

JAI VALLEY NEWS www.ojaivalleynews.com **Tangerine Month**



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Maricopa planting project blossoms

Tiobe Barron OVN correspondent

Two Nordhoff alumni, one now working for the California Department of Transportation (Caltrans) and the other for the Ojai Public Works Department, teamed up earlier this spring to show their alma mater a bit of school spirit that is now coming to bloom.

Ruben Martinez, works for the Public Works Department and has lived in Ojai his whole life, wanted to see if he could beautify the median Maricopa on Highway in front of Nordhoff High School and the Ojai Meadows Preserve. After running the idea by his bosses, he says, he contacted Caltrans, which has jurisdiction over Maricopa Highway (also known as State Route 33). Martinez wound up partnering with former Nordhoff classmate and Caltrans

Kilpatrick and Martinez discovered Caltrans had some money set aside for landscaping in its budget, and were able to use some of this to purchase native plants.

employee Bob Kilpatrick.

"It was really pretty neat," says Martinez. "I just wanted to sprinkle some seeds, and it turned out to be a really nice project. It was great working with the two agencies."

To show that Ranger pride, Kilpatrick and Martinez wanted to select plants close to blue and gold, Nordhoff's



Photo by Ashley Wilson

California poppies, Matilija poppies, lupine, oak trees and several other native plants now make the drive past Nordhoff High School

school colors. To honor the native landscape, they also had to be native and droughttolerant plants. The duo ended up planting a mixture of iconic gold California poppies, purple lupines, some Matilija poppies and other native plants. Ojai Public Works Department provided irrigation for the median project.

"It really was a joint effort," says Martinez. "It's kind of

awesome. Bob's really good with native plants."

and one from Caltrans — spearheaded the project.

Martinez says most of the plants will reseed themselves, and he will also collect seeds to reseed the sparser areas, keeping the median lush in blooming success.

seasons to follow.

more colorful. Two Nordhoff graduates — one from the city of Ojai

The project was featured in a Caltrans publication this month. Both Caltrans and the Ojai Public Works Department consider the project a

Survivor opens cancer support center in Ojai

Kari Rodems Ojai Valley News correspondent

In 2009, Susan Kapadia's world changed radically. Diagnosed with breast cancer, she began the daunting task of sorting through and enduring a myriad of medical decisions on her path toward regaining her heath. She emerged changed and resolved to make a difference in the lives of others

facing a similar journey. So the Ojai resident founded OjaiCARES, a nonprofit organization that will offer support and resources for area residents diagnosed with cancer. Now open in the Firebird Plaza on East Ojai Avenue, the center aims "to provide a guiding hand and compassionate heart to people with

cancer and their loved ones through services that educate, guide, support and empower people through the cancer journey."

Renee Mandala serves on the board of OjaiCARES and has been the beneficiary of Kapadia's commitment to helping others. "When I was diagnosed myself in late 2012, friends connected me with Susan," Mandala said. "I was so in need and she was a remarkable support to me."

Mandala described what is currently available at the center. "OjaiCARES is about much more than a support group, although we do hold support groups such as ones for those newly diagnosed, man-to-man and Spanish speakers. We also partner with Help of Ojai for the monthly women's cancer

support group they hold." OjaiCARES also provides a lending library, a computer pre-loaded with important helpful links for cancer research, oneon-one support from peer and mentor survivors and wig and scarf loans/gives. Group members will also offer referrals to "local resources for everything from who to see for a free haircut when the hair begins to fall out, to ideas for coping with side effects of cancer therapies," Mandala added. "Those newly diagnosed can also be partnered with a volunteer survivor/thriver as part of the buddy program."

Few things are as unsettling as being told, "You have cancer," noted Kapadia. She knows well the "conflicting feelings" and the all-too-

often "confusing and difficult journey to follow." Kapadia continued, "Once I finished the treatments I was wondering what I was going to do now? ... A nurse literally took me by the hand to the Cancer Resource Center (in Santa Barbara) and I began volunteering as part of their peer support program." After a year of volunteering Kapadia was hired parttime to run their mammogram program for those in financial need.

Having gone through the cancer journey herself and witnessing others battling the stress of making critical health care decisions, Kapadia determined to put her energies behind opening a comprehensive support and

See Cancer, Page A3



Photo by Ashley Wilson

No parking on El Roblar over holiday weekend

holiday weekend, but the no parking signs will remain in place. runs parallel to El Roblar Drive.

Crews work on wooden forms at the corner of Pueblo Avenue "There's pedestrian access, just no parking right now except on and El Roblar Drive Thursday morning. Come early May, side- the side streets," said Alison Sweet of the Ventura County Transwalks will line El Roblar on the south side, from Lomita to La portation Department. On weekdays from 7:30 a.m. to about 4 Luna avenues, in an effort to make the community safer and p.m. through May 2, El Roblar Drive will remain closed to east-"more walkable." Construction will pause during the Easter bound traffic; a detour has been set up on Fernando Drive, which

Local LGBT rights pioneer recognized

Patricia A. Cluchéy, of Marché Gourmet Deli, was recently named a 2014 Community Wall of Honor Recipient by the San Diego Lesbian, Gay, Bisexual, and Transgender Community Center, Inc., (known as "The Center"). She was awarded a medal and a certificate of recognition from the California Senate for "significant positive impact on the San Diego LGBT community." Other recipients included Christine Kehoe, who held office as a city councilwoman, assemblywoman and state senator, and John Graham, who was the first openly gay police officer in San Diego in 1990.

Though she has long been an Ojai resident, Cluchéy was born and raised in San Diego. She received a degree in biology from San Diego State, with graduate work in plant ecology and pathology, and was a graduate teaching assistant and biological illustrator. During the 1970s, her energy

See LGBT, Page A3





Student of the Month Viviana Villa (right) was all smiles when accepting her award. Her mother Sofia Romero (left) and little sister Paloma Robles (center) accompanied her to the ceremony.

lla wins student award

sought out and received

Viviana Villa is a senior at Nordhoff High School and was presented with the award for March Student of the Month at last week's Rotary Club of Ojai-West meeting at Soule Park Golf Course.

Villa is described by Kelly Grady, a Nordhoff counselor who nominated her, as a professional student who is gutsy and hardworking. As an example, Grady told a story about a student conference Villa wanted to attend and

a scholarship grant that did not exist until she asked for it from her dance company. She not only takes this type of leadership role in her own education, but also founded the El Sueño Americano Club (American Dream Club), a peer group that has helped several students get applications and letters written for college acceptance. At Nordhoff, Villa serves as president of the Health Science Academy and

has spoken on leadership panels. In college, Villa plans to study psychology and then medicine and is looking at Cal State University-Chico and Stetson University in Florida.

Her mother Sofia Romero and 4-year-old sister Paloma Robles were in attendance with Villa. Villa addressed the club and her family with thanks and vows of dedication to her education. She was presented with a certificate and a check for \$250.

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Jeanne Martin, PhD

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April 22 - 25

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Webzie may look like sort of a plain black dog but she is a little bundle of love. She walks nicely on leash & is very good at lap sitting. She is ok with other dogs. Her former owners lost their house & were unable to keep her. Webzie is spayed.

For more information on Webzie or other available animals, or to volunteer, call (805) 656-5031 or visit www.hsvc.org. Her discounted adoption fee of \$75. includes spay, free veterinarian check, vaccinations, microchip implantation, ID tag & years of love.

The shelter is located at 402 Bryant St in Ojai. Our new spring/summer hours are Monday - Saturday 10 -6. HSVC also

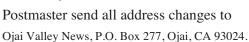
has a full service spay/neuter clinic offering free sterilization surgery to



most Chihuahuas & Chihuahua mixes. Call for information & an appoint-

Humane Society of Ventura County Animal Shelter in Ojai at 402 Bryant Street • 646-6505

The Ojai Valley News (SSN40598000) is published twice weekly, Wednesday and Friday, at 408 Bryant Circle, Suite A, Ojai California.





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Police Blotter

CRIMES

- Petty theft was reported in the 300 block of East Ojai Avenue March 25.
- · Petty theft was reported in the 1100 block of Maricopa Highway March 25.
- · Petty theft was reported in the 200 block of Burnham Road April
- · Grand theft was reported in the 100 block of West Summer Street April 7.
- Burglary was reported on Matilija Canyon Road April 7.
- · Evading an officer causing injury was reported in the 1100 of Matilija Canyon Road April 8. Vehicle burglary was
- block of Matilija Canyon Road April 9. Burglary was reported in the 00 block of Bundren Street April 9.

reported in the 1100

- Burglary and unlawful taking of a vehicle was reported in the 800 block of Daly Road April 10.
- Theft was reported in the 300 block of East Matilija Street April 12.
- Theft and burglary was reported in the 900 block of Woodland Avenue April 15.

ARRESTS

- A 29-year-old man arrested Prospect Street April 2 on two warrants. Bail was set at \$10,000.
- A 52-year-old man was arrested on Casitas Vista Road April 3 on suspicion of being under the influence of a controlled substance. Bail was set at \$5,000.
- A 37-year-old man was arrested on East Matilija Street April 7 for public intoxication. Bail was set at \$2,500.
- A 35-year-old man was arrested on North Ventura Avenue April 8 on suspicion of evading a police officer causing injury, illegal possession of an explosive, conspiracy to commit a crime, felony

- reckless evading, numerous traffic violations, driving without a license and vehicle burglary. Bail was set at \$150,445.
- A 35-year-old man was arrested on South Matilija Canyon Road April 8 on suspicion of being under the influence of a controlled identity substance, theft and conspiracy to commit a crime. Bail was set at \$75,000.
- A 31-year-old man was arrested on Maricopa Highway April 9 on suspicion of making criminal threats. Bail was set at \$20,000.
- A 30-year-old man was arrested Prospect Street April 8 on suspicion of being under the influence of a controlled substance, possessing drug paraphernalia and a controlled substance. Bail was set at \$5,000.
- A 19-year-old man was arrested on Mariano Drive April 9 on a warrant for failing to appear. No bail was set. • A 47-year-old man
- was arrested on Mariano Drive April 9 on suspicion of being under the influence of a controlled substance and possessing drug paraphernalia. Bail was set at \$7,500.
- A 21-year-old man was arrested on Valle Rio Avenue April 9 on a warrant for failing to appear. Bail was set at \$20,000.
- A 23-year-old man was arrested on Woodland Avenue April 10 on suspicion of possessing a controlled substance, methamphetamine and resisting arrest. Bail was set at \$25,000.
- A 55-year-old man was arrested on Highway 33 April 10 on suspicion of driving under the influence of alcohol. Bail was set at \$10,000.
- A 33-year-old woman was arrested on Cruzero Street April 11

- on a warrant for failing to appear. Bail was set at \$50,000.
- A 50-year-old man arrested Cruzero Street April 11 on suspicion of being under the influence of a controlled substance and possessing drug paraphernalia. Bail was set at \$7,500.
- A 22-year-old man was arrested in Libbey Park April 11 on suspicion of possessing marijuana for sale. Bail was set at \$20,000.

 A 33-year-old woman was arrested on North Ventura Avenue April 11 on a warrant. Bail was set at \$10,000.

 A 44-year-old man was arrested on Olive Street April 13 following a reported domestic incident. Bail was set at \$10,000. • A 24-year-old woman

was arrested on North Signal Street April 13 on suspicion of being under the influence of a controlled substance. Bail was set at \$5,000. • A 31-year-old man

- was arrested on North Signal Street April 13 on suspicion of being under the influence of a controlled substance and possessing drug paraphernalia. Bail was set at \$5,000. • A 21-year-old woman
- was arrested on Maricopa Highway April 13 on three warrants and suspicion of being under the influence of a controlled substance, possessing drug paraphernalia and resisting arrest. Bail was set at
- A 28-year-old man was arrested on North Ventura Avenue April 13 on suspicion of being under the influence of a controlled substance. Bail was set at \$5,000.
- A 20-year-old man was arrested on Matilija Street April 14 on suspicion of resisting arrest or delaying a peace officer. Bail was set at \$5,000.

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Pat Cluchéy has made many contributions to Southern California's LGBT community.

Hermanas Women's

Cultural Center, em-

films and music to educate people on the

reality of lesbian

lifestyles and politics.

She also contributed

searched articles for

San Diego counterculture publications

that included Feminist

Communications and

The OB Rag. Cluchéy

was also instrumental in bringing the first

Women's Music Festi-

Thirty years ago she

left San Diego for Palm

Desert and began a career as a profes-

sional gourmet chef,

establishing a restau-

rant and starting Be-

Catering while contin-

uing her involvement

with the arts. She

would move again —

this time to Ojai, with

her partner of 45

years, singer-song-writer Gay Martin. These days, Cluchéy is

as

"Painting Chef" oper-

ating her European-

style deli on Ojai

Ojai's

the Scenes

hind

known

Avenue.

val to San Diego.

artwork and

speakers,

ploying

LGBT:

Continued from Page A1

was focused on two movements: LGBT rights and women's

rights. "I was 25, and I considered myself a radical feminist lesbian," she says.

Upon leaving academia in the early 1970s, Cluchéy joined the women's movement and was part of the small but dedicated group that participated in the creation of what would become The Center. In those earliest days it was "The Gay Center," and little more than an answering machine. But it was the beginning of something that has continued to gain momentum over the last several decades.

"We even went around to women's organizations at local colleges to tell our story — and just to show them what feminists and lesbians looked like," Cluchéy says. Meanwhile, her involvement with the arts continued to

She participated in the creation of Las

resource center in Ojai. "It's confusing and overwhelming to do it alone. Family members can be wonderful sup-port, but being able to get support more support. "I hope to be that advo-

"If you're facing a cancer diagnosis,

been through one already can be a

Everyone, no matter how emotion-

ally strong they are, can be helped

- American Cancer Society; www.cancer.org

source of comfort and support ...

connecting with others who've

from someone who has gone though it and for others to not have to reach around in the dark for resources — to not have to go through alone, this is not an unreasonable request in a community like this."

The center plans to also offer thera-

peutic sessions in reflexology, Reiki and oncology massage. In addition, OjaiCARES will be reaching out to underserved communities to provide health care information and resources.

by support."

Kapadia is about to complete certification from UCLA's Patient Advocacy

> cacy voice for people going through cancer in the valley," she said. "You can't do this alone, we need the community support. (Together) could create more of a team approach

serve our community. It is not a lofty goal, we can do this.

To find out more about OjaiCARES, including ways to support the center, visit www.ojaicares.org or call 746-1263. OjaiCÁRES a registered 501(c)-3 and is at 960 E. Ojai Ave., Suite 105.

Thacher to host sunrise service

The public is invited to an Easter sunrise service at The Thacher School Outdoor Memorial Chapel this Sunday at 7

The Rev. Jeff Holland will deliver the Easter message; students will recite passages and provide the music. Following the service, hot cross buns, orange, juice, and coffee will be served on the pergola.

For more information, call Sara Edwards at 640-3201, Ext. 234.



Horsing around encouraged at hospital's derby event

Craig and Deborah Edwards try to explain to Hillary (right) why the Oak View filly can't run in the Kentucky Derby this year. The trio met at Joan Kemper's hilltop home, where the "Run for the Roses," the Ojai Valley Community Hospital Foundation Guild's annual spring event, will be held on Derby Day, May 3. The Edwards family is chairing the evening party, which will feature food, dancing, games and a Fantasy Derby. All proceeds will benefit the Ojai hospital. Reservations and tickets are available by calling 640-2317.

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YOUR COMPLETE LISTING OF OIAI VALLEY EVENTS

calendar@ojaivalleynews.com

This Week

Friday, April 18

FLOWER SALE — to benefit The Ojai Retreat, 160 Besant Road, Meiners Oaks, will be held today from 4 to 6 p.m. and Saturday from 10 a.m. to noon. Great selection: petunias, angelonias, marigolds, snapdragons. Sales prices starting at \$10.

FREE 3RD FRIDAY **EVENT**—Today from 6 to 8 p.m., OVA arts, 108 N. Signal St., will host an open house with light refreshments. About Time will play Americana and pop standards on violin, mandolin, guitar, dobro, bass and harmonica. Nordhoff scholarship applicants and featured artist Janet Black will be intro-

Mister Stripey • Big Beaf

PEPPER EXTRAVAGANZA

Saturday, April 19

All day event with Cecil Baumgartner of

Thunderbird Farms. This day will be

dedicated to all things PEPPERS. Over

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duced.

MUSICAT IL GIARDINO - Smitty and Julija perform Fridays from 6:30 to

9:30 p.m. at Il Giardino, 401 E. Ojai Ave. No cover charge. Call 640-7381. "URINETOWN" — Be-

sant Hill School, 8585 Ojai-Santa Paula Road, will present the hilarous, Tony Award-winning, off-Broadway musical, "Urinetown," today and Saturday at 7 p.m. in Zalk Theater on the school's campus. Admission is free. Set in a town plagued by drought, a malevolent corporation controls the "pay-to-pee" public facilities, jailing anyone caught peeing elsewhere, until a hero decides he's had enough. Go to www.besanthill.org or call 646-4343.

"ONE CHURCH" GOOD FRIDAY SERVICE — The Ojai Valley Ministerial Association is sponsoring a

Welcome to

Flora Gardens

Plenty of Color

Marigolds • Petunias Cosmos

Hanging Baskets

one-hour service in Libbey Bowl today at 7 p.m. Various local pastors will share on statements Jesus made from the cross. All are welcome, and the event is

EARTH DAY BENEFIT CONCERT — A familyfriendly evening of folk music and contra dancing to benefit Ojai's Earth Day event, will be held today from 7 to 10 p.m. at Earthtrine Farm (aka Dautch Family Farm), 1091 Cuyama Road, Ojai, featuring music by The Onlies. Suggested donation: \$10 (kids under 12 admitted

LABYRINTH OPEN — Take a Good Friday contemplative walk through the labyrinth at Ojai Valley Community Church, 907 El Centro St., from 7:30 to 9 p.m. Call 646-4324.

"SHREK THE MUSICAL" born from the Dream-Works' hit movie that is a spoof of fairy tales and a parody of pop culture, runs through April 27 at the Ojai Art Center Theater, 113 S. Montgomery St. Everything's coming up ogres in this Broadway adaptation that appeals to kids and adults, too, because of its wit and sense of fun. Performances are Fridays and Saturdays at 7:30 p.m. and Saturdays and Sundays at 2 p.m. Tickets: \$20 general, \$18 seniors, students and Art Center members, \$10 kids 12 and younger. Reservations at 640-8797 or

www.OjaiACT.org. Saturday, April 19

EARTH DAY CLEANUP -Paso Pacifico and Oak Grove School are organizing a creek cleanup from 8 to 9:30 a.m. on Saturday. Meet at the gazebo in Libbey Park at 8 a.m. All participants will be required to sign a city volunteer form. For more information contact Kate at kate@pasopacifico.org or 643-7044.

PEDDLERS' FAIR — Ojai

Peddlers' Fair will feature antiques, collectibles, crafts and clothing, Saturday and Sunday from 9 a.m. to 4 p.m., at Chaparral Auditorium, 414 E. Ojai Ave., rain or shine. Proceeds will benefit Mira Monte Elementary School

OJAI HISTORICAL WALKING TOURS - Saturdays at 10:30 a.m., Ojai Historical Walking Tours depart from the Ojai Valley Museum, 130 W. Ojai Ave. (approximately one-hour tours of downtown historical and cultural attractions). Docent Rose Boggs will lead the April 19 tour. Cost is \$5 or \$15 per family. Drop-ins are welcome. For reservations, to schedule groups or tours during the week, call 640-1390.

EARTH PLAY 2014 -Ojai's official Earth Day event, "Earth Play 2014 Wishes for Our Watershed," will be held Saturday from 11 a.m. to 4 p.m. at Oak Grove School, 220 W. Lomita Ave. Admission is free. The event will feature environmental exhibits, arts and outdoor activities for all ages, live entertainment, world foods and much more. Sponsored by Food for Thought, Oak Grove School, Ojai Valley Green Coalition, Ojai Valley Land Conservancy and Once Upon a Watershed. Ojai Trolley is offering free rides to the event. For more information, call 646-8236,

OAK VIEW EASTER EGG **HUNT** — The Oak View Civic Council will hold its annual Easter egg hunt this Saturday from 11 a.m. to 1 p.m. at the Oak View Park and Resource Center, 555 Mahoney Ave., for age groups 2 to 4, 5 to 8 and 9 to 12. Other activities will include face painting, cake walk and an Easter bonnet contest for adults. A pizza and drink lunch will be sold for \$2.

AROMATHERAPY

WORKSHOP — with Pat Wing will conclude Saturday from 1 to 4 p.m. at The Ojai Retreat, 160 Besant Road. This third session is on advanced aromatherapy, where you will learn about the medicinal effect of essential oils. Previous attendance is not required, but some understanding of the use of essential oils is recommended. Fee: \$10. For information: 646-0655 or pwing@thacher.org.

"EASTER EXPLOSION" —The Church of the Living Christ, 190 E. El Roblar Drive, will host a free event for kids, "Easter Explosion," Saturday from 3 to 6 p.m. (ages 0 through fifth grade), featuring an egg hunt, games and prizes. Call 646-1296.

"DALLAS BUYERS *CLUB*"—The Ojai Film Society will have a second screening of "Dallas Buyers Club" (USA 2013) Saturday at 4:30 p.m. at the Ojai Playhouse, 145 E. Ojai Ave. General admission is \$10, \$7 for seniors and students, and free for 2014 society subscribers. This film is rated R.

WORSHIP IN THE PARK -The Church of the Living Christ will host an evening of praise and worship with the CLC worship team Saturday at 7:30 p.m. at Libbey Bowl. Call 646-

> Sunday, April 20 EASTER AT THE LAKE

– Join Ojai Valley Community Church at Lake Casitas Sunday at 6:30 a.m. to celebrate with an Easter Sunrise Service. Free parking will be available for the service at a special event parking area, not through the front gate. Handicap parking passes also available; call 646-4324. Bring a chair and blanket. Pancake breakfast by donation to Homes of Hope, and there will be a free egg hunt for the kids.

EASTER IN THE PARK -The Church of the Living Christ will celebrate

Easter with the CLC worship team and a message from Pastor Ron Triggs Sunday at 10 a.m. at Libbey Bowl. Call 646-1296.

EASTER AT SPIRITUAL **LIVING** — The Center for Spiritual Living will celebrate Easter Sunday at 10:30 a.m. at the Ojai Valley Woman's Center, 441 E. Ojai Ave., featuring an egg hunt and the Easter bunny plus a brunch for kids and adults.

MUSICAT CASA BAR-*RANCA* — Jazz singer Kristin Lee and keyboardist Bruce Bigenho will perform Sunday from 2:30 to 5 p.m. at Casa Barranca, 208 E. Ojai Ave., 640-1255.

Tuesday, April 22 "MUSIC, MYTHOLOGY AND MEDICINE: HAR-**MONIES OF THE**

SPHERES"—with Celtic harpist Jeanne Martin will be held April 22 to 25 at Krotona School, 46 Krotona Hill, Ojai. This experiential workshop explores how music has been used as a tool for meditation, healing and inspiration. Discover the timeless connections between music and medicine in the ancient mythic imagination and how this information is applicable today. There will be time for silence in nature, along with inner reflection accompanied by the Celtic harp. Tuesday through Friday, 10 a.m. to noon. Series \$35 or \$10/session. 646-1139, schoolinfo@krotonainsti tute.org. (A18)

"PILOTLESS COPS"— Those drones we've all been reading about are soon to make their appearance in our own backyards. Mike Harris of the Ojai Police Department will speak about the use of drones and other security upgrades planned for the Ojai Valley on Tuesday. The Ojai Valley Retired Men's Club holds luncheon meetings on the second

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around Valley

and fourth Tuesdays of every month at 11:45 a.m. in the Banquet Room at Soule Park Golf Course. Prospective members are always welcome. Call 649-2434 or 646-5296 for reser-

"THE WRITING OF THE UNIVERSAL DECLARA-TION OF HUMAN RIGHTS"—The Theosophical Society in the Ojai Valley will meet Tuesday at 7 p.m. at Krotona School. Adelle Chabelski will speak on "The Writing of the Universal Declaration of Human Rights." Call 646-

2653 for more details. CITY COUNCIL MEET-*ING* — The Ojai City Council will meet Tuesday at 7 p.m. at City Hall, 401 S. Ventura St.

Wed., April 23

"OPEN MIC NIGHT"— Giorgio's Pizza & Subs, 914 E. Ojai Ave. will host "Open Mic Night" every Wednesday at 8 p.m. for poets, singers, comedians, etc. All ages are welcome. Call 646-0854.

Thursday, April 24 SOURDOUGH SLIM —

The hilarious, singing, yodeling, accordion-playing, lasso-twirling cowboy returns to the Ōjai Valley Woman's Club on April 24 at 7 p.m. Tickets: \$20 in advance, \$25 at the door. Buy tickets or find local outlets at www.ojaiconcert series.com. (A23)

Down the Road

LAVENDER SCHOLAR-SHIPS DEADLINE — The deadline to apply for scholarships from the Ojai Valley Lavender Festival is April 25. You must be a resident of the Ojai Valley. Go to www.ojaivalleylavender festival.org.

GIRLS WITH GUITARS AT OYES — The Ojai Youth Entertainers Studio, 316 E. Matilija St., will host a concert April 25 at 7:30 p.m. by Girls with Guitars Way Out West, led by Cindy Kalmenson. Other members of the group are Natalie Gelman, Caren Armstrong, Kate Wallace and Patricia Cardinali. Kicking off the show will be young singers Keaton Kim, Samantha Franks and Melia Franks. Tickets: \$15, at the door or online at BrownPaperTickets.com.

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BIRD WALK - The Ventura Audubon Society will host a beginners' bird walk on April 26 at 8:30 a.m. at Persimmon Hill in Ojai, led

by Allen Bertke (640-9037). HOUSEHOLD HAZ-

ARDOUS MATERIALS **COLLECTION EVENT** The County of Ventura Pollution Prevention Center will host a household hazardous materials collection event April 26 for residents of the unincorporated communities of Ventura County. Call 658-4323 for an appointment or more information. Small businesses should call (800) 714-1195.

COMMUNITY BEAUTI-FICATION DAY — A free Community Beautification Day for the Ojai Valley will be held April 26 from 9 a.m. to 1 p.m. at the Help of Ojai West Campus, 370 Baldwin Road. Take advantage of this event to recycle, or dispose of, the following: residential yard waste and wood (brush, tree trimmings, lumber); appliances, cardboard, plastic, metal, paper items (no refrigerators or air conditioners); bulky items such as mattresses, furniture, water heaters, toilets, etc.; non-recyclable materials such as palm fronds, yuccas, succulents and treated wood, which must be kept separate from your residential yard waste. No paint, e-waste, household hazardous waste, tires or propane tanks will be accepted. Pets are not allowed at this event.

"ECOPSYCHOLOGY"— The Ojai Valley Green Coalition will host an introductory workshop, "Ecopsychology: Exploring the Complex Relationship between Nature and Human Nature," April 26 from 9:30 a.m. to 12:30 p.m., conducted by Lori Pye, Ph.D., at the Coalition Resource Center, 206-S N. Signal St. Pye is a fascinating thinker who is donating her time and knowledge to benefit OVGC. For full details, go to www.ojaivalleygreen coalition.org or call 669-

OJAI HISTORICAL WALKING TOURS - Saturdays at 10:30 a.m., Ojai Historical Walking Tours depart from the Ojai Valley Museum, 130 W. Ojai Ave. (approximately one-hour

tours of downtown historical and cultural attractions). Docent Barbara Washburn will lead the April 26 tour. Cost is \$5 or \$15 per family. Drop-ins are welcome. For reservations, to schedule groups or tours during the week, call 640-1390.

"VIBRATION OF SOUNDS AND COLORS" -Meditation Mount, 10340 Reeves Road, will host a class titled "The Vibration of Sounds and Colors Balancing the Subtle Bodies" on April 26 from 1:30 to 3 p.m. Learn guided balancing using sound and color. Suggested donation: \$5. Call 646-5508.

BOOK SIGNING—The Ojai Library, 111 E. Ojai Ave., will host author John Mulhall, reading and signing his debut novel, "Geddy's Moon," April 26 from 2 to 3 p.m. Call 646-

FIBER FESTIVAL — The Ojai Library, 111 E. Ojai Ave., will host a free Fiber Festival on April 27 from 11 a.m. to 3 p.m., featuring demonstrations, classes and a fiber market with local artisans. Vendors of fibers and fiber-related objects will be on site. Call

OLD-TIME FIDDLERS – California State Old-Time Fiddlers, District 8, will meet April 27 from 1:30 to 4:30 p.m. at the Oak View Community Center, 18 Valley Road, Oak View. Join the fiddlers for a funfilled afternoon of playing, listening and dancing to country, western and bluegrass music. Admission and parking are free. Refreshments are available. For more information, visit www.calfiddlers.com or call 797-6563.

MUSICAT CASA BAR-*RANCA* — Jazz singer Victoria Leon will perform April 27 from 2:30 to 5 p.m. at Casa Barranca, 208 É. Ojai Ave., 640-1255. "THE YIN AND YANG OF

YOGA"—The Theosophical Society in the Ojai Valley will meet April 29 at 7 p.m. at Krotona School. Paul Benedict and Terry Hunt will speak on "The Yin and Yang of Yoga." Call 646-2653 for more details.

Continues on Page A8



Photo submitted

The Ojai Film Society will screen "Saving Mr. Banks," the witty story of bringing "Mary Poppins" to the big screen, starring Tom Hanks and Emma Thompson, Sunday at 4:30 p.m. at the Ojai Playhouse, and again on Saturday, April 26.

movie review

Charming film is a poignant exploration of storytelling

The Ojai Film Sociwill s c r e e n "Saving Mr. Banks" (USA 2013) this Sunday

and again on Saturday, April 26, at 4:30 p.m. at the Ojai Playhouse, 145 E. Ojai Ave. This film is rated PG-13. Admission is \$10 for the general public, \$7 for seniors (65 and older) and students (with full-time student ID). Sub-scribers with valid 2014 identification will be admitted to regular Ojai Film Society screenings free of

charge. This witty and delightful exploration of the protracted negotiations between P.L. Travers and Walt Disney over the movie rights to "Mary Poppins" is bound to charm even the most cynical detractor of the of "Empire Mouse.'

Emma Thompson is wickedly funny as the financially destitute unrepentantly British author challenged by the casual silliness of all things Disney and Southern Californian. Hanks lends his charm to give us the warm, avuncular Walt we all wanted and still want to believe in. It is clear that both actors are having a lot of fun.

But beyond all the retorts and reposts delivered to Mr. Disney and his writers lies something softer and more satisfying as the film adeptly slides into Travers' memories of harum-scarum childhood in the Australian outback with her charming but alcoholic father, played flawlessly by Colin Farrell — and the mysterious stranger who drops in one day to hold it all together.

With echoes of Gavin Miller's "Dreamchild" (1984) about the real Alice of Wonderland, "Saving Mr. Banks" will convince you again how sweet, poignant and satisfying an exploration of the dark corners of our memories can be in the hands of thoughtful writers and a skillful filmmaker.

"A smart, snappy, soulful look at how 'Mary Poppins' got Disneyfied, and the redemptive power of story for both teller and listener."

– Mary Ann Johanson, Flick Filosopher



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Religion

Ojai Valley Ministerial Association —————

Easter is all about God's love for you



There are a lot of traditions that center around this important week, some of them have a spiritual tone to them and others are merely family fun. Once in a while I will speak to individuals who enjoy researching the history behind various practices and then are shocked to learn of certain origins like the advent of the egg hunt or gift-bearing rabbit. As a result, some people even become uncomfortable with the word Easter because of its ties to pagan roots. But for me the significance is in what each of these mean in our own lives, not what it means or meant to others.

I love the chocolate bunnies and sugarcoated marshmallow chicks that mark this time of year. From the moment I take a bite,

the taste connects me with fond memories of childhood and celebrations with my family and candy-filled baskets at home with green plastic strands of grass, and lessons at church that are packed with good news, the least of which were the sweet treats that we searched for around the playground. We learned of love that transcends time and geography and extends to each person on the planet in every generation. Easter has always

been one of may favorite holidays, but, I have to admit that it wasn't until more recently that it came to trump Christmas for me, and this is really due to the eternal significance in answer to the plight and prayers of humanity, not because it is more fun. In various verse cultures and backgrounds, people have cried desperate pleas to the God they know little about for help in what is experienced painful, sometimes seemingly purposeless existence. God replied, "For God so loved the world that He sent His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16). It is the essence of the message conveying powerful divine sentiment but only trite comfort without the second half, a bit like psychotherapy steroids or the infamous

languages, and from di-

God created a perfect world with mankind as his crowning achieve-

is necessarily needed.

afternoon sugar rush be-

fore the crash; feels good

for a while but not what

ment, made in his own image. Sinful choices betray the intimacy originally established and separation from God's holy presence results. A promise is made that God would do what man could not do for himself in reuniting what should never have been separated. He sends Jesus, unique in all the universe and solely capable to pay the debt that we are unable to grasp, who allows himself to be the martyr for this eternal cause. "For the joy that was set before Him, He endured the cross" (Hebrews 12:2). In doing so, he tears down the wall of separation between God and man, giving total access to all who receive his free gift. His resurrection from the dead not only signifies his completed work of victory over death, his life

today is what flows through everyone who chooses to follow him. Thus, without the resurrection of Jesus Christ, there is no Christianity, nor any direct access to the throne of God, nor any guarantee that anyone is listening to your prayer, nor hope of eternity, nor ultimate reason to stand for good in triumph over evil, nor a loving message of redemption and restoration for the whole world to hear. In essence, people's passions for peace and hope for humanity, whether one understands this or not, centers with the message that Jesus died, rose again, and lives today in power!

Easter is the date on our calendars where we celebrate God's response to the needs of the masses, and new life

During the 8 a.m. and

9:15 a.m. services, the

Praise Team Band and

is born in the hearts of so many by the spirit of God as they put their trust in Jesus the Christ, the savior of the world. And for some, every day becomes like Easter Sunday. Friday is the day to reflect on the cross of Christ, but it is Easter morning, Resurrection Sunday, that makes it all meaningful. Dust off your Bible, open it this weekend, and connect with one of the places where God's people will be gathering. This message and the invitation have always been all about God's love for you!

Dan Nelson is pastor of Calvary Chapel Ojai Valley. The opinions expressed are those of the author, and not necessarily those of his church, the Ojai Valley Ministerial Association, nor the Ojai Valley News.

Religion Briefs

St. Andrew's **Episcopal Church**

St. Andrew's Episcopal Church worships the Lord with uplifting celebrations, good music, short sermons and free coffee. All are welcome to the Lord's table for Communion.

A Passion Liturgy will be held at noon and 7 p.m. on Good Friday, today. Easter Vigil will be held Saturday at 7 p.m. and Easter Sunday cele-

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gether we can seek to know

God through Jesus Christ.

SUNDAY

Worship - 10:00am

Bible Study - 11:30am

Evening - 6:00pm *

Sunday

WEDNESDAY:

Bible Study - 7:00pm

No evening service 1st

brations will be at 8 and 10 a.m.

St. Andrew's Episcopal Church is at the corner of Bristol Road and Ojai Avenue. For information, call 646-1885.

Calvary Chapel of the Ojai Valley

Calvary Chapel Christian Church of the Ojai Valley, 195 Mahoney Ave., Oak View, welcomes everyone for Easter worship and is providing several opportunities to share in Christ's love, starting with a sunrise prayer service at 6:30 a.m., then Easter services at 8 a.m. and 10:45 a.m. In between the Easter services, they will serve a free breakfast at 9:30 a.m.

Call 649-1515 for more information.

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First Church of Christ, **Scientist**

"Doctrine of Atonement" is the subject of this Sunday's lesson at the Christian Science Church, based on a passage from Romans: "... we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement." The church service and Sunday school begin at 10 a.m. Testimonial meetings are held Wednesdays at 7 p.m. All are welcome. The church is at the corner of Oak and Blanche streets in

A Christian Science Library and Bookstore for the community at 206-J N. Signal St. is open Monday, Wednesday and Friday from noon to 3 p.m., offering a wealth of publications and a quiet place to read. Call 646-4901 for information.

Center for Spiritual Living

The Center for Spiritual Living is a "Science of Mind" community that practices the power of healing prayer and the teachings of principles from the world's great religions and indigenous teachings. People of all faiths, races, ages and

lifestyles are welcome. The Rev. Marilyn Miller's topic this Easter-Sunday is "The Power of One." Services are held Sundays at 10:30 a.m. at the Ojai Valley Woman's Club, 441 E. Ojai Ave., with a meditation service at 10 a.m. The Young Masters Youth Program for ages 3 to 11 is available at 10:30 a.m. Call 640-0498 for informa-

Ojai Presbyterian Church

Presbyterian Church welcomes all who wish to come and worship with them. Today at 7 p.m., the Good Friday worship will be a "Service of Darkness," featuring choral music with a chamber ensemble. Soloist James Antunez will sing "When I Survey the Wondrous Cross' and Scott White will sing "Were You There?"

This is EasterSunday when we celebrate Jesus' victory over sin and death. A special brass quintet will be featured at all three of the morning services.

Choir will sing "Jesus Is Alive," soloist J.B.White will sing "Resurrection Hymn" and during the offertory, the Praise Team Band and Choir will perform "Resurrection Power." At the 10:45 a.m. service, the Chancel Choir will sing "Easter Chorale," and during the offertory, the brass quintet will perform "Sonata No. 22." Three morning serv-

ices are offered. The first is a contemporary service at 8 a.m. The second service at 9:15 a.m., is a contemporary service with Sunday School for nursery through eighth grade. At 10:45 a.m. a traditional service is held.

Presbyterian Church is at 304 Foothill Road. Call 646-1437 for information.

Ojai United Methodist Church

Everyone is welcome to the Ojai United Methodist Church, 120 Church Road, directly across from Nordhoff High School. Please join them for Easter Sunday worship for all ages.

The sanctuary is open Tuesday through Friday from 9 a.m. to noon for personal prayer and meditation.

Praise time is at 10:15 a.m. in the sanctuary.

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The Hallelujah Handbells will perform "The Old Rugged Cross," under the direction of Sabastien Montgomerie. For more information, call 646-3528. **Jewish Community**

of the Oaks

The Jewish Community of the Oaks, K'Hilat Ha'Aloneem, 530 W. El Roblar Drive, will hold a community Shabbat service today at 6 p.m., with a kiddush after-

Call 646-4464 for more information.

Holy Cross Church

All are invited to worship Sunday at 10 a.m. at Holy Cross Church, 1212 Maricopa Highway, Ojai. Child care for infants and toddlers is available during the service. Preschool and elementary-aged children are offered classes after the children's message and rejoin teens and adults for Holy Communion at the end

Each Sunday in April, Holy Cross invites you to explore God's promises and miracles. This week, they will present "A Hitchhiker's Guide from Here to Eternity."

of the service.

Holy Cross wants to help you experience God by saying yes to Jesus every day. For more information call 646-5652.

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Although Memorial Day is set aside to remember veterans who gave their lives in service to the country, the Ojai Valley News would like to have a special thank you to all Ojai Valley veterans in our May 23 edition. If you or a family member served in the military, please tweet the full name and branch of service to @OVN or email to editor@ojaivalleynews.com

Featured letter by Pat B. Allen, Ojai

Give up this fight and you just might preserve your dignity and your soul

Dear Mr. George Soneff, attorney for Golden State Water Company

I am addressing this open letter to you because for the moment you are the public face of our adversary in the unfortunate clash between those of us who are citizens of Ojai as well as ratepayers of Golden State Water Company and the company. I was disturbed but not surprised to read in the April 11 Ojai Valley News that GSWC intends to appeal Ventura County Superior Court Judge Kent Kellegrew's positive decision regarding the steps toward Ojai's reclaiming ownership of its

You are arguing on behalf of GSWC on technical points to stall the process of eminent domain which would set into motion the Casitas Municipal Water District becoming our water provider. While the terms of your appeal are as yet unknown to us, I am writing to ask you to prevail upon your employer,

GSWC, to cease and desist in this course of action.

While GSWC is within the law to drag out this process, to attempt to block it and wear down the citizens' resolve, I urge you to counsel your superiors to rethink this position. I am not going to argue that the plucky folk of Ojai are David to GSWC's Goliath with the will and the grit to wait you out and keep fighting a big corporation. While attractive to some, this narrative is a tired story. Why should citizens have to fight to get rid of a purveyor they are unsatisfied with? I can fire my car mechanic, choose a different plumber, shop for food in any number of places based on value or convenience. I have no say in who delivers water to my home. GSWC has a monopoly. We are captive.

In almost all public meetings, it has been obvious that most of us whom this issue affects are whitehaired; you may be able to drag this struggle out past our time. Instead, I

ask you to remember that the voters have spoken, clearly willing to shoulder what amounts to a serious tax, to get GSWC to move on. We did not make this decision lightly.

Instead I ask you to what other, better uses your energy, the money being spent on your salary, and the resources of GSWC could be put to.

The action of this appeal, and all previous efforts to thwart this genuine and grassroots effort of Ojai's citizens, does nothing but highlight the gross injustice of a private, forprofit corporation owning and, indeed, profiting from water, the basis of all life.

GSWC, as a for-profit corporation, is using its profits from our water payments which also constitute the earnings of its shareholders, to fight against its own customers. The dynamics of capitalism are such that scarcity of an item increases its value on an open market. We are not dealing with an open market

but a monopoly. We are not free to shop around for a better deal on our water. Nor can we stop needing water. That we are in the midst of an historic drought only highlights the issues and compounds the injus-

You most likely have a family, as do the executives of GSWC. You all probably have dreams and aspirations. Is fighting a battle against citizens and voters for an unjust cause among them? You can do it. GSWC has the resources to do it. But ask yourself, why do it? To punish the "little guys" and show us who has power? To discourage other citizens from standing up to corporations? The GSWC public relations materials are full of tips for water conservation and invitations to the public to stop by or call with questions. Here's mine: Why not back away from this appeal, acknowledge you aren't wanted and preserve your dignity and perhaps your soul?

ETTERS TO THE EDITOR

Send your opinions to letters@ojaivalleynews.com

Free speech is not the issue here

ANTHONIE VOOGD, OJAI Bill Haff wants to amend the U.S. Constitution to provide that corporations are not "people." He says "corporate personhood has existed since the 19th century \dots " and has "led to a series of legal precedents that communities like Ojai can rarely challenge." Thus, in Trustees v. Woodward, 17 U.S. 518 (1819), the Supreme Court recognized corporations as having the same rights as natural persons to contract and enforce

contracts. If AT&T and

Golden State Water Company can't enter into contracts, all conflicts with the city of Ojai will end. These corporations will be out of business. I don't think that is what Haff wants. What he really wants is to limit rights of free speech. Rather than debate the merits or demerits of any position, he wants to be able to forbid the corporate statement of any position that he doesn't like, whether it relates to water prices, cell phone towers, smart meters or any other issue. Corporations are not inherently evil — they may have something useful to say from time to

time — and there is no assurance that Haff will always be right.

Parade grand marshal needed

KIM ARMSTRONG, OJAI Oak View Civic Council is busy planning the annual Oak View Memorial Day parade. This year we are asking the public to submit a nomination for our grand marshal. This person should be someone who has served our country and would be proud to honor our lost veterans. Please submit your name to the Oak View Civic Council

with a brief biography of the person you are nominating

Our event will be held in Oak View May 26, along with a pancake breakfast at the American Legion Lodge on Old Ventura Avenue. If you are interested in participating in the parade, contact me at 407-2941 for an application or go the Rabobank in Oak View. Please submit your request by April 30 for considera-

Send application to

Oak View Civic Council, P.O. Box 503, Oak View, CA 93022.

The world is moving quickly

RON LOWE, SANTA MONICA

Fast forward: We are watching the beginnings of an economic boom on a scale never experienced before. We have entered a period of sustained growth that could eventually double the world's economy every dozen years and bring increasing prosperity for

quite literally — billions of people on the planet. We are riding the early waves of a greatly expanding economy that will do much to solve seemingly intractable problems like poverty and to ease tensions throughout the world.

The face of the Earth has changed dramatically and is changing ever faster. What would have taken 1,000 generations in the past may now happen in a single generation.

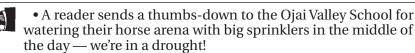
- A reader sends a thumbs-up to the woman who risked her from an opossum.
- A reader sends a thumbs-up to Casa Barranca for its donation and support for the Girls Empowerment Workshop at the upcoming Mother's Day event at The Mob Shop!
- A reader sends a thumbs-up to the Ojai Visitors Bureau and Ojai merchants for embracing Ojai's agriculture by deeming April as Ojai Pixie Tangerine Month.
- A thumbs-up goes to the dedicated and caring person who took time out of their day to search and search for a lost hubcap, found it and returned it to the owner — I owe you a beer!
- and city staff for not providing and discussing a comparison of changes to the Village Mixed Use zone standards.

• A reader sends a thumbs-down to Planning Commission

- A reader sends a thumbs-up to the Orser family for all they brought to Ojai; they will be greatly missed. Matilija's music program will not be the same, nor will Sundays at Bonnie Lu's.
- A reader sends a thumbs-up to the kind couple who anonymously bought breakfast for two Volunteers in Policing members at Carrows April 12.
- them to her bank. A reader sends a thumbs-up to Matt at Starr Market and a

• A reader sends a thumbs-up to the kind-hearted woman who found her banking items in Besant Meadows and returned

- few supportive customers who helped her break into her car when she locked the keys and remote in the trunk.
- A reader sends a thumbs-up to Carolyn Vondriska from the Girls Empowerment Workshop, for her endless support and encouragement, as well as her involvement in our community.



Submit online at thumbs@ojaivalleynews.com

We reserve the right to publish submitted thumbs up or down as letters to the editor. Submissions that are "advertorials" disguised as legitimate opinions, or those negatively targeting individuals or businesses by name will not be published.

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Letters to the editor

- Keep it local. Letters about issues impacting the Ojai Valley receive priority.
- Don't get personal. Stick to the issues. Keep it short (350 words is ideal).
- Include your phone number for verification (not publication).

• E-mail to letters@ojaivalleynews.com, fax to 646-4281 or mail to P.O. Box 277, Ojai, CA 93024.



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around valley

YOUR COMPLETE LISTING OF OJAI VALLEY EVENTS calendar@ojaivalleynews.com

Valley

DEADLINE FOR PLAY SUGGESTIONS — The Ojai Art Center Theater will accept suggestions for plays for its 2015 season through April 30. Email to Michael

jmsynge@gmail.com, mail to Ojai ACT, P.O. Box 331, Ojai, CA 93024, or drop off a copy of the play script to the Art Center office, 113 S. Montgomery St. Call 218-3370 with questions.

OJAI STŌRYTELLING FESTIVAL — The 15th annual Ojai Storytelling Festival will be held at various venues in Ojai from May 1 through 4, featuring a stellar lineup of international tellers and musicians. A complete schedule is available at www.ojai storyfest.org or call 646-8907. "Naughty Tales," an evening for adults (21plus), will be held May 3 at 9:45 p.m. at the Ojai Art

Ongoing Events

Center, 113 S. Montgomery

St. Seating for this event is

reserved; tickets are \$50.

PLAY GROUP — Come have fun with other 5- and 6-year-olds at Libbey Park Wednesdays at noon. Gather for lunch and a good time. Call Dawn at 640-1283 for information, or just show at up the park.

BREAST-FEEDING AND NEW BABY SUPPORT **GROUP** — The Nan Tolbert Nurturing Center, 555 Mahoney Ave., Oak View, holds meetings in Room 2 Wednesdays from 9 to 10:15 a.m. to talk about breast-feeding and parenting. Suggested donation: \$5 to \$10. Just drop by. The breast-feeding hotline is 646-7559, Ext. 1.

TOASTMASTERS MEET-INGS — Ojai Valley Toastmasters meets Fridays at 6:30 a.m. in the Library Room at The Gables of Ojai, 701 N. Montgomery St., Ojai. Come visit and hear a variety of presentations. For more information, call 207-5094.

ROTARY ECO CLUB -The Rotary Eco Club meets the second and fourth Thursdays of each month from 10 to 11 a.m. at Help of Ojai's West Campus, 370 W. Baldwin Road, in Room A-3. All are invited to attend. For more information contact Jane McClenahan at janedg0708@rotarysuc cess.com or Lisa Malone at 646-3483.

AGAPE RECOVERY GROUP — Ojai Valley Baptist Church, 11642 N. Ventura Ave., Ojai, hosts the weekly Agape Recovery Group Mondays from 6:30 to 8 p.m. Agape is for those in need of a support group with the honesty and willingness to help themselves, and with open minds for using tools given them for the change in their life needed to be free from the bondage of addictions and other afflic-

MOBILE MEDICAL CLINIC—Health care for the uninsured and homeless is offered by the Mobile Medical Clinic that visits the Community Assistance Program office, 108 Fox St., Ojai, every Tuesday from 9 a.m. to 3 p.m. No appointment is necessary, walk-ins only. Services are offered by Las Islas Family Medical Group from Oxnard. Call C.A.P. at 640-3320 for more information.

ZUMBA — Zumba workouts are held at the Ojai Art Center,113 S. Montgomery St., Tuesdays from 6 to 7 p.m. and Thursdays from 5:30 to 6:30 p.m. Call 646-0117.

Tweet us @OVN



Photo by Tim Dewar

Fire hazard clearance deadline is June 1

Although providing a colorful carpet this month, fields such as this will have to be cleared before the Ventura County Fire Department's June 1 fire hazard clearance deadline. The county will begin mailing notices to property owners of the need to clear brush April 20 and inspections will begin the last week of May.

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Libbey Creek Cleanup - Meet at the gazebo in Libbey Park at 8:00AM to participate.

www.ojaiearthplay.org

food far thought Oak Grove School Green Coalition

Trolley. See you there! Before the Event:



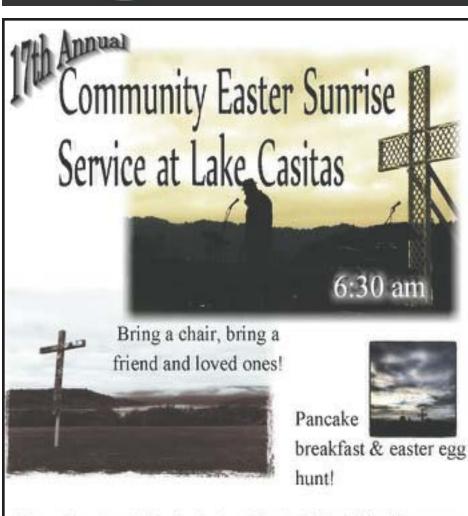


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INSIDE: B2 Classified B4 Perspectives Friday April 18, 2014

Mike Miller, editor mike@ojaivalleynews.com

Lady Ranger softball crew in the hunt for postseason berth

Mike Miller

mike@ojaivalleynews.com

The Nordhoff Lady Ranger softball team is right in the mix for a postseason berth once again this spring. As NHS heads into crunch time, the girls are currently 6-8-1 overall and 3-2 in Tri-Valley League action.

The Lady Rangers are currently in third place behind Oaks Christian and Oak Park. Head coach Don Rodarte said, 'We knew they were going to be the top teams in our league this year based on who they had coming back this season. We played a good game against Oak Park but lost. Our goal is still to win league, but we'll need some things to happen that are not in our hands.'

Against Oak Park, the two teams went back and forth, but the Lady Eagles eventually escaped with the 7-6 victory. NHS jumped out to a 4-1 lead early, but then Oak Park fought back to take a 7-4 lead going into the bottom of the seventh inning.

"Before we went to bat, I told the girls that I had no doubt we would make a comeback and win the game. We clawed our way back and scored two runs, but just came up short. I was really proud of how we played though," added Rodarte.

Rodarte noted the pitching of pitching of Ronni Becker as a highlight for the team. He said, "She is throwing well this season. We lack some of the velocity we have had in the past, but her movement has been very good."

Looking ahead, the Lady Rangers will face two big league games next week. They host Carpinteria on April 22 at 3:30 p.m. and then they will travel to Fillmore to take on the Flashes on April 24.

Nordhoff will have a chance to avenge their two league losses when they host Oaks Christian on May 1. Then they will close their regular season schedule on the road against Oak Park on May 15.

"We are playing pretty good, we are certainly playing hard. We just need to keep plugging away and realize that we can only control ourselves," concluded Rodarte.



Photo by Holly Roberts

Nordhoff head coach Don Rodarte (right) guides one of his players into third base last season. This year, the Lady Rangers are in third place in the Tri-Valley League standings and in the thick of the playoff race.

SURF ROS

Photo submitted

Golf event a big hit for local Little League

On April 5, the Ojai Valley Little League (OVLL) and Ojai Valley Girls' Softball League (OVGSL) held their annual golf tournament fundraiser at the Soule Park Golf Course. J.D. Drury (from left), OVLL President Doug Winbury, and Leo Gutierrez enjoyed the day with some friendly competition, food, and prizes. After the golf event, golfers and their families were invited to take part in the OVLL and OVGSL extravaganza, which included dinner and music.

Front Nine golfers focus on short game

shooting distance, your

short game keeps you in

the competition. It is

difficult to chip in or get

close enough for a one

putt, but that is the way

we must think," said

captain Mitnee Duque.

Three golfers were

Kris

able to execute a strong

short game and won the

Dutter, Carole Borland, and Karen MacIntyre all

played well on the Soule

tournament.

Laura LoebeOVN contributor

The Front Nine women's golf group played their weekly Thursday game with an interesting twist. After scoring their normal round, golfers were given one point for each one putt and two points for that elusive no putt, or chip in. "This minitournament emphasizes the important part of the game, chipping and putting. This is important for women—

the important part of the game, chipping and putting. This is another strong important for women— contender who won if you are within fewest putts of 18,

played the fourth hole and chipped in for a birdie. Linda Bell hit her tee shot on the third hole to win the closest-to-the-pin competition. For longest drive, Dutter nailed her drive 200 yards on the fourth hole, while Isobel Edwards won the second tier with her 170-yard long drive.

Anyone wishing to join the Front Nine golf at Soule Park for nine holes on Thursday afternoons can call Duque at 646-6788 or 798-0525.

Sanders earns MVP Award in All-Star game

Besant Hill School's Jamel Sanders recently took part in the CIF Division 6 All-Star basketball game.

There, he earned the Most Valuable Player Award. Sanders led all scorers with 12 points, five rebounds, five assists and six steals. Sanders led the Coyotes in scoring (13.7 per game) and steals (4.5 per game) last season.



Photo submitted

Jamel Sanders shows off his MVP Award.

Nationals: the next goal for Lake Casitas rowers

The Casitas Rowing Team recently made the trip to San Diego for a day of racing, and made its first junior final in the international race, the San Diego Crew Classic. The team was comprised of Jimmy Byrne (from left), James McBride, Ojai resident Ben Cassidy, Ojai resident Spencer Solano, Cole Bindus, Ojai resident Mark Town, Jack Beguelin, Luc Landry and Emma Bangs. In two weeks, the rowers will head to Sacramento as they attempt to qualify for the national championships.



Photo by Pascal Landry



ANNOUNCEMENTS

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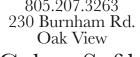
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PUBLIC NOTICES

OVN03-13-2014 Published Ojai Valley News March 28, 2014 FICTITIOUS BUSINESS NAME STATEMENT 10004899-0 1/1 Ventura County Clerk and Recorder MARK A. LUNN File Date: 03/25/2014 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS 1st Fictitious Business Name) Angel's 4 Autism Thrift Stor

Street Address of Principal Place of Business (P.O. Box or PMB not acceptable): 315 Old Grade Rd., Oak View, CA 93022 County of Principal Place

of Business: Ventura Full name of 1st Registrant Individual/Corporation/Lim ited Liability Company: Cynthia Diane Hernandez Balluch

Residence Address of 1st Registrant (P.O. Box or PMB not acceptable): 274 Franklin Lane, Ventura,

Full name of 2nd

Registrant Individual/Corporation/Lim ited Liability Company: Tessie S. Morgan Residence Address of 2nd Registrant (P.O. Box or

PMB not acceptable): 2059 Valley Meadow Drive, Oak View, CA

conducted by: Copartners The registrant commenced to transact business under the fictitious business name or names listed above on N/A. I declare that all

statement is true and correct. (A registrant who declares information as true any material matter pursuant to Section 17913 of Business and Professions Code that

information in this

the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) Cynthia Diane Hernandez-

Balluch /s/CYNTHIA DIANE HERNANDEZ-BALLUCH NOTICE - In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in the office of the county except, as provided in subdivision section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in residence address or registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name violation of the rights of another under Federal, State, or Common Law (see section 14411 ET SEO. Business and Professions

This statement was filed with the County Clerk of Ventura on the date indicated by the file stamp

OVN04-02-2014 Published Ojai Valley News April 4, 11 & 18, 2014 ASAP #4449963 NOTICE OF TRUSTEE'S SALE Trustee Sale No. 244758CA Loan No. 0015404312 Title Order RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY. PURSUANT TO CALIFORNIA CIVIL CODE 2923.3 NOTE:

THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 03-05-2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER, On 04-25-2014 duly appointed Trustee under and pursuant to Deed of Trust Recorded 03-14-2007, Book N/A, Page N/A, Instrument 20070314-00054619-0, of official records in the Office of the Recorder of VENTURA County, California, executed by: GRAYDON B HARRAH AND, HELEN Y HARRAH, HUSBAND AND WIFE AS JOINT TENANTS, as Trusto ASHINGTON MUTUAL BANK, FA, as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: AT THE MAIN ENTRANCE TO THE HALL OF JUSTICE, 800 SOUTH VICTORIA AVENUE, VENTURA, CA Legal Description: PARCEL I: PARCEL 2, IN THE COUNTY OF VENTURA, STATE OF CALIFORNIA, AS MAP FILED IN BOOK 16

PAGE 80 OF PARCEL

RECORDER OF SAID

OF THE COUNTY

NON-EXCLUSIVE

AND UTILITY

MAPS, IN THE OFFICE

COUNTY. PARCEL II: A

EASEMENT FOR ROAD

PURPOSES, OVER THAT PORTION OF PARCEL 3

WEST HILLS ESTATES

UNIT NO. 2 AS SHOWN ON REGISTERED

FILED IN BOOK 16.

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PAGE 99 RECORDS OF SURVEY, DESCRIBED AS FOLLOWS: A STRIP

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DESCRIBED COURSE:

DESCRIBED COURSE: BEGINNING AT A-1-INCH IRON PIPE, MARKED "R.E. 3649", SET AT THE MOST SOUTHERLY CORNER

OF SAID PARCEL 3: THENCE ALONG THE

SOUTHERLY LINE

75 DEGREES 06' 40' WEST 222.90 FEET, MORE OR LESS, TO A POINT DISTANT ALONG SAID PARCEL 3; T 2ND: NORTH 4 DEGREES 48' 20" WEST 249.48 FEET THE SIDE LINES OF SAID 30 FOOT STRIP TO BE PROLONGED OR SHORTENED TO BEGIN IN THE SOUTHERLY LINE OF SAID PARCEL 3 AND TERMINATE IN THE THIRD AND FOURTH COURSES OF THE LAND DESCRIBED IN THE DEED TO NORMAN FAHNOE AND MARTHA FAHNOE, RECORDED SEPTEMBER 8, 1972, IN BOOK 4008, PAGE 860. OFFICIAL RECORDS. PARCEL III: A NON-EXCLUSIVE EASEMENT FOR ROAD AND UTILITY PURPOSES OVER THAT CERTAIN STRIP OF LAND SHOWN AS "PROPOSED 20" ROAD EASEMENT OVER THE NORTHWESTERLY PORTION OF PARCEL 4 OF THE MAP FILED IN BOOK 16, PAG EXCEPT THEREFROM THAT PORTION OF SAID STRIP LYING WITHIN THE HEREINABOVE DESCRIBED PARCEL 2 Amount of unpaid balance and other charges: \$1,450,995.66 (estimated) Street address and other common designation of the real property: 1179 WEST RANCHO COURT OJAI, CA 93023 APN Number 019-0-030-330 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 04-01-2014 ALAW, as Trustee MARIA MAYORGA, ASSISTANT SECRETARY ALAW 9200 OAKDALE AVE. - 3RD FLOOR CHATSWORTH, CA 91311 (818)435-3661 For Sales Information www.lpsasap.com or 1-714-730-2727 www.priorityposting.com or 1-714-573-1965 www.auction.com or 1-800-

280-2832 ALAW IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest

bid at a trustee auction does not automatically entitle you to free and clear ownership of the property You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are

encouraged to investigate

size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the roperty, NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee. beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled from one of the following three companies: LPS Agency Sales and Posting at (714) 730-2727, or visit

time and date for the sale of this property, this information can be obtained the Internet Web site www.lpsasap.com (Registration required to search for sale information) or Priority Posting and Publishing at (714) 573-1965 or visit the Internet

www.priorityposting.com (Click on the link for "Advanced Search" to search for sale information), or auction.com at 1-800-280-2832 or visit the Internet Web site www.auction.com, using the Trustee Sale No. shown above. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. A-4449963 04/04/2014, 04/11/2014, 04/18/2014

OVN04-03-2014 Published Ojai Valley News April 4, 11, 18 & 25, 2014 FICTITIOUS BUSINESS NAME STATEMENT 10005423-0 1/1

Ventura County Clerk and Recorder MARK A. LUNN File Date: 04/01/2014

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1st Fictitious Business Name) Made in Ojai Street Address of Principal Place of Business (P.O. Box or PMB not ccentable) 323 East Matilija St. #101,

Ojai, CA 93023 County of Principal Place of Business: Ventura Full name of 1st Registrant Individual/Corporation/Lim

ited Liability Company: Tina M. Tidrick Registrant (P.O. Box or

PMB not acceptable): 108A Bryant St., Ojai, CA 93023 This Business is conducted by: An

commenced to transact business under the fictitious business name or names listed above on 4/1/2014. I declare that all

The registrant

Individual

information in this statement is true and correct (A registrant who declares

information as true any material matter pursuant to Section 17913 of Business and Professions Code that

the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one

Tina M. Tidrick /s/TINA M. TIDRICK NOTICE – In accordance

with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk. except, as provided in subdivision section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in residence address or registered owner. A new fictitious business nam statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under Federal. State, or Common Law (see section 14411 ET SEQ. Business and Professions

This statement was filed with the County Clerk of Ventura on the date indicated by the file stamp

OVN04-10-2014 Published Ojai Valley News April 11, 18 & 25, 2014 May 2, 2014

FICTITIOUS BUSINESS NAME STATEMENT File Number 20140327-10005075-0 1/1

Ventura County Clerk and Recorder MARK A. LUNN File Date: 03/27/2014 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1st Fictitious Business Name) 805 Tile Guys

Street Address of Principal Place of Business (P.O. Box or PMB not acceptable): 311 Larmier Ave., Oak View, CA 93022 County of Principal Place of Business: Ventura Full name of 1st

Registrant Individual/Corporation/Lim ited Liability Company: Joseph McKeen
Residence Address of 1st Registrant (P.O. Box or

PMB not acceptable): 311 Larmier Ave., Oak View, CA 93022 This Business is conducted by: An individual

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

I declare that all information in this statement is true and

(A registrant who declares information as true any material matter pursuant to Section 17913 of Business and Professions Code that the registrant knows to be

NOTICE - In accordance

false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) Joseph McKeen /s/JOSEPH McKEEN

with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision section 17920, where it expires 40 days after any change in the facts set forth in the change in residence address or registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under Federal, State, or Common Law (see section 14411 ET SEQ.

This statement was filed with the County Clerk of Ventura on the date indicated by the file stamp

Business and Professions

OVN04-11-2014 Published Ojai Valley News April 11, 18 & 25, 2014 May 2, 2014 FICTITIOUS BUSINESS

NAME STATEMENT File Number 20140401-10005421-0 1/1 Ventura County Clerk and Recorder

MARK A. LUNN File Date: 04/01/2014 THE FOLLOWING DOING BUSINESS AS: (1st Fictitious Business Name) Topa Topa Brewing

Company Street Address of Principal Place of Business (P.O. Box or PMB not acceptable): 516 E. Aliso Street, Ojai, CA 93023

County of Principal Place of Business: Ventura State of Incorporation/ Organization: 201403710246 CA Full name of 1st Registrant

Individual/Corporation/Lim ited Liability Company: Topa Topa Brewing Company LLC. Residence Address of 1st

Registrant (P.O. Box or PMB not acceptable): 516 E. Aliso Street, Ojai, CA 93023

This Business is conducted by: A Limited Liability Company

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.
I declare that all

information in this

statement is true and correct (A registrant who declares information as true any material matter pursuant to Section 17913 of Business and Professions Code that the registrant knows to be

false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) Topa Topa Brewing Company LLC /s/JOHN DYER

John Dye Owner/CEO NOTICE - In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in residence address or registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in

This statement was filed with the County Clerk of Ventura on the date indicated by the file stamp

violation of the rights of

section 14411 ET SEQ.

Business and Professions

another under Federal, State, or Common Law (see

OVN04-12-2014 Published Ojai Valley News April 18 & 25, 2012 May 2 & 9, 2014 FICTITIOUS BUSINESS NAME STATEMENT File Number 20140414-10006327-0 1/1 Ventura County Clerk and

Recorder MARK A. LUNN File Date: 04/14/2014 THE FOLLOWING DOING BUSINESS AS: (1st Fictitious Business Name) CJ Wilson Mazda of

Principal Place of Business (P.O. Box or PMB not acceptable): 6500 Auto Center Drive,

Ventura, CA 93003 County of Principal Place of Business: Ventura State of Incorporation/ Organization: CA Full name of 1st

Registrant Individual/Corporation/Lim ited Liability Company: CJWMV Corp. Residence Address of 1st Registrant (P.O. Box or

PMB not acceptable): 4350 Executive Drive. Suite 320, San Diego, CA

This Business is conducted by: A Corporation
The registrant commenced to transact

business under the fictitious business name or names listed above on N/A. I declare that all information in this statement is true and correct.
(A registrant who declares

information as true any material matter pursuant to Section 17913 of Business and Professions Code that the registrant knows to be false is guilty of a

misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) CJWMV Corp. /s/CHRISTOPHER JOHN WILSON

Christopher John Wilson President NOTICE – In accordance

with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except, as provided in subdivision section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in residence address or registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under Federal, State, or Common Law (see section 14411 ET SEQ.,

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Business and Professions

legals@ojaivalleynews.com

ANSWERS TO WEDNESDAY'S NY TIMES CROSSWORD PUZZLE

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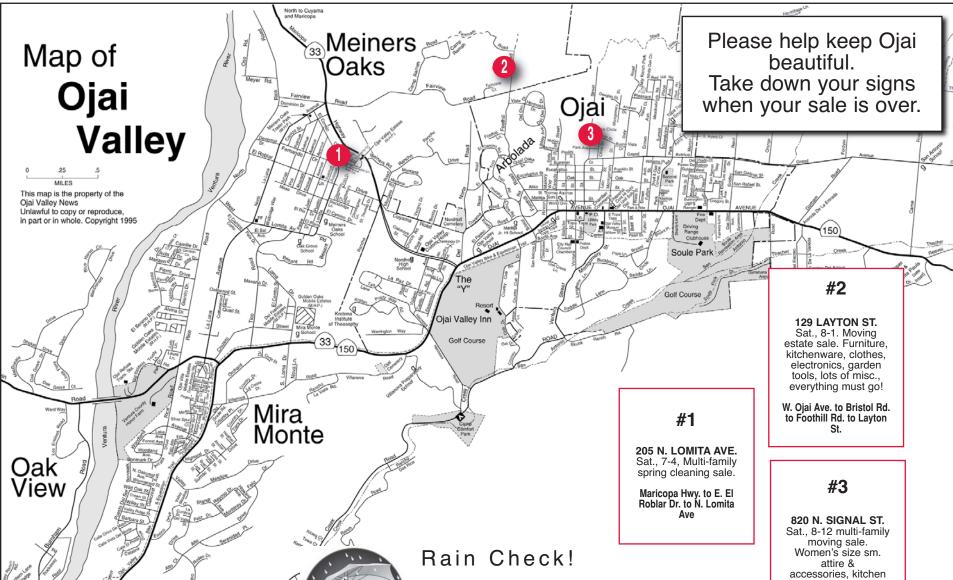
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Perspectives

Much Ado About Nothing —

TEL BLOOM

When will we learn from our mistakes?

George Santayana, one of America's foremost philosophers of the 19th and 20th centuries, had a cautionary admonishment for posterity. He warned us, both as individuals and society, that we should learn from our mistakes because if we don't, we are condemned to relive them. And were we to think about it, we can only conclude that little bit of advice hits not only the target but its innermost circle, the bull's-eye.

A few readers have over the past several months inquired about Tierra Loca wanting to know why there wasn't more news about that fabled piece of real estate. And it was a joy to

tell them that the new board of directors has ushered in a new era of "love thy neighbor" and that the "Sturm und (storm and stress) of the old board had been dispatched to "somewhere over the rainbow." Consequently, there was no more to write about. Good news, like peace, is a blessing. It's bad news which accounts for most of the news; and the world is made up of bad news junkies who are there to ingest every bit of it. Tierra Loca is no dif-

ferent than any other place on the planet. It's true, climate and geography along with the physical appearances of some of the people are

unique to certain lands, but human beings who populate our world are pretty much the same everywhere. We all have likes and hates, fears and phobias, hopes and expectations. Though there may be a few living saints among us, very few of us, if any, can be classified as perfect. We are human beings. And Tierra Loca is merely a microcosm, a very small one indeed, of the rest of the world. Regretfully, it took just a wee bit of time before the human factor intruded once again on this Camelot-like kingdom where for "one brief shining moment" we held it all together.

History, literature, drama, and even Scrip-

ture are replete with episodes of humanity's feckless decisions and the consequences they have wrought. Every war is evidence of that, just as is every punch thrown, every curse invoked. Viewpoints different from our own frequently are looked upon as threats and we adapt a defensive or even counter-offensive position. We are always ready (but rarely pre-pared) for battle. That seems to be humanity's common destiny.

John Locke, an English philosopher of the 17th century, put it simply. He told us mankind inevitably yields to its base instincts and recognizing that, wise and empathetic humans be-

ings created rules to live by called laws so that people need not live in a dog-eat-dog society. It's for the curious and scholars to ponder the origin of law, but the fact is, without law, chaos would be even more prevalent than it is now. The latest bit of travail

here in Tierra Loca involves the land and its flora — the design of the landscape and who should be the designer. One wouldn't think such an ordinary and relatively simple concern would bubble up and explode into such a fracas where bitter words and vile epithets have been strewn about like New Year's Eve confetti by one of the par-

ties, behavior which would raise eyebrows at church, high tea, or any function where refinement and good manners are the norm.

So, consequently, and much to most of the residents' dismay, the battle lines have been

drawn. Since the governing council and all its committees are made up of volunteers, contention and disharmony make it difficult to find good people to volunteer knowing what they may well have to deal with. And so goes the glory of Tierra Loca. It seems discord is the human condition. History indicates it has always been this way — But does it have to be?

STATE OF MIND -

BRUCE GLADSTONE, PH.D.

Treating bipolar disorder is team effort

The primary treatment of bipolar disorder presently is medications. The first and most important step in the treatment of bipolar illness is to get a clear diagnosis from a psychiatrist or psychologist and begin taking appropriate medicines called mood stabilizers (e.g., Lithium,

Depakote, Lamictal, Tegretol), along with other medicines used to manage intense thought disturbances (e.g., Abilify, Seraquel, Zyprexa), anxiety and depression (e.g., Lexapro, Prozac, Welbutrin, Zoloft). Many people with bipolar disorder require more than one medicine to effec-

tively treat their illness. While most of these medicines have some unpleasant side effects, they are regarded as necessary trade-offs for the immediate and long-term therapeutic benefits.

The pharmacological treatment of bipolar disorder is a complicated

ized (psychiatric) knowledge of the disorder and the medicines used to treat it. This aspect of treatment should be managed by a psychiatrist. Bipolar disorder can be made worse by inappropriate pharmacological treatment. For example, many patients with undiagnosed bipolar illness may discuss their depression with their family physician

who often prescribes an

antidepressant medica-

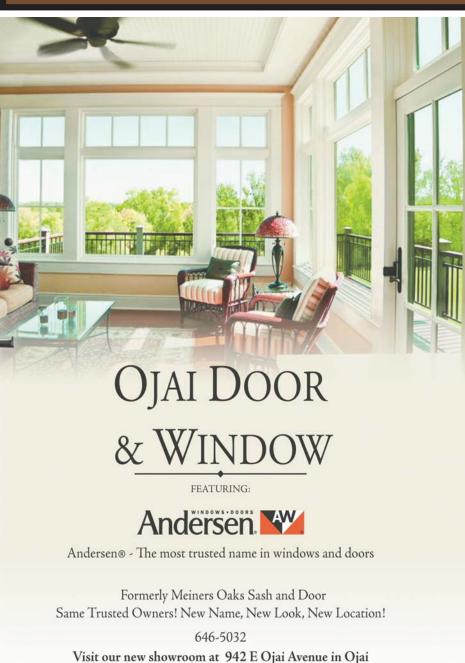
matter requiring special-

tion, like Lexapro, Prozac, Welbutrin, or Zoloft. Often depressive symptoms may improve with antidepressants, but hypomanic or manic symptoms may emerge that place the patient in greater distress and at greater risk of suicide. For this reason it is essential that the physician or any other mental health care provider who is diagnosing depression be able to rule out bipolar illness before recommending a course of

antidepressant medicines. The same is true regarding treatment of children and adolescents who have bipolar symptoms that resemble symptoms of ADHD. If the ADHD is treated with stimulant medicines (e.g., Ritalin or Adderall), as the primary problem the bipolar illness, especially mania or hypomania, may become worse. For this reason, the treating physician must first

Continued on Page B5





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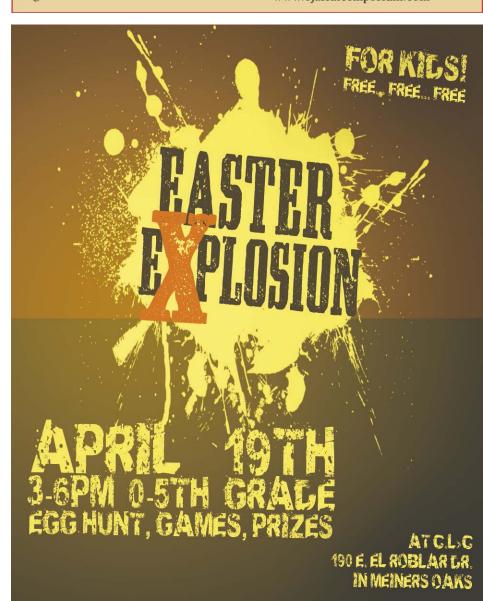
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erspectives

Gladstone

rule out bipolar disorder or treat it and then treat the ADHD. Often primary care physicians have little time or training to do the diagnostic interviewing and testing needed to diagnose or rule out bipolar disorder. The standard of care now in treating depression is to refer to mental health professionals for diagnosis and treatment of psychological prob-

Medications alone are not sufficient treatment of bipolar disorder. The medicines are designed to correct the biochemical imbalances believed to underlie the disorder. However, the chemistry of the brain is highly sensitive to our own behavior, our thinking, our social interaction and to stress in all its forms. Gaining a degree of mastery over these behavioral and emotional aspects of bipolar illness

of effective treatment. Living as comfortably as possible with chronic illness requires adjustments in behavand thinking lifestyle. A bipolar patient's success in making these adjustments and sustaining them over the long run can mean the difference between living a life of misery with intense mood swings and suicidal thoughts, to living a life with comparative balance, with fewer, less intense and shorter mood swings. In this regard, managing bipolar illness is a lot like managing diabetes. There is no known cure for bipolar disorder and treatment is directed toward maintaining balance, improving quality of life and managing mood swings by reduc-ing their frequency, magnitude and inten-

Psychological counseling is essential for people with bipolar illness throughout their

is also an essential part lives but in different stages or phases. Intensive counseling is usually necessary during the first six to 12 months after the diagnosis is made. Counseling sessions during this phase are usually scheduled weekly with the bipolar patient and his or her family members. Objectives in this early phase are numerous and include: (1) education about bipolar illness; (2) learning to keep daily records of medications, sleep patterns, behavior, thoughts and moods; (3) learning to cope with side effects of medications; (4) identifying triggers, risk factors and early warning signs that increase the likelihood of manic or depressive episodes; (5) learning to adjust medication doses according to mood,

behavior and side effects; (6) developing daily routines to maintain optimal physical and psychological wellness; (7) learning to recognize and to manage stress; (8) improving communication and relationship skills at home and at work; (9) developing an Emergency Survival Kit; and (10) developing plans for preventing relapse.

Listing these tasks is easy. However, their completion is rarely a smooth or straightforward endeavor. Most people with bipolar disorder have a variety of other issues in their lives from early childhood abuses, previous relationships, substance abuse, marital distress or personality problems that must be addressed along with the bipolar illness itself.

Within six months of their diagnosis and bemedications ginning psychotherapy, most people with bipolar illness show significant progress and stability. At this time we recommend that they begin participation in an educational and/or support group for persons with bipolar disorder that is run by a trained mental health professional. There is now solid scientific evidence showing that participation in such groups reduces the frequency, intensity and duration of manic, hypomanic depressive episodes.

The second phase of counseling begins when the bipolar patient shows significant stability in moods and in selfmanagement behavior. Counseling sessions can then be scheduled less frequently at once every two weeks and then once a month. The main objectives of this phase are to strengthen and maintain skills for selfmonitoring and detection of early warning signs and to develop plans for relapse prevention and crisis management. This phase usually

requires a year at least. In the third phase of counseling the main objective is the long-term maintenance of the treatment program and

of the skills acquired during the first two years of treatment. The basic treatment program that we expect to continue over the life span of the patient with bipolar illness is (1) regular medication consultations with a psychiatrist every four to six weeks, (2) monthly counseling sessions with a psycholo-(3) regular attendance at a bipolar educational-support group and (4) maintenance of the skills and lifestyle changes mentioned above.

Effective treatment of bipolar illness involves a team of people communicating together for the welfare of the patient. This team includes the patient, the psychiatrist prescribing medicines, the psychologist providing psychotherapy and supportive counseling, the patient's primary care physician, members of the patient's family, and others who have bipolar illness.

CHEF RANDY —

Quinoa is considered a super food

I doubt you'll find anything more different (or more nutritious) than quinoa-based

Quinoa Risotto

1-1/2 cups quinoa 2-1/2 cups water 1/2 cup panko bread

crumbs 6 Tbsp. extra-virgin olive oil, divided 1-1/2 tsp. fresh

rosemary, minced 2 garlic cloves, minced 4 whole canned Italian

tomatoes, drained and

halved lengthwise

1 lemon 1 large shallot.

chopped fine 2 cups vegetable broth

1/4 cup crème fraîche, plus more for garnish 1 teaspoon lemon

zest, chopped 1/3 cup Parmigiano-Reggiano cheese, grated

Salt and pepper to Italian parsley for

garnish, chopped

Preheat the oven to 375

degrees. In a saucepan, bring the quinoa, water and a large pinch of salt to a boil. Cover and cook over low heat until the water is absorbed and the quinoa is tender,- about 20 minutes. Let stand covered for 15 minutes, then fluff with a fork.

Meanwhile, in a bowl, mix the panko with 2 tablespoons of the olive oil, 1/2 teaspoon of the rosemary, half of the garlic and a generous pinch each of salt and pepper. Arrange the tomatoes cut side up on a rimmed baking sheet and top with the bread crumbs. Bake for 25 minutes, until the crumbs are lightly browned and the tomatoes are softened. Remove from oven and cover with kitchen towel to keep warm. Set aside.

Peel the lemon with a sharp knife, being sure to remove all of the bitter white pith. Working over a bowl, cut in between the membranes to release the sections. Cut the lemon sections into 1/4-inch pieces. Set

In a large saucepan, heat the remaining 1/4 cup of olive oil. Add the shallot, the other half of garlic and cook over moderate heat, stirring, until softened, about 4 minutes. Add the remaining 1 teaspoon rosemary and cook for 1 minute. Stir in the quinoa and broth and bring to a boil. Reduce heat to simmer and stir until the quinoa is suspended in a thickened sauce, about 5 minutes. Stir in crème

lemon zest, fraîche. lemon sections and the grated Parmigiano-Reggiano. Season with salt and pepper to taste.

Spoon the risotto into bowls, top with the tomatoes and garnish with crème fraîche, grated cheese and chopped parsley.

I like to serve this with a Bonterra Organic Vineyards Chardonnay. It has an aroma of honey which is followed by a citrus aftertaste. It's perfect with the lemony risotto above.



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Ventura Teen Challenge gets solar carport

Ventura Teen Challenge activated a new solar energy carport worth nearly \$100,000 recently. The system was the result of a partnership between Teen Chal-

CleanEnergy4All, a nonprofit entity that also served as the project manager for the installation. The system is expected to save the Teen Challenge facility more than \$250,000 over the 20-year lifetime. The financial savings will allow Teen Challenge to better utilize its financial resources, which rely largely on individual and group contributions.
"We appreciate the

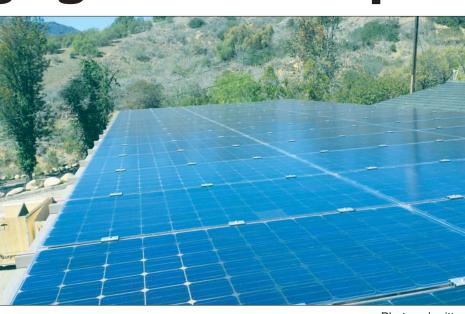
partnership of CleanEnergy4All and the contribution they made to help us control utility costs," said Ron Brown,

executive director of Teen Challenge of Southern California. "Because the overwhelming majority of our students do not have any means to pay for our one-year residential recovery ministry, our services are offered at no charge to them. The utilization of solar energy allows us to lower our utility costs and redirect our dollars to other critical areas. This is a great example of both financial and environmental stewardship."

"We're very pleased that our first solar energy system installation is benefiting Teen Challenge, it's a wonderful organization that truly helps a lot of people who may not otherwise be able to help themselves," said Bob Pohl, chairman CleanEnergy4All.

"We're planning on providing a thousand similar systems to nonprofit organizations throughout the U.S. during the next 10 years and we're working very hard to continue raising the funds and recruiting the partners necessary to do

Teen Challenge of Southern California was established in 1963 and includes nine regional facilities with eight strategically placed resifacilities throughout Southern California. Last year Teen Challenge served over 200,000 men, women and children in Southern California through its faith-based residential and outreach programs. Its residential program in Ventura serves nearly 60



Solar panels, donated in part by CleanEnergy4All to Teen Challenge in Ventura, are expected to save Teen Challenge more than \$250,000 during the next 20 years. The financial savings will allow Teen Challenge to better utilize its financial resources, which rely largely on individual and group contributions. CleanEnergy4All is a nonprofit 501(c) 3 corporation that funds and installs energy projects for charities that have successfully changed the lives of at-risk children and adults.

Safety Fair event enlightens participants

Leslee Goodman OVN correspondent

and adults learned how to protect their homes and loved ones from wildfires at the Ojai Valley Wildfire Safety Fair on April 12 at Sarzotti Park. It was an event that combined entertainment with emerpreparedness, sponsored by the Ojai Valley Fire Safe Council.

While Alan Thornhill Martin Young played musical favorites, Ventura County's first responders taught CPR and other emergency preparedness skills, showed off their equipment, and stamped raffle tickets for prizes. Meanwhile, Robby the 10-foot-tall firefighter, pressed the flesh, kids jumped and jostled in their Jungle Źone, and

food vendors offered everything from organic juices and smoothies to hot dogs and sodas.

Fair participants included the Ventura County Fire Department, the Ojai Police Department, the Ojai Sheriff's Department, Ventura County Health Department, our local Community Emergency Response Team, Ventura County Search & Rescue, Ventura County Animal Control, the Humane Society, the U.S. Forest Service, Concerned Resource and Environmental Workers (a local nonprofit that employs youth to perform brush clearance throughout the valley), Ojai Valley Community Hospital, and the Red Cross.

The fair was presented free of charge, thanks to a National Fire Plan

On Saturday, April 26,

starting at 10 a.m., the

Rotary clubs of Ojai will

be hosting their annual

cleanup of the Nordhoff

Cemetery. They invite all

those interested to join

The Nordhoff Ceme-

tery, located at Del



A young first responder learns CPR from Ventura **County Fire Department Capt. Mike Lindberry.**

grant from the cooperative fire program of the U.S. Forest Service, Department of Agriculture, Pacific Southwest Region, through the Cali-

Rotary clubs to host cemetery cleanup

Norte and Cuyama

roads, is owned and op-

erated by the city of

Ojai. It is an important

part of Ojai's history,

dating back to the Civil

War veterans who were

buried there at the turn

Volunteers are invited

of the century.

fornia Fire Safe Council. For more information on wildfire safety, visit www.firesafeojai.org, or contact Will Castagna at

to bring rakes, clippers,

and other such hand

gardening tools, and are

urged to protect them-

selves from the sun with

hats and lots of sunscreen. Water and light

refreshments will be supplied by the Rotari-

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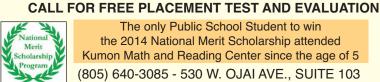
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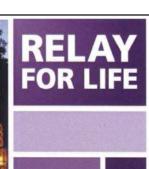
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Contemporary 8:00 a.m. (Nursery and Toddler Care)

9:15 a.m. Contemporary

(Sunday School for Nursery thru 4th Grade)

10:45 a.m. Traditional (Children's Program for Nursery thru 4th Grade)

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