



The Ojai & Ventura

VIEW



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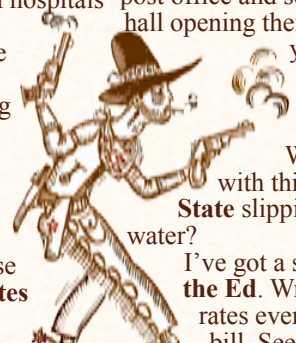
Ojai City Council Raggedy Edge
– Dick Lynch
Those of you that don't know Chiland Sprague, have another reason to be thankful to this very generous and thoughtful Lady. Her very generous donation to the renovation of our local hospital's emergency room. First class.

I spent some time in the old one four times and it wasn't fun by a long shot. I dread having anything to do with hospitals.

Now it has a new purpose. I recommend that you go to the emergency room, have them get staff, charge and fire up the defibrillators. Get them ready because when you open your Golden States Water Bill you are going to have a HEART ATTACK. Stroke or at least severe Palpitations and Arrhythmias. Really!

Maybe the Jester can start a new game on Tuesday evenings – Guess that Water Bill! That should be fun. Whoever ends up guessing the highest 4 digit bill gets a free drink.

Maybe you're too young to have heard this, but it has me rolling in belly laughs. I can remember the bartender askin' if I wanted my drink from the well? Never did I think my water bill would be 3 to 4 times my gas and electric bill put together.



Three to 4 times more for my water than Casitas Water Co., just can't believe the California Public Utilities Commission (CPUC) can allow this to happen. Who's paying who off? Next time you go to the post office and see those people down the hall opening their P.O. Boxes and crying you can bet it's a greeting from Good ol Golden State Water, yeah plenty sour news to go around. Why has everyone put up with this water stuff. Is Golden State slipping mickey's into the water?

I've got a suggestion for a Letter to the Ed. Write a letter and protest the rates every time you get a water bill. Seems easy enough to me. Before you pay the bill write down last years amount, and a couple years before if you have it, and send it to the State Water Czars at the CPUC and tell them what a good job they did to abandon us. (CPUC: San Francisco Office (Headquarters), 505 Van Ness Ave, San Francisco, CA 94102; or email public.advisor@cpuc.ca.gov). Or if some of you have a Business and a house here you can write two letters every two months. And when nothing happens send a donation to OJAI FLOW. They seem to be the only people

Raggedy Edge Continued Page 4...

The Rich and Not Famous in the Near East

by Judy the Hun

I'm having dinner with a Muslim man tonight who promises to leave his suicide bomb at home. We have to forgo the beer as it's Ramadan.

I made it back to India only to suffer a bit of a setback in my health

regime. Lost the sight in one eye and partially in the other; a friend of mine seems to think she captured the moment it happened.

I was hoping it was just a brain tumor and I hadn't blown my optic nerves.... but was waiting for test results....

Turns out it was a small tumor pressing on my optic nerve. The hospital has given me computer access in exchange for me not jumping out the window. I'm going to be okay.... thanks to Stephen Hawking's I don't even have to worry about that heaven or hell issue cause I've never been afraid of the dark.

Shit you know it's hot in India when the chickens start plucking their own feathers.... Naked chickens everywhere (perhaps this eye thing is a blessing?)

I'm doin' alright..... have a little vision in my left eye after 3 weeks of prednisone and antibiotics. No vision in my right eye.... surgery to repair the optic nerve in a few weeks. In the meantime I'm headed for Kashmir

– found a unique way of making some fast cash. I had to invite friends over to help me count the 43 lakh scattered across my room last night. hehe - I offer this unique service that earns me 14 lakh per person. One lakh is a little more than a thousand U.S. dollars – 43 lakh is about



www.YouTube.com/OVVtaView

\$44,000 a week! I do three a week. that's about \$40,000 (U.S.) a week... not bad huh? Have six folks counting on me in Kashmir and then eye surgery and down to Bangladesh where 15-20 people are waiting for my unique services

I spend most of my ill-gotten-gains on the impoverished people of Nepal and India. I have paid the medical expenses of many and, on my way to Kashmir, I will drop off \$40,000 to a family in the remote village of Pipal, Mongolia. This to pay their way to America so that they may feel hope, again.

They cared for me after I received chemo.... they gave me a chance to live. They dunked me in every pool of holy water we happened upon and carried me when I was too weak to walk. They taught me how to milk a water buffalo; make butter and yogurt from its milk. They did this while preserving my dignity and their own, and with humor!.....

Ma, Ra's and me. not expecting anything in return. They are Sikhs and they have what so much of the world is lacking in. They have Ethics.

– Judy the Hun

LETTER TO THE EDITOR

Another Fine Mess You've Gotten Me Into Ollie

Editor,
In its recent move to the new super store location Oxnard/Ventura, good ol Target left quite a mess behind, throwing all recyclables into one big trash bin. Plastics, metal, glass, cardboard, e-waste, paints, etc... far cry from going green, what's up with that?

– Papa Bellini, Ventura

"The superior man understands what is right; the inferior man understands what will sell." ~ Confucius

LETTERS TO THE EDITOR
editor@ojaiandventuraview.com

Is Independent, Original, and Credible News Reporting Really Necessary in Ojai, Ventura, and Beyond?

by Joel Anderson

If you answered "NO", get ready to ride the roller coaster, and hold onto your wallet.... we ain't hit bottom yet!

With recent developments in local self-congratulatory hack publishing (community power players easily crushing stories, glossy repetitive quick hit catalogs hyped as "the press" but preoccupied with overhead profits above news accountability and content, save the theft, lying and ultimate criminal conviction of alleged publisher Sheldon Brown, outsourcing, and government owned/founded media presented as 'real') it's no wonder there are so many "real" world problems here not being addressed by "The Press."

The day-to-day woes continue on despite the oft pipe-dream-promises of a majority of the local officials and business guru's peddling their "It's gonna be ok.... I'm gonna fix it...." brilliancies like patients in a mental ward.... The negative impacts on the fiber of the local communities are immeasurable, and nationally, internationally it's epidemic.

The people, the ones who do the work, and the same ones who represent the lions share of the financial wealth and leverage, are the ones being sold the bill of goods and pay the price in overhead.

What is the real price? Real Problems, never solved! No accountability of government resulting in more corrupt government, failing infrastructures, unchecked bureaucracy, unchecked corporate greed (ie: Golden State), loss of citizen rights, loss of property rights, unchecked unethical business practices all get passed off by the "Fake Press" as everything is just fine.... business as usual.... "happy news" packaged for mass consumption like bread on a shelf.

The whole while the party drags on....

governments exhibit huge failing deficits while continuing to receive gigantic public salaries/pensions/benefits, coddle to self-important special interests and continue taxing the people into the poor house. And there you sit, wondering why you can't pay your water bill?

The complex web of overspending, inefficiency, mismanagement and corrupt procedure follows suit. You Vote with your wallet: pay the high price get the cheap seats. The following 2009 excerpt/study by arguably the most credible news watch, the Columbia Journalism Review, summed it up quite rightly.

"What is under threat is independent reporting that provides information, investigation, analysis, and community knowledge, particularly in the coverage of local affairs. Reporting the news means telling citizens what they would not otherwise know."

simple it sounds stupid at first, but when you think about it, it is our fundamental advantage," says Tim McGuire, a former editor of the Minneapolis Star Tribune. "We've got to tell people stuff they don't know."

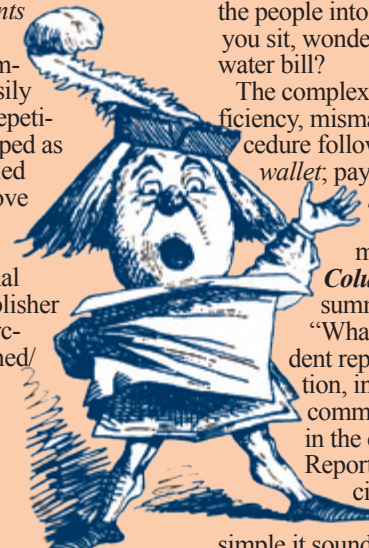
"Reporting is not something to be taken for granted. Even late in the nineteenth century, when American news reporting was well established, European journalists looked askance, particularly at the suspicious practice of interviewing. One French critic lamented disdainfully that the "spirit of inquiry and espionage" in America might be seeping into French journalism.

"Independent reporting not only reveals what government or private interests appear to be doing but also what lies behind their actions. This is the watchdog function of the press—reporting that holds government officials accountable to the legal and moral standards of public service and keeps business and professional leaders accountable to society's expectations of integrity and fairness."

Source: The Reconstruction of American Journalism - A report by Leonard Downie, Jr., and Michael Schudson - Columbia Journalism Review

Are you angry yet?

– Joel Anderson, editor



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Keep Smiling!

the Ojai and Ventura Real VIEW

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Ojai: Our Beloved Town Looking Out from the Inside, or Was it In from The Outside?

– Charlene (Koonce) Broudy

Letter to the Editor,
Extraordinary Ojai Event: I have just returned to our beloved town of Ojai after 12 years away... and yesterday (Sat. 8-27) was an extraordinary Ojai day. For one thing, I discovered that even though it was 106 degrees in Ojai, I love it here. That's major.

As usual, I gardened for about 2-1/2 hours in the beautiful cool morning shade, then did inside-the-cabin things with the air conditioner on (email, computer, drawing, research, writing, reading, eating). Later, I wanted to go into town for plants, hardware store and market... so I looked online at www.ojaiconciergerg.com for events Sat, and found a fundraiser for The Art Center: Amanda McBroom (songwriter and singer who lives in Ojai and wrote that beautiful song, The Rose made famous by Bette Midler) plus Sam Harris, comedian and singer.

After my errands, I treated myself to dinner and reading at Azu, then arrived at Ojai Art Center at just the right time, only to be told the show was completely sold out. From 7 to 8, there was wine, food and a silent auction, which I didn't realize and couldn't attend as I didn't have a ticket. The host of the event said to come back at 8pm for the performance and if someone didn't show up, I could have that seat. Something told me this performance would be worth waiting for, so I took a book, went to Rainbow Bridge, had a chai and enjoyed the hour.

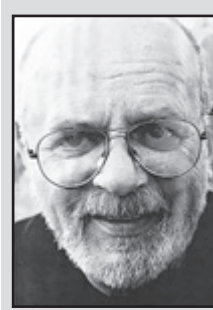
I returned to the Art Center and happily got the last remaining seat. I was in my semi-gardening clothes with dirty fingernails among a well-dressed "mature" who's who of Ojai, including Mr. & Mrs. Department Store Rains; Barbara Bowman & husband, high end clothing shop owners; Mrs. Hooker of the Ranch House; Sheila Cluff of The Oaks at Ojai & husband. None of the expected Ojai young, hippie (or new age... what's politically correct?!) or poor. Why? Because it was \$85 a ticket! I thought it was \$10... but that was another event on Sunday at the Art Center! Since I'd waited and they'd worked to get me a seat, I paid it, rationalizing that it was for the Art Center, which is a good cause. It turned out that my karma was good and at intermission, I bid for a painting by P.T.T. (I can't quite read the name) because the I really admired it and the auction price was so low, a steal, and I won... the painting was definitely worth the \$85 of the ticket extra!

But was the show worth it? Way beyond worth it! The show was FABULOUS. I loved it. Amanda McBroom was completely amazing. The songs (she wrote almost all), her voice (deep, rich and loud), her commentary (witty, timely and wise) and her performance (a seasoned actress who put her heart and soul into it) made it one of those great performance experiences. Sam Harris was an equally talented actor and singer, with an added dose of comedy, at his best. Then there was coffee and the best homemade cookies. I chatted with recent and new acquaintances... soon to become, I have a feeling, real friends. I always loved the open and sweet kindness of the people of Ojai. That hasn't changed. I'm glad to be home.

– Charlene (Koonce) Broudy, Upper Ojai

"A good newspaper is never nearly good enough but a lousy newspaper is a joy forever."
– Garrison Keillor

“Don't Tell Me Who I am... Let me guess !” Mid Life Initiation (Part II) “Everything Seems Meaningless I Have No Pleasure”



2) Liminality

Last time we discussed the first step of initiation, i.e., Separation. Today we'll conclude with steps 2) Liminality and 3) Integration. When our former sense of identity is further dissolved, when we're drifting in uncharted waters floating through a ghostlike existence being 'betwixt and between', neither here nor there and feeling utterly lost, we enter the second phase of the initiation called "liminality". We get bombarded with spontaneous images of death, decay, decomposition, dissolution, nihilism, etc. At this point the instructions are simple, "Don't panic!" It's not time to listen to Sartre when he says, "You can chose not to be." Nor is it time to impulsively "solve the problem" and go for the "quick fix" by getting married, divorced, leaving a job, running overseas, etc. During this period of liminality the unconscious comes to our aid by delivering dreams with great power, if we can only listen. In the first half of life what we claim as characteristics belonging "to me" become the Persona, what we disclaim as characteristics as "not me" become the Shadow. Now it's time to become conscious of all those rejected parts of ourselves (i.e., power trips, arrogance, selfishness, greed, etc.) as well as our yet unlined potential and creativity. The therapeutic response at this stage is neither action nor passivity, but an attitude called "alert reflection". The goal is to become deeply aware of our inner psychic landscape including images of the abyss, the divine, purgatory and its demons without identifying with any of it. What is called for is a combination of psychological awareness and detachment. As new soulfulness is painfully and slowly being born, it's very important for the therapist not to be heroic and attempt to rearrange furniture in the patient's psyche, but to practice the art of midwifery and provide what Winnicott calls a "therapeutic holding environment". During this transitional phase the focus is on wholeness not primarily on ego happenings. What is worked on is a transformation of consciousness. The frustrating and painful part is that liminality doesn't only last months, but sometimes years. Slowly a new vision is sent to us by the inner wisdom of the unconscious. Our souls send us dreams with symbols of re-birth and images of light in our vast darkness. As liminality comes to a close we gradually feel stronger of who we are and what we want to do. Aimless wandering becomes more purposeful and we see new possibilities for the future.

Check Out My Website/blog:
www.DrPeterMilhado.com

3) Integration

New and lost creative parts of ourselves, which were "foreign" to us during the separation phase and we struggled with during liminality now become more integrated. If we're successful, we no longer "play to the audience" in search of external affirmation. Inner validation becomes more important and we become more connected to our own inner personal code of honor. We recognize that wholeness implies imperfection. The Shadow remains, but we're more conscious and hold ourselves more accountable. We're both more complex and more flexible. We're much more aware of our own power trips and how they've disrupted our lives. The incubation period is over and a "new self", which always includes soulful parts of our old self, has to be tended and nurtured into the external world. We live with less narcissistic self-involvement and do service. We've become our own therapist. At it's best, psychotherapy provides a container for this modern rite of passage and initiation ritual.

Love to Mother Meera. One for all and all for one.

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Extensive Experience With Folks Over Forty
and Artists In All Creative Fields

PRESS RELEASE ANALYSIS Ojai Valley Wide Discussion

Dear Ojai Valley Wide Discussion Participant,

Come participate as one of Ventura Counties politicians (Supervisor Steve Bennett, etc) tells Ojai voting constituents how to live and behave. It's been 5 years since the series of Ojai Valley Wide Discussion (OVWD) meetings were held at Nordhoff High School for audiences with loyal followers who worked together on two areas of focus that would have an impact on the Ojai Valley. Those two edicts were "making the Ojai Valley a model green and sustainable community" and "disaster preparation, including CERT training".

Organizers plan to review past schemes, review the ground gained; and, if the group agrees, concoct some new schemes Ojai folks can be molded into in the coming years.

Supervisor Bennett has reserved the folksy meeting room and BBQ area at Camp Comfort for Sun, Oct. 23, 2-5:30pm for gathering, meeting together and then to enjoy a pot-luck-style meal and concoct the agenda.

Said Bennett, "Your participation in our past meetings really helped make them a success. I sincerely hope you can join us on October 23rd. Warm regards, Steve." **Editor's Note:** This press release has been ever so tenderly edited for space, and such to protect the public interest.

PRESS RELEASE Ojai Photography Club September Meeting

The Ojai Photography Club's September meeting features guest lecturer Donna Granata, after the lecture and presentations will be a refreshment break and then club business. Community folks can leave when they wish.

Granata will discuss seven photographers (Rondal Partridge, Robert Smith, Tony and Daphne Hallas, Horace Bristol, Sally Weber and Arnold Newman) documented through the Focus on the Masters art education program. Each photographer has an extensive archive housed at the Focus on the Masters Archive and Library in Ventura. Granata will describe her documentation process, share rare photographs of the artist's works, and offer a preview of her current subject of documentation, renowned fashion photographer Neal Barr.

The meeting begins at 7pm, Sept. 20, at Help of Ojai's Kent Hall, 111 Santa Ana St, Ojai. Visitors are always welcome.

For additional info about the Ojai Photography Club, visit: www.OjaiPhotoClub.com

Are You Living With A Paroxetine aka Paxil Junkie?

Is there An UP Side to Kicking Out Anti-Depressants From Your Life?

by Joel Anderson

So there you are, calmly minding your own business and all of a sudden your roommate goes off on you.... What have you done? You've rented a room to a PAXIL JUNKIE!

I would advise, move slowly, don't make sudden movements and, even though you make perfect sense, be prepared for a barrage of unwarranted, non-sensical insults with no basis in reality. In reality, abuse/use of pharmaceutical

Paxil Junkie Continued, Page 14...



Continued From Page 2...

doing anything about this highway robbery. And buckle up and get a sign in your yard!

Just when I thought the **Local Codes** and the **Historical Registry** of all homes built in **1964** and prior was just about gone, like a Phoenix it has resurfaced anew. Seems like the **Planning Commission** and the **City Manager** have **SPENT MORE MONEY** on the **outside Building Code Snake-Oil Advisor, Stuart**.

How much more money can we waste with this guy discussing the ridiculous? Already tossed away **\$44,000** just since **Feb. 2010**.... that's a lot of wasted silver. I'd say it's hog killin' time for ole **Stuart the bootlicker**.

Seems like the only point is to force ambush inspections on everyone in town, courtesy of **Brian "Kick Your Door Down" Bushwacker Meadows!** They have enough ways to inspect every property in town, **Especially Yours**. If you get a water heater inspection, yep you will get a slew of **revenue driven** code violations for that room addition from **1963**, even though you just bought the home in **2006**. The **"Violations"** weren't even disclosed by the **Seller** or the **Realtor**.

How long should the local **"guys in the black hats"** authorities have.... to discover they **haven't been doing their job?** Five years, 15 years or even 25 years? Most **CRIMES**, have a limit on the time you can be charged, not with **NO-OJAI**. They are lookin' for revenue anywhere they can get it, even if they have to **bend**

you over to bamboozle you.

Can't believe that, after **quit city attorney Monte Widders** said Local Codes are for those things that are **special to us to adopt** we can add **LOCAL CODES** to help with the **Topographic, Climatic or Geographic** conditions.....**NONE** of these ridiculous proposed code changes do that.

They *do* give unlimited enforcement powers to the planning department, basically police powers. Now I've been told by someone who has read the whole thing (*huge*) that the local code enforcement officer can inspect your home or home-based business that requires a license. *That will really make everyone want to comply*. Go in for a permit, get a Non-conforming title recording and a bill for a few hundred thousand dollars of improvements. Sure hope the line to apply isn't too long.

It's ironic that with this article we have *yet another change of department heads*. **Community Development** has a turnover. Call **Mayor Carol Smith** and tell her they better not hire anyone that has the **"Big Brother is watching you motive"**. If they had been helping, instead of harassing, we wouldn't have this problem.

I heard a fellow ask why a homeowner has to supply a toilet for his contractors help! Why is this the responsibility of the homeowner. So they can record a **money generating notice of Non-Compliance!** Why do all that? Seems like everyone in town would have some kind of past repair without a proper permit.

Do they want to confiscate the entire town. To what end? Why now, why would

a City resort to this kind of aggressive response against its residents? I think it's **just to keep jobs in the Planning department**. Who in their right mind is building now?

The recent stock market was a real **YO-YO**. Went up and down so fast thought I was going to get a nose bleed. Who would even try and improve property in a falling market that marks a 15 year low for residential property. **Real Estate agents in Ojai** are beggin' for business - Can't sell a house here with the water rates, code enforcement, anti-kid atmosphere.... a home buyers nightmare! Just reward I guess for sittin' on the dime.

Yes, look around.... business vacancies... some local business are gone too. Restaurants seem to be doing well, guess that's because everyone's eatin' crow.... Look around and see who is missing tho... home furnishing places in Ojai? Forget it! Vacancies are increasing in rental homes too. People are losing renters for those converted garages.

If you want to really know whats up, ask the street sweeper. He will tell you that we have fewer cars parked on the streets. Maybe because of vacation but we should know soon when **Shangri-lala** comes crashing down with the flood of **Soccer Moms** speeding in the school slow down zones because they are always late.

Ojai is experiencing a SEA change. Can you believe that we are **2/3** of the way through **2011**. Fast, just too fast. But with that we will finally have a **new Mayor** in 4 months, a flood of **Commissioner** resignations, new appointments and

maybe a contract to run the **Bowl** in place - should have been done a year and a half ago. Course **Rob "Image" Clark** wants to hand the keys to city hall to a non-profit management group.... and *we all know Alan is twisting those arms just the same*. Who will make sure the official city documents are secure if non-city non-profiters hold the keys to the city?

In just under a year we have had a new **Public Works Director, City Manager, City Attorney**, the *near completion* of the new **Libbey Bowl**, (*I spotted near a dozen liability hazards at "Bury Park".... I can hear the jingles of the lawsuits now....*) and apparently a new **Community Development Director**, yet to be named. That is a lot for this small town to digest. Hopefully the pace will find logic and we will have at least a couple more much needed personnel changes.

If the **City** can put a lid on spending we can get the roads fixed . Looks like some tricky maneuvering to out Fox the State and keep some of that redevelopment money, *if not the big "in-pocket" developers will stop getting their sweetheart deals*. I haven't been seeing any **Letters to the Editor** about the ripoff water rates. Everyone must be pleased with the rates.....

What if the **City** had an excise **TAX**, and at \$50 per month and \$50 per month on sewer fee's, they could get **\$3,500,000** extra a year and we could keep those big City salaries and pensions going?

Just a thought, or is that *their thought?* **Hang 'em High !**

— Dick Lynch

Gentle Reminder Sheila Cluff Turns 75

Hi Joel, Shhhh! It's a surprise! The fitness industry is approaching a significant milestone - **Sheila Cluff**, the inspirational **"Grandmother of Aerobics"** and founder of **The Oaks at Ojai** is turning 75-years-old this August 7th!

As a competitive figure skater, spa pioneer, fitness expert and entrepreneur, **Sheila** has inspired millions to live with balance and purpose. With her upcoming book, spa renovations and exciting theme weeks, news classes and treatments at **The Oaks** on the horizon, **Sheila** continues to live life to the fullest.



Sparkling at 75 - Sheila enjoys Champagne on her 75th B.D. celebration at The Oaks!

As a friend of **The Oaks at Ojai** and the **Cluff family**, we invite you to share a note of congratulations to Sheila on her big day! Feel free to share your favorite memories, most encouraging tidbit of wisdom or even a simple **"Happy Birthday"**.

If you're in the **Ojai** area, please feel free to stop by for the **Champagne Reception and Toast to Sheila** on Saturday, August 6 from 5-6 p.m. Looking forward to hearing from you!

Best, Mandev Khalsa, www.blazepc.com

"It takes a long time to become young."
— Pablo Picasso

Wonder Why Monsanto is Getting Away With Taking Over Our Food & Wildlife - Monsanto Czar Michael Taylor is Heading our FDA - That's Why!!!



Michael 'Mr. Death' Taylor - The person who may be responsible for more food-related illness and death (Round-up, etc...) than anyone in history.

Unfortunately Obama's decision to appoint **Monsanto** super lobbyist **Michael Taylor** as **FDA Food Safety Czar** broke the trust that the **American** people had placed in him during his campaign. Now **Michael Taylor** is heading up undercover investigations at the **FDA** into small raw milk dairy farmers that end in armed raids while the worst factory farm violators are getting away.

It's time for **President Obama** to stand up for real food safety and put an end to the assault against family farmers producing healthy food. Tell **President Obama** to **DUMP Monsanto Michael Taylor!** It's time to protect family farmers

Wine And Roses

by Ron Rowe



regret or disillusion, after only a day in the sun. It is so every summer. One can almost hear their pink, fragrant murmur as they settle down upon the grass: 'Summer, summer, it will always be summer,'"

June 21 was the **Summer Solstice Day**, the beginning of summer. This was a day when my **Aunt Belle** celebrated. She lived in a rustic cottage in **Bristol, England** and was rather eccentric although my mother referred to her as a late maturer. She had assured me that eccentricity does not run in the family and that **Aunt Belle's** behavior was an unusual exception.

Anyway, promptly at 11am **Aunt Belle** would partake of a double portion of elevenes, which was a large glass of sherry fortified with a generous portion of gin. According to **Aunt Belle** all sane married women observed this daily 11am ritual to elevenes to fortify their spirits in coping with another weary day of tolerating their boorish husbands. Why **Aunt Belle** joined in this ritual with her long-suffering married sisters was beyond me, as she never married.

Anyway, after donning her elevenes, she would don a flowing white gossamer robe, place a garland of buttercups and daisies on her head, take up her bells and tambourine and prance merrily around the garden singing a **Shakespearean sonnet**, *Summer is coming in, Loudly sing, Cuckoo*, and other welcoming summer songs. This ritual she explained to me was to waken and stimulate the lazy fairies and their friends, a motley group of gnomes, pixes, undines, elves, water sprites, two air nymphs who lived in the pond, and a visiting leprechaun who had overstayed his welcome; he was lazy and corrupting the young fairies.

After two hours of this madcap Dancing, **Aunt Belle** would give a mighty thwack on her tambourine, and then a great gazelle like leap into the air, which was the envy of all leading ballerinas, followed by a

and stop letting **Big Ag** lobbyists write the rules.

www.fooddemocracynow.org

Fun Fitness for YOU at the Ojai Art Center
113 S. Montgomery st in Ojai
Zumba Dance Tuesdays 6:30pm
BodyHoops Thursdays 5:30pm
\$15 drop-in or save with a series of classes! For more info email: hoopcharmed@yahoo.com

Community Church

Where our version of Jesus wears a tuxedo t-shirt, "formal, yet likes to party."

ovcco.org 646-4324

Event Calendar

September 2011

S	M	T	W	T	F	S
4	5	6	7	1	2	3
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

FRIDAY, SEPT 9

• **Sept 9-11/Fri-Sun - PAINT VENTURA**, Tap into your creativity, highlights include exhibits by artists, workshops focusing on a variety of media, open to adults and youth for free or for a fee.
• **Sept 10-11/Sat-Sun - ALOHA BEACH FESTIVAL**, returns to Venturas newly developed Promenade Park to share the spirit of Aloha (think oneness with nature and brotherly love) through Polynesian and hula dance, music, delicious Hawaiian and Thai food, beer garden, and beach activities, thrilling for both spectators and participants. Aloha Longboard Classic, Frisbee Disc Dogs, paddle board race, Hawaiian arts and crafts vendors. INFO, 200-8674

• **Sept 11/Sun - YACHTS OF LOVE**, Santa Barbara, Benefit Yacht Race & Event, celebrates First 911 Responders, also hosts marines; The Dark Horse 3rd Battalion, 5th Marines who recently returned from Afghanistan where they sustained severe casualties. Also hosted by the Santa Barbara Navy League, open to public, show your support, 40 race boats on the water, power boat competition/ predicted time, music/BBQ at the clubhouse, raffle (grand prize a week in Costa Rica). Hosted by the Santa Barbara Yacht Club (founded in 1872 as the second oldest Yacht Club in the U.S.), this 7th Annual Charity Regatta benefits our very local Visiting Nurse and Hospice Care (VNH-C - founded in 1908 - "Comfort, Dignity & Peace"). Pays for subsidized care at Serenity House (end of life care), S.B. INFO, WWW.SBYC.ORG/CHARITY_REGATTA.PHP WWW.VNHCSB.ORG

• **Sept 16-18/Sat-Sun - INK FOR A CAUSE**, three-day, family-friendly tattoo convention advocating generosity through body art. A portion of proceeds go to the Best Day Foundation, helping special-needs children build confidence through safe and fun adventure activities. Features a hundred tattoo artists and their work. Location: Ventura County Fairgrounds. INFO, 607-2420.

• **Sept 17-18/Sat-Sun - CALIFORNIA BEER FESTIVAL**, Ventura at Mission Park at beautiful Mission Park, Saturday: Craft Beer Heaven, Sunday: Musicians: Chris Cain, Coco Montoya and Tommy Castro. Proceeds benefit the Dyslexia Awareness and Resource Center (DARC) and the Gen Giammanco Foundation, supporting student athletes.

Events Continued, Page 8...

what you need.

Sign up On-line at www.purpleheart.org or call 888/668-1656. Then come and meet us, we have all been there. We are **Santa Barbara** and **Ventura counties Chapter 750**. If you are a lineal relative of a **Purple Heart Medal** recipient, you qualify for **Associate Membership**. Know a **Purple Heart** recipient?

Michael Cook, Commander
SGT Michael A. DiRaimondo Chapter
750 Military Order of the Purple Heart
michaelcookmoph@gmail.com

PRESS RELEASE

OjaiFLOW Protests Yet Another Golden State Water Increase

Ojai FLOW has sent a letter to the **Public Utilities Commission (PUC)** and **State Officials** formally protesting the latest **Golden State Water Company (Golden State)** rate increase application [dated 8/24/11].

Ojai FLOW representative **Richard Hajas** stated, "We sent about 2,000 pages of paper to the **PUC**, including copies of all of our petitions, and we copied **Governor Brown, State Senator Strickland**, and **Supervisor Bennett**. We hope that our elected officials and each commissioner at the **PUC** read our letter and have our petitions sitting on his or her desk when the next rate case is decided."

Ojai FLOW Chairperson Pat McPherson stated, "Our protest letter not only addresses specific concerns about the **Golden State** rate request, but systemic problems with the **PUC** rate application process. If the process is not changed to fairly address rate payer complaints in the future, we plan to take the matter to our elected officials and let them pass legislation to take it out of the hands of the **PUC**. With re-districting, we feel we have a very good chance of getting such legislation passed. We are simply tired of the rubber stamp approvals given by the **PUC**."

Ojai City officials informed **Ojai FLOW** today that a letter has been sent to the **PUC** stating the **City of Ojai's** officially protested the latest **Golden State** rate increase request. **Ojai FLOW** has been working hand in hand with the **City of Ojai** and **Casitas** to make **Ojai FLOW's** proposal a reality.

Ojai FLOW Chairperson, Pat McPherson, stated, "We are very pleased to see the **City of Ojai** taking such proactive steps in helping remove **Golden State** as **Ojai's** water purveyor and to oppose unreasonable rate increases. Stopping these rate increases is an important part to buy back the water system because the less the rates are, the less the system is worth."

The reasons given for the protests that include the protest made by local citizen **Lou Torres**, range from the already excessive rates charged by **Golden State** to the failure in the new rate case to address the

\$12 million settlement recently agreed between **Golden State** and the **California Department of Water and Audits** because of illegal procurement practices by **Golden State**.

According to **Ojai FLOW** representative **Ryan Blatz**, "Here is a corporation that just got caught stealing millions from its customers, and yet, they are still asking for the **PUC** to increase their rates and guarantee them a 7 to 9 percent return on their investment. Why should **Golden State** get such a premium return on their investment when they have been caught stealing from their customers and have no risk because their profits are guaranteed."

The latest **Golden State** rate increase asks for a 14.8 percent increase in 2013, 4.9 percent in 2014 and 5.3 percent for 2015.

According to **McPherson**, "These increases are after last year's rate increase of 27.5 percent and on top of the increases already requested to make up for lost profits because **Ojai** residents conserved water and **Golden State** did not receive the profit they had anticipated."

The letters and Application can be found on **Ojai FLOW's** web site www.OjaiFlow.com under **Resources/Documents**. **Ojai FLOW** has also extracted and posted just the portions of the application that apply just to **Ojai**.

Ojai FLOW is a volunteer organization funded entirely by donations, and is dedicated to citizen

Your Taxes Pay Public Salaries

Ventura City Attorney (Ariel Calonne)
Salary+Benefits ~ \$208,405
Ventura City Manager (Rick Cole)
Salary+Benefits ~ \$185,345
Community Dev. Dir. (Jeff Lambert)
Salary ~ \$171,265
Bldg and Safety Mgr (Andrew Stuffer)
Salary+Benefits ~ \$170,562

ownership and control of **Ojai's** water. They are focused on taking over **Golden State Water** that charges two to three times as much as public owned water companies in the same area. **Ojai FLOW** has presented petitions to **Casitas Municipal Water District (CMWD)** asking them to take over **Golden State Water Company**. Their feasibility study, news, and request for signs and newsletter sign up can be found on **Ojai FLOW's** web site (below). For more info: **Pat McPherson, info@OjaiFlow.com**

VENTURA Parking Meter Prostitutes

— Editor

Here is a win-win for everybody in **Ventura**. Get rid of the parking meters for cars and use them for prostitutes.

Use the camera's at intersections that give people those nasty tickets to take pictures of **Johns** picking up a prostitute - then allow the **John's** to pay a fee not to have the photo posted on the **City's** web site.

We have got to get creative in

these difficult times. **Bonn**, the former **West German** capital, has already started using parking meters to tax their prostitutes, which is a first in **Germany** and is already bringing in tax revenue.

The prostitute is required to pay six euros (\$8.6 U.S.) per day worked regardless of how many customers they have. German city officials expect to get some 200,000 euros (\$288,000 U.S.) annually. — **Joel A., Editor**

"...if you can't get any dirt on *The VIEW*, go ahead and make something up...."
— local advertising sales pro

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302 E. Ojai Ave. • Ojai

Event Calendar

Events Continued From Page 7...

Info, Ventura Visitors Center, 648-2075

• **Sept 17-18/Sat-Sun - CALIFORNIA STREET LONGBOARD CLASSIC**, the longest running surfing contest in Ventura County. The contest, which is about camaraderie and fun above all, attracts some of the best surfers in the state. Vendors; clothing and jewelry. Saturday night, party featuring The Soul Surfers at Yolie's Fresh Mexican Grill. Info, www.venturasurfclub.org

• **thru - Sept. 18th MUSEUM PLUNGES INTO BEACH CULTURE AND ART**, Ventura Recurring weekly 11am to 5pm Museum of Ventura County, INFO, 653-0323

• **Sept 23/Fri - SOUL MOTION ODYSSEY - A CONSCIOUS MOVEMENT EXPERIENCE**, with Randy Miller; deepen your dance exploration with concepts and philosophy. Ventura Nia Studio and Kate have been a huge inspiration in holding the sacred space for Randy to step into the arena of becoming a soul motion teacher. INFO: VENTURA NIA STUDIO , 7666755

• **Sept 30/Fri - SOUL MOTION ODYSSEY - A CONSCIOUS MOVEMENT EXPERIENCE**, with Randy Miller; deepen your dance exploration with concepts and philosophy. Ventura Nia Studio and Kate have been a huge inspiration in holding the sacred space for Randy to step into the arena of becoming a soul motion teacher. INFO: VENTURA NIA STUDIO , 7666755

• **Oct 1/Sat 5-8pm - PIER UNDER THE STARS**, 18th annual food and wine benefit for the preservation of the historic Ventura Pier, which has been on site in one form or another for 139-years. Over 50 local businesses provide food & spirits. Sip, dance to live music, and mingle. INFO, VENTURA VISITORS CENTER, 648-2075

• **Oct 7/Fri 5-8pm Opening Reception- INKSPOTS ART SHOW**, Ventura, the only Fine Art Printmaking Group in Ventura County will be having a new show with all new works of art. Featured artists; Christina Altfeld, Karen L. Brown, Donna Carver, Beverly Decker, Virginia Fumanski, Judy Gibbs, Bay Hollowell, Tiger Huang, Elizabeth Manger, Ines Mon- guio, Barbara Parmet, Leslie Plimpton, Betsy Quinn, Dahlia Riley, Nancy Rossi, Karen Ruth Schroeder and Monica Wiesblott. Show runs through Oct. 29. INFO, DONNA, 402-0247

• **Oct 7-9/Fri-Sun - HIGHLAND GAMES**, Ventura, based on an Old-World tradition dating back to 1314, celebrates Celtic heritage. Men in kilts demonstrate feats of strength and cunning, lads and lassies show off their best footwork in highland and country dancing, talented fiddlers compete for prizes, contemporary Scottish bands perform, and much, much more. Location: Ventura County Fairgrounds. INFO, 818/886-4968

• **Oct 14-16/Fri-Sun - HARVEST FESTIVAL ORIGINAL ART AND CRAFT SHOW**, Ventura County Fairgrounds the largest show of its kind on the West Coast. Children can enjoy arts and crafts activities, pose for photos with costumed festival participants, gourmet food, live entertainment. INFO, 415/447-3205

• **Oct 15/Sat - OJAI DAY**, Community Celebration and Arts Festival, 10am to 5pm, 8 stages, skate lounge, classic car show, foodie, local and out of town artists, INFO, 646-5581

• **Oct 16/Sun 7am-3pm - AT THE PONIES BY THE SEA MUSTANG CAR SHOW**, Ventura Harbor Village, proud Mustang owners can enter their cars for a "people's choice" contest with a trophy award and a year's bragging rights. Guests can participate in raffles and enjoy 50s music while admiring the speedy cars, then stroll about and get a bite to eat. INFO, WWW.TRICOUNTYMUSTANGCLUB.COM

• **Nov 11-13/Fri-Sun - VENTURA COMEDY FESTIVAL**, first annual, features 28 comedy shows, seven different venues, including The Majestic Theatre, Crowne Plaza Hotel, Ventura Comedy Club and The Greek at the Harbor. Comedians will compete for the title of the Funniest Person in Ventura and an audition for a spot on the David Letterman Show. INFO, 805/644-1500

Letter to the Editor
Real Estate Agents
Pilfering Property?

My parents lived in Ojai for 35 years & when they died, left their home & mortgage payment to me. I lived in the home for 16 additional years

but got behind on payments when the bank refused to work with me

To refinace or lower my monthly payments of \$3,000 so the bank foreclosed on the property & I was forced to move. John Ryan at Caldwell [Coldwell] Banker was handling the foreclosure but when I called I was told I would be speaking with John's assistant Phyllis Courtney & that she was handling the procedures for John because he was so busy.

Not having any experience with filing court documents or knowing what procedures to follow, I was too late to ask the Court if they would give me a further extension of time to get my belongings out of my house so I had to leave a house full of furniture & my personal things behind. On the last day Phyllis unlocked the house so I could pick up the last of my things so my friend helped me move what we could but there was still so much left behind. I was under great emotional stress & just when the realtor was read to leave she asked me to sign a paper which I understood her to say was protecting me from having to pay for any cleanup or storage fees. I later found out that that was not what I signed at all My signature gave Caldwell [Coldwell] Bankers all rights to my personal property, leaving me with no recourse.

Now it gets good. The very next morning I was told by my neighbors that Phyllis arrived around 6am & was in the house until afternoon when she left, her truck was packed full of things she took from the house. I have pictures to prove this happened. I wonder how she can sleep at night knowing she has used someone's misfortune for her personal gain. When I called Mr. Ryan to complain....his advise was I should cut my losses & get on with my life.

Just remember these people don't care about you or your situation so don't expect them to help you out in any way. Talk to an attorney or someone that knows the law & can tell you what you can or cannot do legally to avoid what I went through.

— Peggy Shelton, Ojai

EMAIL
Subject: Response to Letter to the Editor
From: editor@OjaiandVenturaView.com
Date: September 2, 2011 3:16:29 PM PDT
To: ryanj@coldwellbanker.com
Hi John,

I received the enclosed Letter to the Editor (see attached). Do you have a response?

Thank you,
Sincerely, Joel A.
Joel Anderson, editor
Ojai and Ventura VIEW
editor@ojaiandventuraview.com
www.OjaiandVenturaVIEW.com

EDITOR'S NOTE: As of Press Time The VIEW had not received a response to our inquiry. We promise to keep the public informed as to whether Peggy is reunited with any missing belongings.

"The wheel of fortune turns round incessantly, and who can say to himself, I shall to-day be uppermost." ~ Confucius

Release Party for
"My Handy Writing
Book" featuring
Amada Irma Perez

EVENT: Sat. Sept 17, 1-3pm
Bank of Books, Ventura

Everyone has a dream of leaving a mark in the world. We have the power to do this if we dream big dreams, are willing to put our passions to work, and are not afraid to change lives.

Amada Irma Perez changed her life after

more than 25 years of being a classroom teacher for kindergarten through university graduate classes. She wrote her first story in her journal the summer of 1998 at the Southwest Writing Project (SCWriP) at UCSB. With the encouragement of her fellow writers and Director Sheridan Blau, she decided to publish it. My Very Own Room-Mi propio cuartito (Children's Book Press, 2000) won numerous awards including the prestigious, Tomas Rivera Children's Book Award, was inducted into the Latino Literature Archives of the University of Southwest Texas, San Marcos, and is given to every newborn in San Antonio, Texas through the Library Foundation's "Born to Read" program. It has sold more than fifty thousand copies.

In 2002 her second autobiographical fiction bilingual picture book, My Diary From Here to There-Mi diario de agua hasta alla (Children's Book Press) was also published and also won awards including the Pura Belpre Honor Book Award which is given by REFORMA through the American Library Association.

Amada's other books include:
*My Very Own Room/Mi Propio Cuartito
*My Diary from Here to There/Mi Diario De Aqui Hasta Alla,
*Nana's Big Surprise/Nana, Que Sorpresa! – Carmen Silva, Bank of Books

GREENPEACE

2020

I'M SORRY.

WE COULD HAVE STOPPED
CATASTROPHIC CLIMATE
CHANGE... WE DIDN'T.

OBAMA BLOWIN' SMOKE
Press Release
Obama Guts Ozone Pollution Regulations

These days, corporate polluters don't have to worry about dismantling the Clean Air Act, President Obama is doing it for them.

As Americans prepared for the holiday weekend, President Obama announced that he doesn't plan on enforcing a law that would have prevented 12,000 deaths every year by protecting Americans from ozone pollution.

The President, along with Big Oil and the other corporate polluters whose interest he is serving with this decision, are hoping you won't notice.

Too bad. We're paying attention and the President needs to know that putting thousands of American lives needlessly at risk is a serious political miscalculation.

Send the President a letter right now and let him know that you are holding him accountable for his decision not to enforce ozone pollution protections that would save 12,000 American lives.

On the campaign trail the President talked a lot about holding corporations accountable. This decision today is the opposite of that. He's actually doing their dirty work for them. And as a result all of us are going to suffer.

If we allow this decision to stand it paves the way for the President to continue to gut our environmental protections without any consequences. Whether it is the Keystone XL Pipeline from the tar sands in Canada or continuing to let polluters off the hook.

It has to stop now. Send your message to the President today.

It is not too late. A swift and massive outcry from everyday Americans like you and I can convince the President to change his mind and choose the health of the people over the bottom line of the nation's polluting industry.

Sincerely, Philip Radford
Greenpeace Executive Director

VIEW EXCLUSIVE

Relive the Magic!

by Joel Anderson

Come see The Greatest Show that never was.... Saturday Night.... don't miss the show you'll otherwise never see.... Promising nothing but the mega hits drawn from the 900 songlist between 'The Beatles' and 'The Rolling Stones' there will be no filler songs at the Libbey Bowl concert - no B Sides!

INTERVIEW

In 1964 when The Rolling Stones first toured the U.S., America must have looked like a very big country, the Stones and The Beatles turned out to be two of the greatest bands ever. Saturday's Master of Ceremonies for the Relive the Magic Benefit Concert is Brian Beirne, who has a very early and historically significant connection with the real Rolling Stones. Said Beirne, "I was fortunate to be the MC on two stops on The Rolling Stones' first tour so I was impressed with the appeal.... that was the first big tour that they did in 64..." he said.

The unique thing about this concert is that, for whatever reason, the real Beatles and real Stones never actually played together onstage and so Saturday's Ojai show may be one of the first times to see what might have been.

Said Young Hutchison (Stones' Keith Richards in the band, Jumping Jack Flash), "This



is going to be an amazing show I'm so looking forward to meeting and greeting fans of The Beatles (band is called "Abbey Road") and Stones both.... and have a proper good night! This is actually something that has actually never happened.... a staging with both The Beatles and The Rolling Stones simultaneously - sort of a battle of the bands you know of the two primary bands of the pop era.

"It's interesting... to see how they will stack up because each of their catalogs have obviously huge strengths and appeal, but different and so you know you compare the songwriting craft of The Beatles... just unparalleled but then you bust out Jumping Jack Flash and that just rocks so hard and people are like 'Oh wow.... maybe the Stones got it....' and then back to Sgt. Peppers....."

Hutchison's band sold out the 6,500+ seat Pacific Amphitheater July 23, and the two bands are considered among the top tribute bands in the field in terms of presentation, stage presence, performance quality, as well as authenticity of sound right down to the authentic historically correct vintage tube amps.

Beirne, significant in his own right, spent over 40 years in radio with 29 at K-Earth 101, one of the first FM radio stations which started to click nationally around 1976, and in fact, known as "Mr. Rock n' Roll" has his own "Star" on the Hollywood Walk of Fame - super knowledgeable and friendly.

"Relive is a good family event so if a lot of the younger folks and the family have maybe never had a chance to see... or get the feel... or hear The Beatles and The Stones music in a full presentation this is the time to go and see. I think everybody will be pleasantly surprised. These are two groups that really changed the course of rock n' roll music; one that became the World's Greatest Rock and Roll Band, and the other whose music is essentially timeless," said Beirne.

— Joel Anderson

"You've got the sun, you've got the moon, and you've got the Rolling Stones."

— Keith Richards

Relive the Magic!

A Concert to Benefit
The Ojai Valley Museum
featuring a musical tribute to the

The Beatles
and
The Rolling Stones
in the new Libbey Bowl

September 10
7 - 10 PM

\$100 VIP
\$45 general admission
\$25 for the lawn
purchase tickets online at
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For more info call (805) 640-1390 ext. 5

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Led Zepagain - Ojai Rock Fest ~ Aug. 14

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Everyday, All Day
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Photos © 2011, Joel Anderson

Mentor Madness 2011: 3rd Annual Poker Run and Vintage Car Show

Saturday was a beautiful day among the trees & grass at Soule Park, despite the official 108 degree temps, add a few more degrees to the east end of our valley, Soule Park was hoppin'. We went through 900 lbs. of ice!

Over 400 people & 50 volunteers came to support Heal The Community's effort to provide an after-school program for the Meiners Oaks children. The day started with the Poker Run & Car Registration.

Hollywood Stuntman Monte Perlin (*Terminator 3: Rise of The Machines*, *Indiana Jones and the Kingdom of the Crystal Skull*, *Seabiscuit*, etc.) performed before everyone took off for the poker run. He also brought a fabulous band to play while he performed.

Monte & his Globe O Cross had just finished filming the new Ryan Gosling movie in New York on Monday morning. He drove straight through to Ojai to make our event. He dedicated his 3 performances to Wayne Ortman (co-founder of HTC) and Sonia Miller (volunteer for HTC) who lost their lives earlier this year at Villanova Curve.

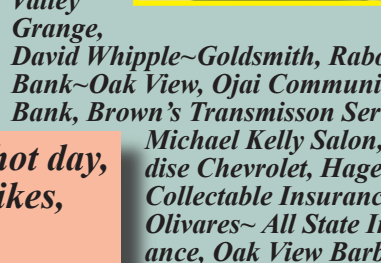
DJ Daniel Ash & Dawn, our MC, had us rockin' by 8am. Pastor Paul Bergman did his blessing of the bikes and a moment of silence for Wayne & Sonia. Studebaker rocked in the morning for the car show folks, while Bad Wolf BBQ cooked up a storm. The Ojai Valley Grange folks provided breakfast burritos to get everyone nourished for the day. The Hut Beer & Wine Garden was made in the shade & the misters helped cool off all who entered. Milton Kelley & Still Above Ground kept it rollin' mid day.

We had over 200 donated raffle items which included a tricked out mail box, black with flames & a biker's coat rack made from motorcycle parts created by Bill Kee of Vintage Restoration.

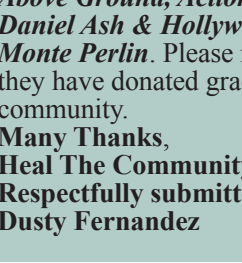
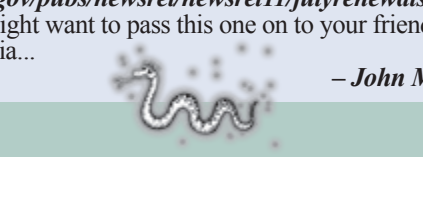
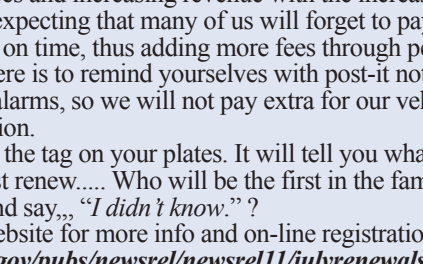
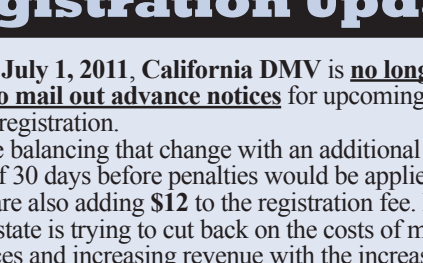
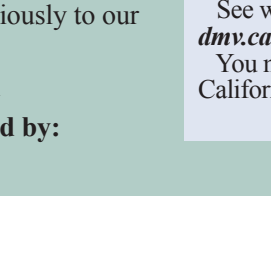
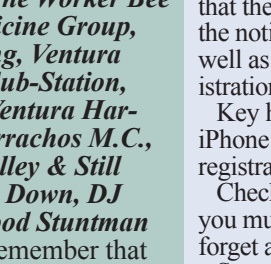
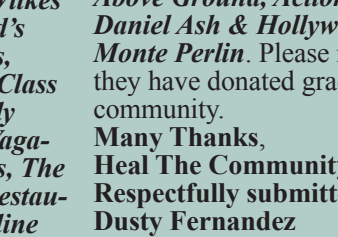
Action Down knocked everyone's socks off playing great classic rock in the afternoon while the Judges busied themselves for the awards ceremony. The vendors were all real troopers!

The figures are not in yet from the event but, we will keep you posted, along with all the winners from the Poker Run & show. All in all it was a hot day, with hot cars, hot bikes, & hot people. We still had a great day seeing old friends & new ones. Although next years event will definitely be early October when it is much cooler! Below is a list of supporters & sponsors who helped our event move toward it's goal, we cannot thank them enough. Mentor Madness would like to thank our sponsors & supporters:

Theeventhelper.com, Oak View Civic Council, Ojai printworks, Ventura Party



Rentals, The Hut, Headin' West Motorcycles, Bad Wolf BBQ, The Ojai Valley Grange, David Whipple-Goldsmith, Rabo Bank-Oak View, Ojai Community Bank, Brown's Transmission Service, Michael Kelly Salon, Paradise Chevrolet, Hagerty Collectable Insurance, Jill Olivares-All State Insurance, Oak View Barber, Sea Fresh, Soule Golf Course, Ojai Cafe Emporium, Trader Joe's, United States Air Force, Five Points Skate-Snowboard, Presto Pasta, United States Marines, United States Army, Pacific Carburetor, Dave Wilkes Transmissions, Golf N Stuff, Fred's Tire Man-Oak View, Bonnie Lu's, Bodee's, The Oaks in Ojai, High Class Tattoo, Nails by Nicole-Foxy Lady Salon, Papa Lennon's Pizzeria, Vagabond Cafe, Cal Coast Motorsports, The Ranch House, Milano's Italian Restaurant, Jimi's Tattoo, Elvira!, Deadline



Photos © 2011, Joel Anderson

PRESS RELEASE DMV: California Car Registration Update

As of July 1, 2011, California DMV is no longer going to mail out advance notices for upcoming vehicle registration.

They are balancing that change with an additional grace period of 30 days before penalties would be applied. They are also adding \$12 to the registration fee. It appears that the state is trying to cut back on the costs of mailing out the notices and increasing revenue with the increased fee as well as expecting that many of us will forget to pay our registration on time, thus adding more fees through penalties.

Key here is to remind yourselves with post-it notes or iPhone alarms, so we will not pay extra for our vehicle registration.

Check the tag on your plates. It will tell you what month you must renew..... Who will be the first in the family to forget and say, "I didn't know."?

See website for more info and on-line registration: www.dmv.ca.gov/pubs/newsrel/newsrel11julyrenewals.htm

You might want to pass this one on to your friends in California...

— John McConnell

THE WARMTH OF THE SUN

by Mary-Jo Murphy
The fog blows in, and the Ferris wheel at the Ventura County Fair has been disassembled. For some, memories of the 2011 event may include a concert from a group that was all about the romance of surfing, the beach and the sun.

Anyone attending the concert probably noticed that the damage done the audience's collagen by sunbathing so many years ago has taken its toll. Those of us who hummed along with The Beach Boys to *The Warmth Of The Sun* are starting to show the effects of those carefree days. Many of us look more like *California Raisins* than *The Girl From Ipanema*. So even though Halloween is right around the corner, I feel compelled to offer a few thoughts on UV rays.

For millions of years our prehistoric ancestors had dark skin. Too much ultraviolet radiation destroys the body's **Folic Acid**, which is crucial for embryonic development. The brown pigment or melanin in the skin is a defense. It dissipates the energy into harmless heat and blocks the UV from damaging the skin's DNA. 70,000 to 100,000 years ago, when Homo sapiens began moving north where there was less sun, a mutation toward light skin allowed for more absorption of **Vitamin D**, which was also essential.

We all know the rest of the story, but if you don't, I'll fast forward to the part that has to do with *Gidget and the Beach Boys*. Fifty-thousand (50,000) years later, surfer girls and guys found that exposure to the sun's rays caused their skin to darken. Not only did this darkening continue to protect from absorbing too many ultraviolet rays, but in modern times, it became a standard of beauty.

Then years later the bad news became apparent; too much time in the sun caused not only uncomfortable redness but also premature aging and worse yet, skin cancers. So someone invented sunscreen, and that should have been the happily-ever-after. We dutifully slathered our kids and ourselves with confusing concoctions, as we tried to interpret such terms as: **SPF**, **UVA**, **UVB**, **Waterproof**, **Sweatproof** and **Sunblock**.

"Rays," you say. "I'm just catching a few. As long as I wear my sunscreen, I'm safe. Right?" Maybe. It always has

to get complex. That's what science is about, making things more complicated before they become safer.

Researchers found that our sun dishes up two kinds of rays, the **UVB**; **Ultraviolet B** or **short rays**, which cause sunburn and some skin cancers, and the more penetrating **UVA**. **Ultraviolet A** or **long rays** that pose the greatest risk of skin cancer, premature aging and melanoma. These sneaky rays do not cause redness and can be absorbed through your car window. Not all sunscreens protect against them.

An article in the magazine *Cure Today 2006*, tells us that sunscreen strength is determined by **SPF**, **Sun Protection Factor** against **UVB** rays. So if it's labeled **SPF 15**, it means it takes the skin 15 times longer to begin turning red than it would if you went out not wearing any.

Of course, how much protection you need varies depending on whether your relatives are from **Helsinki** or **Havana**. Experts recommend **SPF** between 15 and 30. They also suggest reapplying every few hour and putting it on 30 minutes before going in the sun, as the stuff needs time to bind with the skin. Good advice!

When was the last time you tried to get your kid out of the water to apply sunscreen? When was the last time you stopped a tennis match because you had sweated off your sunblock?

The FDA has gotten stricter about what testing is required to label the sunscreen **Broad Spectrum** (protects against both types of rays), and water-proof or sweatproof, because these terms are misleading if not altogether false. Next year's labels will say water-resistant instead, and the companies will have to let you know how long you can swim or sweat before losing the protection.

By the time the 2012 Fair rolls around, the FDA will have seen to it that we not only know what **SPF** we are buying but which rays the white goopy stuff is blocking and for how long.

Just the other day, a news flash reported that the FDA has approved **Zelboraf**, a melanoma treatment that can target 50 percent of these malignant tumors. This is great news! As the summer fog burns off and the days get shorter, we **Californians** start to enjoy some of the warmest and sunniest days of the year, so continue to slather. *Prevention is preferable.*

Mary-Jo Murphy, MS, RN, CDE, Health and Diabetes Educator Motivational Speaker mjmurph221@yahoo.com

GREENPEACE Coal Plants Kid Dangerous PRESS RELEASE

Dirty coal power plants are causing children asthma attacks and their parents heart attacks – all while leaking toxic chemicals into local tap water. This is simply unacceptable.

Up to 34,000 people – many children – are killed by pollution from coal plants every year. At one plant in **Portland, PA** 30 people die prematurely a year!

Right now, owners of obsolete, dangerous coal plants around the country – like the one in **Portland** – are considering spending bil-



Photo © Greenpeace

lions of dollars to keep these killers open. With an aggressive campaign right now, we can

"All I need is the air that I breathe yes to love you." — The Hollies

Please donate to help shut these worst-of-the-worst plants down. We need just 14 donations to reach our goal of \$34,000 – one dollar for every coal-related death we must stop.



www.catalinasangels.com

Heart Time Shield



The heart time shield was a very interesting piece to me because it started out as a heart wheel that I was informed was overriding the "time matrix clocks" due to the love energies that were installed within this particular art piece.

The heart wheel was done with the pink fuschia hearts with a champagne gold background. The center heart, which is the 13th heart on this wheel, is the heart of "The Divine Mother". The energies of the number 13 are associated with "The Divine Mother" and that is why "she" had to be the biggest heart of all because her love is the most intoxicating of all the pure love energies.

All of the 12 hearts surrounding the "GRAND-Mother Heart" in the center are directly connected into her love via the inner gold hearts. The 12 hearts are placed in the exact places that the numbers of a time clock would be and this is done so for a direct override of love energy within this time matrix that we live in.

See, we as humans are programmed to be on a time clock and to set our lives according to a time clock, a schedule and

a calendar. These time controls are what keeps humanity enslaved into the "perception of time". Time is a construct that was designed to keep humanity enslaved by the controlling forces of this planet. There is actually no time, though due to the corruption of this matrix that we currently live in, we as humans do not actually know any better.

If we look to nature.....the animals are not on a time clock. They actually live in present time and live in the moment. That is how we are suppose to live too. When we live in the present moment and not by the controls of a time clock we are actually freeing ourselves. So the **HEART TIME SHIELD** is actually an activation art piece designed to activate the "Time For Love".

Every moment of your life is a time for love and when you are in fact not operating from that time of love then you are stepping into the enslavement aspects of time.

The time matrix gives us an enslavement model of how to live our lives according to time. We go to school and live with our parents until age 18, then go to college or get a job and make money. Then find a partner to live life with, spend money, travel, have children etc. Then you will grow old and retire. Well, **Catalina** is here to bust that mold right open. When we subscribe to the time matrix model then we also are subscribing to the "death codes". The "death codes" were created via the controlling forces so that way we would be hooked on a time clock, live our lives, have our precious life force usurped and then shed our bodies through some death process, to then reincarnate and do it all over again.

Our bodies were not designed for illness, death or time.....these bodies that we have were designed for love and are part of the original **Christ Consciousness Energy**. So love, live, breathe, relax, be kind to yourself and others.....we are going through some big changes now and new realizations of what and who we really are.

I LOVE YOU! Angelically, Catalina www.catalinasangels.com

We've seen what's possible when we fight on the ground to expose the truth, mobilize local communities, and unite national opposition with grassroots action. In the last few weeks, we've seen

the dirty coal plant in **Salem, Mass** and the **Beckjord** plant in **Ohio** announce shut-down plans – though we'll keep fighting until they close their doors for good.

We can and must stop the coal industry from taking our children's lives and their futures. Coal-fired power plants kill in many ways ranging from coal ash to toxic emittants to

being the biggest source of man-made CO2 emissions. But the coal industry has given millions in campaign contributions to buy a free pass – and leave children and families paying the cost of their dirty business.

If we have the strength to act urgently, we will save lives. Are you in? We have this moment to do right by our planet and right by our children.

Join me in quitting coal, Philip Radford, Greenpeace



THE LEASHES END



Ron and his companion, Dudley.

by Ron Rowe

Last year the *Washington Post* invited readers to come up with a midlife list of goals for an underachiever. The second runner-up prize went to *Win the Admiration of my dog*. It's no big deal to love a dog. They make it easy for you; they find you brilliant even if you are a witling. You fascinate them even if you are very dull. They are fond of you even if you are a genocidal maniac; Hitler loved his dogs, and they loved him.

Puppies are cute and entertaining. At middle age a dog has settled into the knuckleheaded matrix of behavior we find so appealing. They exhibit unquestioning loyalty, irrepressible willingness to please, and an infectious happiness. It's not until a dog gets old that his most important virtues ripen and coalesce. Old dogs can be cloudy eyed and grouchy, gray of muscle, graceless of gait, odd of habit, hard of hearing, wheezy, lazy and lumpy, but to anyone who has known an old dog these flaws are of little consequence.

Old dogs are vulnerable, they show exorbitant gratitude and limitless trust. They are funny in new and unexpected ways, but above all they seem at peace. Living with a dog from puppyhood to old age is a wonderful, enlightening experience. Dogs have a history of working with humans from early prehistoric times, guarding camps and acting as watchdogs. It's an endless list; search and rescue, saving lives in disasters, dogs used in wartime, seeing-eye dogs, dogs helping to fight crime, detecting sights and smells that humans are incapable of detecting. They recognize individuals human or canine by their scent. They can spot moving objects faster than we can and have a wider range of vision. Dogs have over 25 times as many scent receptors as humans, enabling them to detect a single drop of blood in 5 quarts of water. They not only hear high-frequency sounds that we can't, they also have more than a dozen muscles to tilt, turn and raise the ears to improve reception.

And now, in response to Lucy in Ventura, who sent me a long e-mail glorifying the benefits of cats over dogs....well, my dear compare the record of dogs with that of cats. Cats who, with humans, share the dubious honor of being the only creatures on earth that torture for pleasure; they kill millions of birds every year. They cause unpleasant odors in the house with their smelly cat boxes. They are selfish, demanding and carry fleas and ticks. Hope that satisfies you Lucy.

Canada's Toronto Zoo has agreed to send 3,000 tons of feces from rhinoceroses, giraffes, bison and other animals to a new biogas plant, the power plant will convert the zoo's poop and food waste into heat, electricity and fertilizer.

Do you want to know how hot it is in Ojai? Count the number of cricket chirps in 15 seconds, multiply the result by 80 percent or 4/5ths and add 42, the result is the temperature in degrees fahrenheit. Did you know a myrmecologist studies ants? The Pharaoh Cephanes had 2,234 goats buried with him when he died.

If you are a male hyena, don't come on too fast or rough. Males who harass and try to dominate females get the brushoff. Those who approach gently, make friends and offer their grooming services sire the most pups. Fat male penguins make the best choice for the female, because males do so much of the offspring care. After choosing a mate and laying eggs, the female returns to the sea leaving the male to attend the young until she returns again. For the first two weeks the male does the babysitting without breaking to eat. His stored fat reserves allow him to lose more than 20 percent of his body weight over the summer breeding season.

A new Gallup poll shows over 40 percent of American dogs and cats are overweight. Pets gain weight the same way we do, not enough exercise. So pet owners, feed them a healthy diet and give them lots of exercise. The same poll finds a majority of Americans would not trade their pets for \$1 million. Sixty-five percent said they wouldn't swap their pet for any amount of money.

In Australia, the state government of Victoria has banned the eating of cats and dogs after a newspaper article showed pictures of Vietnamese and Korean immigrants eating dogs. In Multnomah, Oregon it is now against the law to tie a dog up for more than 10 hours. At least it's a start, but tying up a dog alone in the yard is cruel and should be banned altogether. In Virginia, cruelty to a cat or dog is now a felony. Progress for humane treatment of animals is increasing.

GREENPEACE Chicken of The Sea PRESS RELEASE

There's more that goes into a can of tuna than just what you find inside. A lot more.

According to an Australian government study, the canned tuna industry is responsible for killing thousands of sharks, rays, sea turtles, sea birds and other marine life as a result of the methods they use to catch tuna every year.

One company called Chicken of the Sea has a particularly bad track record when it comes to ocean destruction. That's why we've been trying to start a dialogue with Chicken of the Sea for months now about how they can make their fishing practices more sustainable.

In fact, just last week I personally traveled to their headquarters and delivered a letter. They promptly showed me the door and have refused to acknowledge the damage they are doing to the oceans.

But they can't ignore you and the tens of thousands of other Greenpeace supporters who care about the oceans. So join me and sign on to my letter to Chicken of the Sea. We have already reached our goal of 30,000 signatures and I will be heading back to their headquarters and delivering the message again. Be sure your name is included by signing today.

Tell Chicken of the Sea that it's time to end their destructive ways and start getting serious about saving the oceans.

As one of the largest tuna companies in the

thanks to pressure from animal lovers and humane societies who care. Time for a walk in the meadows with Dudley.

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

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BRING THIS COUPON IN FOR ONE DOLLAR OFF ON THE DOGGIE LOUNGE AND TREE SPRINKLES WITH AN ICE CREAM.

U.S., Chicken of the Sea has a major role to play in saving our oceans. They have a chance to be a real leader in the industry, but it is pretty clear that they aren't going to do it on their own.

Right now, the company is using something called fish-aggregating devices (FAD) to catch their tuna. The problem is that FADs, which are basically floating objects, don't just attract tuna. They attract all sorts of things—including sharks, marlin, and baby bigeye tuna, which is a species in serious trouble. When the ship returns, it takes everything that has gathered around the FAD with a net. Very few animals caught in these nets survive the process.

The simple truth is that if Chicken of the Sea doesn't change how it catches tuna, our oceans don't stand a chance.

We aren't going to allow that to happen. Join me and add your name to my letter today.

I will be heading back to Chicken of the Sea Headquarters and delivering the letter with your signature on it. This next time we'll make sure we get their attention.

For the oceans, Casson Trenor, Greenpeace Senior Markets Campaigner



Another VCStar Intentional Cover-Up or Just Stupidity?

From: harris.cam@gmail.com
Subject: Cover-up
Date: August 12, 2011 5:37:42 PM PDT
To: jmoore@vcstar.com, mcrafft@vcstar.com
Dear Mr. Moore and Mr. Craft,

I was saddened to see a cover-up spun as a simple oversight in the article today on [Ventura Councilmember] Christy Weir's illegal second unit. Had the reporter read the email which I presented on a powerpoint to the city council, and which is part of Ms. Weir's public records, he would have seen that Ms. Weir was actually advised by City staff employee Veronica Ledesma that her unit was not permitted as a second unit, and Ms. Weir was referred to Building and Safety (B&S) to apply for legalization. That was March 2007. The attached email was sent to Andrew Stuffer to correct him on the 93 permit, clearly stating Ms. Weir's unit was illegal and the email was copied to staff member Dave Ward. It's pretty clear that no less than four people, including Ms. Weir knew the unit was illegal ever since March 2007.

The email is attached. I contended in my article that Ms. Weir, having already received preferential treatment would likely continue to receive preferential treatment in a process that is mainly discretionary with Mr. Stuffer exercising the discretion. Would she be the right person to be used as a test case?

Sincerely, Camille Lorenzana, Bruce

From: Ledesma, Veronica
Sent: Tuesday, March 06, 2007 3:11 PM
To: Stuffer, Andrew; Building and Safety
Cc: Ward, Dave
Subject: RE: You received a Phone Call

Andrew - I had also informed her about the same permit, however, there is a kitchen in the structure and it was not approved as a 2nd unit. The permit indicates "396 sq.ft. studio-library." I suggested she contact B & S about the process to convert it to a 2nd unit. It appears to meet planning requirements for a 2nd unit based on the information she provided.

—Original Message—
From: Stuffer, Andrew
Sent: Tuesday, March 06, 2007 3:00 PM
To: Building and Safety; Ledesma, Veronica
Subject: You received a Phone Call

FYI ... Councilmember Weir contacted me today to confirm that her detached studio at 1953 Linda Vista Ave E was legal. I found a 1993 final inspection approval for a 396 SF detached studio and advised her accordingly.

Andrew Stuffer
Chief Building Official
Ventura City Fire Dept.
(805) 654-7837

—Original Message—
From: Ramsey, Carol
Sent: Tuesday, March 06, 2007 9:04 AM
To: Stuffer, Andrew
Subject: You received a Phone Call

Christy Weir, 648-3008 called. She wants you to call her regarding permitting. Thanks.

EDITOR'S NOTE: It looks as though Councilmember Weir has already begun her "spin", with the aid of the pro-LA Development mainstream press, for the coming November election.

"A newspaper is a device for making the ignorant more ignorant and the crazy crazier."
— H. L. Mencken

It's Simple Really; Cut Government Down to Size: Any Budget Item IS Fairgame

by Jefferson Pinto

teenager says to his father, "Dad, I'd like to talk to you about two words; they're gross and radical." "OK son, what are the two words?"

In recent months, the use of a couple choice financial words by our government officials may as well be in a foreign language. Don't get me wrong; I like words as much as the next writer, however their use oversimplifies, complicates, covers up and distorts the real issues. Once again, it's time to pull the curtain away from the wizard at the control—it's a horrible job, but somebody's got to enlighten the Munchkins of Oz.

NONDISCRETIONARY SPENDING

Used in the context of government budgeting, "Nondiscretionary Spending" implies the handlers have no control of that money and it's not changeable. The missing piece of this reality is what Albert Einstein referred to as the "Fourth Dimension" or what most of us call Time.

The monies may be committed now, but not forever. In economic terms there is a distinction between the short-run and the long-run which bureaucrats simply can't seem to comprehend. By definition, in the short-run, fixed costs are not changeable. However, in the long-run all costs are! As in, Sure, I signed the papers and I'm committed to paying my monthly mortgage; that is, unless I decide to sell the house and pay it off early. A politician would say, "We're committed to making the mortgage payments for the next 30 years." What's missing is the voice of reason; "We don't need a house this large and we can no longer afford to make these payments. Let's sell the house and buy a smaller one, or rent a place to live."

THE SACRED FUND

Ironically, the last attempt to reduce federal spending spanned a ten year time frame. And no one wanted to talk about how to make changes to "nondiscretionary spending." It appears a lot easier to put spending that we don't want to talk about into a different bucket and just ignore it. This unto itself is a creative way to redirect attention to the easy things and, at the same time, avoid addressing the difficult ones - classic avoidance. Perhaps a more accurate definition of nondiscretionary is THE SACRED FUND.

The real difference between discretionary and nondiscretionary is like an airplane with a dead engine that is rapidly losing altitude and no landing strip in sight. Whatever payload you can ditch from the plane and keep it in the air is discretionary—things like luggage, food, seats, carpet, and even some of the fuel (entitlement programs, new regulations, old wars, new wars, etc). Things that will cause the further loss of power are nondiscretionary—things like the engine, airframe, wings and controls (interest on the national debt). The problem comes when the passengers (politicians) start to argue that their luggage (or baggage) is nondiscretionary (more important than the other).

So how did we get into a situation where approximately 60 percent of the federal budget is passed off as nondiscretionary (not expendable) and only 40 percent is discretionary (expendable)?

When our Social Security system, social welfare system, and incremental national debt were based on optimistic revenue assumptions that no longer hold true. (The Trolley will pay for itself... someday.....)

The government has proven it has many mechanisms to expand, spend



See You in the Funny Papers!

What is The VIEW?

"The View is funky"
— Charlene Hartenstein
Ojai office manager

"Your mag. its bad!!!!"
— Diane Kruse, Ojai

"The VIEW is pivotal."
— Sheila Cluff, Owner
The Oaks of Ojai

"Hope you have a successful year in business!"
— Regards, Jamie Rodgers, Meiners Oaks
Disengenuous Ojai operator

"Perfect!!!! SO stealing this."

— Misty Volaski
Ojai, OVNdless intern

"You are not beholden to the establishment."
— Camille Harris
Ventura, activist

re The VIEW www.YouTube/OVVTAA-VIEW channel... "This is priceless. The sound effects are hysterical. This will go viral.... I am sending it on. Thanks, great work"

— Camille Harris
Ventura, activist

"I like The VIEW"
— Sheldon Brown Ventura, unsuccessful contractor

"Send it to my office."
— Elton Gallegly
U.S. Congressman

independent woman and it has been suggested that they were the freest women in the west. One of their chief problems was unwanted pregnancies and the prevalence of venereal disease. One technological advancement was the invention and wide distribution of rubber condoms in the 1840s. The progressive thinker and playwright, George Bernard Shaw, said the creation of the rubber condom was the greatest invention in the 19th Century.

Houses of prostitution offered many services, they had attached bars, gambling, and restaurants where the patrons could eat their fill on thick steaks before or after meeting with the ladies upstairs. The Sporting House had a full staff of bartenders, cooks, waitresses, musicians as well as the women. On a busy night the madam, cooks etc... could be called upon to serve in the bedrooms for extra wages.

When the cattle economy ended and was

The Sporting Life, Continued Page 15...

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Remember When

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The Brian Faith Band

Remember when we were groovin, remember when love was in the air
And we all were movin, to a beat beyond compare
Do you remember when, can you remember back then

A Young World & Brotherhood, in search of peace, indeed of good.
Flower-power was everywhere, we changed the world, man those days were rare
Do you remember when, can you remember back then

Thru the age of innocence, you could feel the love commence,
Do you remember when

Seems like only yesterday, we'd meet in the park & we would play
Wearing beads and tie-dyed clothes, take a cause and only heaven knows
Do you remember when, would you do it all again

Though it wasn't perfect, it was perfectly clear,
That a new time & new age would possibly appear
There was a spirit undeniably in the air, that's sadly missing now
When I look around here, why doesn't love appear

Remember when we were grooving, everything was out-a-sight
We formed a union of our souls, love & happiness were our goals
Do you remember when, can you remember back then

The Beatles were forever, The Supremes & The Miracles
Black and white together, breakin down old color codes
Do you remember when, would you do it all again

Thru the time of peace & love, the dawning of Aquarius,
Do you remember when

And all the nights we gathered, on the streets under city lights
Crusing down the avenue, checkin out what's happenin'
Do you remember when, would you do it all again

Those days are only memories now, treasures we hold dear
Old times and old friends they'll never disappear
As for that spirit, undeniably in the air
We certainly could use some now, all around here, ain't it clear

Though it wasn't perfect it was perfectly clear, that a new time and new age,
Would possibly appear as for that spirit, undeniably in the air
That spirits missing now, when I look around here, we need love around here

Remember when we were groovin, remember when love was in the air
And we all were dancing, to a beat that was everywhere
Everything was out-a-sight, groovy man and not up-tight
Do you remember when, can you remember back then, can we get that love again

Do you remember when.

A Hard Day's Night 1964

Ringo: They want me.
John: It's kinda randy. A big spender.
Norm: [snatches the card from Paul] Well, you're not going.
Ringo: Aww!
Grandfather: [snatches the card from Norm] Quite right. Invites to gambling dens full of easy money and fast women. Chicken sandwiches and carts full of caviar. Disgusting!

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Stevie "D" Dunwoodie R.I.P.

by Joel Anderson

The July issue of *The VIEW* featured a story about drummer Steve Dunwoodie who played with Grateful Dead, Johnathan Goodlife, and BFB when they toured the South-east as Big Brother Ernie Joseph.

The highlights of the tour included performing at the Nashville Music Festival with Bruce Springsteen and Roy Orbison.

Another notable concert show was the Love Valley Festival in North Carolina with an estimated audience of 250,000 concert goers. It was just a year after Woodstock. Other performers at the historical Southern Rock concert at Love Valley included the original Allman Brothers Band, and other top Southern acts.

It was a time when Zepp's "Whole Lotta Love" was playing constantly on AM radio, and considered one of the first "heaviest" songs every played.

Upon trying to contact drummer Steve

Dunwoodie about the article in *The VIEW*, Brian Faith learned that just this year, Steve passed away after a sudden illness.



Rare Photo by James Cole

Brother Ernie Joseph (left), Brian Faith (center), Cory Orosco (right), and drummer Steve Dunwoodie (also top right). Other performers included Bruce Springsteen and Roy Orbison.



Steve Dunwoodie - Sticks On Fire - Jacksonville, Florida

"When Brian told me about Steve...really broke my heart," said Ernie Joseph.

BFB's Cory Orosco also commented, "Steve was like a brother, and his example and influence is still with us today." Ernie added, "Steve to me, was one of the greatest...His showmanship,

talent, and drive was just incredible. He would make an impression with everyone, and every audience. It could be at a club, or a major

festival, Steve would play with the same intensity and drive...He wouldn't stop. He wouldn't let-up. He said, "I still think of Steve Dunwoodie as a modern day cage fighter who just keeps coming at you with all he has, until he wins. And he would never lose to a crowd. It was just unbelievable how he never had a bad night".

Said Cory Orosco, "I've seen all the greatest rock drummers at their prime... Ginger Baker, John Bonham, Keith Moon, Buddy Miles, Mitch Mitchell... Steve was always at his best, and with his sensational showmanship, twirling sticks on fire, and audience participation, he would be hard to top."

Ernie added, "The recent story in *The VIEW* about Steve Dunwoodie was a tribute to his talent, but the news of his death was a surprise to us all."

Adding, "He definitely made an impact on us with his drumming, and his commitment to being the best will always be inspiring for us as we remember him today and in the years to come. He loved his family dearly, and to us, he was a true brother in every sense of the word... Steve, we're gonna miss you." — Joel Anderson



Rare Photo by James Cole

WMAK Nashville Music Festival with BFB's Big

Photos © 2011, Joel Anderson



Brian Faith Band

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•18Sept-Sun, Ventura Theater, 653-0721... The Reverend Horton Heat...

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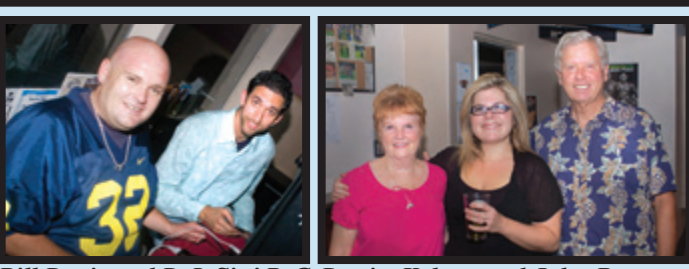
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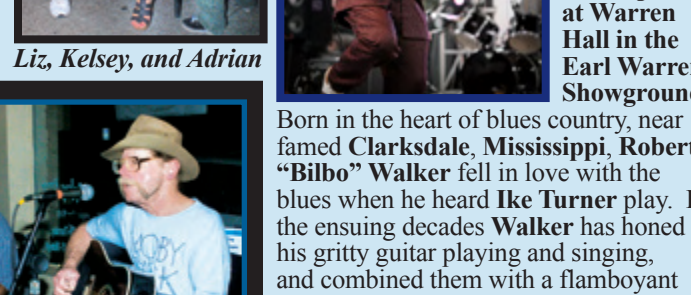
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Ventura's Cowtown Wicked Past

The Sporting Life, Continued From Pg 11...

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Is there An UP Side to Kicking Out Anti-Depressants From Your Life?
Continued, Page 3...

cal drugs is rampant, unfortunately, as "Doctor Feelgoods" prescribe their *magic elixir* (complete with harsh side effects) to just about anyone today - far too many generally looking for the quick fix to life's ups and downs.

According to the U.S. National Library of Medicine, "WARNING - Paroxetine (pa rox' e teen):

You should know that your mental health may change in unexpected ways when you take paroxetine or other antidepressants even if you are an adult over 24 years of age. You may become suicidal, especially at the beginning of your treatment and any time that your dose is increased or decreased. You, your family, or your caregiver should call your doctor right away if you experience any of the following symptoms: new or worsening depression; thinking about harming or killing yourself, or planning or trying to do so; extreme worry; agitation; panic attacks; difficulty falling asleep or staying asleep; aggressive behavior; irritability; acting without thinking; severe restlessness; and frenzied abnormal excitement. Be sure that your family or caregiver knows which symptoms may be serious so they can call the doctor if you are unable to seek treatment on your own."

Source: U.S. National Library of Medicine, Revised: April 15, 2011
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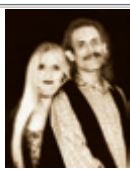
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