cuckoo sing. **William Wordsworth** wrote, *Oh blithe new-comer! I have heard, I hear thee and rejoice. Oh cuckoo! shall I call thee bird, Or but a wandering voice?*

And what a joy it is to awaken at 6 am to another delightful day in Ojai. A flock of crows have arrived cawing and shrieking for

their morning kibble, morning doves and Blue Jays arrive next for their seed and peanuts, unsalted and in the shell of course. A motley group of assorted birds all lining up by the seed bins while hummingbirds hover around their feeder. I see a baby sparrow being fed by his mother and a young crows, angry harsh caw as he follows his mother demanding to be fed, she ignores him.

Ah, roses and flowers in bloom, a wall of green foliage surfeits the eye and a harmonious buzzing of busy bees as they seek pollen. Yesterday was then, tomorrow is when, there is only the eternal now. Time to be away and face life's daily chores and yet, a moment as **Wordsworth's** words come to mind, *For oft, when on my couch I lie In vacant or pensive mood, They flash upon the inward eye Which is the bliss of solitude; And then my heart with pleasure fills, And dances with the daffodils.*

Now that **Father's Day** has come and gone, spend a moment remembering the over 25 million children in the U.S. that have no father.

If you ride a bicycle and want to protest against cars and our dependency on oil, check out the global network of bike events being held all over the world, **London** already has over 3,000 bike riders registered for the July event. Oh, it's a naked bike ride, no clothes required. And now for you tan loving ladies, ugly tan lines are now a thing of the past, a new tan through bikini has come onto the market, thousands of tiny holes in the material allows Sun worshipers to get an all over tan without going naked. The range includes men's briefs, swimsuits and bikinis, cost about \$75.

Looking for an unusual outdoor folding parasol to shield you from the sun? **Gandia Blasco** has a rotating sunshade that comes in white, slate blue or green, only \$3,125, if interested contact www.gandiablasco.com If you want to make money during these money pinching times, buy an ice cream shop. Sales are up over 25 percent nationwide over last year. **Linda Utterback** of the trade journal, *The National Dipper* said a bad economy is always good for ice cream shops; its a comfort food.

More good news for over-the-counter sleeping pills, sales are soaring. **Advil PM** sales jumped over 18 percent compared to last year's sales. I guess **Americans** are losing sleep over the economy. Bad news for the world airlines they lost over \$9 billion this year alone according to international air transport, and business will get worse. **European** airline **Ryaber** announced they will charge \$1.60 for each trip to the bathroom when in-flight; two of the three bathrooms will be removed to make room for extra seats.

Pity the 11 different women who had **Desmond Hachetts** 23 children; they took the 29-year-old **Desmond** to court for nonpayment of child support. **Desmond** who lives in **Knoxville**, has no money or job, is appealing the court proceeding.

Did you know **New York** has the largest number of angry, aggressive road rage drivers in the U.S., according to a recent survey. If you live in **Brooksville, Florida** and are employed by the city, a new law approved by the city

council by a 4 to 1 vote requires you to wear underwear and deodorant when at work, no revealing clothes allowed. Now, who will check on enforcing the underwear rule? If you are in need of plastic surgery or breast implants, check out being a nurse in the **Czech** hospitals. Due to a nurse shortage the hospitals are offering free breast implants and plastic surgery to recruit and retain nurses.

And, if you're going to **Ireland** to kiss the **Blarney Stone** beware, the web site **Tripadvisor.com** named it as the world's germiest tourist attraction in the world, so be prepared and take precautions. The **Catholic Rev. Alberto Cutie of Miami Beach, Florida** caused an uproar when he was photographed on the beach smooching a bikini-clad young lady. The Rev. claims he is in love and is now leaving the **Catholic Church** and joining the **Episcopalians** who will let him smooch as much as he likes, and I might add so will the **Church of England**, they're very liberal.

The **Chinese** equivalent of **eBay**, **Taobao.com** has banned the sale of teenage girls saliva. The seller, known as **ZHOU**, was charging three dollars a bottle for the saliva which he claimed was a tonic that cured many illnesses. Undaunted, **ZHOU** is now selling teenage girls night time drule, claims it comes from 18-year-old pretty girls while they're asleep. Well, even in **China** there is one born every minute.

As a cost-cutting measure, the **U.S. Federal Bureau of Prisons (BOP)** is allowing prisoners to transfer themselves unescorted from one prison to another. Officials have confirmed some prisoners are given bus tickets to make the trip to the next prison on their own, naturally over 98 percent took the opportunity to escape. **Spokesperson Tracy Billingsly** said, it is unfortunate that many prisoners escape, but the savings are substantial.

Wow, our biggest debt is to **China**, they now hold over 800 billion of **U.S.** dollar debt and they continue to buy **U.S.** bonds, according to **China's Huanqui in Beijing**, and still the **U.S.** government continues to spend... another 86 billion going to **Afghanistan**. We have troops in over 70 percent of the world countries; 75,000 in **Germany**, 50,000 in **Japan**, 28,000 **Korea** 17,000 in **Kuwait City** over 170,000 in **Iraq** at the last count and 70,000 in **Afghanistan** plus many other countries including **England**. Do any readers know why we have troops in these countries **Germany, Japan** etc., when the war ended in 1945? Ah well, the waste of money cures itself for soon there is no more money to waste. Blessed are the young for they shall inherit the national debt. Words of wisdom. Half the world is composed of people who have something to say and can't, and the other half those who have nothing to say and keep on saying it. Life is a tragedy, full of joy. When a politician decides to make a living of politics that's the day he becomes corrupt.

If you are an eco-conscious wine drinker and drink wine grown without pesticides and herbicides, finding such wines can be difficult. Look for the terms, organic, sustainable or biodynamic on the label. Here are three eco-conscious wines worth drinking; **Frogs Leap Cabernet Sauvignon 2006**, exploding with black currant flavors, a powerful red that shows impeccable structure and balance, around \$45. **Xavier Weisskopf Le Rocher Des Violettes Cuyee Touche Mitaine - sur-loire**, in **France**, made entirely from **Chenin Blanc** it shares delightfully with seafood, around \$24. **Vinedos de la Posada Torrontés, 2007**, great value, riesling lovers will appreciate its citrusy flavors, around \$12. Time to sip a glass of wine and contemplate on the words of **Lao Tze** who wrote, There is no need to run outside for better seeing, nor to peer from a window. Rather abide at the center of your being; for the more you leave it the less you learn. And so it is. Peace to all living beings on earth.

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

Grounds: Good Coffee

An Affordable Luxury in a Questionable Economy

by Lorraine Mariz



Okay, Gas is \$3.00 a gallon, milk is \$4 a gallon and a box of Cheerios is \$5. Is your daily morning wake up of a large double vanilla latte - \$4.20 at Java & Joe; or hot afternoon fix of a blended mocha with whipped cream for \$4.25 worth it? I say yes, yes, yes!

Let's say you like that large drink with extra shots and flavor for \$4 to \$5; or a \$3 mocha or even a medium regular coffee for \$2.10. How do you justify spending this kind of money on something that is essentially unnecessary? But is it unnecessary? Think how much you like your double medium black forest mocha with whipped cream (\$4.35). Think how good it is, how it wakes you up and makes you happy. Can you put a price on a more alert morning. Can you put a price on happiness? I will help you. I've worked some things out.

You like the drink for \$4.20 and you get it 5 days a week. You spend \$21 a week for coffee. Not that much in the great scheme of things, is it? If you get your lunch out every day - say spending \$7 a day 5 days a week - you pay \$35 a week for lunch. If you bring your lunch 3 days a week you've paid for your coffee and still can have lunch out 2 days a week! If you like the less expensive drinks you only have to give up lunch out 2 days a week. Easy, isn't it. If you don't regularly eat out there are things you can adjust such as movies out or other expensive treats.

What if you like to make coffee at home? You like to grind the beans and have the wonderful smell of brewing coffee fill the kitchen. At Java and Joe we raise and lower our whole bean prices according to what we pay the roasters. We recently had to raise our whole bean coffee prices \$1 per pound making the price of most coffees \$10 - \$12 a pound. The organics are \$13 to \$15 per pound. This is as high as we've ever had our prices. But... buying good coffee by the pound and making it at home is still a great bargain. The Fair Trade 5 Country Blend we sell for \$14 per pound works out to 45 cents a cup. The flavored coffee currently sells for \$11 per pound. This works out to 35 cents a cup. And don't think that buying less expensive coffee at the market is saving much money. Most supermarket coffee is sold in 12 oz. (¾ pound) cans or bags. If the bag is \$7 the price per cup is 30 cents. Not that much less.

At Java & Joe coffee that we brew as coffee of the day is 20 percent off the beans. Most coffees are brewed 2-3 times a month. Stop by and pick up a calendar. And have a blended mocha. It's worth it.

Lorraine Mariz, Java and Joe, Ojai



RTC LANDSCAPE

- Complete Tree Service
- Full Service
- Landscape Maintenance & Installation

Finest, Fairest
in Ventura County
Tiffany Smith

• 648-6766 - office
• 477-8401 - cell

no sugar - no dairy - no guilt

Ojai Chocolat

Available at these fine locations

- Rainbow Bridge, Ojai
- Made in Ojai (on Matilija St.)
- Westridge Market, Ojai
- Montecito Natural Foods
- Farmer and the Cook, M.Oaks
- Ojai Sunday Farmers Market

chilipot-chocolat.com



646-0454

JAVA & JOE

SPECIALTY COFFEE, TEA AND GIFTS

is the place to find Ojai's

BIGGEST & BEST

COFFEE & TEA ASSORTMENT!

JAVA & JOE is located behind the Arcade in the heart of downtown Ojai
at 323 E. Matilija St., No. 105. (805) 646-3138

VENTURA COUNTY WEIRD VIEWS

Tea Party - July 4th by Richard Senate



They came from all over Ventura County to let their voices be heard. They gathered at the County Government Center with signs, banners and flags. The focus of their protest was the rising dissatisfaction with the present administration and the in-



Max Bonbar, Thousand Oaks

crease in taxes.

"I feel I am taxed enough," proclaimed Lillian Martin of Camarillo.

"They are passing laws they have not read and laws that are exempt for members of congress."

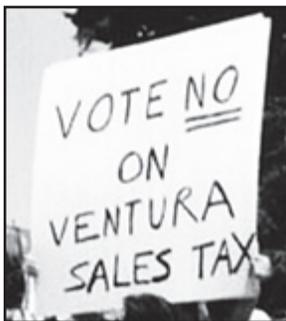
Many of the estimated 3,500 participants agreed with her. "I'm tired of what is happening to this country," added Mrs. Judy Valdesuso. "The Silent Majority must stand up before we lose all of our rights and freedom." Her husband, Gilbert Valdesuso, was born in Cuba and agreed that events today in the United States reminded him ominously of the early years of Fidel Castro's rule in Cuba.

They came from all over Ventura County to let their voices be heard. They gathered at the County Government Center with signs, banners and flags. The focus of their protest was the rising dissatisfaction with the present administration and the in-

"California is spiraling down the toilet' due to poor budgeting"

"The Cuban people asked for change and boy they got it."

The speakers carried the theme of dissatisfaction with rousing speeches that drew cheers from the group at the corner of Victoria and Telephone Road. Dr. Ted Barr urged citizens to "stand up for truth in government." Speaker Steve Frank proclaimed that "California is spiraling down the toilet," due to poor budgeting. City Councilman Neal Andrews proclaimed



"City Councilman Neal Andrews proclaimed he was the only member of the city council to stand against raises in the city budget."

he was the only member of the city council to stand against raises in the city budget.

Mrs. Zida Wouthley, of Ventura, came to the event to stop the take over of the nation by socialist progressives. Mrs. Wouthley compared it to things that happened in her native Philippines when that nation sank from democracy to the tyranny of the Marcos Family.

One of the youngest protestors, Max Bonbar, age 11, of Thousand Oaks was dressed as a colonial patriot and carried a sign. He too was concerned about high taxes. As the protestors waved their flags and signs



Photos © 2009, Richard Senate

Event Organizer, Carla Bonny

the passing traffic on busy Victoria encouraged them by positive hand gestures and the loud honking of horns. Truckers blasted their air horns and small cars joined in the cacophony.

Event Organizer Carla Bonner, of Ventura, was pleased with the turn out

and plans are being set for more demonstrations in the future.

— Richard Senate
www.RichardSenate.com

EVENT CALENDAR

• thru July 16, Swim Lessons and Open Swim, The City of Ojai and Villanova Preparatory School are pleased to announce the return of the Aquatics Program to the Ojai Recreation Department this summer! Villanova Preparatory School has graciously offered the use of their pool for swim lessons, lap swim and open swim programs during the month of July. "Villanova Preparatory School is honored to join the City of Ojai in fostering recreation opportunities for the youth of our community," said Villanova President Fr. Gregory Heidenblut, O.S.A.. "Augustinian education is traditionally based on the three core values Saint Augustine borrowed from Sacred Scripture - truth, unity and love. We understand unity as our responsibility to the 'community'. This gives us an opportunity to model for our students the importance of sharing our resources with others for the common good." Swim lessons will be offered in two sessions: Session 1 is July 6 - July 16 (Monday thru Thursday) and Session 2 is July 20 - July 30 (Monday thru Thursday) and the cost is \$50 per child for each session. Swim lessons are 2-weeks in length with 30 Events Continued on Page 11...

CITY HALL'S FEAR FACTOR

R. ELLIS SMITH Fear for Fear's Sake...



As we all know the Bush era was built and run on a basis of "If you instill enough Fear into the public you can do anything you want." It seems like the Gang in the Ivory Tower,

(Ventura City Council and City Manager) have taken this "Bush System" to heart. For example here is an excerpt from Rick Cole's blog message on Homeless sleeping in Cars. Blogger Rick Cole said...

Thanks, SoapBoxLA, good thoughts. "I'm perplexed about Anonymous' characterization of my comment about the tax protest as "dismissive." Calling people patriots and invoking their symbolic imagery is done with respect. Nor will they be voting against "my" sales tax increase. As I've repeatedly emphasized, our budget is balanced. It is up to the

Fear-Based Government Continued on Page 11...

Networks DSL/Cable/Wireless Hardware/Software	computer DR We make house calls 805 798 3806	PC & Mac locally owned/operated fixing computers in Ojai Valley for over 7 years
---	---	---

At Home in Ojai
Assisted Living in Beautiful Ojai Valley

225 N. Lomita Ave, Ojai, CA 93023
Telephone: (805) 646 2402 Facsimile: (805) 646 4289
www.athomeinojai.com
License # 565801458

Shop Local
646-6001
Everything You Need in 1 Little Book!

The Ojai PHONE BOOK
307 W. Ojai Ave. • Ojai

HERITAGE FINANCIAL
Real Estate Financing

805.640.1717
www.HeritageFinancialofOjai.com

THE HERITAGE TEAM
Over 40 Years
Combined Experience

WANDA MARTIN
Owner/Sr. Loan Officer

EMILY SANDEFUR
Certified Mortgage Advisor

STEVE BRANDT & CATHY BARNETT
FINE JEWELERS

"GEMS OF THE EARTH - DESIGNS OF THE HEART"

Custom Orders and Repairs
Open 10:00 to 6:00
Closed Sun. & Mon.

We Buy Gold... or Re-Design with Your Gold

GEM QUEST JEWELERS

We Also Have Antique and Vintage Jewelry
108-B N. Signal St., Ojai, Ca 93023 • 805-646-3836

Ojai Skate Park - Another Summer: Another Skate Park: NOT

How the City of Ojai & the Ojai Unified School District Don't Get Things Done

by Joel Anderson

Ten Years ago current Ojai Mayor Joe DeVito, acting as a city councilman, was going to get things done! HE was going to arrange a trade with the Ojai Unified School District (OUSD). The school system would get much needed tennis court repairs in exchange for their agreement to support the then temporary skate park with a lease; Ojai's skate kids would get a much needed Skate Park, and finally have one place in Ojai to truly call their own, where they wouldn't be told, "No Skateboarding Allowed." As time (10 years) went on... time just went on... and on... and on... and now, there is still no skate park, despite recent and solid fundraising, and all those kids who were promised a skate park years ago... well they aren't kids anymore, and time goes on, which is convenient for the forces pitted against them. Several years ago (Oct. 2007), interest was re-sparked in the vision for the permanent concrete park; the new "kids" were told *Raise the Money, it will come!* So they did. The city put up \$100,000 and challenged the community with a 7 month deadline to raise the rest of the money, whatever it took. The newly organized non-profit, *Skate Ojai group* (incorporated Nov. 2007, www.ojaiskatepark.com) organized the effort. The kids raised \$250,000 to reach their \$350,000 goal, through enthusiasm, hard work and a lot of family/community support, and met their goal before the June 30, 2008 deadline. Funds were in hand !!! Now THAT'S community spirit !!!



Phantom Victory - Skate Ojai Day - May 31, 2008

the City (defined as early as 2002, see OUSD "DOCUMENT" next page 9, at lower right) had held that the currently rotting plywood ramps could be replaced by a solid, safe and permanent in-ground concrete skate park, which Ojai Unified agreed to in January, 2002.

The project started off with great promise. A large enthusiastic Ojai community turned out for "Skate Ojai Day" held May 31, 2008, proudly and publicly celebrating the efforts.

But it was not to be... quite that way. Over the recent past 12 months or so... it became increasingly evident throughout "The Ojai" grapevine that the school district and the city were really only interested in becoming commercial real estate partners with Developer Ted Moore to tear down the historic Chaparral school, and build a tri-plex theater, hotel, a very few low-income housing units (as an anticemter for the city in reaching its Draft Housing Element), convention rooms, and a new strip mall. This was all kept on the hush-hush because they knew "Ojai" would never give popular grass roots support to such an outrage. But whispers turned to a roar and with the stated goal of turning centrally located Chaparral school

into a strip/shopping mall for financial profit. They have obviously conspired to do everything they can do to NOT get the Skate Park completed, as promised. This had become an all-too-familiar-to-Ojai classic; Lucy and the Football scenario where the kids (Charlie) wind up flat on their backs and out of breath... and Lucy (Ojai Unified and the City of Ojai) stand by idly, smugly smirking having once again foiled the ever hopeful and trusting Charlie Brown. With Ojai's Newlywed and Nearly Dead undercurrent (you can visit with your kids, but don't stay), the powers-that-be in Ojai have never really been kid friendly. Take for instance; NO Bowling Alley, NO Arcade games in the Arcade, NO More Miniature golf, NO Nordhoff Community Swimming Pool... Shoot Down the idea to show Movies at the now-demolished Ojai Frosty, The Frosty itself...

City Manager Jere Kersnar had to be reminded by local private citizen and State Farm Insurance Agent, Bob Daddi, that there were legal liability/workmens comp provisions already in place on the state books which would enable volunteering citizens to exercise their get-it-done spirit and contribute their free labors to a city/non-profit coop project to Get-it-Done. Of course it was nice of Ojai City Attorney Monte Widders, right out in the open of a public city council meeting and with his usual oratory zeal, to take credit for Daddi's liability expertise and detailed homework, without skipping a beat. But Dale Summersille, director of parks also helped; stopping the planning phase of the project several months ago, and giving the Skate Ojai group no reason for this stall...

Will the Skate Park be just another in a long line of stifled projects? No construction bids have been initiated, much less awarded... And the kids? Ask a skateboarder, they'll recall the education they've been given over the past year. And with elections coming, if there is one thing local government and the school system has taught Ojai Youth it is to be wary of politicians, school administrators, and their high-flown fork-tongued promises. Oh, and also of the seething smirky attitude they, the political elite, blatantly flaunt; Never mind the kids and what they were promised.

Tim Baird, Ojai Unified's former Superintendent recently ducked out of Ojai for a higher paying superintendent job with Encinitas Union School District (EUSD) near San Diego, educating elementary aged youth. Reportedly he now takes home a salary of over \$200,000 annually there, at least \$65,000 above what he had been making in Ojai.

Baird showed his true Ojai "community" spirit when he abandoned his sleepy little stepping stone of Ojai. Under Baird's self-promoting tutelage, the Ojai district has already spent well over \$60,000 in scarce educational (and public) funds, on attorney fees toward his unrealized pet strip/mall development project.

The school district and its representatives have failed to appear at city council meetings on the Skate Park (save one single meeting in June, which Baird attended); yet Skate Ojai is blamed by OUSD for OUSD being uninformed. Misinformation began to appear on the Ojai grapevine of public opinion that a public skate park would generate drugs, violence, etc., and pose serious law enforcement problems. Baird had begun filing safety complaints regarding the site, just as Skate Ojai had started Fundraising efforts; however his numerous complaints directly contradicted the opinion of Ojai's former chief of Police Bruce Norris, who was an ardent supporter of the Skate Park. Norris did not see any unsolvable enforcement issues with the location.

And so the seeds of doubt were being actively planted in an effort to undermine and turn public opinion against Skate Ojai and the skate park project. After serving on the Ojai Valley Youth Foundation (OVYF) and also as founding president of Ojai's Green Coalition, Baird's fleeting actions have become crystal clear; his seemingly altruistic OVYF position was only an ornament to boost his brief "community" image. His actions proved his true motives were more aligned (or maligned) against, not with Ojai school-aged youth.

If it weren't so sad it might almost be funny; our educational system, an institution established to help kids, but actually bringing them down and promoting the private development aspirations of its public administrators. City officials also were complicit as they withheld official pertinent factual information for over a year [Memorandum dated Oct. 12, 2007] which would have disputed numerous and direct inaccuracies the school district had presented.

On July 1, Ojai Unified Interim Superintendent Jim Berube filed an appeal with the City of Ojai to "Overturn the approval of the skatepark project" by the Ojai Planning Commission (OPC). The appeal issues are purely operational. Skate Ojai Continued Next Page...

On July 27, 2008, the Timeline for the project set by the Ojai City Council even including a planned "Ojai Skate Park Ribbon Cutting Ceremony," scheduled for this last May 16, 2009! At last Ojai youth would have their permanent Skate Park...! What a great way to offer Ojai's kids an active after school activity.

The city had signed an ironclad contract with Ojai Unified in 2004 to lease the land for the skate park through "December 31, 2023," (which can be extended anytime). The original terms of the lease between Ojai Unified and

the project (publicized)
 October 7 • Make conceptual presentation to OUSD Board of Education
 October 14 • Make conceptual presentation and preliminary cost estimate to City Council
 • City Council Action: Direct staff to proceed and prepare RFP for construction
 • Site Design Group to prepare construction documents for bid
 • City Council Action: if additional square footage is needed for the project, direct Monte (Widders)/Staff to write letter to OUSD informing them that the City would like to proceed with and to exercise the option for the additional 3,500 sq. ft. (or square footage needed) effective January 1, 2009 (which will give time to HELP move and demo and prep site)
 October 23 • Deadline for community to donate materials (all donations must be in writing) at 5pm to the Ojai Recreation Center
 Oct. 29 - Nov. 6 • Staff to prepare staff report and RFP for construction
 November 10 • Deadline for Skate Ojai to have all money/donations in the bank for the project
 November 18 • City Council approves RDA to go out for construction
 November 20 • Construction bid opens
 December 18 • Construction bid closes
 Dec. 22 - Jan. 6, 09 • Staff to evaluate and reference checks on construction bids
 January 13, 2009 • City Council meeting
 • City Council Action - award construction bid
 • City Council Action - Direct staff to prepare an NOE for CEQA
 • City Council Action - any other resolutions and approvals needed
 • Construction begins
 • Construction ends (based on 120 day schedule)
 January 19 May 9
 May 16, 2009 • Ribbon Cutting/Grand Opening

is NOT a Crime

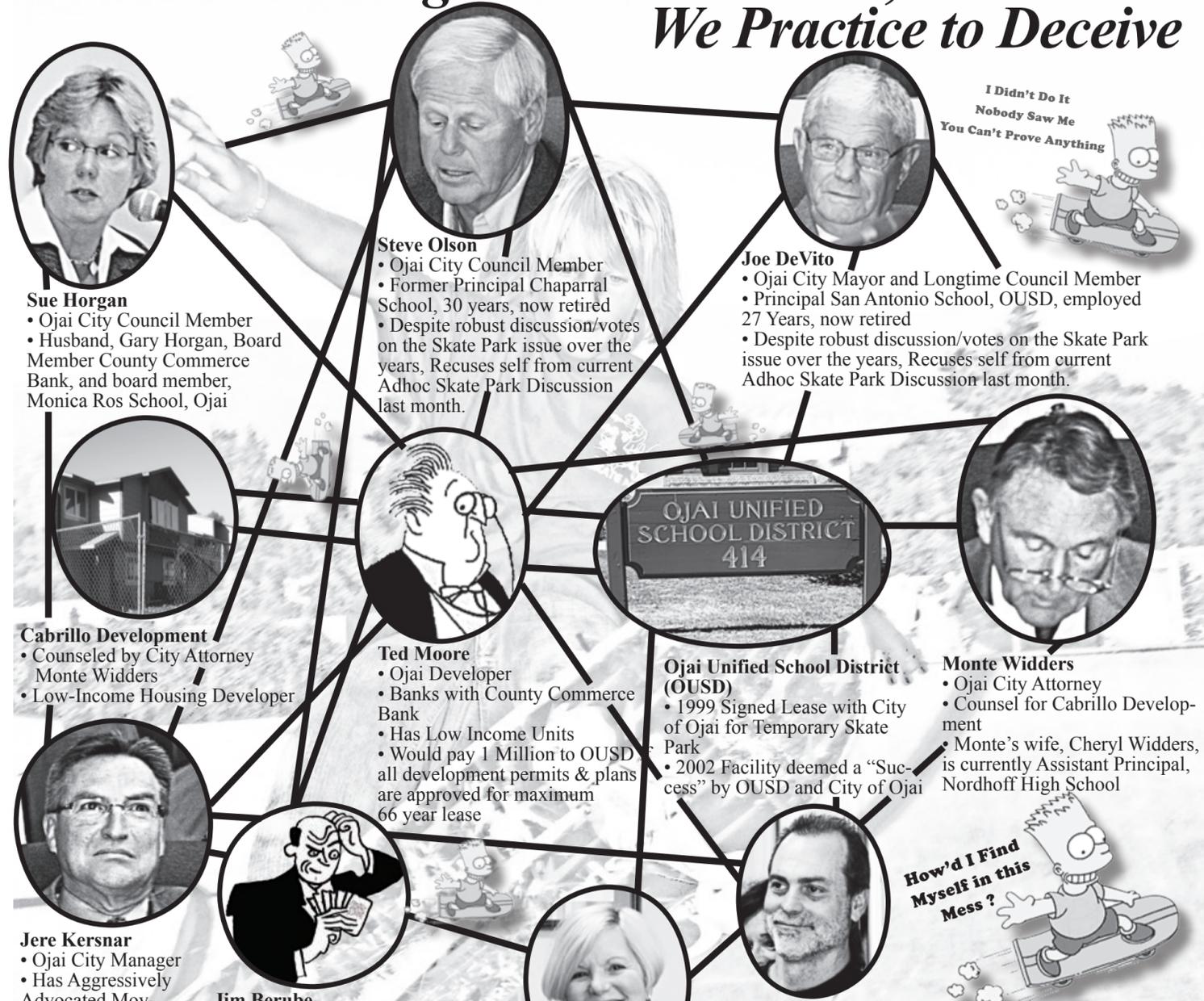
On June 27, 2008, the Timeline for the project set by the Ojai City Council even including a planned "Ojai Skate Park Ribbon Cutting Ceremony," scheduled for this last May 16, 2009! At last Ojai youth would have their permanent Skate Park...! What a great way to offer Ojai's kids an active after school activity.

TIMELINE: Original Skate Park Proposal

• Dated: June 2008 •

- July 17-22, 2008 • Staff to Work on RFQ, Staff to proceed and do soil tests, topo maps (and title), geotechnical tests, temporary erosion control/quality management reports using monies already allocated to the project by City Council.
- July 23 • Send out RFQ to design firms.
- July 31 • Deadline for letters of interest and RFQ's
- August 4-6 • Staff & Skate Ojai to review and grade RFQ's
- August 11/15 • Staff to schedule finalists, prepare questions for panels & check on references.
- August 18 • Panel to interview top design firms
- August 19 • Special City Council meeting/joint meeting with Parks & Recreation Commission and invite Planning Commission and OUSD officials.
- Present timeline
- Present amount monies raised
- Presentation of design build skate park process
- August 19/20 • Staff prepare additional report and documentation if needed for Aug. 26 City Council Meeting.
- August 26 • Hire designer, and update Council on Project.
- City Council Action - Direct staff to proceed with project, what type park - in ground/above ground/hybrid
- September 13 • Designer/Staff to hold community workshop #1, 1-3pm
- September 22 • Designer/Staff to hold community workshop #2, 5-6:30pm
- September 29 • Final conceptual and 3D renderings submitted to City
- September 30 • Site Design Group to give City list of specific materials and quantity needed for
- October 1 • Planning Commission/Parks & Recreation Commission joint meeting for designer to present conceptual and preliminary cost estimate
- List of specific materials needed for

Oh What a Tangled Web We Weave, When First We Practice to Deceive



Sue Horgan
 • Ojai City Council Member
 • Husband, Gary Horgan, Board Member County Commerce Bank, and board member, Monica Ros School, Ojai

Cabrillo Development
 • Counseled by City Attorney Monte Widders
 • Low-Income Housing Developer

Jere Kersnar
 • Ojai City Manager
 • Has Aggressively Advocated Moving Skatepark from Current Set Location elsewhere to make way for Ted Moore Development, from Day 1

Jim Berube
 • Ojai Unified Interim Superintendent
 • Signed Original Lease for Permanent Skate Park, Jan. 2002
 • Appeals his own decision for Skate Park (above), to "overturn (Planning Commission) approval of skate park," Appeal filed July 1, 09

Skate Park Update Due at the next Ojai City City Council Meeting on July 28. The July 14 City Council meeting has been cancelled.

Continued From Previous Page...
 tional, and legally not grounds to break the lease. As in the original lease agreement Ojai Unified must negotiate these terms in good faith.
 So it seems the torch has been passed to yet another pedagogical bureaucrat interested only in stifling kids with publicly expensive and litigious stall tactics, despite contract law and overwhelming community support. Is it any wonder why our schools are broke?
 - Joel Anderson, editor
 "We've been confused the whole time we've been here, like... why isn't there a big park here?" - Jason Jessee, Skate Legend

Steve Olson
 • Ojai City Council Member
 • Former Principal Chaparral School, 30 years, now retired
 • Despite robust discussion/votes on the Skate Park issue over the years, Recuses self from current Adhoc Skate Park Discussion last month.

Ted Moore
 • Ojai Developer
 • Banks with County Commerce Bank
 • Has Low Income Units
 • Would pay 1 Million to OUSD for all development permits & plans are approved for maximum 66 year lease

Cheryl Widders
 • Wife of Ojai City Attorney Monte Widders
 • Assistant Principal, Nordhoff High School
 • Regularly Attends City Council Meetings re Skate Park

Tim Baird
 • Former OUSD Superintendent
 • Moved out of Town

Ojai Unified School District Board Agenda Item Summary
Meeting Date: January 15, 2002
Title: Approval of Skateboard Park Concept
Exhibit: Memo of Information
Explanation: In April 1999, the District entered an agreement with the City of Ojai to place a skateboard facility on the Park and Ride lot adjacent to the District Office. The placement was temporary in order to determine the impact of the facility on the District Office site and surrounding area prior to the possible establishment of a permanent skateboard facility. The facility was recently reviewed by District and City representatives and deemed a success.
Recommendation: Approve the concept of building a permanent skateboard park.

Joe DeVito
 • Ojai City Mayor and Longtime Council Member
 • Principal San Antonio School, OUSD, employed 27 Years, now retired
 • Despite robust discussion/votes on the Skate Park issue over the years, Recuses self from current Adhoc Skate Park Discussion last month.

Ojai Unified School District (OUSD)
 • 1999 Signed Lease with City of Ojai for Temporary Skate Park
 • 2002 Facility deemed a "Success" by OUSD and City of Ojai

Monte Widders
 • Ojai City Attorney
 • Counsel for Cabrillo Development
 • Monte's wife, Cheryl Widders, is currently Assistant Principal, Nordhoff High School

Breaking News
SAT. JULY 11, 2009: Ojai Unified School District held a rare 11 am board meeting at the Ojai Valley Inn to discuss hiring a new superintendent.
 Before the meeting, the Ojai Sheriff was contacted by the Inn, and told to expect a disturbance.
 Seven respected Ojai citizens, showed up for the "public" meeting. Ojai Valley Inn staff and the Sheriff were perplexed as to why there needed to be a police presence at the Inn. No disturbances were reported, no arrests were made... It remains unclear the extent to which OUSD publicized the meeting, according to the Ralph M. Brown Open Meeting Law.
 more info. www.ojairec.com
www.ojaiskatepark.com

DOCUMENT
 FOR: Action

Monte Widders
 • Ojai City Attorney
 • Counsel for Cabrillo Development
 • Monte's wife, Cheryl Widders, is currently Assistant Principal, Nordhoff High School

How'd I Find Myself in this Mess?

Breaking News
SAT. JULY 11, 2009: Ojai Unified School District held a rare 11 am board meeting at the Ojai Valley Inn to discuss hiring a new superintendent.
 Before the meeting, the Ojai Sheriff was contacted by the Inn, and told to expect a disturbance.
 Seven respected Ojai citizens, showed up for the "public" meeting. Ojai Valley Inn staff and the Sheriff were perplexed as to why there needed to be a police presence at the Inn. No disturbances were reported, no arrests were made... It remains unclear the extent to which OUSD publicized the meeting, according to the Ralph M. Brown Open Meeting Law.
 more info. www.ojairec.com
www.ojaiskatepark.com

DOCUMENT
 FOR: Action

Breaking News
SAT. JULY 11, 2009: Ojai Unified School District held a rare 11 am board meeting at the Ojai Valley Inn to discuss hiring a new superintendent.
 Before the meeting, the Ojai Sheriff was contacted by the Inn, and told to expect a disturbance.
 Seven respected Ojai citizens, showed up for the "public" meeting. Ojai Valley Inn staff and the Sheriff were perplexed as to why there needed to be a police presence at the Inn. No disturbances were reported, no arrests were made... It remains unclear the extent to which OUSD publicized the meeting, according to the Ralph M. Brown Open Meeting Law.
 more info. www.ojairec.com
www.ojaiskatepark.com

'Organic' Gardening

May I have some more Dandelions Please ?

by Sandra M. Blackburn

What's in a word ?
What's in a weed?
A plant that is growing where I don't want it. That's what I call a weed ! I'm not a lazy gardener; I consider myself creative, proactive, and efficient.



© 2009, Barry M. Long

Organic gardeners know that a diversity of plantings in the garden is the best way. There are many types of companions. "Weeds" can be used to conserve soil moisture and prevent erosion.

A groundcover of weeds will reduce the amount of bare soil exposed, helping to conserve nutrients (particularly nitrogen). Food and shelter are provided for natural enemies of pests as are alternative food sources for crop pests. The presence of weed cover may be a factor in increasing the effectiveness of the biological control of pests and reducing pest damage. Weeds are an important source of food for wildlife, especially birds. Bird populations have been declining on farmland over the last decades and leaving weeds as a resource has been shown to help revive bird populations. Weeds can also be informative as valuable indicators of growing conditions. Surely you've seen them grow in your gardens....

Soils with low levels of calcium, that don't break down organic matter quickly, are havens for dandelions. **Dandelion**, (*Taraxacum officinale*) was brought over by the pilgrims in their seed packets from Europe, as precious as gold. They planted it in their gardens to be assured of greens in the savage and unknown new world. They were also introduced in **Midwest America** to help honey production. Now; they grow all over the world. **Dandelion** greens are high in iron and vitamin C. The leaves are more nutritious than anything you can buy. They're higher in beta-carotene than carrots. The iron and calcium content is phenomenal, greater than spinach. You also get vitamins B-1, B-2, B-5, B-6, B-12, C, E, P, and D, biotin, potassium, phosphorus, magnesium, and zinc by using a tasty, free vegetable that grows on virtually every lawn. Leaves can be eaten raw, steamed or sauteed. They are a delicious bitter green. You can make wine out of flowers, or other types of purifying tonic from the root. Dandelion root is one of the safest and most popular herbal remedies. The specific name, *officinale*, means that it's used medicinally. The decoction is a traditional tonic. It's supposed to strengthen the entire body, especially the **liver** and **gallbladder**, where it promotes the flow of **bile**, reduces inflammation of the **bile duct**, and helps get rid of **gall stones**. It's good for chronic **hepatitis**, it reduces liver swelling and **jaundice**, and it helps indigestion caused by insufficient **bile**. Don't use it with irritable stomach or bowel, or if you have an acute inflammation.

There are no poisonous look-alikes. Other very similar **Taraxacum** species, as well as chicory and wild lettuce only resemble **dandelions** in the early spring. All these edibles also exude a white milky sap when injured, but chicory and wild lettuce leaves have some hair, at least on the underside of the midrib, while **Taraxacum** leaves are bald. Unlike the other genera, **Taraxacum** stays in a basal rosette. It never grows a tall, central, stalk bearing flowers and leaves.

"Dandelion root is one of the safest and most popular herbal remedies."

Plantains (*Plantago major*), thrive in compacted soil, thin or short lawns, moist shade, and areas that get inconsistent irrigation. **Plantain** is a perennial herb, thought to be of **Eurasian** origin and now naturalized throughout the world; considered a common and noxious weed by some and a miracle plant by others. **Plantain** is edible and medicinal, the young leaves are edible raw in salad or cooked as a pot herb, they are very rich in vitamin B1 and riboflavin. The herb has a long history of use as an alternative medicine dating back to ancient times. Being used as a panacea in some cultures, one **American Native** name for the plant translates to "life medicine." **Plantago** major contains the glycoside **Aucubin**, a powerful anti-toxin. The leaves and the seed are medicinal and used as an antibacterial, antidote, astringent, antiinflammatory, antiseptic, antitussive, cardiac, demulcent, diuretic, expectorant, haemostatic, laxative, ophthalmic, poultice, refrigerant, and vermifuge, and as an alternative medicine for asthma, emphysema, bladder problems, bronchitis, fever, hypertension, rheumatism and blood sugar control. A decoction of the roots is used in the treatment of diarrhoea, dysentery, gastritis, peptic ulcers, irritable bowel syndrome, haemorrhage, haemorrhoids, cystitis, bronchitis, catarrh, sinusitis, coughs, asthma and hay fever. If that isn't enough it also causes a natural aversion to tobacco and is currently being used in stop smoking preparations. Extracts of the plant have antibacterial activity, stopping blood flow and encouraging the repair of damaged tissue.

Plantain was used as a wound dressing on the battlefield (called "**Soldier's Herb**" which referred to this use). **Plantain** seeds contain up to 30% mucilage which swells in the gut, acting as a bulk laxative and soothing irritated membranes. They are also used in the treatment of parasitic worms. People who take blood thinners or those prone to blood clots should never use plantain internally.

Purslane, (*Portulaca oleracea*), considered a weed in the **United States**, is eaten throughout much of **Europe**, **Asia** and **Mexico**. If it is growing in your garden, your soil is pretty good. **Purslane** comes from **India**, where it was a food crop centuries ago. It was **Gandhi's** favorite food. Now it also grows across America, and around the world. It has a wonderful survival tactic: The succulent (juicy) stem, keeps it from drying out. If someone decides **purslane** is a "weed" and uproots it, it uses the water in the stem to make seeds before it dies, and soon there'll be even more purslane.

Beware of **spurge**, a different-looking poisonous creeping wild plant that sometimes grows near **purslane**. The stem is wiry, not thick, and it gives off a white, milky sap when you break it. If you're careless, you may put some in your bag along with **purslane**, because they sometimes grow together on lawns, gardens, and meadows.

Purslane can be used fresh as a salad, stir-fried, or cooked like spinach, and for soups and stews. **Australian Aborigines** use the seeds to make seedcakes. **Purslane** contains more Omega-3 fatty acids (*alpha-linolenic acid in particular*) than any other leafy vegetable plant. **Purslane** has EPA, an Omega-3 fatty acid normally found mostly in fish, algae and flax seeds. It also contains vitamins A, C, some B and carotenoids, as well as dietary minerals such as magnesium, calcium, potassium and iron. Potent antioxidants are also present and have been found to have antimutagenic properties. In Greek popular medicine, **purslane** is used as a remedy for constipation and inflammation of the urinary system. In antiquity its healing properties were thought so reliable that **Pliny** [*naturalist and natural philosopher of the early Roman Empire*] advised wearing the plant as an amulet to expel all evil. So, what's in a word ? Happy gardening !

(Remember, all the opinions expressed in my writings are my own, and not necessarily those of the other nursery staff or owner. My boss, Chris Rush, wanted to make sure ya'll knew that.

And, don't believe everything you think, hear or see. There are no guarantees but death and taxes. Take it all with a grain, at least, of salt. Use common sense, and take care).

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

Solution Focused Therapy

— by Ed Tennen

There are many schools of psychological thought and approaches to helping patients resolve their inner conflicts. In truth, several research studies on this topic tell us that it is not the experience or the technique that matters most, but what the patient and the therapist together bring to the process of psychotherapy. With few exceptions, even an inexperienced psychotherapist can have dramatic results given a good working alliance with a patient. There are hundreds of therapeutic techniques, and **Solution-Focused Therapy** is one.

Solution-focused therapists follow a mantra that suggests that "insanity" is doing the same thing over and over again and expecting different results. While taking into account that people might have a wide variety of problems, including biochemical, personality, or thought disorders or traumas from the past – it focuses on discovering what people are doing that works and helps them deliberately use that knowledge to eliminate problems. This approach encourages people to move out of analyzing the nature of the problem and how it arose and instead to begin to find solutions and take action to solve it.

The past is important in the sense that it has influenced us and has brought us to where we are today, but letting

it determine your future is a mistake. Instead, this approach suggests acknowledging the past and then getting on with changing things. One way to solve a problem then is not to analyze why the problem arose, but to change what you are doing to solve it. If you change your part of an interpersonal pattern, the other person will often change as a result of your change. While some traditional techniques tell us that feelings cause behavior, solution-oriented thinking says that maybe new actions can create new feelings.

An easy and effective way to solve a problem is to find an example of a time when things went better in regard to the problem and start to deliberately put parts of actions you used at that time into the problem situation. Maybe you and your spouse were about to start your usual bickering, but somehow you avoided it. How do you explain why things went better ? The trick is to deliberately reproduce now what you did spontaneously then. Ask yourself why the problem isn't worse. This is a strange way of finding

solution patterns, but it often works.

Here are some key concepts to consider: Acknowledge your feelings and your past without letting them determine what you do. Change what you are paying attention to in a problem situation. Focus on what you want in the future rather than on what you don't like in the present or the past – as one writer so aptly put it, "my interest is in the future because I am going to spend the rest of my life there."

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

Move Quickly to a Renewed Sense of Well Being

Have you tried to resolve your emotional problems and found the process long, the solutions illusive, and the cost prohibitive ? Do you suffer from emotional pain resulting from chronic illness, relationship issues, depression, anxiety,

financial stress or the challenges of aging ? Practical, Solution-Focused brief psychotherapy may provide surprising relief. No charge phone consultation; some PPO plans.

In Mid-Town Ventura

Ed Tennen, Ed.D, Psy.D (805) 648-5800

Clinical Psychologist PSY 22365 1484 E. Main St. Ste 105 B, Ventura

The Health Police

by Mary-Jo Murphy

If you've ever seen the flashing lights of a CHP officer in your rearview mirror you've probably thought, "I'll never do that again."

After you have your expensive ticket in hand, you console yourself that this is "a wake-up call."

The officer conducting my **Traffic School** one Saturday morning offered insightful words. "If you are here, you did something and got away with it. You did it again and got away with it. You did it again and got away with it...And you got to thinking that you could continue to do it and not get caught. That's why you're here."

The second time you see those flashing lights, you have some idea why fear is only short-term motivator. Changing long-established behaviors is a complex process only vaguely related to willpower.

Shame doesn't work either. When asked by nosy reporters about his struggles with tobacco, President Obama should have shot back, "Don't you know that most people fail seven times before they manage to give up smoking?"

Progress not perfection...We all fail..We all fall off the wagon. We don't have to beat ourselves up about it, feel ashamed. We can take note and get back on.

In June, 15,000 people gathered in New Orleans for the **69th American Diabetes Association Scientific Sessions**. Talking about **The Obesity Epidemic** in the city of food, is like having a 12-Step meeting at a casino in Las Vegas. For five day, doctors, nurses, dietitians, researchers listened to lectures, because we were trying to figure something out.

In terms of peddling our wares, in this case preventative, we were searching for some rules of the road, a compelling GPS system that reminds our clients, "Slow down on that pizza. Don't exit here at the ice cream store. It's dangerous to drive in fast food neighborhoods."

It's my opinion that Health care professionals think they have more control than they do.. Just as the CHP officers only catches a small percentage of speeders, we only get through once in a while. 90% of health decisions take place outside the watchful eye of the Health Police. Most of our criminals get away.

Humans like to get away with things. Most hate rules, mandates and or-elses. Advice and reprimands are just as boring when you're forty as when you're fourteen. Who wants to listen to the hygienist reminder of the importance of flossing, or our doctor's warnings about smoking? Haven't you

heard it all before? Don't you already know what you're supposed to do? I remember one of my patients patiently listening to my sage advice. He was young, but had lived



with **Diabetes** for many years. When I was finished he said, "Thanks for telling me what I already know."

"It's my job," I replied. I didn't mean to be a boring, know-it-all. It's my job to try. Some of what was discussed at the ADA meeting was how to try better.

One session I attended, after a lunch of catfish and bread pudding, was entitled, *Lifestyle Changes that Last.*

Evidence from Prevention Trials. 3,819 people participated for 24 weeks.

The people in the study were not on their own. They had the flashing lights of information and encouragement behind them on their journey. Still, not all succeeded in becoming healthier, but those who lost weight, lowered their blood pressures, decreased the fat in their blood, offered some practical insights into their success. Those who met the goals had these things in common:

1. They wanted to do something not to get sick.
2. They kept their goals realistic and changed gradually.
3. They had practical instruction.
4. What they did took into account their culture.
5. They felt important and listened to.
6. They made their own decisions.

Nowhere did the findings reveal that fear, shame or nagging helped anyone in their accomplishments. So as I walked back to my hotel to make up for my high fat lunch, I tried to translate what I had learned into something useful. Here's my sage advice, even if I am telling you something you already know:

It's good to have a little fear of the future. If the way to eat an elephant is one bite at a time, don't attempt to devour the whole thing in a sitting. Seek out practical advice. Respect your view of the world, and apply your strengths to the task. Don't isolate. Talk about your struggles. They don't call this an epidemic because you are the only one struggling.

Assemble your travel plans, and then make a decision about where you want to be, next week, next month, next year. Now, get behind the wheel, and keep your eye in that rear view mirror.

Mary-Jo Murphy, R.N. M.S. CDE, Ventura
Mary-Jo is a Health and Diabetes
Educator, a Registered Nurse,
and a Motivational Speaker
mjmurph221@yahoo.com

EVENT CALENDAR

Continued from Page 7...

minutes instruction and class times will begin as early as 8 am and end at 10:15 am. Class levels offered this summer: Parent/Child (parent attendance is required) for Level A is for ages 6 months to 2 years (parent enters the water), Level B is for ages 2 - 5 years (parent does not enter the water). Learn to Swim is for ages 6 years and up: Level 1 is an Introduction to water skills; Level 2 is Fundamental aquatic skills; Levels 3, 4 and 5 is Stroke development, improvement and refinement.

All classes are conducted under American Red Cross (ARC) recommendations and standards with ARC certified lifeguards and water safety instructors. Each 2-week session, swimmers will be given instructions on pool safety, and on that specific day, participants will not enter the pool. Safety instruction is required by the American Red Cross. Please dress as you would on any other day. Please call the Ojai Recreation Department for specific class times and skill levels as space is limited.

Open swim and lap swim will be offered Monday through Friday beginning July 6 to July 31 from 10:30 am to 2:30 pm., the fee is \$3 per person entering the water. For more information on the swim lessons, lap swim or open swim programs, please call the Ojai Recreation Department at 646-1872, or stop by the Ojai Recreation Department at 510 Park Road during normal business hours, Monday through Thursday from 8 am to 5:30 pm, the office is closed on Fridays.

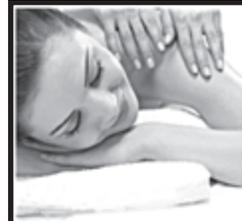
Contact: CONTACT Karen Evenden
klatawa99@aol.com

• July 14, Ventura Surf Club, every second Tues. 6:30 pm Paradise Grill & Bar, non-members welcomed.

info, 2632 E. Main St. 648-5927.

• July 16 thru Aug. 8, Waiving PETE, art exhibit, Sea Breeze Art Gallery, Ventura, Artist Lisa D. Moore will be showcasing a collection of new, mixed media and 3-D works, feat. reclaimed Type 1 bottles, predominant theme centers on tex. renderings of seigaiha, which literally means "blue sea waves." Seigaiha, or seikainami, is an ancient Asian pattern drawn using nested semi circles that are staggered in successive rows. Integrated into the creation and display of this series is the alternative use of recyclable material as molding form for surplus, hard and soft fibers, as a sculptural medium, as well as the method/mechanism for mounting many of the pieces. Ms. Moore implements as much in-
Events Continued on Page 12...

support literacy



The Best Gift for Mother

- 1 FREE FOOT SCRUB WITH SATIN FINISH
- 1 FREE RELAXING FOOT MASSAGE

with the purchase of any of the SPA gift certificate packs:

\$50 One 60 Min Full Body Massage
1 Satin Hands Treatment
1 Satin Lips Treatment

\$70 One 60 Min Full Body Massage
1 Microdermabrasion
1 Facial (Her face would look healthier & younger)

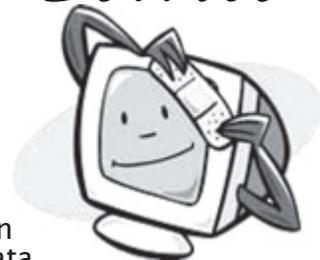
\$99 One 60 Min Full Body Massage
1 Microdermabrasion
1 Facial
1 Holistic Face Lift (She would look 5 to 10 yrs younger)

STRESS BUSTERS MASSAGE
2686 Johnson Dr. Suite 203
Ventura • 805-644-5356

Computer M.D.

Local Computer Service

Your Office or Mine
Eve. & Wknd. Appts.



Mike Deering has over 15 years of Information Technology employment in a broad range of industries. He has data center experience with Paychex, a national payroll service, and the County of Ventura. His desktop and network abilities were developed in the defense, non-profit, technical services, healthcare, and insurance industries.

With these experiences, Mike sees a continued need for support people who can break down their explanation of a computer question or problem to basic terms that a non-technical person can understand. One way he does this, is to take away the intimidation factor.

Ojai/Ventura - 805-798-0916 Mike Deering
mike@itatemycomputer.com

Skin and Body Therapy

A Holistic Day Spa

• Serenity Facial - 1 Hr \$40.00

(Pure relaxation. This complete treatment includes a deep cleansing, exfoliation, extractions, nourishing mask, face neck & shoulder massage. Leaves skin supple & smooth, promotes relaxation for your whole body).

• Stress Massage - 30 Min \$25.00

(Therapeutic massage of your back, neck, shoulders targeting your specific stress points.

A warming oil of amica and birch is used for relieving sore muscles).

• Waxing

appointments 646-4444

891 Ventura Ave. Suite C, Oak View

(behind Casa De Lago)

The Kindred Spirit

An ever-changing collection of jewelry, clothing, shoes & gifts

BEST WOMEN'S FINE CLOTHING IN OJAI!

805-646-8900

302 E. Ojai Ave. • Ojai

**POLICE BLOTTER
VENTURA**

**Telephone Scam Alert:
“Grandparent Scam”**

Location: City of Ventura.
Date/Time Occurred: July 10, 2009.
Contact: Sergeant Jack Richards, PIO, 339-4482.
Narrative: Over the past few months the Ventura Police Department (VPD) has issued various press releases regarding scams involving check fraud schemes, multi-state Lotto scams, “Mystery Shopper” opportunities and now most recently, what is best described as the “Grandparent Scam.”

Recently the VPD received numerous calls and reports from elderly individuals who state they have received a phone call from an individual(s) posing as their grandchild (grandson or granddaughter) and claiming to be in jail and in need of money for bail, or in the hospital, or have been in an accident. These imposters claim they are either in another state or out of the country (typically Canada) and need money wired to a “so called” bail bondsman, attorney, or other individual(s) to help bail them out of jail or pay for medical bills. The amount the perpetrators ask to be wired has varied from \$500 to thousands of dollars. Many times these perpetrators also call victims using phones with static so as to help convince the elderly person their grandchild/relative is truly calling from a distant location.

The con works because the scammers prey upon the emotions of caring and trusting elderly individuals who are concerned about the safety and well being of their grandchild. The individuals who have reported incidents to the VPD said they were suspicious about the phone call but their worry and anxiety for their grandchild overshadowed their doubts. Furthermore, some of the individuals who complied with the perpetrator’s request did so because they feared the criminals could have additional personal information on them or other family members and might retaliate in some fashion. Others, unfortunately, said they were too embarrassed initially to report being a victim of this type of crime.

Be vigilant and aware of these scams so as to avoid falling victim. Never blindly follow directions from someone on the phone requesting personal information or money. Please take the time to verify the story and its authenticity. For example, you could ask the caller a question that only a relative would know the answer to. If you are suspicious do not send money, hang up the phone, and report the incident to the PD.

Report scams online to the **National Consumers League’s Fraud Center** at www.fraud.org. They maintain a national repository of information and will insure your information gets to the proper investigating authority.

If you are the victim of a crime please report it immediately to the **Ventura Police Department, 1425 Dowell Dr., Ventura, CA, or call 805-339-4400**

— Watch Commander, Ventura Police Dept.

Sicily, the Most Illustrious Prince Lampedusa

by Mina French

I don’t mean to be harsh, but it seems like there are some books which are like flavors of the month, like ones you will find on **The New York Times best-seller** list.

They might be popular but not necessarily considered fine literature; lacking depth of content, nothing but skin and bones. Then there are some books in which after reading you feel conviction, have such richness and intelligence of mind, and they will change your life forever. These type of books help you grow in character, are an asset to our culture, our times.

One such book is **The Leopard**, by **Prince Giuseppe Tomasi di Lampedusa**. Written in the 1950s, it is the story of revolution, political and personal, of the fascinating powers of character, of a dying aristocracy, of tradition. It is a novel that will knock your socks off. **Prince Lampedusa** never found a publisher while he was alive. He died in July 1957 after spending one year looking for a publisher. However, **The Leopard** did finally get published in 1958 and was translated in virtually every language.

In **The Leopard**, **Prince Lampedusa** tells the story of **Prince Fabrizio of Salinas** who experiences change during the ‘**Risorgimento**,’ the revolution in which **Garibaldi** unified Italy. The **Prince** experiences a decline of prestige; the embarrassing situation in which a merchant, who represents the new ruling class, rises in life to equal him in wealth and status. The revolution has made the merchant **Don Calogero Sedara** wealthy and powerful. As a result, **Prince Fabrizio’s** handsome nephew **Tancredi**, who is penniless but ambitious, pursues **Don Calogero’s** beautiful daughter **Angelica**. **Tancredi**, proposes and **Angelica** accepts, but it will not be a marriage based on love but what each person wants; **Tancredi**, money and **Angelica** entry into the world of nobility.

For me them most chilling and dramatic part of the novel is when a government

official named **Chevalley di Monterzuolo** arrives at **Prince Fabrizio’s** palace to tell the **Prince**, because of his aristocratic status, he was chosen to sit as a member of the **Senate**, a post in which the **Prince** is not elected to. The response that the **Prince** gives is stirring to the soul as he goes on to refuse the request. The pride of **Prince Fabrizio** and of the **Sicilians** is summed up best in his most eloquent and mesmerizing speech. As the **Prince** talks about all the foreign rulers that have ruled **Sicily** he concludes in saying, “*They are coming to teach us good manners, . . . But they won’t succeed because we think we are gods, . . . Sicilians never want to improve for the simple reason that they think themselves perfect; their vanity is stronger than their misery.*”

This speech sends chills up my spine. It expresses the need to survive against all odds. They are the fundamental feelings of a culture steeped in chaos. It is the end result of centuries of abuse by foreigners.

I found **The Leopard** to be a sad heart-breaking tale of a great and dwindling aristocracy. It has moved me in ways too deep to express. It has consoled me, created a world for me, given me strength. It has made me feel the need to understand **Sicily** and her people.

Mina French
artnews510@aol.com

EVENT CALENDAR

Continued from Page 11...
geniety as she can conceive with often cast off or mundane items and materials. She also strives to balance her ecological awareness with practicality while feeding her personal aesthetic and for spiritual upliftment. What she hopes to share are new perspectives derived from her experiments and processes of creativity, 225 S. Laurel St., Ventura.

info, seabreezeartgallery.com or, 643-3973
• July 17, 3-5 pm, Trailer Trash Partie, Port Hueneme, Tribesmen Nomads M/C & Tribesmen Ladies Present The 1st Annual, Help our youngins! Admission \$10 That will gets you “white trash fixins,” Contests like Best Costume, Best Mullet, etc. Kickass tunes, and even a jail! All Funds go to Parkview Elementary School so the youngsters get a good Ed-u-ma-cation. Time: 7pm, Tickets Available through Tribesmen Nomads M/C, 483-6961, Ask for Princess. Bell Arts Factory at 432 N. Ventura Ave.

info. & Location: VFW Post 3935, Port Hueneme, 300 S. Surfside Dr., Princess, 483-6961

• July 18, Benefit Screening of the Film “FUEL”, 3 pm & 7 pm, Produced by Deborah Dupre, our “FUEL MOM” will be joining us for a Q & A, about alternative fuels, local food feast (organic foods, donated by McGrath Family Farms), Reserve your seats early. A comprehensive and inspiring film about alternative fuel sources, features Sheryl Crow, Woody Harrelson, Richard Branson, Bill Clinton, RFK, JR., Jimmy Carter, Neil Young, Willie Nelson, “Audience Favorite” winner at Sundance, 11 Standing Ovations!

Location: Bell Arts Factory, 432 N. Ventura Ave., Ventura, info. www.deborahdupre.com, earthworks_works@yahoo.com or, 419-4623

• July 18 & 19, Sat/Sun., 25th Annual Ojai Peddler’s Fair, 9-4pm, Chaparral Auditorium, Held rain or shine, chock-full of quality antiques, collectibles, handcrafts and international crafts, this is a benefit for the Mira Monte PTO, vendors sought.

info. 964-8915
• Fri. Nights, A Place of Peace Musicians Open Mic, 7 pm, \$2 suggested donation

Events Continued on Page 21...

Free the Artist Inside You!



Swarovski Crystals bring a touch of elegance to any outfit. Make your own Swarovski & Silver bracelet in a three hour class.

ALSO CARRIES

- RUBBER STAMPS
- BOOKS
- TEXTURES & PAINTS

CLASSES IN SILVER SOLDERING AND FUSING

- ART CLAY SILVER
- POLYMER CLAY
- BEADING • SILVER CHAIN MAKING

Cottontail Creations Art Center



- GIFTS, JEWELRY
- ART SUPPLIES
- ONGOING CLASSES

(805) 643-1700



Home of HipCat Scenes

1744 E. MAIN ST. • MIDTOWN VENTURA

Ojai House WiFi

Tired of Shopping? Take a Free Nap!
Test out the Swing Chairs
& Hammocks on our Patio

Ojai House - 805-640-1656
304 N. Montgomery St.
Open Daily - 10:30-6:30 & Sunday - 11-6
Astrologer/Tarot Readers: Fri/Sat/Sun

LIGHTNING RIDGE
SCREEN PRINTING & EMBROIDERY
805-650-7455
lightningusa.com

PRESS RELEASE HELP OF OJAI

Community Assistance Program C.A.P.

Home Rehabilitation Loan Program -

The City of Ojai offers Home Rehabilitation Loans to qualified low-income families.

To be eligible, homeowners must live within the city limits, own and occupy their home, meet income requirements and be able to repay the loan. For more info., please contact Jessica Murray, program director, **HELP of Ojai, 640-3320.**

Mobile Legal Self-Help Center: The Mobile Self-Help Center provides trained staff to assist you, and legal information in the form of books, videos, sample forms, brochures, and a legal site on the Internet.

The Center meets at the Park-and-Ride on Ojai Ave., every other Tuesday, at 9:30. Note: The Mobile Center will not come if the weather prevents them. Call C.A.P. at 640-3320 for more info.

info. 640-3320, cap@helpofojai.org
HELP of Ojai, 212 Fox St., Ojai

• PRESS RELEASE •

LOCAL FACTS: Homelessness in Ventura County in 2009

1. There are 2,193 homeless adults and children on a given day;
2. There were 1,842 (84%) adults and 351 (16%) children;
3. 1,596 (73%) of adults and children were counted on the streets and 597 (27%) were counted in facilities for a total of 2,193 persons;
4. Of the 1,842 adults counted, 63 (3%) were seniors age 62 or older; 41 (2%) were seniors age 65 or older; and 12 (1%) were seniors age 75 or older;
5. Of the 1,842 adults counted, approximately 9% (157) were youth between the ages of 18 - 24;
6. Of the 1,842 adults counted, 1,232 (67%) or approximately two-thirds were men and 610 (33%) or approximately one-third were women;
7. Of the 1,842 adults counted, 1,077 (58%) were White; 531 (29%) were Hispanic or Latino;

101 (5%) were African American or Black; 29 (2%) stated other; 22 (1%) stated American Indian or Alaskan Native; and 16 (1%) stated Asian or Pacific Islander;

8. There were 161 families consisting of 41 (25%) two-parent and 120 (75%) single-parent families.

The local facts above do not include persons who are at risk of becoming homeless. As noted in footnote 1, persons at risk of becoming homeless were not included in the count.

It is important to note that according to the U. S. Census Bureau, in 2000, there were approximately 42,000 households consisting of about 130,000 persons (nearly one of every five residents) in Ventura County who were members of a household whose annual income was less than \$25,000. These households are at risk of becoming homeless.

SOURCE: Ventura County Homeless and Housing Coalition www.VCHHC.org

“TALES FROM THE WOMEN’S LOCKER ROOM !”

presented by

Senga Classic Stage Company

Artistic Director: Francisca Bonita Beach

Playwrights: Frank Canino, May McCreddie & Margaret McSevenney

Ojai Valley Grange

381 Cruzero Street, Ojai

Aug. 14 thru Aug. 30

Fri & Sat at 8 pm, Sun at 7 pm

Tickets: \$15 (\$12 Seniors & Students)

Reservations: 646-4885

www.sengatheatreojai.blogspot.com

Art & Jenny’s SEWING MACHINE CENTER



We Carry the Best
Exclusive Janome
Dealer • Free Estimates
Sales • Service
www.artandjennys.com

Call 643-8536

**2124 E. Thompson Blvd.
3 Blocks West of Seaward
in Ventura**

KIDS ARTS & CRAFTS

Mixed Media Techniques in Ojai

- Ages 8 to 12
- Special Introductory Class

Ongoing Classes
Call for More info.
& An Appointment

• Includes Supplies

Limited Space
Available

- Unique Projects

- Process-based Instruction
- It’s Fun to Learn !

Robin 805-272-5877



Java Joe's
2950 Johnson Dr., #125
Ventura, Ca 93003
www.cafejavajoes.com

Featuring Great Music Every Weekend

Fri. July 17th, Darryl Morris and Other Shady Characters
Sat. July 18th, Crosstown Cowboys with John Bergstrom (opening act).
Fri. July 24th, Steeve Noonan
Sat. July 25th, Jena Douglas Band
Fri. Aug. 7th, Alex Mallen

Shows Start at 8pm
OPEN MIC EVERY SUNDAY
For More Information On Shows
Go To:
www.cafejavajoes.com
275-0304

Featured Artist, Carrie Reynolds
Carpinteria native, beach inspired vibrant paintings of a unique quality

Come and see the NEW and EXCITING things going on at Java Joe's

music feeds the soul

support your local artist



Caffe Bella

Wine Bar & Pub • Dancing • Fine Art
Wine Bar & Pub • Dancing • No Cover

Italian flourishes
meet Irish hospitality
Open Tuesday - Sunday
79 S. California St.
Ventura

(805) 643-2171

Call Bella to host your party

New Outdoor Patio !!! Free Parking

• Sunday, July 19, 3pm

Frank Barajas - Sunday Afternoon

About Caffe Bella
Hip, Real and Tasty is what you can expect from Ellie Kearns Richman; cozy new wine and beer bar. Italian flourishes meets Irish hospitality in the newly renovated rendezvous spot that shows art and presents live music. Located in the heart of Downtown Ventura at California and Santa Clara streets, adjoining the famous Bella Maggiore Inn. Caffe Bella is open in the late afternoon.

Visit www.myspace.com/cafebella
for Full Live Music Calendar



Beatrice Wood Art

“Prices reasonable
and unreasonable”

40 South California
By Appointment
805-643-0111

www.MamaOfDada.com



Irina E. Rodriguez, D.D.S.

Dentistry

“In Ojai”



- Implants
- Root Canals
- Extractions
- Invisalign Braces
- Cosmetic Dentistry • Bleaching Zoom \$290

Dr. Rodriguez Offers Personal Service

Call for an appointment

Spring Special

\$49 Exam & Cleaning Adults and Kids

Includes: Regular Cleaning & Exam

Kids: Also includes, fluoride & 2 bite wing

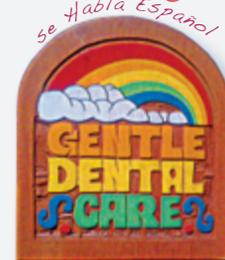
X-rays Reg. Price \$193 kids

(age 13 & under)

Adults: X-rays if necessary, at additional cost

Reg. Price \$157

New Patients Only



www.dririnarodriguez.com

(805) 646-3700

117 Pirie Rd, Ste. A, Ojai Ca. 93023

Printer Ink
Cartridges

Ojai Creates!
Art & Imagination
SUPPLIES

Office Supplies
CDs

‘the best little art store in ventura county’

MABEF EASEL SALE

\$100 FREE canvas w/purchase
of select Mabef Easels

(805) 640-6558 • www.ojaicreates.com

606 e. ojai avenue • ojai, california 93023

Summerfest All-Breed Dog Shows & Rally



Harlequin Great Dane in Action

Agua Dulce Snofall Popit; Breeder Pamela Levin & Debbie Misner By CH Agua Dulce (right), With a Twish - CH Agua Dulce Popcorn Popper (Eukanuba Cup)



Agua Dulce Snofall Vincenzo; Breeder Pamela Levin and Debbie Misner By CH Mill Creek's Medal of Honor- Agua Dulce Amalfi Coast



Poochability Dog Training (L to R), Laurie Burnam, Julie Smedley, Poo Schaefer, Bob Schaefer. dogs Millie and Zoey

Summerfest All-Breed Dog Shows & Rally & Obedience Trials - Sunday, July 3-5 Seaside Park, Ventura. Over 2,500 dogs of all breeds squared off to compete against their peers under the temperate sun of the California coast. Beauty, Brains and Performance can all come in the same package. Form follows function. Keep our purebreds pure.



Mission Ready search dog "Lucky" and Steve Dorrington, Janet McNeil DVM and apprentice "Reyna"

Ken Kettington and Yankee Doodle Dandy, American Toy Box Terrier



A giant Bouvier de Flandres Shmoozes with Judge Meredith Johnson-Snyder



Majestic Great Dane Dogs line up for judging



Beautiful Australian Shepherd Dogs line up for judging



Photos © 2009, Mary M. Long and Joel Anderson

The ULTIMATE Pet Spa

Now in Our New Location!



Professional Quality All-Breed Dog Grooming

Superior quality styling to manifest your pet's inner beauty

Keep Your Pet Kissably clean!!

646-7048

323 E. Matilija Ste. 116

On the Corner of Matilija & Montgomery in Ojai

Help Us Help Them

Adopt - Donate



www.militaryworkingdogadoptions.com

575.415.3137

Community Outreach & Pet Assisted Therapy

www.RescueBoutique.com

818.970.1346

Dear Sophia: *advice pour les chiens!*

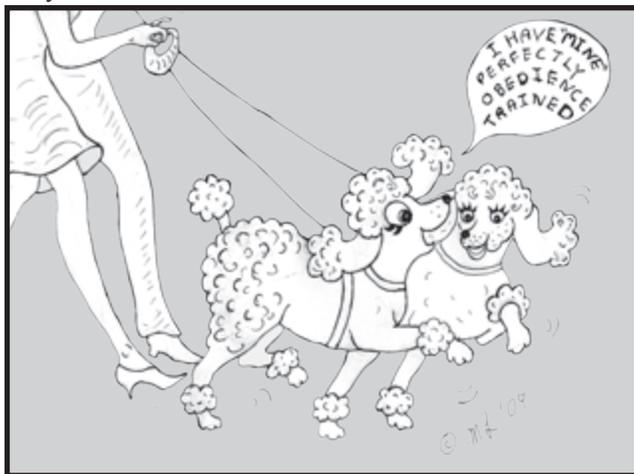
by **Mary M. Long**

Let me introduce myself. My name is Sophia, my humans call me "baby" but that's their confusion of species. I'm not their baby (*although they treat me like one*), actually I am more of a parent to them being a superior intellect to the bi-peds called humans. I'm quite beautiful Cherie... silky white, with big brown eyes... I'm just about the cutest little trick on the block and of course I know it.



"O.P." and "Poppers"

Now then; it's time to impart some tips on human control and behavior modification to my fellow lap dogs. We all know it's important to get the upper hand on training your human while they are still besotted with your fluffy, cute, cuddly, angelic self before frustration and exhaustion set in. Make sure you put your paw down immediately and establish boundaries and limitations tout suite before they can establish expectations of obedience! The couch, for instance, is for canine companion lounging, not TV watching, unless they want to provide pooch lap service as they watch the miserable trance-inducing noise box.



Fait attention! Walks are to happen on demand... a carefully thrown leash or the trip-and-bite method usually works well, accompanied by some careful guilt inducing whining. Meals are to be ignored until you have seen what's for dinner on their table. If your owner is a really soft touch they will almost always put your dry dog kibble down the disposal with the exclamation, "*She just won't eat it!*" and if you hold out you can count on increasingly desirable delectibles from the human table. Filet mignon is often the final resort to tempt the swooning pooch to the table. Needless to say, it pays to be finicky. The fine art of disdain works especially well when confronted with boring fast food from the kibble bag. Why on earth would they ever assume that "I" am a D-O-G?

You know you have a big winner when your human, in their efforts to be a compassionate dog owner plays right into your paws and brings home a pink or purple harness and retractable leash. Aww... the joy of being able to determine which direction your daily walk goes, the freedom to sniff butts, dump on the neighbors lawn (*especially fun when their dumb lab is yapping at the window*) and request a lift-and-carry by simply refusing to move. Just lock your knees and look woebegone and lo and behold, your human will say something like "aww," pick you up and carry you home.

Another opportunity to exert yourself is when your human gets the idea that they will show you off, after your shampoo and cut, with a trip to the coffee shop. Of course you must first finagle a snack of sugary coffee cake. When your owner breaks their diet, it almost always helps them rationalize their own guilt by sharing their pastry with you. I know this is hell for my waistline and shortens my lifespan, but it makes my owner feels like she loves me. "A little bit won't hurt" she says... and believes it.

After the repast and a few choice moments of lunging at passing dogs, the best way to let them know that you're bored and it's time to go is to rip at their pant legs or grab the leash and wrestle with them. This nearly always works when you get sick of being petted, exclaimed over by annoying children and ladies on their coffee breaks.

Don't worry about offending them because humans almost always laugh when you're naughty, it's their way of excusing your behavior. I especially hate it when other dogs arrive at the coffee shop and I hear, "*My dog wants to say hello.*" I feel like giving the pushy mutt a good bite. Why would I want to be mauled by every Tom, Dick and *Hairy* on the sidewalk? Of course the usual excuse is "*he's friendly,*" but how many times do you hear that only to find that you are having to defend yourself against an mugging mutt? "*Cochon, take your filthy paws off moi!*"

Why, I have a very dear Bichon friend who is wearing visible scars to prove that a girl just isn't safe on the streets anymore. Why on earth don't those people take their big strong mutts to dog training class? You know one of those "real" dog training classes where they teach dogs to mind? Not for "moi" of course, but certainly those gang banger types could benefit from a good dose of obedience first, praise later. Lord knows there are way too many out of control and loose dogs in our neighborhood. At least there are plenty of speeding and crazy drivers so I can hope that the process of natural selection

will take care of some of the loose dogs anyway! Sacre Bleu! Here comes a loose dog now! Attention!!! "*Control your dog, s'il vous plait!*" With all the dog trainers in town one would think that some of these people could find a good **Koehler-based** dog class to get their mutts under control! Whenever I see a dog dragging its owner down the street (*moi excepted of course*), I know I'm in trouble. I earnestly pray that if I'm ever attacked, my human is noble enough to sacrifice themselves for my well being. If not, I should have to exact the supreme punishment for my recalcitrant human possession. Banishment from the bed and a swift bite to an exterior appendage.

Would I deign to bite the hand that feeds me ??? C'est vrai!!!! That's all for now mon amis.. ta ta!!!! Now, Go forth and become the pack leader in your own chateau!!!! Allons!!!!

Mary M. Long

petviews@ojaiandventuraview.com

Designs by Sina



- Illustrations • Wardrobe
- Event Costumes • Miracles

Sina Taylor

323.661.1424

designsbysina@sbcglobal.net

The Balanced Horse

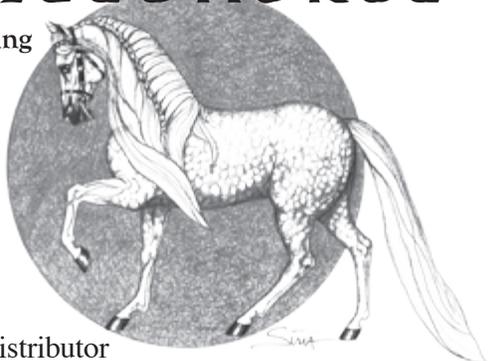
Energy and Nutritional Balancing

Sharon Lindsay
Equine Bio-Energy Analysis

805-647-5037 res.

805-746-6070 cell

Dynamite Nutritional Products Distributor



"Oh, if only, ceasing to suffer, they were able to become men! Alas, how many of them owe their dignity, their claim to our sympathy, merely to their misfortune."
— A.Gide

Advertise

Humane Society



Photo © 2009, Mary M. Long

Jolene Hoffman, Humane Society director wants to thank horse lovers everywhere who have contributed to the care and feeding of the **Lockwood Valley** rescue horses. There is still a good selection of beautiful horses and foals available for adoption. Come and meet them! **402 Bryant Street, Ojai, 646-6505**

www.humanesocietyvc.org

Adoption Links

- www.petfinder.com
- www.aussierescuesocal.com
- www.militaryworkingdogadoptions.com
- www.vcar.us

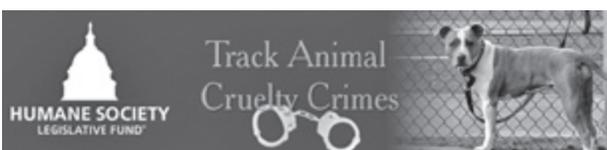
"Aye, and we've no need for mongr-r-els and their r-r-radical ideas. Off with ya now! Off with ya!"

— Jock (*Lady and the Tramp*)



PET DISASTER KIT CHECKLIST

- Identification with name & phone numbers
- Microchip ID Current Photo of you with your pet(s)
- Proof of vaccinations & rabies license
- Collars (do not use choke chains)
- 5 day supply of food
- Water and medication
- Carriers or crates
- Toys, blankets, bowls, manual can opener



THE LEASHES END

by Ron Rowe

Mark your calendars for the **Animal Pooch Parade** on July 19, held at the **San Buenaventura State Park in Ventura**. Fun for the whole family, over 400 vendors, dog agility demonstration, prizes, awards, silent auctions, prizes for the best doggie costume, best trick, best kisser, biggest and smallest dog and lots more. From 9 am to 4 pm, call **652-1001** or www.CARLVC.org for more information.

Summer is upon us and once again **Ringling Brothers** is back. **P.E.T.A.** is making a drive to ban all circuses that feature animals. Over 54 animals have died in this circus since 1992. Two ex-workers from **Ringling Brothers** have signed statements on the cruelty to animals to make them perform, it's even caught on video, yet still this cruelty continues and will continue until people stop attending circuses that have performing animals. Want to help? Visit www.PETA.org. Also if you want to help eliminate bullfighting join the thousands of volunteers who will be going to **Madrid, Spain** to protest bullfighting next month. Oh, it will be a nude protest so you don't have to take many clothes. The mayor of **Moscow, Russia** has banned bullfights in the city, three cheers for the man.

Remember the two gay male penguins I wrote about in the last issue? They live in a **German**

zoo; zoo keepers gave them a discarded egg that a heterosexual penguin couple had rejected. The two gays successfully hatched the egg after tending it for a month, they are now caring for a baby male penguin, taking turns on providing their son with food, ah, the wonders of nature.

It's true, three tiny **Chihuahua** held off a full grown mountain lion for 45 minutes when it wandered into a suburban garage. When police arrived, the mountain lion was trapped in a corner with tiny yapping dogs holding it at bay. In **Hanzhong, China**, authorities killed over 36,000 pets and stray dogs in a bid to wipe out rabies. **Xing Tianhu**, deputy mayor of the city said prevention and control of rabies is essential to prevent an epidemic of rabies. In **China**, millions of cats and dogs are raised for their pelts, and are routinely mistreated and inhumanely killed there.

Jake, a **Jack Russell Terrier** was trapped underground in a rabbit warren for 25 days until he lost so much weight on his crash diet he was able to crawl out. He was too big to scamper out of the narrow warren in the beginning but as the days went by he got thinner and thinner. **Jake** is now back in perfect health. Has he learned his lesson? I doubt it in being a **Jack Russell**. **Kimmy**, another **Jack Russell** is recovering after he swallowed an 8 inch kitchen knife; an x-ray showed the knife stretched the full length of his body from throat to pelvis. The poor dog couldn't even stand. After a tricky operation **Kimmy** is doing well.

Rustlers have raided the **Queen's Sandringham** estate and made off with 28 red poll cattle, worth over \$35,000 each; thieves loaded the cattle into a truck and escaped. Police are baffled with no leads. The following week the thieves struck again; this time they stole half a million bees worth \$10,000 from the **Queen's** beehives. **Farmer Murray McGregor, Royal Beekeeper** said "We have 70 locations and we just have to take our chance as we cannot babysit them all." Two years of constant wet weather combined with the verro destructive mite, which has been destroying the bee colonies all over **England**, have reduced the population of domestic honeybees by 35 percent. The remaining bees value has risen 40 percent. **McGregor** added, it's cruel to steal bees is like someone stealing your dog. **The Queen** is very upset and not amused.

The **Animal Legal Defense Fund (ALDF)** has launched a major campaign on cruelty to animals, zero tolerance for people who abuse animals, they need your



Ron and his companion, Dudley.

help, check out www.aldf.org Also, **Farm Sanctuary** needs donations desperately. They rescue animals that have been mistreated, with shelters in **New York** and **California** providing homes to hundreds of animals that have been mistreated and abused, they specialize in rehabilitating and providing care for them. Just recently a cow named **Molly** who seemed destined to be turned into steak dinners is now living peacefully in the **New York** shelter. She had been delivered to a slaughterhouse last week when she bolted. After leading police animal control officers on a street chase she was finally captured and placed at the **Farm Sanctuary**, check out www.farmsanctuary.org for more info.

Ever wonder why geese fly in a "V" formation? First, the shape conserves their energy because each bird flies slightly above the one in front, there is less wind resistance so the birds take turns flying in front and fall back when they are tired this helps protect the flock. It's easy to keep track of each bird when flying in a "V" formation. Fighter pilots use the same formation for this reason.

Have you ever watched a butterfly zigzagging aimlessly around your garden? It's not aimless. It's on a carefully calculated mission; homing in on nectar. **Lizzie Cant**, of **Rothamsted Research Center in England** placed tiny radar transponders on small butterflies wings, the same technology that tracks bees. Before, scientists could only watch butterflies and wonder what they were doing, now they know and so do you.

"Remember, here in Ojai the temperature can reach over 125° in a parked car, even with the windows slightly open."

Remember, here in **Ojai** the temperature can reach over 125° in a parked car, even with the

windows slightly open. Pets left in the heat can suffer brain damage and die from sunstroke, so please do not leave your pet in the car during summer heat. In **Chicago** a car was pulled over for erratic driving and speeding on the freeway. The driver, **Barbara Brian**, age 62, was discovered to have a large dog on her lap, cigarette in her mouth, a cup of coffee between her legs and she was talking on a cell phone. A half eaten sandwich was next to her, the passenger seat had eight dogs, the rear seat was filled with 30 other unknown breeds. Mrs. Brian told the officer she was taking the dogs for a walk on the beach, 140 miles away. In court she was banned from driving a car for one year.

Did you know a shark is the only fish that can blink with both eyes? I don't recommend you checking this out in the sea, take the scientist word for it. How do animals sleep? In many and varied ways; the basilisk lizard sleeps on the edge of a branch hanging out over a pond, link gorillas and orangutans sleep high in the trees making new nests every night taking up an hour making them comfortable. Many birds just lock their feet around the branch of a tree and hang on. A special tendon in their legs is automatically tight when they are at rest so they won't let go and fall. Sea otters float on their backs to sleep and to keep from floating away they wrap seaweed around themselves. Dolphins sleep with half a brain, the other half keeps them awake and breathing. Horses, giraffes, elephants all sleep standing up while bats sleep hanging upside down from tops off caves or tree branches. Do fish sleep? It's hard to tell because they never close their eyes. Students say since fish travel in schools and it's hard to stay awake in class they must doze off now and again.

Thank you for all your e-mail and requests to write about dogs. I promise to write more about dogs in the next issue. Peace to all living beings on earth.



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



Pooch Parade

Don't miss the **Doggie Walk-a-Thon** hosted by the **Canine Adoption and Rescue League (CARL)** at the beautiful **Ventura Promenade!** Last years widely attended event raised more than \$50,000 to help save the lives of abandoned dogs. Last year's **Grand Marshall Steve Kanaly (Dallas)** and judge **Sheila Cluff (The Oaks at Ojai)**, donated their time and enthusiasm to the event. Come and join the fun. 9am - 4pm



PET VIEW - STATS

- Number of cats and dogs entering shelters each year: 6-8 million (HSUS estimate)
- Number of cats and dogs euthanized by shelters each year: 3-4 million (HSUS estimate)
- Number of cats and dogs adopted from shelters each year: 3-4 million (HSUS estimate)

SOURCE: *The Humane Society of the U.S.*

Happiness is a Well Behaved Dog



- Basic & Advanced Obedience Training for All Breeds & All Ages
- Problem Dogs Welcome!
- Training in Your Home or Our Camp
- Boarding

ANIMAL INSTINCTS!
DOG TRAINING
1-800-688-8828

KRISTIN
Locally Owned & Operated
26 Years Experience
animalinstinctsdogtraining.com

DOC JANET

Wake Up and Smell the Rabies!

by Janet McNeil, D.V.M.

I had to euthanize a coyote that was found in a private yard recently. It had been observed having problems walking. It was a young adult and did not have any obvious signs of injury or other overt pathology other than the poor neurological response. The signs of rabies, well drilled into my brain in school, bobbed to the surface. In the course of examining and euthanizing this coyote, at least three people could have been exposed to rabies (testing ongoing at this time). This was one of those wake-up calls. Because veterinarians have to know more about zoonotic diseases than M.D.'s (we see more species, among other reasons), I took the opportunity to do a little review.

Rabies is a virus attacking the neurological system after exposure through broken skin (like bites) or mucous membranes (spelunkers have contracted rabies from bat-infested caves where the virus was shed in respiratory droplets and inhaled.) There were 27 human cases in the U.S.A. between 2000-2008; most are fatal. **Santa Barbara County** had a case in 2008 involving a 16-year-old boy from **Mexico**. Multiple health care workers and family had been exposed by the time of his death.

Ventura County has thankfully not been a hotbed of rabies, but lest you relax your vigilance, there has been rabies found in bats and foxes here. The most common carrier in the U.S. is a skunk. Outdoor cats are most at risk due to their hunting habits. In 2000, a cat in the **Agoura** area was euthanized after rabies was found in one of the bats it had brought home. The owner and family were treated with post-exposure prophylaxis vaccines as a precaution. The cat was not diagnosed with rabies, but the owner was concerned about risk to the family. Horses, cattle, and small ruminants are also at risk.

My first exposure to a rabid animal was a horse brought to **Oklahoma State University Veterinary Teaching Hospital**. The aggressive and thrashing horse left a lasting impression on everyone in the hospital (and we were all given pre-exposure vaccine series). The horse was from a stockyard. When he had tried to bite the rider, his bridle had been removed and put on another horse. You can imagine the trail of exposure, human and animal after that. A goat brought to the state lab with hind-end paralysis was eventually diagnosed with rabies; possibly 62 people were exposed in that case.

Wide-awake yet? **California Department of Public Health (CDPH)** website: www.cdph.ca.gov/HealthInfo/pages/rabies.aspx might interest you. The main point is that this disease is preventable. The risk vs. benefit ratio is heavily weighted on the benefit side, even for indoor animals. Cats in high-rise buildings in **San Francisco** have caught bats that tested positive for ra-

bies. One good earthquake or disaster of your choice, and indoor animals become outdoor and vulnerable. Yes, there can be failures (known as vaccine breaks) that can be the result of a failure of the immune system to respond to the vaccine or the vaccine itself.

1. Vaccinate your animals. There are low-cost vaccine clinics available in many locations.

2. Be careful around wildlife. Report any suspicious behavior in a wild animal to animal control.

By the way, you can thank **PETA** and **HSUS** for the increase in lack of animals being vaccinated for rabies due to the fears that the vaccine records would be used to force spaying and neutering of breeding animals. Another clear message that medical issues should be between owner and veterinarian, not legislated.

— Janet McNeil, D.V.M.

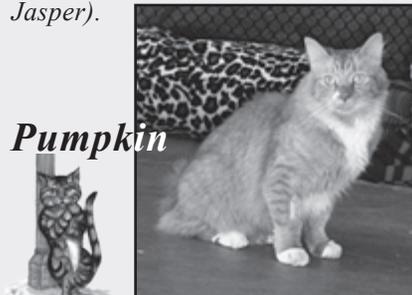
info. www.countyofventura.org/animalreg
REMEMBER: **WORLD RABIES DAY**
SEPTEMBER 28, 2009



Dr. Janet McNeil and Devi, Ventura, 2006

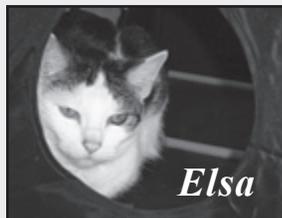


Lilly Hilgers, Emmy Hilgers, Hannah Rittmeyer, Dylan Murphy (holding Jasper).



Pumpkin

Pumpkin is an adorable bright orange tabby



Elsa

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

Company Cat of the Month

"Freddy"

Freddy is about 16 years old and he is a male Siamese mix. He was up for adoption at one time but he's such a smart boy he learned quickly how to open the gate in the cat room and let himself out. After putting him back again and again, the staff finally gave up and decided to let him stay in the front lobby and become a shelter cat.

He loves to greet everyone that walks in the door and he enjoys walking down the line of comfy laps when the new volunteers are going through their orientations. He's also a talker and he's got the biggest blue eyes!

info. 646-6505
www.humanesocietyvc.org



Photo © 2009, Mary M. Long

— Suzanne Soprano, Volunteer Coordinator
The Humane Society of Ventura County
402 Bryant Street, Ojai

Adopt a Cat: Ojai Humane Society



Jasper and Marilyn McAlevey.



Yogi

Yogi and his sis, Holly, needs a family.



Milo

Milo is a cute cream tabby shorthair



Eddie

Volunteer Maria Aguilar, with Eddie.

Photos © 2009, Mary M. Long

VENTURA VETERINARY HOSPITAL

• BIRDS • CATS • DOGS • RABBITS • REPTILES • RODENTS

A FAMILY PRACTICE FOR YOUR PETS

JAMES HERON GRAY, D.V.M.
MEMBER: AAV, AVMA, CVMA

JANET MCNEIL, D.V.M.
MEMBER: AVMA, ARAV



MON-FRI 7:00AM - 6:00PM
SAT 8:00AM - 1:00PM

648-2797

1748 THOMPSON BLVD., VENTURA
(BETWEEN SEAWARD AND SAN JOH)

ADVANTAGE FRONTLINE

LEATHER FABRICATION & REPAIR

Ojai Leatherworks & Saddlery

HOME OF THE "SADDLE DOCTOR"

BY APPOINTMENT

Italo De Los Reyes, proprietor

649-1411 • 305 OLD GRADE ROAD, OAK VIEW



VENTURA COUNTY WEIRD VIEWS

Fillmore's Monorail Airline by Richard Senate



Today the community of Fillmore is noted for its railroad museum and restored railroad. Here tourists can ride the rails in classic cars and re-live the days of long ago. Few know that decades ago a different sort of rail line was proposed for the community. It was called a *Monorail Airline* and this was long before *Disneyland's* monorail and when the very idea of such a thing was right out of the pages of science fiction.

Drawing of the proposed train depict a lightweight car pushed along its overhead track by a large aircraft propeller. The contraption promised a smooth ride akin to that of a low flying airplane. The year was 1927 and the nation was rich, at peace and prosperous. It looked like the good times would last forever. Aviation was the wonder of the age and Americans were up for new ideas and technologies.

Drifting into the hamlet of Fillmore came the charming Mr. Coombs who announced himself as the *president of the Sespe Development Company*. He told everyone he was an engineer from Chicago and he had a plan for Fillmore. He would build his special monorail airline to take visitors from the community, some twenty miles to the Sespe Hot Springs that he would develop as a resort and spa. He claimed that the monorail could make the trip to the springs in 30 minutes. He didn't mention that it was over rough terrain or the fact that it was all uphill.

Mr. Coombs brought his idea to all of the local service clubs. He proved to be a spell binding speaker and where ever he went he managed to gain support and up subscriptions to the tune of \$100 apiece. The City of Fillmore got behind the plan even using a drawing of the monorail on hits city masthead and billing itself as the home of the monorail.

In July of 1927 a special ground breaking was held at the site on the proposed monorail station (*not far from the railroad station*). Everyone who was anyone was there. Even the Governor of California sent his congratulations to the community for their project.

Dignitaries spoke to the assembled 500 people. Lastly, Mr. Coombs spoke giving an optimistic talk. He implied that the monorail would someday be expanded to go all the way to Los Angeles and maybe even San Francisco.

The Sespe Company had mapped out the route as well as set up a sub division near the monorail station ad at the site of the hot springs spa. Little else was done. After the fancy dedication Mr. Coombs vanished. His supporters were led to believe he had gone to Chicago where the steel towers for the system were said to be fabricated. When he failed to return by September locals began to investigate what happened to him. They soon discovered that not only had Mr. Coombs vanished but so too had the whole Sespe Development Company along with all of the company funds!

The investors were too embarrassed to come forward with how easy they were scammed by a fast talker with a good sounding idea. In time the whole thing became a footnote in history. Still, if it had been built, the monorail would have brought tourist dollars to the town. Perhaps the idea should be revived and made part of the railroad system. Maybe if connected to Santa Paula and Ventura, tourists would come to fly over the land with the wind blowing in their hair. Expand it to Magic Mountain and it might even become profitable.

Richard Senate
www.RichardSenate.com

**VENTURA
NOW**
Gettin' To Know Us!
www.venturanow.web.officelive.com

VENTURA FUNDS: No Police Presents

R. ELLIS SMITH The "Great Ventura Bicycle Race"



Recently after the "Great Bicycle Race" that took over many of our downtown streets I sent a request for information asking how much it cost the taxpayers of Ventura and here is the answer and resulting e-mails:
From: "mgodoy@cityofventura.net" <mgodoy@cityofventura.net>
To: rellis39@sbcglobal.net

Sent: Wednesday, June 17, 2009 7:49:01 AM
Subject: RE: your request to the City of Ventura
The bike race was organized by the AMGEN Cycling Club and there was no cost to the taxpayer. The organizer paid all fees (police, barricades, permit fee, etc.). When an organization holds an event on city property, they pay the city for services. I hope this answers your question.

Michelle Godoy
Special Events Coordinator, Golf & Sports Division
From: RONALD SMITH [mailto:rellis39@sbcglobal.net]
Sent: Wednesday, June 17, 2009 10:59 AM
To: Godoy, Michelle

Pretty much, however I noticed that in the permit it is stated that if any cost exceeds what the organizer has paid up-front to the city a re-evaluation will be made by the city and the organizer will be charged accordingly. I noticed that the police presence was quite a bit more than stated in the permit. Was the organizer charged for the extra police presence? Plus who paid for the trash cleanup the following day?

Michelle Godoy
Special Events Coordinator, Golf & Sports Division
From: "Godoy, Michelle" <mgodoy@ci.ventura.ca.us>
To: RONALD SMITH <rellis39@sbcglobal.net>
Sent: Wednesday, June 17, 2009 12:43:04 PM

Organizer gets billed for extra services directly by the department, trash also, the Downtown Ventura Organization assisted with the event (*I believe they handled the clean up*), the contact there is Rob Edwards, (805)616-9339.

Michelle Godoy
Special Events Coordinator, Golf & Sports Division
From: RONALD SMITH [mailto:rellis39@sbcglobal.net]
Sent: Wednesday, June 17, 2009 12:49 PM

To: Godoy, Michelle
Thanks Mike, that's all I wanted to know, it's good to see there are some departments in the Ivory Tower that are still on the ball.

Michelle Godoy
Special Events Coordinator, Golf & Sports Division
From: "Godoy, Michelle" <mgodoy@ci.ventura.ca.us>
To: RONALD SMITH <rellis39@sbcglobal.net>
Sent: Wednesday, June 17, 2009 12:53:38 PM

I try not to let anything get by...I have been called many names because of that. If a group wants to have an event in the city then they better pay for the services!

Michelle Godoy
Special Events Coordinator, Golf & Sports Division
501 Poli Street, Rm. 226, Ventura, CA 93002
(805) 654-7749
(805) 648-1030 Fax

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



"If you reveal your secrets to the wind you should not blame the wind for revealing them to the trees."
- Gibran

VENTURA FUNDS: Paying off the Artists

R. ELLIS SMITH Another Public Art Boondoggle



The Gang in the Ivory Tower (Ventura City Council), through the auspices of the "Public Art Program" has launched another way to toss our Tax Money into the prevailing winds. The "Artistic Bicycle Rack" program is due to start in July. What

the heck is the "Artistic Bicycle Rack" program you ask, well it's a program that the Gang in the Ivory Tower feels will go a long way to promote the city of San Buenaventura as a "Bicycle Friendly City."

They are asking the "Artists" in our city to present ideas on "Artistic Bicycle Racks;" they will be judged by some "Arts Commission" and the winners will be awarded \$5,000 each for the winning submissions.

I sent an e-mail to Denise Sindelar, the Ventura interim Cultural Affairs Manager, asking how many of these \$5,000 "Artistic Bicycle Racks" were going to be installed.

The following are a couple of e-mails from Denise.

Dear Mr. Smith:

Thank you for your interest in this project. As per the process for the selection of artwork for the public art collection, the Public Art Commission will review a recommendation from the artist selection panel once the Bike Rack proposals have been vetted. The number of racks to be fabricated will be determined through this review process. You are welcome to attend the Public Art Commission meeting to review the recommended proposals on July 21, 2009.

Sincerely, Denise Sindelar
Interim Cultural Affairs Manager, City of Ventura

I then asked if there was a minimum or maximum number of Racks proposed. Here is the answer.

Dear Mr. Smith,

At this time there is no set number, minimum or maximum, identified to be fabricated. There is \$35,000 of Public Art funding identified for this project.

Sincerely, Denise Sindelar
Interim Cultural Affairs Manager, City of Ventura

So what it all means is that the Gang in the Ivory Tower and the "Public Arts Program" has decided to toss a "Minimum" of \$35,000 into the abyss never to be seen again. It's obviously the same "Artistic" method that brought us the overwhelming beauty of the \$3,000,000 bus stop at the Mall.

Rellis Smith
rellis39@officeliveusers.com
www.venturanow.web.officelive.com

DOWNTOWN VENTURA ORGANIZATION

R. ELLIS SMITH Old Timey Meets New Timey



Now as most folks know my style of writing is, shall we say "no holds barred". As I thought more about what to write about the Downtown Ventura Organization the more I became aware of the fact that the majority of it's members and board of directors are not "old timey" Downtown

Ventura inhabitants, yet they all have one thing in common, the desire to improve the business climate in the Downtown Area so they can eventually become "Old Timey" Downtown folks.

Jason Collins, owner of Jonathan's Restaurant actually bought into the Downtown scene only a few years ago. Charley Rudd, owner of Bank of Books could be called a Downtowner; he has been around for a number of years. Maria Fiore, owner of Fiore's Restaurant again is a relative new comer to the Downtown area. Lori Moll, Savory Café, I really don't know much about Lori Moll but I don't believe the Savory Café has been in existence for too long. Ed Warren, ex-owner of the Busy Bee Café, now here is a man that I believe was born on Main Street Ventura, he has been here so long they should change the name of Main Street to Ed Warren Blvd. Seanna-Marie Weaver, Weaver Wines/Ace Ana Promotions, is a true new-comer to the Downtown area. Jim Rice, partner in the Watermark Restaurant, although Jim has been around Ventura for some time he just recently became a businessman of the Downtown Ventura Area. Doug Wood, Crowne Plaza Hotel, is a recent introduction to the Ventura Downtown area. Mark Hartley, also of the Watermark Restaurant and many other properties in Downtown, is as new an addition to the Downtown area as anybody. Greg Smith, Smith-Hobson Company is, as Ed Warren, a lifelong Ventura resident and also a lifelong Downtowner. Tom Wood, Bella Maggiore Hotel, is another of the real "Old Time" Ventura Downtowners.

There are more members, which you can examine on their web site, but I grow weary of listing names. This DVO has been in existence I believe for upwards of 5 years. Before this organization was founded I know of at least 3 other attempts to establish a concrete DVO; they all fell by the wayside. This latest incarnation seems to be working; they have done quite a bit for the Downtown area already, not the least of which is to establish a PBID, (Property Based Business Improvement District). In the past this idea led to small wars with arson on some properties suspected.

"A Property Based Business Improvement District (PBID) is based upon the "benefit assessment district" concept, which provides for an assessment on commercial property to be raised within a specific geographic district with the proceeds directed back to the district to provide services that benefit the district." (from the Downtown Ventura Org website).

With the present day economy the DVO is having a rough row to hoe, but it appears that the folks that are behind it are determined to see it grow and prosper. All I can say is "Good Luck."



Rellis Smith
rellis39@sbcglobal.net
www.venturanow.web.officelive.com

VENTURA: \$2 Million Give-away

**R. ELLIS SMITH
Stupid is as Stupid does !**



I have been crying "poor boy" for months now and even want the citizens of Ventura to allow them to raise the sales tax in the city by 1/2 percent in order to raise money so they can give away more.

Best Buy a multi-billion dollar corporation that has more money than god or the city of Ventura by far is considering opening a store in Ventura. But the owners of the property, a Los Angeles company, they want to move into, do not want to spend the \$2,000,000 to make the improvements that would be required. Sooooo.... **Best Buy** is asking the **Gang in the Ivory Tower** to give them a \$2,000,000 tax break so they can make the improvement needed.

Our illustrious, intelligent, looking out for you, **City Manager Mr. Rick Cole** stated that it would make more sense for the property owner to leave the store vacant until the economy recovers, (or hell freezes over), than to lease it to **Best Buy** on their terms. Even if the **Gang in the Ivory Tower** decided not to go along with **Best Buys** request they have already started spending our tax money on the situation, they still hired another "consultant" to tell them if they should do it or not.

In 2005 they gave a 10-year \$400,000 loan to **Jaguar/Land Rover** which they claim is being repaid, of course they don't mention how much the city is making on the loan or if it is being paid on time. Then a while back when the **Pacific View Mall** was being built, the **Gang that was in the Tower** at that time made a "tax sharing" deal with the property owners that we are still paying on. **Mr. Cole** says he *thinks* it was a 30-year-deal. (Funny he only *thinks* it was a 30-year-deal).

The deal **Best Buy** is requesting is the same as the **Pacific View Mall Deal**. We (the citizens) would pay them back the \$2,000,000 by giving them a share of the sales tax generated over a period of years. **Cole** says, "It is a subsidy paid out of tax revenue we wouldn't otherwise get." Does **Mr. Cole** not know, or is he simply stupidly ignoring the fact that any sales by **Best Buy** would simply mean a sale not made by other stores in Ventura, so the sales tax that he says we "otherwise wouldn't get" is not entirely true, we would have gotten it somewhere else and not had to share it with anybody.

In 2009 **Best Buy** opened 285 stores and acquired 2,414 stores in Europe. The City of Ventura can't even keep it's streets and parks in good shape and these "Fat Cats" want us to subsidize them. There has never in the history of Ventura been a time when the **Gang in the Ivory Tower** even considered giving a "subsidy" to a "small business owner" that wanted to open a restaurant, gift store, ice cream parlor, or any other type of small business, they only want to give to the "Fat Cats."

If this isn't a perfect reason to VOTE "NO" on their sales tax increase rip off, I certainly don't know when a more perfect reason will come along.

Rellis Smith
rellis39@sbcbglobal.net
www.venturanow.web.officelive.com

VENTURA: \$6.5 Million

**R. ELLIS SMITH
Restore St. Mary's Cemetery**



First off I must say that the web site for this organization is tremendous: obviously somebody has some computer talent or a big pot of money. They

have won a couple of what appears to be "Religious" awards for their web site. One from **Holy Reflections** called the "Sacred Heart Award" another from **Leo de Bondt** called the "Marypages Award." I don't really know anything about either of these organizations but I am very sure they have nothing but goodness in their hearts. I can't find out on the web site for sure, but I do believe the site is the brain child of **Mr. Steven Shleder** who is also the main proponent of "Restore St Mary's Cemetery."

The main goals of "Restore St Mary's Cemetery" are as follows:

- Installing appropriate signage indicating: names, historical significance; locations; directions to aforesaid cemeteries
- Determining the location of the 3,000+ deceased in the cemeteries and acknowledging them accordingly (this includes installing 3,000 bronze markers throughout the park)
- Retrieving, so far as possible, all historic headstones
- Installing 24 cast iron lamp posts rescued from city salvage

For this ambitious list of goals the estimated cost as far as can be determined is somewhere between \$4,000,000 and \$6,500,000 to be paid of course by the tax payers of the city of **San Buenaventura**, the vast majority of whom have no connection to anybody that may have been buried in **St. Mary's Cemetery** at all. They also say there are an additional 3,850 more desecrated graves beneath **Holy Cross School**. I don't know exactly what their plans are for these graves, perhaps it would include the demolition of **Holy Cross School**.

On their web site the "Restore St Mary's Cemetery" organization make reference to letters written by **Justice William P. Clark**, **Senator Robert J. Laromarsino**, and **Gregory H. Smith PD of the Smith-Hobson Corporation**. Here all of these gentlemen make suggestions that are far less than the total reconstruction of the "Park/Cemetery" that is the plan of the "Restore St Mary's Cemetery" organization.

While you cannot erase the errors of the 1960s recompense might include:

1. Mark the graves of the 3,000+ buried within the pale. At least, construct a memorial bearing their names and relevant dates.
2. Retrieve available headstone and establish a secure section of the cemetery for their display. These headstones are priceless witness to the City and County's history.
3. Identify the site as a cemetery with appropriate signage. This ground is hallowed and should be treated accordingly.

Sincerely,
William P. Clark, Justice (Ret)

My name is **Robert J. Lagomarsino**. I am a native of Ventura and still live in Ventura. I served as your **California State Senator** from 1961 to 1974 and as your **United States Congressman** from 1974 to 1993.

Some suggestions:

1. As the park is unnamed, you should establish a name that makes it clear that this site is both a cemetery and a park and then

**VIEW EDITORS NOTE
Forward: Your Money.....!**

The City of Ventura lost \$10 Million Dollars 1 1/2 years ago (well before the recent economic crash), through their ambitious high-risk investment plan; having placed precious taxpayer dollars with Bears Stearns (BS) private assets, which went belly up in the JP Morgan fiasco. This reduced Ventura's get-rich-scheme to pie-in-the-sky. Most cities invest their cash assets in highly safe Treasury instruments and other government-backed securities.

VIEW Detailed Financial Analysis Go To:
<http://ojaiandventuraview.com/OVVtaArt/TheroseVol.Issue1WebStealthkatGraphics.pdf>

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

post a substantial sign stating so. The sign should reflect the historic nature of the site and coordinate with the WPA rock wall.

2. Commemorate those buried there either with flush markers or a large monument listing their names.

3. Retrieve as many headstones as possible and arrange them in a secure location, preferably in the cemetery itself, so that descendants, historians, as well as the general public will have access to them.

I have faith that you, as duly appointed officials, will do all you can to encourage our duly elected officials to do their duty, and correct the mistake made by their predecessors some 40 years ago
SMITH-HOBSON

It is therefore highly unlikely, if not impossible, that **Hobson** descendants were unaware of the planned headstone removals or actively opposed it. However, it is equally unlikely that they would have agreed to the removal of their honored ancestor's headstones without some plan and guarantee to replace them with markers or some alternative form of memorialization.

Gregory H Smith PD

The main objective of the "Restore St. Mary's Cemetery" to make sure the ground is marked as a hallowed location, is commendable, the extreme idea of totally restructuring the "Park/Cemetery" that has been used in this park fashion for over 40 years is an idea that seems to have been born in childish hypocrisy. If we truly wanted to carry this crusade to it's ultimate conclusion we could recognize the fact that the **City of San Buenaventura** is in actuality a large cemetery; we are constantly finding the bones of ancient **Chumash Indians** that were buried here long ago. I would venture to guess that bones of **Chumash Indians** were more than likely uncovered while some of the graves in **St. Mary's** were being dug.

Perusing through the list of interred on the website it appears that the last burial in the **St. Mary's Cemetery** was somewhere in the early 1900s probably before 1940, if that is correct it means nobodies ancestors have been laid to rest in this hallowed ground for almost 70 years. So that would mean that most of the "bereaved" relatives of anybody that is interred here are more than likely at least 3 or 4 times removed. Which stands to reason that only a very small percentage of the present day inhabitants of the **City of San Buenaventura** have any connection to anybody that may have been buried in **St. Mary's Cemetery**.

In conclusion, I must say it is very unlikely that even the proponents of "Restore St. Mary's Cemetery" in the present day economic situation would think it prudent to spend \$4,000,000 to \$6,500,000 to perform this herculean task as they describe as their goals. The idea of a wall incorporating as many old headstone as can be discovered and names of the interred placed thereon with some appropriate landscaping changes would be much less momentarily offensive, somewhere around \$250,000, and would still serve the main objective of recognizing the importance of the location.

Rellis Smith
rellis39@officeliveusers.com
www.venturanow.web.officelive.com

Pregnant?
Call us. 24/7.
Free pregnancy test, ultrasound, information on your options.
646-6830
Life Choices Pregnancy Clinic
103 Vallerio Ave, Ojai
www.OjaiLifeChoices.org

FEAR BASED GOVERNMENT

Continued from Page 7...

citizens to decide which side of the trade off they prefer: reduced services and investment or higher taxes. Although some people think this is a choice of right and wrong (although they disagree on which one is right and which is wrong), I see it as a matter of voter preference. Majority rule. We will live within our means either way because that is our job and we are not going to make excuses."

July 10, 2009 2:35:00 PM PDT

This is akin to saying, would you prefer having lung cancer or pancreatic cancer? **The Gang in the Ivory Tower** has been using the "Fear" factor so much in the past couple of years it now seems like second nature to them. As far as **Rick Cole** saying we all live within our means I offer this bit of information I found on **Chuck Thomas' column**. Perhaps the **Gang in the Ivory Tower** could follow some of these suggestions and reduce our budget even more.

Chuck Thomas

"Almost daily, it seems, we're being threatened with all sorts of choices that seem equally unacceptable. But here's a list of budgetary threats that we haven't heard yet, and are unlikely to hear in the future — the stories about economizing that you won't find anywhere else but here: — **Monterey: The California League of Elected City Officials**, meeting here in the state's first capital city, today vowed to avoid further layoffs and future cuts in services by combining the duties of some employees.

Henceforth, when not actually fighting fires, city firefighters will double as building code inspectors — to be sure that all buildings are up to safety standards and are not housing more than the legal number of occupants for dwellings in that neighborhood.

— **Los Angeles: The California Advisory Board for County Supervisors** issued this statement today: "Also, we have agreed that all of California's 58 counties should be able to rely on their own staffs for needed advice, so in the future, we will quit wasting money by hiring outside 'experts' as consultants."

Rellis Smith
rellis39@officeliveusers.com
www.venturanow.web.officelive.com



"We Believe code enforcement is on the right track...."
VCReporter Management, Editorial
April 30

EVENT CALENDAR

Continued from Page 13...

896 E Main Street, Ventura, 794-9878
www.aplaceofpeace.org

- Sun. Nights, Dance Your Prayers, Dance Your Prayers, Free-Form Dance for Inner and Outer Fitness, 7 pm, \$5 suggested donation
www.aplaceofpeace.org
- 2nd Wednesdays, Drum Circle, Drummers, Shakers, Dancers Welcome, Don. Appreciated
www.aplaceofpeace.org
- Monday Night Lecture Series, \$5 suggested donation
www.aplaceofpeace.org
- thru Sept. 7, Art Show by Faulkner and Dorothy Brunkan, Watercolors, still life, outdoors and nature, vibrant colors, Fox Fine Jewelry
info. 210 E. Main St., Ventura, 10:30-6pm
652-1800, www.foxfinejewelry.com
- July 25 "Ventura Family YMCA 5K Run & Walk" - The Ventura Family YMCA will be hosting their 9th Annual Fun and Fitness 5K Run and Walk on July 25th at the Ventura Family YMCA starting at 7 am Event proceeds will benefit the Ventura Family YMCA youth and teen programs. The event includes a 5K run or walk around the city of Ventura, a live performance by New Waters, a local Ventura Christian rock band, family entertainment and a pancake breakfast, after the run, will be catered by Cypress Place for all who participate. Awards will be handed out to the top three places in each division along with amazing raffle prizes throughout the day! Most importantly this is a wonderful opportunity to have fun with family and friends while supporting the Ventura Family YMCA.
All pre-registered participants will receive a 5K T-shirt and the first 100 people will receive a goodie bag filled with items ranging from Dove products, Chipotle gift cards, Malibu Key-rings and more. Also, participants will be able to use the Ventura Family YMCA facility before and after the race.
Pre-registration, \$25 for individuals and \$60 for families will be taken at the Ventura Family YMCA or online. Race day registrations will be \$30 for an individual and \$75 for a family. The entry fee includes a commemorative race t-shirt and a raffle ticket.

Continued from Page 24...

What has the Obama Administration Done So Far About Climate Change?

by Alasdair Coyne

Our nation's leading climate scientist, **Jim Hansen**, said back in January, "We have only four years left for **Obama** to set an example to the rest of the world. **America** must take the lead."

Hansen considers that only a carbon tax will succeed in reversing the continuing rise in greenhouse gas emissions worldwide. When I heard him speak a couple years ago at **UCSB**, he was the epitome of the senior government scientist — learned, prepared, articulate, and obviously motivated to get out the word to the **American** public about the threats of runaway climate change to future generations. But you couldn't detect much passion in his voice.

In recent months, however, many scientists have been sounding more impassioned about climate change — because politicians haven't been grasping the dry facts of the matter. In fact, **Hansen** only last month spoke at a climate change protest against mountaintop coal mining in **West Virginia**, and proceeded to get arrested by the authorities there (along with many others). **Dr. Hansen's** statement read, "I am not a politician; I am a scientist and a citizen. Politicians may have to advocate for halfway measures if they choose. But it is our responsibility to make sure our representatives feel the full force of citizens who speak for what is right, not what is politically expedient. Mountaintop removal, providing only a small fraction of our energy, should be abolished."

In February, an **Energy Dept.** task force highlighted the major research areas that require federal funding — including doubling or tripling the efficiency of solar panels, batteries with ten times the storage capacity, and technology to store the carbon emissions from coal-fired power stations.

Of **Obama's** stimulus package, \$8 billion is for energy research, including \$2.5 billion for efficiency programs and \$400 million set aside for breakthrough research. But research alone is not enough. **Robert McGrath**, co-author of a **Brookings Institution** report said "low-cost manufacturing and rapid deployment out into the marketplace is really where we need to make progress."

By way of contrast, **South Korea** is devoting a full two-thirds of its own economic stimulus package entirely to green energy.

THE EPA SPEAKS UP

In March 2009 the **Environmental Protection Agency (EPA)** proposed a rule to require big industry to report their greenhouse gas emissions. This is an important first step towards a serious program to limit these emissions, in that it will provide the benchmark against which to measure future emission reductions.

The proposal would require 13,000 oil refineries, cement plants, utilities, paper manufacturers, the automotive industry and others to report what is estimated to be 85 to 90 percent of the nation's climate change emissions. Small factories will be exempt. The rule is set to be finalized in the fall.

In April the EPA stated that climate changing emissions are a danger to public health. This marked a clean break with eight years of inaction under **George Bush's** administration. This statement, called an "endangerment finding" allows the EPA to require cuts in greenhouse gas emissions after a 60-day public comment period.

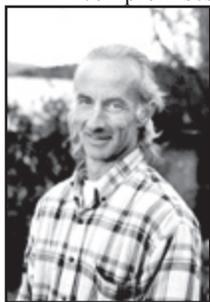
The **Supreme Court** had told the EPA two years earlier to decide whether greenhouse gas emissions should be monitored, but the Bush administration refused to take any such action.

CONGRESS ACTS ON GLOBAL WARMING

In late June the **House of Representatives** passed, by 219 to 212 votes, the first-ever legislation in the U.S. to limit greenhouse gases. The President stated "I think it's fair to say that over the first six months we've seen more action on shifting ourselves away from dependence on foreign oil and fossil fuels than at any time in several decades."

Passage of the legislation will stall in the Senate, likely to emerge with further industry

compromises included. The current bill includes a "cap and trade" program to limit industrial emissions, new energy efficiency measures and support for the wind and solar industries. Environmentalists say the bill is not nearly strong enough.



BACK TO THE EPA

On the last day of June, the EPA granted **California** a waiver allowing it to require the manufacture of cars with better gas mileage than current federal standards.

Known as the **Pavley Regulations** after **California Senator Fran Pavley**, who authored them, they had been on hold for eight years under the **Bush** administration. Those eight years were not without push back against the **White House** — 13 other states also enacted them, and they survived 3 lawsuits.

In May **President Obama**, with **Sen. Pavley** sitting behind him, said that the **Pavley Regulations** would become the baseline for a nationwide policy to shrink greenhouse gas emissions from cars.

The Union of Concerned Scientists, in analyzing the effect of these regulations when implemented nationwide, estimates they will save \$30 billion by 2020 — or up to \$70 billion if gasoline goes back up to \$4 per gallon. This will mean a reduction of 1.4 million barrels a day of imported oil, which equals taking 34 million cars off our roads.

Also in late June, the **Obama** administration said it was to lend the automobile industry \$8 billion to produce fuel-efficient vehicles. (This is out of a total of \$25 billion of loans for this purpose). **Nissan** will use its \$1.6 billion loan to modify its **Smyrna, Tennessee** plant to manufacture zero-emissions vehicles. **California-based Tesla** will get \$465 million to build electric vehicles. **Ford's** \$5.9 billion loan will help kickstart 13 new fuel-efficient cars.

THE EPA MAY STILL BE THE KEY

Timing is everything. It is key to progress on the international front to combat global climate change that the U.S. leads the way, being the world's most influential nation and (although recently topped by **China**) the world's largest emitter of greenhouse gases for many decades.

A conference has long been scheduled for **December 2009 in Copenhagen**, to update the previous international agreement to control greenhouse gases, known as the **Kyoto Protocol**. The **Kyoto Protocol** has not produced a reduction in climate changing emissions, largely because of **President Bush's** refusal to allow progress on this matter.

If Congress does not soon finalize the recent House bill because of pressure from Senators representing fossil-fuel-producing states, the U.S. could be left with no legislation enacted to control greenhouse gases before the **Copenhagen** conference begins.

But the EPA has the authority, now that it is beginning to act on the threats posed by global climate change, to enact rules and restrictions on its own, regardless of Congress.

So it may turn out that EPA rulings this fall on greenhouse gases will allow the US to participate as a strong leader in producing the successor international agreement to the **Kyoto Protocol** this December in **Copenhagen**.

FIVE POLICIES TO HELP WIN THE CLIMATE CHANGE BATTLE

Hal Harvey, CEO of **Climate Works**, a new \$1 billion foundation set up to push new policies for addressing climate change, says five distinct policies are needed.

More info., www.climateworks.org
First up are building codes. California leads in this field, with energy-efficient standards for appliances and buildings that already save \$6 billion a year in energy costs.

Next are stronger mileage requirements

"If you wanna get to Heaven,
You got to raise a little hell"
- **Ozark Mountain Daredevils**

for new vehicles. While **California** is ahead of the field here too, the **European Union** already requires 41 mpg for new cars, and is continually getting more stringent.

Third come national standards requiring utilities to produce 15 or 20 percent of their energy from renewables by 2020. At present, only half the states have such standards. With these standards, "clean energy booms," says **Hal Harvey**, noting **Germany's** solar power, and also wind power in **Texas**.

The fourth policy is known as decoupling. Again, **California** leads with this, whereby power companies earn money when they help people reduce their energy consumption.

Lastly is a carbon tax of some sort, or the "cap and trade" approach, where industries have a price put on their emissions of greenhouse gases.

THE LOCAL NEWS IS GOOD AND GREEN

The city of **Santa Paula** in late June announced a new green business coming to town. **Continental Wind Power of Santa Barbara** will site its new production facility in **Santa Paula**, to turn out wind turbines. Production will begin in 2010 and rise to 600 units a year, requiring 300-500 new jobs. The goal will be \$400 million a year in sales of the massive, 60-foot long turbine blades.

A BRIEF LOOK AT THE THIRD WORLD

The world's poor countries are getting stuck with little help from developed nations in countering climate change, for which they are already suffering undesired consequences.

A new report from the **Global Humanitarian Forum**, led by former U.N. **Chief Kofi Annan**, says that climate change is already causing 300,000 deaths a year and affecting 300 million people worldwide. Economic losses come to over \$125 billion per annum.

The report says that "Weather-related disasters...bring hunger, disease, poverty and lost livelihoods" — mostly in poor countries where social and economic safety nets are absent.

While developed nations have pledged or spent around \$72 billion to adapt themselves to climate change, a paltry \$400 million has been set aside to assist poor countries. What is more, most of this small amount has been shifted from other aid budgets, leaving less for health, education and poverty assistance. U.N. recommendations are for \$50 - \$75 billion a year to help poor countries adapt to

climate change, and that only as a start.

The World Bank has set up two climate change investment funds, with over \$6 billion pledged by the U.S., **Japan**, the **UK** and **Germany**. But no money has actually been deposited for this purpose in the **World Bank** funds.

[Information in this story comes from the **Guardian Weekly**, the **New York Times**, the **LA Times** and the **Ventura County Star**.]

Visit **Alasdair Coyne's** blog at www.AlasdairCoyneblogspot.com for a small but growing list of his environmental articles.

BOXES

Renewable energy subsidies in **Spain** have proved a remarkable success. In only three years, **Spain** constructed 29,000 solar panel "gardens", and grew to be the world's second largest solar power producer (after **Germany**). On sunny days, solar panels provide 5 percent of the nation's energy needs. Wind power produces around a third of **Spain's** electricity. In one windy week in March, this rose to over 40 percent.

Norway plans to be carbon neutral — as a nation — by 2050. They are capturing methane from **Oslo's** sewage treatment plants to power 80 city buses. Up to 400 buses could be powered by this and biomethane generated from restaurant and kitchen food scraps.

The manufacture of cement produces 5 percent of the planet's carbon dioxide emissions — more than the entire aviation industry. **British** scientists have devised a formula to make cement an absorber of carbon dioxide instead, by using magnesium silicates in the mix.

Ninety percent of the methane in the Earth's atmosphere was generated in the digestive tracts of people and animals. Methane is a much more potent greenhouse gas than carbon dioxide. The main culprits are cows. The U.S. dairy industry contributes 2 percent to the nation's greenhouse gas production — most of it from cattle burping.

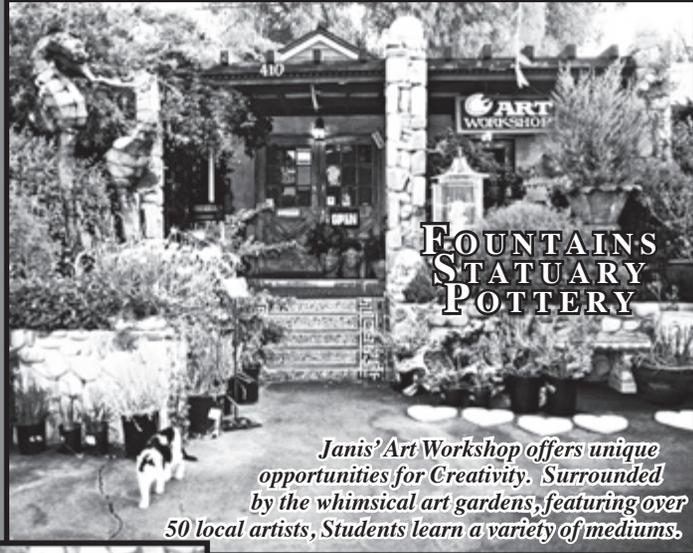
The **French** manufacturers of **Dannon** yogurts have lowered cows' methane production by feeding them alfalfa, flax and grass, rather than the U.S. standard of corn or soy.

Ray Lahood, the new transportation secretary told the **New York Times** that "we have 13 billion times more money for high-speed rail than we've ever had at the department. That's a big deal."

- **Alasdair Coyne, Ojai**
www.sepsewild.org

JANIS' ART GARDEN • GALLERY • 646-2555

SIGN UP FOR CLASSES NOW!



FOUNTAINS
STATUARY
POTTERY

Janis' Art Workshop offers unique opportunities for Creativity. Surrounded by the whimsical art gardens, featuring over 50 local artists, Students learn a variety of mediums.

VISIT OUR OJAI ART GARDEN!

ENJOY CLASSES IN PAINTING,
MOSAIC, SCULPTURE & DRAWING

410 W. OJAI AVE. • OPEN 7 DAYS A WEEK • 646-2555

ojaiartworkshop@sbcglobal.net • ojaiartworkshop.com

Keeping the Faith for World Peace



Photo © 2009, Joel Anderson

Brian Faith Band - Johnny Podz, Bass Guitar, Ernie Joseph, Lead Guitar and Vocals, Brian Faith, Drums and Vocals, Karen Perry, Lead Vocals/Percussion, and Cory Orosco, Keyboards.

Ernie Joseph and the Brian Faith Band have just produced and posted an original music video and tribute to Michael Jackson; called "Michael" which is available on YouTube, and features Nick St. Nicholas (*Steppenwolf*). The vocals are incredible with multiple layers of harmonies they are known and loved for. They wanted to share this with friends, fans, and music lovers, having been personal fans of Michael's music, performed his songs over the years and also frequently at the

A & M Roadhouse in Oxnard, owned by Michael's brother, Tito Jackson. The compelling tribute is available at YouTube.com/brianfaithsongs

Heavyweights in their own right as original members of their legendary blockbuster band, The Giant Crab, The Brian Faith Band also toured with the original Strawberry Alarm Clock, and also Ed King who later joined Lynyrd Skynard.

Ernie continued touring as Big Brother Ernie Joseph on the South East Tour, played with and became good friends with Bruce Springsteen whose band was originally called Steel Mill. He also performed at Centennial Park in Nashville, and at the Love Valley Music Festival, in Love Valley North Carolina with Duane Allman (which featured the original line-up of the Allman Brothers Band with Barry Oakley,



Photo © 2009, Joel Anderson

original Bassist). Nine other top groups including Wet Willie, The Chambers Brothers, played to a crowd of 100,000 people at the Love show. Said Ernie, "It was just a great show... a total euphoric rush and injection of pure energy. We had an original hit called E.S.P."

Currently the band has been busy recording solid originals, such as "Clouds" (also on YouTube) which they dedicated to Jeff SanMarchi, whom they grew up with, playing Surf music at the Earl Warren Showgrounds, "Perfect Wave",

Insense and Peppermints, I'm in Love, Havin Fun, etc. All should be available soon on the fall release E.P. The Brian Faith Band was the house band for five years at the Hilton in Oxnard, and often playing the marina at the Lobster Trap, Whale's Tail, Pirates Den, Bombay, etc). They were also the house band at Mr. Lucky's in

Ventura on Main Street. There's a few new songs in the works, "In the Groove" and "Freaky Madonna," featuring Karen Perry, Vocals and Percussion. Look for it. They also back up other artists and bands such as Jimmy Le Roy ICU, Brian Wiese Project, Jonn Princite (Streets of San Francisco), Bobby Harris (The Drifters), Bill Holmes, manager and producer.

Go to Youtube.com and search "Brian Faith Band Songs."

www.myspace.com/brianfaithbandsongs

Advertise in the VIEW

Damn Good Reading!



© OS, Joel A.

Gifts of the Family
7th Generation

TAROT
BY NATALYA

FOR APPT. 805-794-6921



Photo © 2009, Joel Anderson

Aravel Gardumo, Darakshan Dave Farber, JoAnn Parks and MAX during their recent May 31 visit to Ojai.

PRESS RELEASE - MAX JUL. 18 MAX the Crystal Skull Returns to Heal Ojai

Since MAX's visit to Ojai in May, we received many requests for his return and are delighted to announce a healing meditation with MAX at the **Glen Muse Estate**.

An ancient **Mayan** legend tells us that there are 13 ancient crystal skulls in the world. This legend says these 13 skulls will be re-discovered in our time. They will be brought together so humanity can use their collective powers. Are we ready for this great power and knowledge?

At 18.2 pounds, MAX is the largest of the known authentic ancient crystal skulls. The **British Museum** and many other archaeological authorities consider MAX to be one of the rarest artifacts ever found. Estimated to be thousands of years old, MAX was found in **Guatemala** between 1924 and 1926. MAX was used by **Mayan** priests for healing and prayer.

Norbu Chen, a powerful healer of the **Tibetan** sect of **Red Hat Lamas**, traveled to **Guatemala** in the 1950s to study with these **Mayan** priests. The **Mayans** gave Max to **Chen** when he left the **Mayans** so he could use it in his journey as a healer.

JoAnn Parks, the current custodian for MAX, met the **Lama** through their family

medical doctor in 1973. Her twelve-year-old daughter was dying of bone cancer. **JoAnn's** daughter **Diana** was given 3 months to live. The **Lama** and MAX worked with **Diana** to extend her life for 3 more years.

JoAnn later worked for **Norbu** for 4 1/2 years. Before the **Lama** died, he gave the cherished crystal skull to her, saying that someday she would know what the crystal skull was all about.

After years, the skull communicated his name to **JoAnn**, and also told her about his desire to assist humanity through direct experiences. Since, **JoAnn** has traveled with MAX around the world providing this experience for small groups who have gathered for this purpose.

Now **Max** is coming into a more public phase in step with the **Mayan** prophesies around the year 2012.

Many who have touched MAX have had instantaneous healings, received information about the origins of civilization, seen visions of other worlds, heard unusual sounds and/or expanded psychic abilities.

Experience the magic of MAX for yourself at a **Healing Meditation** with MAX the Crystal Skull in Ojai July 17 through the 19th, at the Glen Muse Estate, 7 pm to 9 pm. Private sessions are also available throughout the weekend. Tickets: www.brownpapertickets.com/event/70549 See available 30 minute sessions Friday 7/17 through Sunday 7/19 on Brown Paper Tickets

info. www.crystalskullfoundation.org

Your Unique Consumer Electronics Store in Ojai

Store Hours: 7-Days a Week
- Monday - Saturday: 9-6pm -
Sundays: 10-4pm

Check Out Our T.V. Digital Boxes - Feb. 17 Changeover

Check out Our Low Prices on...

We're Always Accepting Special Orders
Stop in and Check with us
Check with the Pros, Check our Catalog

- ALL Memory
- SD Cards
- Thumb Drives
- Full Selection Now!

Get Your Electronics Together

- Electronics
- Bluetooth
- iTunes
- Cameras
- Mp3 Players
- Cell Phones & Accessories
- DVD's - Hot Movie Hits
- Headphones and More



- Digital Photoprocessing On Site
- Overnight Watch Battery Service Available

Ojai Valley Electronics
307-B E. Matilija. St. Ojai • 646-7585

KOHLI'S MUSIC PIT

"The Calamity Dazzles Zoey's Cafe"

by Michael Kohli

Recently I got to witness a real music treat at Zoey's Cafe. Owen Bucey of Army of Freshmen unveiled a thriving set of original music he's created with his new side-project band, *The Calamity*. The moment Owen began singing – it's like he completely owned the night! Seems like maybe this band may not be just a side-project after all. The music is really addicting. Song after song, just leaves you wanting more. Between the blend of Owen's vocals and his keyboard playing mixed in with the rest of the band, the music really digs deep into you and makes you feel happy and alive.

The Calamity also features other AOF alumni, Aaron and Kai, along with long time friend, Balt. The band's first album, "Songs From The Gold Coast," will be released on Missing Words Records, July 28. You can pre-order the album online @ Missingwordsrecords.com and also at Thecalamity.com

Also on the bill that night was the delightful, Delaney Gibson and Phil Cody. I really loved the variation and diversity in each of Phil Cody's songs. As of now, my favorite Delaney Gibson song is, "Chicago." I would definitely see this line-up again in a heartbeat.

In Other Worldwide Music News:

Dream Theater is getting ready to release their tenth full length major label studio album, "Black Clouds & Silver Linings." In addition to the six songs that make up the full length album, we've also been treated to extra cover songs online each week leading up to the album's release. The hype for the new album started in mid-May when the band released it's first official single, "The Rite of Passage." The following week, we got a new cover tune, "Stargazer" originally performed by Ritchie Blackmore's Rainbow. The following week, I checked to see if they released the next cover song yet. And, to my amazement – they covered one of my all time favorite music pieces. From Queen's "Sheer Heart Attack" album, they covered the trilogy track, "Tenement Funster/Flick Of The Wrist/Lily Of The Valley." In recent weeks *Dream Theater* also covered favorite songs of theirs by: Dixie Dregs, Zebra, & King Crimson. *Dream Theater* is also headlining another one of their Prog. Rock festivals, "Progressive Nation" this summer with; Zappa Plays Zappa, Pain Of Salvation, & Beardfish. In August, the band will also add Queensryche for their Seattle date (Ryche's hometown!).

YCRA's Aids Walk Ventura Benefit Shows
Last month, I took part in the Ventura County Rainbow Alliance's annual Aids Walk Ventura. Teamed up with a friend, Miguel Marquez to organize three music/variety showcases to raise money. Combined with all three shows, we managed to raise over \$2,900. Special thanks to the venues; MyFlorist Cafe, Nicholby's Nightclub, and Paddy's Ventura. We had live bands, comedy, metal music, female go-go dancers, and more. Extra thanks to our performers; Phoebe Diamond, Isis, Davina, Nativah, Judy Valencerina, Susan D., Grover Andersen, Jeff Frohwein, We Govern We, Preachers & Pornstars, The Slider, Champagne Sunday, Danielle Livingston, and Marcus.

Thank you for your time!
– Michael Kohli
Kohli Rocks Entertainment
www.kohlimusicpit.com
www.myspace.com/djkohli

KohlisMusicPit.com
Kohli Rocks Night.
Nicholby's Nightclub.
Visit us on myspace!!!

EVENT CALENDAR

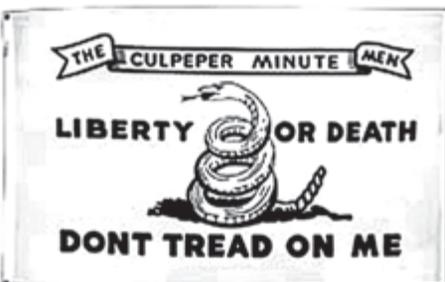
Continued from Page 21...

To register for the "Ventura Family YMCA 5K Run & Walk" visit www.venturaymca.org or for more information contact Rich Gross at 642-2131, ext. 22 or email rich.gross@ciymca.org Come see how we've been building strong kids, strong families and strong communities in Ventura since 1887 and join us in a new generation of health, family and friendship at the YMCA! About the Ventura Family YMCA
The Ventura Family YMCA serves over 20,000 individuals annually through facility memberships, before & after school childcare, day & resident camps, youth sports, swim lessons, teen programs, and many more healthy lifestyles and community enriching programs throughout Ventura, Oxnard, Ojai, Santa Paula, and Saticoy. Through the Open Doors program the YMCA ensures that no one is ever turned away due to their inability to pay and facility memberships without contracts or join fees makes the Ventura Family YMCA accessible to everyone. The Ventura Family YMCA is located at 3760 Telegraph Rd., Ventura.

info. 2632 E. Main St. 648-5927
• July 25, Softin Charity Car Show, All Day Event, Silent Auction, Family fun for SOFTIN's Special -Needs educational programs, Hours: 10am-6pm, Admission:\$100, children 12 and under FREE, Parking \$3.00,
info. Tiffany, 574-9388, and/or at tvague@softininc.org

• July 26, 5th Annual Dog-Gone Cat-A-Straphic Hugs, Slurps & Slobbers Adoptathon, The Ventura County Camarillo Animal Shelter in partnership with Rescue Me, Inc. are dedicated to finding homes for EVERY ONE of the shelter's homeless animals. Adopters will be able to take advantage of "Free" gift bag, "Free" Vet Visit, reduced rate adoption fees, reduced rate microchip, reduced rate rabies vaccine and license, Please bring, old cell phones and printer cartridges for Rescue Me Inc., old jeans for Candy's Rescue Wear, Blankets, towels, sheets, etc. for the Shelter,
10-4pm, Camarillo Animal Shelter, 600 Aviation Drive.
info. www.rescuemeinc.org

• thru July 31, U-Pick Lavender in Ojai. There's a Still operating in the Upper Ojai and you're invited to see it in operation. No, you do not have to come on a dark and moonless night. In fact, you're encouraged to visit New Oak Ranch on weekend days from 10 am to 4 pm through the end of July.
And don't come expecting to sip an intoxicating beverage. Instead, plan on feeling fully relaxed after a soothing sniff of lavender essential oil or a refreshing spray of lavender hydrosol (lavender water). Both the oil and hydrosol are the products of the lavender distillation process...and they naturally separate after they're collected from the Still's cooling tube.
But watching the Still in operation is just one of the treats that await visitors when they arrive at New Oak Ranch during this U-Pick Lavender season. Surrounded by the green hills of the Upper Ojai, there are almost 2 acres of fragrant lavender to experience, endless bunches of lavender to pick (just \$5.00 a bunch), a wide range of lavender products and lavender plants to purchase, picnic lunches (you provide the food) to enjoy at tables shaded by grand old walnut trees and a seemingly limitless range of photos to snap in a glorious rural setting.
New Oak Ranch is located at 9599 Ojai-Santa Paula Road – just 6 miles east of Ojai and 12 miles west of Santa Paula and there is no charge to visit. On weekends, U-Pick Lavender signs are posted on Highway 150 near the entrance to the Ojai Foundation. To visit during the week, or anytime throughout the year
More info. about New Oak Ranch – growers of olives for oil, Ojai Pixie tangerines and walnuts – or a map, web at, www.newoakranch.com 640-1189.



The VIEW
The Paper the VCShopper Loves to Hate!

www.viewpaper.com

• Aug. 1, Richard Senate Book Signing Special Event, Clocktower Inn, located in the shadow of Mission San Buenaventura, in the heart of Ventura. This will bring together some of the biggest names in the paranormal field including some of the pioneers of ghost hunting, psychics and writers. Mr. Senate will welcome all to his home town and be glad to sign the books he has authored and show some of his videos. For this occasion he has re-printed his booklet: "Haunted Downtown Ventura." Haunted Tours of America has listed Mr. Senate as one of the Top Ten ghost hunters in the world!
more info. www.RichardSenate.com
• Aug. 1, Nordhoff High Reunion, (Class of 1989), Camp Comfort, 11-1pm, & Ojai Art Center from 6-10pm.
info. Michelle Dohrn, 272-8118, and/or Erin Parker at NHS1989@sbcglobal.net
• Aug. 4 thru Sept. 6, Gem Show, Earl Warren Showgrounds, S. B., Children 12 & under FREE.
info. Allen Van Volkinburgh, www.gemfaire.com

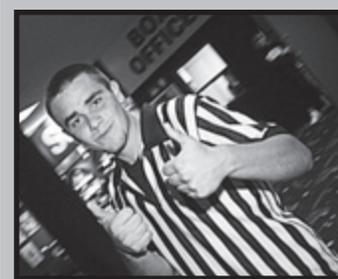
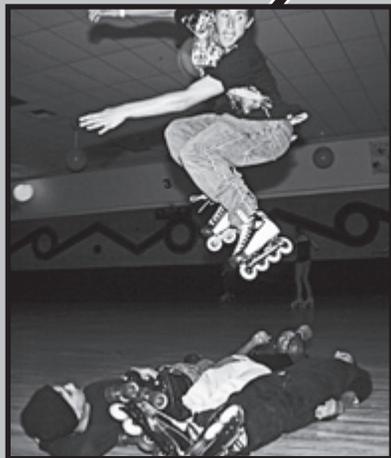
Stiix BILLIARDS
Billiards for the Whole Family
Home of the 75¢ Stiix Dog
2520 E. Main St., Ventura 641-2020
Amateur 9 Ball Tourney on Thursday Eves

ZEE America's First Aid & Safety Resource
Dwayne A. Bower General Manager Phone: 805.646.1491 800.352.3434 805.646.1130
• Industrial • Earthquake • Medical Kits
Zee Medical Services Company
107 S. Bryant Street • Ojai, CA 93023

Todd Winokur presents:
Conejo Valley Family Music Series
Featuring Afro/Delta Drums and Blues Storyteller **Charles "Wsir" Johnson** Mindblowing Accoustic Harmonies
Dogwood Moon
Jonathan McEuen

Goebel Senior Center in Thousand Oaks (Next to the Thousand Oaks Library)
Cafe Voltaire, Ventura, April 19, 1997
Sunday Aug 23rd 2pm –7pm
A full afternoon of family entertainment featuring Drum Circle Free Rock Painting and Music Shaker making Great Food!
"Gods gift to you is your talent, what you do with it, is your gift to god"... Voltaire
For Information Call Todd Winokur 805-367-6212 or email him at toddwinokur@yahoo.com
A great time for the whole family !!
Finally something to do with the whole family in Thousand Oaks you can afford !!
www.jonathanmceuen.com www.dogwoodmoon.com www.wsirarts.com

Jam Skating to the Beat!



Photos © 2009, Joel Anderson

Roller skating is a hip, fun great way to unwind, indulge in some childhood fun, and keep in shape in the process.

Putting on a pair of skates suddenly takes you from stress to carefree in a matter of seconds. I have been going to **Ventura's Skating Plus** lately – almost twice a week just to get my skates on. There I have met up with some really wonderful people, who also come to relax and have a good time.

The skaters at **Skating Plus** are of various ages, male and female, single, couples and also parents – who skate on roller blade or traditional quad skates. Most females skate on quads, while the men seem to prefer the inline skates.

The rink offers a high energy place to skate, while the DJ plays the latest music. There are bright lights that flash to the beat, positive vibrations, and happy faces grooving to the pulsating sounds. There is a resurgence of the 70s "flea hopping" at the rink, which can be seen in the 2005 movie "Roll Bounce." Flea hopping is dancing on skates while moving to the beat, you cross your skates right at the beat. You can flea hop with a partner or by yourself. Jam skating is also huge all around the U.S., and incredibly big in London. Jam skating is dancing on skates, but it's more of a break dancing style.... while skating to the beat. Skaters combine dancing and skating – it is a high energy treat for the eyes.

Joe Berwer is a talented 17-year old skater on quad skates that catch the attention and stares at the rink, where he is dubbed "Usher on skates," which refers to the musical artist "Usher," because he has incredible dance moves – albeit on skates.

When asked what draws him to roller skating, the answer was simple, "The music, friends, and I love to dance." **Berwer** comes to the rink about twice a week, and most often with his 15-year-old girlfriend

Lauren Sahli, "I think he's really good. He really gets into it and comes here to get away from everything. It's relaxing for him," she said about **Berwer**. One skater simplifies things, "It's freedom on wheels," said 16-year-old **Robert Estrada**.

While some teenagers would rather go to a party and get drunk, the teens here have a different outlook on things. "What I like is that you can positively influence

someone to skate – as opposed to going out to do drugs – this is a way to

stay out of trouble," said 18-year-old DJ and Floor Guard **Joey Hudson**, who has worked at **Skating Plus** for nine months. "People express themselves through their skates. Everyone has their own style – some are clean and some are sloppy," he continues, but made it clear that what is really important is, "how much heart you have," when skating. **Hudson** works/ skates about five to six times a week and is drawn to the "music and environment – and it's a chance to get away from everything," he said.

The people that come to **Skating Plus** all seem to have a ubiquitous reason for coming out to skate, which is to get away and relax. "The people that come here are nice. I come here and do my own thing," said 14-year-old **Delaney Kerwin**.

Both teenage and adult couples hold hands while skating. There is a really precious element about watching people in love skate together – it is reminiscent of a simpler time, and affirms that maybe chivalry is still around. **Berwer** and **Sahli** skate separately, but also head to the center of the rink, where skaters can spin, jam skate and hone their skating skills.

There are a lot of parents who come on Wednesday, which is *cheap skate night*. There are plenty of single skaters that come out too. The great element about

Skating Plus is that it's not a pick-up place. I know that I can come to skate without worrying about drunk guys talking to me. Skating is a sober activity that is great exercise and a really fun way to release endorphins.

"When you hit the wooden floor... it's a different world," **Hudson** said "It's a healthy workout and you're having fun."

"Skating is something I can do at my own pace. I don't worry what others will think of me," said 27-year-old **Josh Daneshgar**, who commutes from **Thousand Oaks** to skate at **Skating Plus**, "I have made a lot of friends here." **Daneshgar** is *straight edge* (no drinking or drugs) as are many of the skaters who come here. The *straight edge* element really draws in skaters who want to have fun, without the bar atmosphere. Most have regular day jobs in fields ranging from engineering to military, retail sales, the arts and service.

When asked why skating appeals to a 23-year-old, **Nathan Datcher**, he replied, "freedom of expression." **Datcher** is a grocer by day and skater by night. "On the floor, you find a style that's your own. When I skate I feel a sense of freedom,"

he said, adding "Music brings out your style and you want to dance."

For photographer/life insurance agent **Alex Cooper**, who is "37 going on 19" she loves to roller skate, because "it reminds me of my youth," adding, "I feel care-free when I skate." Said Cooper, "My father bought me my first pair of skates in 1983... they were beautiful! They are **Black Speed Skates** with the two white stripes. It's now 2009 and I continue to wear those beautiful antiques." Only recently did Cooper have to replace the wheels and bearings, but the boot is the original.

It doesn't matter how old or young you are, but that you have fun skating. I have seen a lot of men come to the rink by themselves who are in their 50s – and just get their groove on. It is inspiring to see. Said Hudson, "The main thing to skating

is confidence, how you carry yourself and a positive attitude."

There is a new *18 and Over Skate Night* at **Skating Plus** that started July 2nd and will continue every Thursday night from 7:30pm till 10pm playing "Old School Jams." Come on down and have some fun, and if you don't own a pair of skates, you can rent a pair at the rink. Remember to bring your own socks and lots of water – you will get a good workout.

– **Ali K.**, spiralgrl@yahoo.com
More about **Skating Plus** at www.SkatingPlus.com

1720 Mesa Verde Ave. Ventura, 656-2121

"Jam skating is dancing on skates, but it's more of a break dancing style... while skating to the beat"

"On the floor, you find a style that's your own... I feel a sense of freedom"

NATURE'S Household
Cleaning

Safe for your family.
Friendly to our planet.

- ☑ Eco-friendly
- ☑ Prenatal & child safe
- ☑ All natural materials
- ☑ No chemical odors
- ☑ Safe for your pets
- ☑ Friendly & professional
- ☑ Custom cleaning to fit your needs



☑ Serving Ventura County
☑ Business License #087169

(805) 218-3132
natureshousehold@yahoo.com

VIEW 'REAL' CLASSIFIED ADS

Environment

L.A. TRASH - Are you concerned Greedy Soulless Developer Corporate Types are moving to Ventura/S.B. Counties & bringing their nasty habits with them; trash, smog, & motivated overdevelopment, and smarmy business practices....., trying too hip to be cool?

email: editor@ojaiandventuraview.com
Is the Ojai Valley Headed for the San Fernando Valley? Has Downtown Ventura turned into an L.A. Redevelopment Nightmare?
 email: editor@ojaiandventuraview.com

Gardening

Organic Gardening/Edible Gardens/Native California, romance, meditation, tropical, ponds installations 35 years local
www.GoingOrganic.com 794-9126

Health

MASSAGE SPECIAL - \$50 hr. 1st appt. in Chiropractic Office. Therapeutic Techniques from Holistic Health Practitioner. Chronic conditions, accidents, pain syndromes. Health Coaching. **Linda 805-202-6379**

House for Rent

VINTAGE VICTORIAN 2+1 IN MEINERS OAKS - Tiny but adorable. Tweety and Sylvester should live here! Mickey and Mini would approve of these digs too! References required 1,300+ deposit. Inquiries **798-7197**

Media Moguls

Have you been kicked around by arrogant "above it all" corporate newspaper publishers and editors who come from distant lands, fire long-standing staff, cut salaries for all but themselves, run your beloved town paper into the ground, rob your town's soul, generally make you feel that you're last weeks lunch?

Do tell: views@ojaiandventuraview.com

Music

GUITAR LESSONS - Ventura's Guitar **Planet Rocks** - 648-4633

PRO REGGAE JAZZROCK POP HIPHOP lead/rhythm guitarist; available. Cd/Tour credits: Pato Banton, Phil Chen, Fully Fullwood, Majek Fashek, Micah 9, Scientist, Tippa Irie. **Dale (858)401-2973 myspace.com/dalehauskins**

Professional

ADVERTISE IN THE OJAI AND VENTURA VIEW - Great Distribution, Great Stories, Great Writers - We're the Paper Our Alleged Main Stream Media, scrambled politicians & land grabbing developers Love to Hate! **info. www.OjaiandVenturaVIEW.com**

Psychic

PSYCHIC DEBBIE SENATE will give readings or give readings to your special party. In times like these, a psychic reading might be the perfect thing for seeking a new direction. For inquiries **email HaintHunter@aol.com**
Got a Quirky Psychic Hunter?
 email editor@ojaiandventuraview.com

Relationship

CUPIDS ARROW - Are you interested in finding "the one" in Ojai? Like to walk down that spiritual path & maybe that matrimonial path? If you're looking for a meat market or marshmellow, this isn't it!
 email Cupids Arrow MsZpop@gmail.com

Services

COMPUTER MAINTENANCE/REPAIR - Need Computer Help, Repair, or Training? **Richard, 766-0761** Reasonable Rates/Local Refs.

OFFICE CLEANING - Licensed & Insured **216-5095**

WEDDING PLANNER ETC - I can design dresses, rings, flowers, decorations, planning. Also fine gold settings, personal assisting, organizing, time management, massage, tutor (worked with autistic kids for 10 years), paint, murals, garden, and clean. **Kayte, 258-3931**

Studio Space

LARGE ARTIST STUDIO AVAILABLE IN VENTURA - 24-hour access, kitchen, exhibit space in Gallery, security and a great community of artists. Have been in business almost 5 years. **Call Sandra 805/643-3973**

Artists wanted, Ojai Valley residents call 640-6450

VIEW MUSIC LISTINGS

- 15 July -Zoey's - Sat . 8pm - Arrica Rose - 652-0091
- 15 July -Zoey's - Sat . 8pm - Emerging artists - 652-0091
- 15 July -SOHO, S.B. - Wed. -Other Nature - 962-7776
- 16 July -The Lookout Bar and Grill, Ox. - Mon. -Theresa Russell- 985-6100
- 17 July -Java Joe's, 2950 Johnson Dr., Ventura - Fri. -Darryl Morris and Other Shady Characters, 8pm - 275-0304
- 17 July -The Canyon, Agoura - Wed. -Wild Child (Doors Tribute) - 879-5016
- 17 July -Hi-Cees, Ventura - Fri. -Robert Thomas Band - 650-7773
- 17 July -SOHO, S.B. - Fri. -World Drummers- 962-7776
- 17 July -Cold Spring Tavern, S.B. - Karen Thurber, 7-10pm - 967-0066
- 17 July -Ventura Theater -Fri . 8pm - Greg Allman - 653-0721
- 17 July -Zoey's - Fri . 8pm -Kori Withers and Joel Eckels - 652-0091
- 17 July -The Lookout Bar and Grill, Ox. - Thurs. -Gary Ballen- 985-6100
- 17 July -Keynote Lounge, Ventura - Fri, -America Rocks - 647-9390
- 18 July -Java Joe's, 2950 Johnson Dr., Ventura - Sat. -Crosstown Cowboys with John Bergstrom, 8pm - 275-0304
- 18 July -SOHO, S.B. - Sat. - Area 5 - 962-7776
- 18 July -Zoey's - Thurs. 8pm - Austin Hartley - Leonard & Sally Jay - 652-0091
- 18 July -Cold Spring Tavern, S.B. - Salt Martians, 2-5/The Excellent Tradesmen, 6-9pm - 967-0066
- 18 July - Ventura Theater -Fri . 8pm - Michael Schenker 653-0721
- 18 July -Hi-Cees, Ventura - Fri. - 5pm -9pm-Baby Sister - 650-7773
- 18 July -The Canyon, Agoura - Sat. -Blue Oyster Cult - 879-5016
- 18 July -The Canyon, Agoura - Thurs -Blue Oyster Cult - 879-5016
- 18 July -Keynote Lounge, Ventura - Sat -Forever Vinyl - 647-9390
- 19 July -Caffé Bella, Ventura - Sun. 8pm -Frank Barajas - 643-2171
- 19 July -Keynote Lounge, Ventura - Sun. - 4 on the Floor - 647-9390
- 19 July -The Canyon, Agoura - Fri. -Lapdogs (benefit concert) - 879-5016
- 19 July -Cold Spring Tavern, S.B. - Tom Ball and Kenny Sultan, 1:30-4:30/Cadillac Angels, 6-9pm - 967-0066
- 19 July -Pierpont Inn, - Sun. -Jazz Jam with the Joel Clemons Jazz Trio (Beer & Shrimp Cocktail, 643-6144
- 19 July -Hi-Cees, Ventura - Fri. 2pm - 6pm-Blew Stew - 650-7773
- 19 July -The Lookout Bar and Grill, Ox. - Thurs. -Bob Cowsill- 985-6100
- 19 July -Caffé Bella, Ventura - Sun . 3pm - Frank Barajas " - 643-2171
- 20 July -SOHO, S.B. - Mon. - Jazz Jam - 962-7776
- July 20 -The Fillmore, SF - Mon. - Indigo girls - 415-346-6000
- 21 July -SOHO, S.B. - Tues. - Alice Peacock 962-7776
- July 21 -The Fillmore, SF - Tues. - Indigo Girls - 415-346-6000
- 22 July -Cold Spring Tavern, S.B. - Kaleo, 7-9:30 - 967-0066
- 22 July -SOHO, S.B. - Wed - Leslie Lambo - 962-7776
- 22 July -SOHO, SW. 8pm -Bluegrass Jam - 652-0091
- 22 July -Zoey's, - Sat . 8pm - Emerging artists - 652-0091

- 22 July -Zoey's, - Sat . 8pm - Chris Pierce (solo) - 652-0091
- July 23 -The Fillmore, SF - Thurs. - De La Soul - 415-346-6000
- 23 July -The Canyon, Agoura - Tues.- Smithereens - 879-5016
- 23 July -Zoey's, - Thurs . 8pm - Indie Rock - 652-0091
- 23 July -Pierpont Inn, - Thurs. -Summer BBQ, feat. Live Ent, 643-6144
- 23 July -The Lookout Bar and Grill, Ox. - Mon. -Teresa Russell- 985-6100
- 24 July -Java Joe's, 2950 Johnson Dr., Ventura - Fri. -Steve Noonan, 8pm - 275-

FREE VIEW MUSIC
 Listings & Submissions
Live Wires & Hot Tips
Musicians and Venues-
E-MAIL the VIEW your Gigs!
Please, NO DJ's, NO Karaoke & NO Elevator Music... Disco is OK, but Rock n' Blues are better!
Req. Info: • Venue & Musician/Band Name
 • Phone • Dates/Times!
listings@OjaiandVenturaView.com

- 0304
- 24 July -The Lookout Bar and Grill, Ox. -Fri Gary Ballen 985-6100
- 24 July -Cold Spring Tavern, S.B. - Claude Hopper, 7-10:00 - 967-0066
- 24 July -Hi-Cees, Ventura - Fri. -Studebaker - 650-7773
- 24 July -Zoey's - Fri . 7pm - Nathan McEuen Band - 652-0091
- 24 July -SOHO, S.B. - Fri. - Somos Son - 962-7776
- 24 July -Keynote Lounge, Ventura - Fri -Action Down - 647-9390
- 24 July - Ventura Theater -Fri . 8pm - Hostile - 653-0721
- 25 July -Java Joe's, 2950 Johnson Dr., Ventura - Sat. -Jena Douglas Band, 8pm - 275-0304
- 25 July -Keynote Lounge, Ventura - Sat. -Action Down - 647-9390
- 25 July -Cold Spring Tavern, S.B. - Kelly's Lot, 2-5/Roy Schmeck and the Schmecktones, 6-9 - 967-0066
- 25 July -SOHO, S.B. - Sat - Soul City - 962-7776
- 25 July -Missing Persons - Sat. -Blue Oyster Cult - 879-5016
- 25 July -Hi-Cees, Ventura - Sat . -Los Blues - 650-7773
- 26 July -Cold Spring Tavern, S.B. - Tom Ball and Kenny Sultan, 1:30-4:30/The Grasshoppers, 4:30-7:30pm - 967-0066
- 26 July -SOHO, S.B. - Sun - ou, Me and Iowa - 962-7776
- 26 July -Keynote Lounge, Ventura - Sun. -Action Down - 647-9390 • 26 July -Keynote Lounge, Ventura - Sun. -Action Down - 647-9390
- 27 July -Zoey's, - Mon . 8pm -the Bluegrass Jam - 652-0091
- July 28 The Fillmore, SF - Tues. - Jarvis Cocker- 415-346-6000
- 28 July -SOHO, S.B. - Tues - Luciano with Cornerstone - 962-7776
- 29 July -Cold Spring Tavern, S.B. - Kaleo, 7-9:30 - 967-0066
- 29 July -SOHO, S.B. - Wed. - Emile Pandolfi - 962-7776
- 29 July -Zoey's, - Wed . 8pm - Emerging artists - 652-0091
- July 30 -The Fillmore, SF - Thurs. - Gomez- 415-346-6000
- 30 July -SOHO, S.B. - Thurs. -Chris Wilson - 962-7776
- 30 July -Pierpont Inn, - Thurs. -Summer BBQ, feat. Live Ent, 643-6144
- 30 July -The Canyon, Agoura - Thurs. -Jimmy VanZant - 879-5016
- July 31 -The Fillmore, SF - Fri. - Gomez- 415-346-6000
- 31 July -Keynote Lounge, Ventura - Fri -Jimbo's Wild Ride - 647-9390 • 31 July -Keynote Lounge, Ventura - Fri -Jimbo's Wild Ride - 647-9390
- 31 July -Cold Spring Tavern, S.B. - Hot Blast Florence, 7-10 - 967-0066
- 31 July -SOHO, S.B. - Fri. - ALO - 962-7776
- 31 July -Hi-Cees, Ventura - Fri. -The

resa Russell- 650-7773
 • 1 Aug -The Canyon, Agoura - Wed. - The

PRESS RELEASE MUSIC VIEWS

Robben Ford to Release "Soul on Ten" August 11

All About Jazz - Philadelphia, PA, U.S.A.
 For Soul on Ten, his fourth and latest album for the Concord Music Group, five-time Grammy nominee Robben Ford is definitely on ten, playing with the kind of skill and experience that had Musician mag. dubbing him one of the 100 Greatest Guitarists of the 20th Century.
 With eight of the ten tracks recorded live over two nights at The Independent in San Francisco last April, just across town from the Fillmore, where the northern California native grew up hearing the likes of B.B. King, Jimi Hendrix, Duane Allman, Eric Clapton, Jerry Garcia, Albert King, Jimmy Page, Michael Bloomfield and Elvis Bishop Soul on Ten (August 11, 2009/Concord Records) captures Fords unique style, one that combines, yet transcends, his roots in jazz, fusion, blues, soul and rock, distilling the past into the moment, with an eye on the future. **Source/more info: RobbenFord.com**

Fab Four - 879-5016
 • 6 Aug -The Canyon, Agoura - Thurs. -David Sanborn - 879-5016
 • 7 Aug. -Java Joe's, 2950 Johnson Dr., Ventura - Fri. -Alex Mallen, 8pm - 275-0304
 • 7 Aug -The Canyon, Agoura - Fri - Led Zepplica - 879-5016
 • 8 Aug - -The Canyon, Agoura - Sat. -Hollywood U2/Goldrush Country - 879-5016 • 8 Aug - -The Canyon, Agoura - Sat. -Hollywood U2/Goldrush Country - 879-5016
 • 16 Aug. -Santa Barbara Bowl, - Sun. 7pm -Jackson Browne, - 962-7411
 • 16 Aug. -The Canyon, Agoura - Sun. -Dickie Betts & Great Southern - 879-5016
 • 20 Aug. -Santa Barbara Bowl, - Thurs. 6:30pm -Depeche Mode w/special guest Peter Bjorn & John, - 962-7411
 • 21 Aug. -Shores, Ox, - Chronic Stew, - 984-5533
 • 22 Aug. -Shores, Ox, - Chronic Stew, - 984-5533
 • 23 Aug. -Santa Barbara Bowl, - Sun. 7pm -Diana Krall Quiet Nights World Tour '09, - 962-7411
 • 23 Aug. -Todd Winokur presents, Jonathan McEuen, Dogwood Moon, Conejo Valley Family Music Series, featuring Afro/Delta Drums and Blues Storyteller Charles "Wsir" Johnson- Sun. 2-7pm -Goebel Senior Center in Thousand Oaks (next to the Thousand Oaks Library), A full afternoon of family entertainment featuring Drum Circle, Free Rock Painting and Music, Shaker making Great Food!, "Gods gift to you is your talent, what you do with it, is your gift to god"... Voltaire, A great time for the whole family!! Finally something to do with the whole family in Thousand Oaks you can afford!!, Information, Call Todd Wlnokur- 805-367-6212, or email him at toddwinokur@yahoo.com
 • 29 Aug. -JJ Brewsky's, Camarillo, - Chronic Stew, - 482-5949
 • 30 Aug. -The Canyon, Agoura - Sun. -Foreigner - 879-5016
 • 3 Sept. -Chumash Casino, Santa Ynez - Thurs. -Al Green, 8pm - 1/800-585-

NY? Still Sending Local? Pasadena? Tuscaloosa?
Your ADVERTISING \$\$\$\$\$\$
 Outa' Town, & Down the Drain to that faux-alternative IMPERSONAL & LA-OWNED CORPORATE PAPER?
Advertise Locally with Local Folks & Get Much More for Your Ad Dollar @
www.OjaiAndVenturaVIEW.com

VIEW CLASSIFIED ADS
To PLACE AN AD, DOWNLOAD FORM
Go To: OjaiandVenturaVIEW.com
 Check Out our Classifieds
advertise@ojaiandventuraview.com

CRUSH BAD BANKS BURN CREDIT CARDS
 PURIFY BY FIRE - SEND US YOUR PYRO PICS

Next Issue of the VIEW Out Aug. 7

Brian Faith Band



Cory Orosco

Brian Faith

Karen Perry

aka Ernie & The Emperors

Ernie Joseph

Guz Guzner

Weddings/Special Events

805/964-3035 PO Box 6235 Santa Barbara, CA 93160
 brianfaithband@hotmail.com mspace.com/brianfaithbandsongs
 allbreve.org/brianfaithband YouTube: brianfaithbandsongs

3737

- 5 Sept. -Santa Barbara Bowl, – Sat. 6:30pm -John Legend with very special guest; India Arie & Vaughn Anthony, - 962-7411
- 10 Sept. -Chumash Casino, Santa Ynez – Thurs. -Peter Dinklage, 8pm - 1/800-585-3737
- 12 Sept. -Santa Barbara Bowl, – Sat. 7pm -Bonnie Raitt & Taj Mahal-Alone & Together, - 962-7411

- 13 Sept. -Santa Barbara Bowl, – Thurs. 7pm -Killers, - 962-7411
- 22 Sept. -Santa Barbara Bowl, – Tues. 7pm -Crosby, Stills & Nash, - 962-7411
- 27 Sept. -Camarillo Ranch Car Show, – Chronic Stew
- 3 Oct. -Santa Barbara Bowl, – Sat. 7pm -Loggins & Messina w/special guest Gabe Dixon Band, - 962-7411
- 27 Nov. -O'Leary's Sidebar, – Chronic Stew, - 644-4619

Zee End

www.guitarplanet.us

GUITAR PLANET

Godin
Washburn
Laney
ESP
Larrivee
ORANGE
Traynor
Eventide
Randall
Hughes & Kettner
Framus
SPF

648-4633
1822 E Main Ventura

Guitar Repair

Vintage restoration, electrical, set up, refret, and basic needs
 (805) 647-7221 www.guitartechcorner.com
 Honored with A and gold certificates

Music Lessons

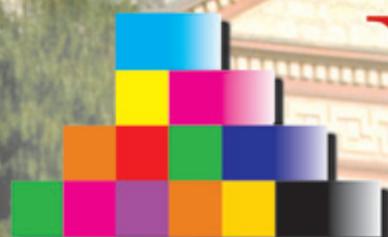
Extremely fun and professional, for advanced to beginners
 We teach all styles of guitar, bass, mandolin, banjo, ukulele, and slide 805 648 4633

Established 1989

*Impress your clients
with color!*

- Newspapers
- Magazines
- Catalogs
- Tabloids
- Books
- Flyers
- Brochures
- Product Sheets
- Full Bindery

Ask about our
Digital Printing capabilities



Western Web

PRINTING INCORPORATED
 36 AERO CAMINO • GOLETA, CALIF. 93117
 (805) 899-4477 • (805) 899-1297 FAX
 www.westernwebprinting.net

END THE WAR NOW

Letters are Welcomed
editor@ojaiandventuraview.com

SUPPORT SMALL BUSINESS

STRETCH YOUR
ADVERTISING
DOLLAR LOCALLY

AVOID FORECLOSURE !



- Behind on your mortgage payments ?
- ARM Resetting ?
- Credit Rating ?
- Foreclosure ?
- Tired of those Pesky Collection Calls ?

If this sounds like you...
WE CAN HELP !!

Elba Sanchez No Obligation...FREE Consult
(805) 290-3530



If Your Income is Lower than \$48,000 a Year You Qualify for Low Income Auto Insurance

Avoid the Wait ! We Now Offer DMV Auto Registration Renewal !

Auto Insurance

As Low As **\$1.00** per day

Save **20%** When Purchasing Home & Auto Insurance



640-1973

555 W. EL ROBLAR, MEINERS OAKS
www.kentoninsurance.com • Lic. #OD79919



Now premiering in California:
Accident Forgiveness.

I offer options that fit just about any family or budget.

JILL OLIVARES
Insurance Agent
(805) 649-6090
CA Lic: 0728682
jillolivares@allstate.com

Call me today for this great new feature. **NEW YOUR CHOICE AUTO**
Accident Forgiveness limits the amount your rates could go up just because of an accident. Even if it's your fault. It's just one feature of new Your Choice Auto Insurance, only from Allstate. And it starts the day you sign up. Call me today.



Feature is optional and subject to terms, conditions and availability. UNDER CALIFORNIA LAW, YOU COULD STILL LOSE 20% GOOD DRIVER DISCOUNT. Patent Pending. Allstate Insurance Company Allstate Indemnity Company: Northbrook, IL. © 2008 Allstate Insurance Company.

Attention Subaru Owners



SUBARU

Avenue Wheel Shop has a 15 year Senior Subaru Technician on staff full time! Avoid dealership service costs and see us today!

AVENUE WHEEL SHOP

First Class Service

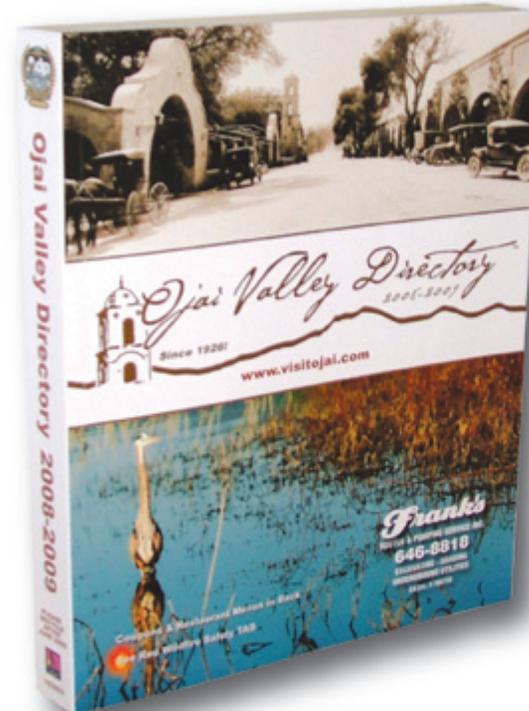
SINCE 1944

A Full Service Automotive Shop

805-643-2032 M-F 8am to 6pm AvenueWheelShop.com
720 Ventura Ave., Ventura CA 93001

Chose a GREEN automotive shop!
Visit our web site for details!

FOREIGN • DOMESTIC • HYBRID • CARS & LIGHT TRUCKS



646-5074
visitojai.com

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

All work done on premises • Custom Jeweler • Fully Insured



22 kt. Frog

DAVID WHIPPLE, GOLDSMITH

535 W EL ROBLAR
OJAI/MEINERS OAKS
640-0212

davidwhipplegoldsmith.com



22 kt. Lapis Diamond Ring

KEEP YOUR AD DOLLAR LOCAL

Have Issues ? Write

editor@ojaiandventuraview.com

Available Online at:

www.OjaiAndVenturaView.com

GOLD • SILVER

PLATINUM