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Sports
 Wildcats get passing grade in gridiron match-up, while Rangers lose close game on home turf.
Page B-1



Arts
 Battlefield Band brings Scottish experience to Ojai ears this Sunday.
Page A-8



4 day WEATHER
 Near-perfect weather continues with mostly clear skies, daytime highs to low 70s and nighttime lows to mid-40s.

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Ojai Valley's newspaper since 1891 ojaivalleynews.com

115th Year, No. 9 Wednesday, Nov. 2, 2005 Newsracks, 75¢, retail stores, 70¢ plus tax • Yearly subscription, \$48



Eli Day

Debbie Lyon, right, greets Eli Neiderhiser during the benefit for him held at Lake Casitas. The benefit featured a live band and car show as well as a horseshoe tournament and cowboy golf. Above, San Francisco Giants pitcher and Nordhoff graduate Noah Lowry tosses horseshoes during the benefit for Neiderhiser, injured in a car accident Aug. 15 on Highway 118 that claimed seven lives.



Photo by Erik Taylor/Brooks Institute of Photography

Wagner's plea goes heeded

Candidate's call for investigation taken up by Democratic party

By Jay Ford Cullis
 jay@ojaivalleynews.com

October's been a scary month for politics in Ventura County. For weeks Brett Wagner, Democratic candidate for the 24th Congressional District, has been calling for an investigation into what he believes are improper actions by Democratic Party officials in Ventura County.

Last Tuesday, Wagner's calls were answered when it was announced at the regular meeting of the Ventura County Democratic Central Committee that an investigation would begin soon. The investigation will be headed up by Democratic Party Regional Director Bob Manley.

"It's a matter of talking to people and finding out who said what and why," said Manley of the back-and-forth between Wagner and the heads of the Ventura County Democratic Party. "It's one guy calling another guy a name — we're going to get to the bottom of it." Manley said a preliminary investigation had been completed, but the investigation proper would begin after the Nov. 8 election.

"This story is like my own little Watergate, except I'm not the burglar," Wagner said, relieved that his requests have been granted. "It has the gay dimension, there's threatening e-mails — it's hard to keep everything straight at once," Wagner said, adding that it's been hard for him to keep the focus where he wants it. "The investigation is not about me, it's about the Democratic Party officials who took these actions," said Wagner, who's recently been under fire from members of his own party.

They claim Wagner's methods and demeanor threaten his viability as a candidate in what is traditionally a conservative-leaning district.

"It's simply that he's not a good candidate," said Sue Broidy, president of the Ojai Democratic Club. She said the party's request for Wagner to step down has nothing to do with his open homosexuality. "Absolutely not," she said. "That's something that Brett has put forward."



Brett Wagner

Please see Wagner, Page A-3

OEF seeks to fill school gaps

Declining state funds bring increase in foundation's efforts

By John Willis
 john@ojaivalleynews.com

When the first bells rang in Ojai's new school year, many of the students weren't in their seats. Most of the music students were gone; every journalism student was absent. The kids weren't being counseled and the library was closed.

This is because declining funding in California has forced schools in the valley to resort to slashing prices, with music, journalism and metal arts programs being the first to go. A tight budget makes it necessary for Ojai's schools to deem these

programs, along with funding for junior high and high school counseling and library hours in all schools — not unnecessary — but "less" necessary. Though, it all ends up the same as the programs get dropped or scaled back, creating a need for organizations such as the Ojai Education Foundation.

The OEF has spent the past 13 years raising money through an annual fund-raising campaign and by collecting donations to make sure the future journalists can write, the musicians play, and the

Please see Foundation, Page A-3

Ojai Valley neighbors

By Locke Dunn
 OVN intern

Stacey Shiffman considers herself a passionate, hard-working woman who loves her job. Her job, however, does not require her to go to an office and it is not one she is paid for in cash, but it is the hardest and most rewarding job she has ever had. This is because Shiffman's job is the one thing she has always wanted to do: be a mother. "As I was growing up, this is what I always wanted to do. It feels great," she says.

Shiffman grew up in Newport Beach and attended Newport Harbor High School before going to USC. She majored in education, and ended up teaching early childhood development and parenting. She has been teaching up until recently and did so in Studio City and Manhattan Beach for several years. Her career, however, has mainly been overshadowed by her real job of parenting.

Life hasn't always been ideal for Shiffman, though. She has severe Crohn's disease, and has been very sick in hospitals and has had many surgeries and a few close calls. "Crohn's has given me an incredible appreciation for everything I have. I'm so glad to just be able to go to my daughter's volleyball games or my son's plays. Just being able to get up and make my children breakfast is a big deal for me," Shiffman says. "It was so incredibly profound for me to have made it through everything and to finally have children after



Stacey Shiffman

Music to their years

New program at Mira Monte seeks to tune up kids' music skills

By Jay Ford Cullis
 jay@ojaivalleynews.com

Parents of the PlayStation generation have long known the difficulty in encouraging children to take an active physical approach to playtime, rather than twiddling their thumbs on the game controller.

Mira Monte teacher Joann Yabrof thinks she's found an alternative, and this weekend parents and educators alike will have a chance to explore Education Through Music. An innovative teaching technique which couples music, singing, and learning in creative ways, Yabrof is excited about helping bring ETM to valley residents.

"It's the most kid-friendly, brain-friendly way of teaching," Yabrof said of ETM, which gets kids moving, singing, playing, and learning in a totalistic way which involves the whole body and mind. "It gets the brain stimulated so it's ready for anything."

This weekend valley residents will have a chance to experience the innovative technique in full effect when ETM expert Randy McChesney visits Mira Monte Elementary for the first in a three-weekend series of adult workshops. Developed by Nebraska music teacher Mary Helen Richards in the late '60s,

Please see Music, Page A-3



Photo by Brooks Smothers

PAUL FRANSSSEN has sold his legendary L'Auberge and is retiring.

L'Auberge owner bids adieu to Ojai diners

By Jay Ford Cullis
 jay@ojaivalleynews.com

For more than 25 years, L'Auberge has brought the traditional tastes of Belgium and the French countryside to a rustic, century-old cottage on El Paseo Road.

And for 25 years Paul Franssen's buoyant personality has greeted diners at the door with a razor wit, a constant smile and a lively "bonjour."

Now, after a quarter century at the top of the Ojai dining experience, Franssen is turning the page on a new chapter in his colorful life. He's sold both the building and the business to John

Langley, producer of the television series "Cops." "I never thought I'd do it now — I said, 'Let's keep going for another two years for a nice round figure,'" said the 73-year-old restaurateur who had planned on retiring at 75. "It just happened that somebody came to me and said they'd like to buy the restaurant."

Born in Belgium, Franssen learned the ins and outs of cooking from his mother, and the day-to-day operation of a business from his father. "My parents owned a jewelry store but I didn't want to take over,"

Please see Franssen, Page A-3

News Briefs

Free group for parents starting
 A free small group gathering for parents with their very young baby at the Ojai Valley Birth Resource & Family Center, 319 E. El Roblar Drive, will begin Thursday and meet weekly from 11:45 a.m. to 1:15 p.m. for 10 sessions, facilitated by infant specialist Elizabeth Memel. Call 646-0441 for information.

T-150's 'Sage to Stage' open to all
 All are welcome to join the fun when Theater 150's "Sage to Stage" entertains at the Ojai Valley Woman's Club meeting, 441 E. Ojai Ave., tomorrow at 2 p.m. Think you're too old to entertain? Enjoy those who know they're not. Tea will follow.

Wheeler Gorge star show returns
 Back by popular demand, the Wheeler Gorge Visitors Center and Los Padres Forest Association will present "A Journey to the Outer Limits," an encounter with stars and planets in Ojai's autumn nights this Saturday beginning at 6:30 p.m. Find the constellations, hear ancient stories about the stars from around the world and learn amazing facts about our galaxy and those beyond it with Jim Mahan, avid stargazer, head of the Ventura Astronomical Society and master teacher at the Griffith Park Observatory. Telescopes will be provided. There will be astronomy games and a movie before dark. Bring kids and camp lounge chairs (ages 5 to adult). Call the Visitors Center at 640-900 for update if the weather is bad.

Obituaries

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 Douglas Charles Dullenkopf, 57
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 Classified Ad of the Week

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OBITUARIES



Photo by Brooks Smothers

Gem Dandy

Gem, a retired search dog, is an honored guest at Claire Clark's home during a Thursday afternoon luncheon. Celeste Matesevac the executive assistant of the National Search Dog Foundation, addressed the role of search dogs in the aftermath of Hurricane Katrina.



Douglas Charles Dullenkopf

Douglas "Doug" Charles Dullenkopf, 57, of Upper Ojai, died Saturday, Oct. 29, 2005, of heart failure due to complications from colon cancer. He was born May 28, 1948 in Bethlehem, Pa., to Norm and Ella Dullenkopf. Mr. Dullenkopf spent his youth in Fort Lauderdale, Fla., and graduated with an AA degree in aviation from Miami Dade University. He continued his education at Colorado State University, Colorado, where he met his wife, Gail Pohls. They moved to California, where they were married in 1974 in Solvang. Mr. Dullenkopf and his wife, Gail, lived in Santa Paula from 1974 to 1986, and started their family before joining the Upper Ojai community 19 years ago.

In 1982, his interest in aviation led him to purchase Screaming Eagle Aviation based at the Santa Paula Airport. His company is known nationwide for its quality new and used aircraft.

During his 37 years as a pilot, Mr. Dullenkopf logged over 10,000 flight hours and sold planes in faraway places from Australia to South Africa.

His community involvement ranged from helping Upper Ojai 4-H to being an advocate of aviation safety, including service

on the Ventura County Aviation Advisory Committee. He was involved in production of numerous air shows and fairs at the Santa Paula Airport. A longtime active member of the Santa Paula Optimist Club, Mr. Dullenkopf served as president in 1981.

He is survived by his wife of 31 years, Gail Dullenkopf, and their two children, Anne and Erik; his sister, Joan Gepford, of Virginia; and brother Andy, of Fort Lauderdale, Fla.

He was preceded in death by his parents and his sister, Sally Ernst.

A celebration of his life will be held Sunday, Nov. 6, at 2 p.m. at Santa Paula Airport. The family requests that memorial contributions be made to the Santa Paula Airport Museum or the Dullenkopf Family Education Fund at Santa Clara Valley Bank, 901 E. Main St., Santa Paula, CA 93060. Friends are invited to his interactive web site at www.dougduellenkopf.com.



Elizabeth "Betty" Jane Haydon

Elizabeth "Betty" Jane Haydon, 84, of Ojai, died at home on Thursday, Oct. 20, 2005, following a short illness. She was born Jan. 15, 1921, in Bay City, Mich., and had lived in Ojai for five years and in Ventura County since 1947.

Mrs. Haydon was a junior high school teacher and reading specialist in the Hueneme School District for 30 years. She was on the Library Committee at The

school teacher. He was a member of the Ojai Presbyterian Church, Retired Business and Professional Men's Club and the Democratic Party.

He is survived by his wife, Jane Border, of Ojai; daughter Jan Shorey, of Reseda; one grandson; brother and sister-in-law Keith and Jody Border, of Burbank; and sister and brother-in-law Ruth and Paul Tay, of Mendocino.

He was preceded in death by his son, Gary.

A memorial service will be held Saturday, Nov. 5, 2005, at 3:30 p.m. at the Ojai Presbyterian Church, with the Rev. Jeff Holland officiating. Inurnment will be at Ojai Presbyterian Church.

Memorial contributions may be made to the American Cancer Society.

Arrangements are under the direction of Clausen Funeral Home in Ojai.

Gables in Ojai. Her interests included reading and animal welfare, particularly cats.

She is survived by close friends Barbara Mastriano and Sandra Hegyi, both of Lancaster, N.H.; her brother-in-law, Rob Haydon, and his wife, Mary, of Oxnard; brother-in-law John Haydon, of Arizona; and nieces and nephews in Michigan and California.

She was preceded in death by her husband of 51 years, Horace "Joe" Haydon, and son Paul Richard Haydon.

No formal services were held. At her request, her ashes will be scattered at sea.

Arrangements are under the direction of Clausen Funeral Home in Ojai.

OVN Obituary Policy

Obituaries will be published at no charge, including a photo if desired, if the OVN editorial staff is allowed to edit the copy to meet A.P. Style, which basically uses factual language only. If the family wishes to use their own "loving" language, poetry, etc., then it will have to run as a paid obituary and the cost will depend on how lengthy it is. Most obituaries are submitted by a funeral home. If they are submitted by a private party, then the phone number of the funeral home or crematory must be provided so the death can be confirmed before publication of the obituary.

Regular trash pickup Monday

E.J. Harrison and Sons, Inc., will maintain its regular Monday trash and recycling pickup schedules in Ojai on Nov. 7 during the week of Veterans' Day. For more information, call 647-1414.

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Recommendations from the Democratic Club of the Ojai Valley

Election Date: November 8, 2005

Say NO to Arnold

PROPOSITION 73 - "Attack on Reproductive Rights Act" **NO**

PROPOSITION 74 - "Punish New Teachers Act" **NO**

PROPOSITION 75 - "Silence Workers' Voices Act" **NO**

PROPOSITION 76 - "Education and Health Cuts Act" **NO**

PROPOSITION 77 - "Redistricting by Arnold's Judges Act" **NO**

PROPOSITION 78 - "Drug Companies Sponsored Act" **NO**

VOTE YES:

PROPOSITION 79 - "Cheaper Drugs for Californians Act" **YES**

PROPOSITION 80 - "Affordable Electricity Act" **YES**

www.ojaidemocrats.org

Ojai Valley Weather Report

Nov. 2, 2005

Seven Day Forecast

Wednesday
Partly Cloudy
High: 71 Low: 44

Thursday
Partly Cloudy
High: 68 Low: 44

Friday
Partly Cloudy
High: 68 Low: 46

Saturday
Partly Cloudy
High: 71 Low: 48

Sunday
Partly Cloudy
High: 72 Low: 48

Monday
Partly Cloudy
High: 69 Low: 45

Tuesday
Partly Cloudy
High: 71 Low: 46

In-Depth Local Forecast

Today we will see partly cloudy skies with a high temperature of 71°, humidity of 53% and an overnight low of 44°. The record high temperature for today is 99° set in 1997. The record low is 37° set in 1971. Thursday, skies will remain partly cloudy with a high temperature of 68°.

Last Week's Regional Almanac

Date	Hi	Lo	Normals	Precip
Monday	66	57	80/45	0.06"
Tuesday	67	56	80/45	0.00"
Wednesday	69	51	80/45	0.00"
Thursday	64	58	79/45	0.00"
Friday	68	55	79/44	0.00"
Saturday	71	50	79/44	0.00"
Sunday	75	50	78/44	0.00"

Rainfall 0.06" Average temp ... 61.2
Normal rainfall .018" Average normal . . 61.9
Departure -0.12" Departure -0.7

Today's Regional Map

Frazier Park 63/42
Santa Barbara 69/57
Ojai 71/44
Santa Paula 76/51
Santa Clarita 75/54
Ventura 75/50
Los Angeles 78/54
Long Beach 74/52

Local Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset	Last
First 11/8	6:18 a.m.	5:03 p.m.	7:02 a.m.	5:22 p.m.	11/23
Thursday	6:19 a.m.	5:02 p.m.	8:10 a.m.	6:03 p.m.	
Friday	6:20 a.m.	5:01 p.m.	9:19 a.m.	6:53 p.m.	
Saturday	6:21 a.m.	5:00 p.m.	10:25 a.m.	7:53 p.m.	
Sunday	6:22 a.m.	4:59 p.m.	11:24 a.m.	9:00 p.m.	
Monday	6:23 a.m.	4:58 p.m.	12:14 p.m.	10:11 p.m.	New 12/1
Tuesday	6:24 a.m.	4:57 p.m.	12:56 p.m.	11:23 p.m.	

Local UV Index

UV Index
0-2: Minimal, 3-4: Low, 5-6: Moderate, 7-9: High, 10+: Very High Exposure

National Weather Summary

The Northeast will see mostly clear skies, with the area's highest temperature of 73°, found in Cahokia, Ill. The Southeast will see mostly clear skies, with the area's highest temperature of 88°, found in Miami, Fla. The Northwest will see partly cloudy to cloudy skies with a few showers, with the area's highest temperature of 71°, found in Gillette, Wyo. The Southwest will see mostly clear skies, with the area's highest temperature of 91°, found in Yuma, Ariz.

Weather Trivia

How high do thunderstorms reach?

Answer: Most reach heights of more than 20,000 feet.

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Foundation:

(Continued from Page A-1)

fine artists create. Their mini-grant program awards grants of up to \$1,000 to teachers, mainly, letting them cover the cost of materials the schools can't provide. Still, what about the classes that have been cut?

"What we're trying to do is expand the role and the mission of OEF to go beyond this mini-grant program," said OEF board member Steve Fields.

Though the expansion is still in the developmental stages, OEF would like to restore the dropped classes. They want to send the teachers to school, giving them fellowships to go back and sharpen their skills. Plans are also on the drawing board to get K-12 science and math scores on par with national recommendations.

This last concern addresses an alarming trend as the United States falls farther down the educational scale. American 12th-grade recently scored below the international level for 21 countries in those two subjects. When looked at globally, we find American manufacturers taking our economy abroad, not solely for the lower cost of doing business, but for more intelligent workers as well. After awhile, it becomes a question of whether there are any jobs left, not whether a student can get one or not. And it all starts here in Ojai.

"We have a strong community here, with a lot of people who would like to help improve the educational experience of the students in our town," said Fields.



Photo by Erik Taylor/Brooks Institute of Photography

Brush Cuts

Peter Cambier trims back plants around Nordhoff High. Cambier, who has a daughter who is a senior at Nordhoff High School, helped out around campus during Ranger Pride Day on Oct. 18.

Music:

(Continued from Page A-1)

the seminars are open to anyone who's interested and Yabrof said they're beneficial for parents and educators alike.

Though difficult to describe without seeing it happening in person, Yabrof said the technique involves singing traditional songs with accompanying hand motions.

Songs are repeated with different physical variations each time — new elements that keep the brain just enough off balance that it stays open and aware as it anticipates whatever challenge may come next. "Part of the understanding is that when an athlete is in peak performance — when an executive is in the zone — it's the same as the play state," said Yabrof, a second-grade teacher for 12 years at Mira Monte. "You're not conscious of time, you're totally there participating."

Though participants do learn various musical techniques, the method is especially effective with non-music educational subjects. "I use music in many ways in my classroom," Yabrof said. "Research is telling us that music most closely resembles the way the brain communicates with itself." Whether we notice it or not, she said, music is already an essential part of our lives, used in various

ways to enhance communication. "Why do you think commercials use music? I still remember commercial jingles from 3rd grade," she said by example.

The first of three Education Through Music seminars happens this weekend, Saturday and Sunday, in the Mira Monte multipurpose room. The second session is Jan. 6 and 7, and the third is on March 24 and March 25.

The Friday night workshops run from 5:30 to 8:30 p.m., and the Saturday workshops are from 8:30 a.m. to 2:30 p.m. All interested parties are encouraged to visit this weekend's session. Registration is \$350, but Yabrof said no one should turn away because of money.

"It makes the classroom a much more enjoyable place to be and the social development would be worth it for its own sake," said Yabrof. "The beauty that's created is so joyful."

Franssen:

(Continued from Page A-1)

he remembered. "I said I'm going to leave and do something" — which he did in 1964, landing in Santa Barbara, where he took a job as the dining room manager at the Biltmore Hotel. When friends told him the owners of Ojai restaurant L'Auberge Parisienne were considering selling, Franssen jumped on the idea of owning and operating his own restaurant.

Destroyed by the 1917 fire, the L'Auberge building was rebuilt by Mead and Requa — the architects responsible for the Arcade, the post office, and other notable buildings around Ojai. Before becoming Donovan's Stewpot in the '50s, Ojai historian David Mason said the building was the parsonage for the Presbyterian Church.

In 1980, Franssen opened the doors on the new L'Auberge, after a year of negotiating the sale, renovating the building, and developing the menu. "We were very well received immediately," he said. Franssen dropped the Parisienne from the restaurant's name, which means "the inn."

The menu has remained intact with only slight changes over the years — much like his staff, the majority of which have been with Franssen between 15 to 20 years. He said that more than likely the atmosphere and menu will change with the new owners. "I think they want to make it a more contemporary setting," he said. "This is old-fashioned — it has a lot of charm to me, but there are changes with the young people who want it a little more noisy, with big tables."

Langley has hired a new executive chef, and Ted Gowrie — Franssen's loyal chef for over 23 years — is planning to take some time for himself before exploring prospects. "He's never really stepped in," said Gowrie of Franssen's management style. "He wants good food and presentation, but he's always let me run the kitchen. It's been great."

Franssen is both excited and nervous for what lies ahead.

"I'm going into something which is a little unknown — I feel that I still may have a lot to learn," he said.

Wagner:

(Continued from Page A-1)

Broidy's name is one of 24 party officials signed to an Oct. 3 letter asking for Wagner to call an end to his candidacy. If Wagner chose to continue his campaign, the letter said the party would "have no alternative but to publicly oppose" him. Wagner claims the letter writers signed the request in their official capacity as party leaders, which Wagner said is a violation of their oath of office. "I signed as an individual — the designation was purely as identification," said Broidy. "I think this is Brett's contention that I might have done something wrong. He's got to remind himself that he's a self-styled candidate and I'm an elected official — he really has no right to call on me to resign."

Wagner is anxious for the investigation, and believes weathering the storm will leave his candidacy — and the party on the whole — stronger and more ready to face conservative stalwart Elton Gallegly in the 2006 election.

"I'm very optimistic that this investigation will help restore a much-needed sense of transparency and justice to our local Democratic Party," Wagner said. "I also think this will make it clear once and for all that the era of smoke-filled backroom politics is over."

Broidy said she anticipates not one opponent to Wagner in the June primary, but two. Though neither has officially filed for candidacy, Broidy said Jill Martinez and Mary Pallant are expected to challenge Wagner this summer.

"I'm just delighted that two women are running as candidates," Broidy said. "I think it's essential that more women are represented." Broidy also said she's regretful that the California State Democratic Party won't endorse any candidates until after the primary. "I think endorsing early would be a wonderful idea," she said. "I come from a British political tradition where the parties interviewed and chose candidates. I'm astonished in this country that they don't have a bit more party discipline over here."

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To be part of this page, call Matt Haag, 646-1476, Ext. 28 matt@ojavalleynews.com



Nathan Kaehler

of sweet and bitter tastes, with American ginseng being more bitter while Chinese ginseng is more sweet. It is this contrast in their tastes that reveals their most important difference — American ginseng is cool in temperature, while Chinese ginseng is warm. The greater amount of bitter taste is what gives the American ginseng its cooling quality and makes it better-suited for most Americans, since we tend to be constitutionally warm. This is especially true in a warm climate like Southern California. However, American ginseng is not so bitter as to be unpleasant in a tea, since it has some balancing sweetness.

American ginseng is generally a very safe herb. And while Chinese ginseng should be avoided by those with elevated blood pressure, American ginseng is not known to affect blood pressure.

Usually a bit less expensive than Chinese ginseng, American ginseng is widely available. Capsules sometimes contain the unprocessed powder providing the full spectrum of natural ingredients. Other capsules contain a concentrate which provides more ginsenosides, a group of component chemicals. Some capsules contain both powder and concentrate to give a well-rounded product. Tea bags generally contain powder made from smaller roots or rootlets, a lower grade, since the largest roots have the greatest potency. Probably the very best way to take American ginseng is as a powder ground fresh from whole roots. It can be stirred, for example, into a cup of green tea at breakfast as a starter for the day.

This article is provided as a public service by Nathan Kaehler, MA, LAc, Ojai Herb and Acupuncture Clinic, ojaiherbs.com. The information shared here is general information rather than professional advice. Kaehler is the author of a forthcoming book, "A Traditional Chinese Medicine Concise Handbook of Herbs and Acupoints."

HERBS & SUPPLEMENTS

The other ginseng — American

Chinese ginseng (Panax ginseng) may be the most widely known herb in the world, though American ginseng (Panax quinquefolium), its less well-known counterpart, is actually better suited for use by most in the United States.

While American ginseng was known to American Indians, the Chinese learned of it from two Jesuit priests in Canada in the mid-1700s, and American ginseng was exported to China in large quantities around and after the time

of the American Revolution. George Washington and Daniel Boone were involved in its trade. For the past 100 years American ginseng has been cultivated, predominantly in the state of Wisconsin and Ontario, Canada. In most areas where it grows wild it is a scarce and protected species, and use of wild roots is discouraged. Some efforts have been made to "cultivate" ginseng in wild habitat, though it is quite expensive to produce.

For both ginsengs, it is primarily the root that is used as an herb, and they are renowned for their ability to provide supplemental energy to the body known in Chinese medicine as Qi (pronounced chee).

Both also have a combination

Instructor key to martial arts success

By Tony Leckie
OVN contributor

In today's fast-paced world, it is harder and harder to teach our kids life lessons. Most karate schools not only instruct your child on how to defend himself or herself, but also help them to build life skills at the same time. We, as parents, can't do it all ourselves. We can start them on the right road, but we need help from time to time.

As an instructor myself, I would hear many parents say to me, "My child needs more discipline, self-control, self-confidence," etc. As martial arts instructors, we have the ability to control our environment in our studios so that our students learn

how to enhance the necessary life skills their parents have so eagerly sought to instill in them. These include the mastery of perseverance, self-control, modesty, self-reliance, self-discipline, integrity and, most importantly, self-worth.

In the world we live in today, enhancing self-worth is more valuable than any amount of money, yet seems to be forgotten about in the day-to-day adventures of our children and the conversations at the dinner table. Just imagine, if all of us really understood how much our individuality defines us and guides us in this journey of life and recognized our contributions to those immediately surrounding us and to society in general, maybe crime, drugs and abuse would not be as prominent of a problem.

We all need to help each other

grow in the pursuit of these life skills. That is why so many people, both young and old, turn to the martial arts. Today's martial artists are skilled in how to deal with and teach life skills. By way of studying and going through some hard life lessons themselves, they then can pass on the knowledge of how to use these tools in order to improve the lives of their students and their families.

Parents, you are not going at this alone. If you have already experienced the setting of a martial arts studio, you know what I am talking about. If you have not, just know that behind every martial arts door is an instructor who is anxiously waiting to pass on his/her knowledge of the arts to help mold your youngster and set him/her up for success!

Dharma teachers guests at Krotona

"Training the Mind, Opening the Heart: Guidance for Ethical Action and Community Building for Our Times," with Lyn Fine and Chau Yoder, dharma teachers in the Order of Interbeing, ordained by the Venerable Thich Nhat Hanh, will take place Friday beginning at 7:30 p.m. and running through Sunday at noon at Krotona School, 46 Krotona Hill, Ojai. The retreat will teach how to touch the joy of being alive in the present moment, and cultivate seeds of calm, clarity and compassion in ourselves and others through practicing silence, deep listening, and speaking from the heart. Cost is \$25. Call 646-1139 for more information.

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Spiritual leader to revisit Ojai Retreat

Beginning Friday at 7 p.m. through Sunday at noon, Margriet de Koning from Holland, will return to The Ojai Retreat to lead a weekend of meditation, contemplative walks, qi gong and healing. De Koning, a transpersonal therapist and meditation instructor, boasts a long list of credentials in transpersonal studies, psychology, the arts, and the healing modalities, including her association with the Elisabeth Kubler Ross Foundation.

Along with several blocks of meditation, qi gong and dialogues, there will be plenty of free time in between to be with oneself and reconnect with nature. The beautiful surroundings at The Ojai Retreat offer the opportunity to restore the soul and cultivate a healthy inner life. De Koning is known to

be a spirited, warm-hearted person, and believes that in every human being there is a place of silence, love and purity; a place where healing can occur. Remaining in this space opens the way to an intrinsically valuable life. In the words of one participant, "The holiness in the retreat was the open, unhurried, spaciousness of time, the vision that doing less is doing more, and that nurturing and simplicity allow for a deep letting go."

The Ojai Retreat is located at 160 Besant Road, (just above the Ranch House Restaurant). The cost for the workshop is \$75 per person, \$55 seniors and students. Accommodations are separate, and can be viewed at ojairetreat.com. Meals can be reserved for \$45 (two breakfasts and two lunches). Call 646-2536 for reservations.

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Planning Needs You

By Doug Bower
OVN contributor

Do your city a favor. Make a point to drive in both directions past the corner of Cañada and Ojai Avenue. As you do, imagine a wall of plaster and glass rising more than twice the height of the O-Hi Frostie filling two-thirds of the block and extending all the way to the Pacific Bell building. This is the dream of developer Ron Polito, architect David Bury, and the Ojai Redevelopment Commission. Mr. Polito, for one, apparently sees this as the first step in walling-in the entire entry to the city, with redevelopment of the Carrows and liquor store properties across the street as the next step. Is this your vision for maintaining the character and charm of Ojai? Is turning Ojai into a typical Southern California suburb what fuels our No. 1 economic engine, the tourist industry? These are the questions our Ojai Planning Commission must decide, and they need your help.

Being a member of the Planning Commission is not an easy job. Sure, a lot of the legalities are taken care of in zoning and planning documents, but the wise group who put together our General Plan left a lot of fudge room, enabling commissioners to allow for maintaining the character and charm of our city. This, unfortunately, leaves them open to tirades such as the one they admirably weathered from developer Ron Polito at their last meeting. Mr. Polito was upset that the commission was sending him back once again to downsize his proposed massive development at Cañada Street and Ojai Avenue, arguably the gateway to downtown. In their deliberations, the commission was simply applying the guidelines in the General Plan that restrain development that encroaches on views of the mountains, that draws away from the Arcade as the central feature of the downtown, and that overbuilds for the surrounding neighborhood, among others.

On Mr. Polito's behalf, he does seem to genuinely feel that he is trying to do something special for the city. He is working with his architect and the

commission to put up a beautiful building. Unfortunately, he is working with an architect who seems to ignore the restrictions in the code that protect against the "mansionization" of Ojai. I haven't been to many Planning Commission meetings, but at each one representatives of Bury and Associates have stood aghast in front of the commission after once again being asked to scale back a design. I'm not sure if they are surprised because they just don't get it that most people in Ojai don't appreciate lot-filling development and 24-foot walls rising up right at the setback line, or because they believe what Mr. Polito uttered in frustration — that Mr. Bury is "the golden boy," with the inference that what he draws will automatically be approved.

The commission was also treated to what can only be termed a shameful display from their own staff. Community Development director Robert Casias berated the commissioners in open session for not caving in to Mr. Polito's tirade. To my knowledge, it is the role of city staff to provide a dispassionate analysis of each project that comes before the commission. Staff provides the advice on whether or not a project meets legal requirements and conforms to the city's General Plan. It should have been his role to point out the numerous departures from the General Plan that would have to be made in order to approve this project. Instead, he left that up to concerned community members who attended the meeting to protest the large scale of the design and chose to use his energy to blatantly lobby for a proposed development.

The Planning Commission needs your help. On whichever side of this project you find yourself, it's important that the commission hear from as many citizens as they can. The building that ends up on this incredibly visible and important corner will serve as a cornerstone to guide redevelopment of the entire downtown area of Ojai. What legacy do you want to leave? My vote is for maintaining the unique small-town character of our city and avoiding the urge to blend in, however stylishly, with our Southern California neighbors.

Doug Bower is a resident of Ojai.

thumbs up, down



• A reader sends a thumbs-up to the new smoke shop in town! No more driving to Ventura for these things.

• A reader sends a thumbs-up to the merchants in Ojai donating to the schools using the Scrip Program: Giorgio's, Ojai Sports, Ojai Valley Card & Gift, Rainbow Bridge, Starr Market, Stir Crazy Coffee House, Westridge Market. Thank you for giving some of your profit back to Ojai schools and our children.

• A reader sends a thumbs-up to our local Washington Mutual for their continued support for breast cancer awareness. All the pink looks great!

• A reader sends a thumbs-up to W.A.B Hanchett, U.S. Army, Retired, for promoting wearing red on Fridays to show our support for the American Armed Forces in Iraq! I will. Hope this catches on.

• A reader sends a thumbs-up to Mark from Ojai, Bonita from Manhattan, Glen from Ojai, and the Ojai Coffee Roasters for rescuing this reader after she took a tumble on Ojai Avenue while walking, drinking coffee and window shopping on her way to an Ojai Film Festival screening at the Ojai Playhouse. Thanks to these great people, we can all rejoice in the old saying, "That's Ojai!"



• A reader sends a thumbs-down to the "lady" who helped her "clean" her apartment. When the reader went out and came back you were "finished" and had stolen some of her most precious VHS pre-recorded tapes and a roll of stamps! Hoping you don't work in Ojai, or anywhere, ever again.

This column is meant to provide commentary on a specific act or statement and is not meant to imply blanket support or condemnation. Submit your suggestions by mail, e-mail or fax. Your name and a telephone number must be included for consideration, though they will not be published.

Thumbs may also be submitted on the Internet at ojaivalleynews.com/thumbs.html

OUR READERS' VIEWS

Helpers come to Smart Start's aid

10-24
To the editor:
Thumbs up! to American Legion Post 482, Frank Sheltren of Frank's Plumbing, and Gus Garcia of Sea Fresh Seafood for their help in making Smart Start's first LobsterFest a huge success!
Dana Huffman
Smart Start Director
Ojai

Finds that films do enrich spirit

10-24
To the editor:
Can film enrich the human spirit? Or does the medium and industry mostly impoverish it? Can an enterprise with such impressive power to make celebrities and define glamour — so that the uncelebrated and ordinary elements in life appear without charm — lift, connect, and empower us?
Because of the film industry's complicity with and dependence on unrewarding forms of

stargazing, I approached the Ojai Film Festival's quest to enrich the human spirit through film with a high degree of skepticism. Fortunately, there were numerous selections in this year's festival that made good on the high-minded theme and challenge of the festival.

One of the most memorable is the film "Dead End Job." By rendering charming and interesting people who, by age and weight, are typically disrespected by cinematographers, this film made people attractive by exposing their capacity for self-awareness and kindness rather than for photogenic or aesthetic visual appearance.

The rich selection of documentary films in this year's festival reminds us of the medium's capacity to reach large audiences with testimony and evidence important for public dialogue on critical social issues. The documentaries screened should contribute to constructive public debate on the U.S. trade embargo with Cuba, poverty in America, the ongoing horrors of "ethnic cleansing," the costs of

the Iraq war, and the role of corporate media in shaping public opinion about war. One notable entry in this category, "Off to War," follows an Arkansas National Guard troop as they prepare to, and eventually, serve in Iraq. The filmmakers have performed an invaluable service to those who have faith in the United States as a force of good in the world and who are willing to sacrifice their lives and loved ones to fight in Iraq, and to those who, as a result of the Iraq war, have almost lost faith in their country and its leaders.

By respecting both sides, the filmmakers help us find a basis for understanding and dialogue.

By including a significant amount of work by "emerging" filmmakers, the festival contributes to both the future and the democratization of filmmaking. Asking audiences to give new talent and voices a chance to be heard in a context not dominated by bottom-line thinking can allow filmmaking that appeals to humane and

Please see Letters, Page A-6

Ever wonder why Nostradamus has been so quiet of late?

Me neither.
With prognosticators like that, who needs enemies, right?

I mean, here was a doctor, "specializing" in the Plague, no less — until his first wife and two children succumbed to the disease and he decided to chuck medicine for soothsaying. Now, I don't wish to be unkind, but what were this cat's clients — of which there were many, including Catherine de Medici, whose husband, King Henry II, must have been as good a sport as Ronald Reagan was, uncomplainingly keeping Nancy's personal astrologers in Blahniks and beluga for decades as he did — thinking? The dude hadn't even been able to predict his own family's death from a disease he'd supposedly specialized in!

But these are uncertain times and, well, we wonder.

Not about what old "Nossie," a guy I wouldn't have trusted to read my poodle's paw, might say about times like these, but about these times, the dawn of the 21st century, specifically.

We wonder if we should have another kid, teach the kids we already have how to use their seat cushions as flotation devices, quit smoking, start smoking, take a second out on our house, let our house go into foreclosure, keep saying "no," start saying "yes," find the Lord, lose faith, make amends, beat an enemy up, learn Spanish, join the Minute Men ...

In short, we wonder about the immediate future, about this century's teenage years, about whether there will even be a 2013. (And if there is, will it be bar mitzvah, or will the whole world have gone Muslim?)

We don't, in other words, wonder idly. We want the straight poop, and we want it straightaway — not a bunch of poetic pronouncements or some Rod McKuen-like rendition of the Book of Revelations.

And who better to give us the straight poop than someone who's never made a cent off her sixth sense or tried to profit from her gift, much less worn her "Seers do it better, suckers" T-shirt outside the house or even been told she has a gift? Someone, ahem, like me?

Make that, someone who is me: Giver of Unsolicited Advice, Amateur Diviner of Truths, Deliverer of Straight Poop, Philanthropic Fortune Teller, et al.

Want to know what's going to happen in the immediate future? Read on. Don't want to know? Stop reading now. I won't get paid, either way. (Not in the traditional sense, anyway; we not-for-profit prophets pay ourselves in I-told-you-so's and not even a million of those will buy a Ferrari.)

Kelly
Feser Eells



accuse Kennedy of playing the bipartisan card, while Senate Democrats will just look away — until Kennedy tries to make up for his mistake by heartily endorsing 1987 Supreme Court nominee Robert Bork, at which point the Dems will take away his car keys.

In 2009, Mexico will do away with democratic elections, by decree of Queen Fox, a.k.a., Marta Sahagun, former primera dama. Former Presidente Vicente Fox explains the decree to Larry King, i.e., a stunned world, thusly: "Since elections are so expensive, and since there are now only 623 people living here full-time — only 104 of whom are registered voters — mi esposa and I figured we'd be doing this muy bonita republic of ours a grande favor by reinstating the monarchy. From this day forward, we shall all live like kings!"

In 2010, San Francisco passes an ordinance banning heterosexual marriage, inciting straight mobs to riot for 14 straight days.

In April 2011, Amnesty International succeeds in getting Saddam Hussein's death sentence overturned, but victory is bittersweet: Not only had Saddam been executed 11 months earlier (al-Arabiya TV having substantially increased its "time delay" feature without telling anybody), "No Shoes, No Shirt, No AI-ers" signs begin appearing in Shiite and Kurdish-owned Olive Gardens all over Iraq.

In 2012, a three-eyed Southern California steelhead will be found in the Ojai Valley, the first such sighting of said trout in 60 years. Unfortunately, the fish (inexplicably nicknamed "Cyclops" by environmental activists) will be found in my swimming pool, and the aforementioned activists — none of whom live in the district and/or are served by my water company, which by this time will be assessing customers a \$100-per-faucet "surcharge" to punish us for ignoring direct appeals like, "Won't you help pay off our \$9 million fish ladder by not bathing this month?" — set up camp in my back yard, vowing to "protect" Cyclops from my pool man and generally making a nuisance of themselves.

I spend most of the next year in jail. It seems any assault on an environmentalist, even a trespassing one, is considered "aggravated" — but no matter: From 2013 through 2019, it's more fun on the inside, where everyone knows exactly who they are and why they're there, than it is on the outside, where everyone's trying to find themselves.

But even if you do have to spend all seven years on the outside, with, yuck, 6 billion moody Earthlings, it sure beats the alternative — no?

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Mission Statement:

To inform you about the issues and events in our community with diligence and dedication

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Risa D'Angeles

ASTROLOGY

Autumnal retrogrades

We get down to business this week on all fronts after two days of rest (Thursday and Friday) and after the moon leaves Scorpio and Venus enters Capricorn. Suddenly we realize 2005 is almost over and we must be about holiday tasks now as 2006 approaches. It is important in our planning to be aware of the astrological energies in the days, weeks and months that follow. We are still within the Mars (our actions, energies, nine tests) retro (till Dec. 10). Within that time frame we will experience two more retrogrades — Mercury and Saturn. Mercury (our mind, communication, interactions) retrogrades Nov. 14 through Dec. 4 and Saturn (our structure, discipline) retros Nov. 22 (eight days after the Mercury retro) well into 2006. On Dec. 24 (Christmas Eve) Venus retrogrades (till Feb. 3, 2006).

What does this retrograde period signify and how does it express itself within our lives? Retros indicate a time of very slow movement, all energies are internal, outer actions often don't make sense, communications, structures and activities fall to the wayside, we can't expect "business as usual," and just about everything moves into a different template of timing. We will need more time to do less. Many of us will experience much confusion but only if we don't understand the predominant and prevailing universal energies falling to earth.

Retrogrades are times of rest so that we can reassess and review various aspects of our lives. With the Mars retro we re-examine our actions and observe our responses to the nine Scorpio tests. With Mercury retro we

observe our communication and thought processes. With Saturn, we assess and review our daily structures and disciplines, and with Venus retro, we examine our values, finances and possession. There is therefore much to assess and review in terms of our lives in the next several months. Retrograde periods, especially the ones we will experience in the next two months, are not times for regular outer activity, introducing new ideas or products, or a time for excessive purchasing. Everything we do, think, feel and act upon (and buy for the holidays) will need deep re-evaluation.

We will, though, experience a bit of a reprieve amidst these retrogrades. From Dec. 11 (when Mars is stationary direct) through Dec. 23 (Venus retrogrades the day after), we will have a window of time to accomplish more than we were able to in the previous months. We must still remember though that Saturn will be retrograde. Thus our discipline and our structure will still be in review.

Interestingly, the outer planets (Uranus, Neptune, Pluto, and Chiron) will not be retrograde. This is unusual as these transpersonal planets are retrograde 60 percent of the time. This means while our outer activities are in a state of seeming chaos our inner spiritual awareness will be fully alive and manifesting outwardly. A paradoxical affair, indeed.

The week of repose with multiple void-of-course times: Thursday is beneficial, vital, and filled with expansive goals with the Sag moon. We may feel the need for kindness as Venus inconjuncts Chiron (the wound seeking healing). Friday the Lord of the Underworld creates either empowerment or disempowerment in relationships. We'll need to be careful and not create power issues over others. The evening is nebulous which creates irritation. Solitary confinement is best. Or no expectations. The moon's v/c at 9:58 p.m. (PST) so nothing is accomplished. Don't go home with anyone.

Saturday just after midnight Venus enters Capricorn and serious (have Sirian intent) business begins. The moon also enters Cap at 10:17 a.m. Later afternoon our minds become confused. We'll need to take the

path not considered with Mercury square Uranus. A revelation occurs if we do. Sunday is v/c again at 12:18 p.m. (just around lunchtime). The day remains either confusing or we experience it as refinement occurring. Artistic endeavors are good on Sunday.

Monday remains v/c till 1:31 p.m. when the moon enters Aquarius. We're free for a bit and independent. Sun is opposite Mars (retrograde). We become religious or fanatic or have desires, which aren't met or aspire to be something. Late morning we find out all's for naught. Keep going. Tuesday is general Election Day. What does the "general" mean? Wednesday is another v/c day till 4:22 p.m. just in time for a Pisces dinner. Eat seaweed. And everyone please read the information for Sag.

ARIES: Your income, savings, taxes, and all things you keep hidden financially need careful tending. There's a possibility that either you spend too much or feel you don't have enough or are careless. Don't do or be any of these. You may return to a previous situation that you value. Care in deciding your future is most important as is being patient, cautious, discreet, and thrifty.

TAURUS: You, too, will need patience as you review and assess the value of your many possessions. Something is so deeply changing in your life and affecting your present state of activities that you're experiencing a once-in-a-lifetime transformation. Should events seem to dawdle about, know they are moving quite in their own timing. Listen to and accept advice. Then cooperate at all levels.

GEMINI: How is your health? Have you had a physical checkup recently? If not, do so. Careful as always of foods that overtax your liver. This will continue for a year or so. Your day-to-day work may call you to be more outstanding than usual. More responsibility calls for good health. Someone may seek your assistance in something only you can solve. You're either very close in or very far away. Find a middle ground.

CANCER: Two different realities occur to you this week, one far afiel from where you are

and the other in the past. Perhaps this occurred last week, too, when you made a life change that released you from the past yet kept you there in a sort of grief-stricken state. All of this will pass eventually as you focus on the present where life actually is. You need a bit of serious play.

LEO: You'll be pulled to and fro, here and there, up and down, from home to work, personally and professionally. Though you are quite efficient and very directed at work, something very personal is really on your mind. It pulls on you, calls to you, is a temptation and it's secret or well hidden away from others. What neutralizes it is if you create a structural change, quietly and gently.

VIRGO: It's best if you begin to plan and create new methods that improve your relationships and how you interact with others. You needn't be hastily implementing them nor should you neglect successful ways of communicating. Simply bringing in a more balanced perspective, a broader vision, and a few goals that implement a new study would suffice.

LIBRA: You are constantly in a state of planning new journeys that allow you to understand different communities, regions, cultures, art and food. All this experience you then bring home to use as a basis for parties and festive events. Careful with money, though, so you don't feel impractical and later unworthy, which occurs when you overpend.

SCORPIO: Two major planetary focuses are occurring for you this month. One is self-development through deep inner scrutiny. The other is expenditures and the well-being of your finances. Observe all events in terms of these two developmental stages and you'll understand your life with clarity and compassion. One, you're expanding, the other you're assessing.

SAGITTARIUS: As I drove to our institute this morning I thought of you, Sag. And pondered on writing to you about gratitude and how, through its use, what we deeply desire becomes magnetized to us. I suggest you employ thoughts of gratitude, after assessing all that you have, with ceaseless intent each day hereafter. You will find your life transformed, desires fall away, and harmony takes its place. Here is a web site for Café Gratitude, a San Francisco raw foods (yum) restaurant. Read their food titles and use them daily: withthecurrent.com/cafe.html.

CAPRICORN: Many may have challenges this week and you will, too, but you are twice blessed because you'll understand that when challenges occur, it simply means you shift plans and simply take another path, the one "less traveled" yet the one more beneficial. This may be very hidden from you this month, but it's so you can plan within the deepest reaches of yourself who and what you want to be next year. Draw close to those you love.

AQUARIUS: Should a difficult and challenging situation occur at work, step back and aside for the situation will change within a week. Someone wants to be in charge. Let them. Listen carefully, too, to what's being said. You'll find clues. Perhaps distortions, and hidden messages. You may not be seen now, or so it seems. Soon though, the stars fall to Earth for you.

PISCES: Plans are being made quite quickly for your soon-to-be-different future. Though you are not creating these changes, they are definitely being made for you. They involve distant regions and things religious and definitely spiritual that will deeply impact your work and recognition in the world. The outcome is security and stabilization.

Risa D'Angeles is founder and director of the Esoteric & Astrological Studies and Research Institute, a contemporary wisdom school in Santa Cruz, Calif., which also publishes *Night Light News*, a monthly esoteric/astrological journal available by subscription and on the Web at www.nightlightnews.com.

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Letters

(Continued from Page A-5)

critical capacities to find audiences. One very memorable student film, "A Problem with Cyberoptics," explores the merging of new psychotherapeutic and entertainment technologies. In the guise of a screwball comedy and science fiction parody, the film explores the way that new technologies, including film, provide us with false memories or experiences that can both heal and infect us.

By giving this festival the high-minded task of enlarging the human spirit, the festival organizers have set important goals for themselves, filmmakers, and audiences alike.

Laurie Shrage
Ojai

Difference lies in what's left behind

10-31

To the editor:

After recently walking along Shelf Road and thereabouts, I had to wonder: Can anyone explain the meaningful difference between dog owners and horse riders, such that dog owners meticulously scoop the poop while equestrians ride on, blissfully unsullied by the large piles in their wake?

Jeff Furchtenicht
Ojai



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Sheila Cluff

FIT FOR LIFE

Shake it off, shake it all off

What if I ask you, right this second, to get up and shake all over like a wet dog? Yes, that's what I'm asking you to do (as long as you're not in a place where you might be embarrassed to do so). Why shake it off? Because stress causes muscles to tighten, shoulders to hunch up, and your back to round. But when you shake like Fido or Spot, you release that tension even for a second.

Because we can't walk around all day shaking like a pooch,

there are some other ways to shake off stress. Just a word of caution, if you feel like the stress you're managing is managing you, seek some professional help. You might want to delegate to other family members, hire some extra help or learn to say "no." Or speak with your physician or a counselor. Stress pushes us to inhumane limits and contributes to life-threatening ailments.

Here are 20 suggestions to help shake up your life.

1. Walk, everywhere you can.
2. Stand tall; this will encourage you to do No. 3.
3. Contract your abdominal when your sitting and walking (this actually is an exercise you can do anytime and anywhere).
4. Learn to love deep breathing. Often we don't take in enough oxygen (yes, it's true) and we're not refueling our body. Spend a few minutes breathing and see if you don't feel more energized.
5. Put a twist on your fitness routine. Let's say you always walk briskly, four times a week without fail. Next week, walk in another part of town or around the park. Vary your routine.
6. When walking, swing your arms. Get physical about your workout.
7. Stop thinking of fitness as a

must-do and look at it as relaxation and rejuvenation. Think of it as recess for grown-ups.

8. Take pride in your current fitness routine. You're doing something right. Add on 10 minutes to your current routine, just for one week, and see how much more fit you feel.

9. Stretch. We all know them, yet less than 50 percent of those who exercise regularly stretch. As we age, we become less limber and often feel ancient because of that stiffness.

10. Dress for success. Clothes are important; just ask any teenager that question if you don't believe me. Dress for fitness success in ways that flatter your body, not the body you hope to have when you lose 20 pounds or discover hip bones. Make sure the clothing is comfortable regardless of the size.

11. Check your shoes. Walking, running and tennis shoes are all made for specific sports. Buy the shoes you need for your fit life and remember, if you're active, you may only get three or four months' wear from the shoes. Check the soles often and at the first sign of wear, replace them. Why? Worn soles will negatively affect your posture and this might be the reason you're having a neck ache or one in your back.

12. Hang out with people who are fit. Join a sport's team or take a fitness class.

13. Ask your spouse, best friend, kids or neighbor if they'd like to start on a fitness program with you. There's no reason why you cannot jog or walk briskly as they kids cycle.

14. Read about fitness and subscribe to online or print fitness newsletters and magazines.

15. Expose yourself, to

sunshine, that is. Those who work in offices or live in the north often don't get enough natural light. The brain and the body need natural light to brighten moods and help the body assimilate vitamins. Why not sit outdoors for lunch, starting today? (Be sure to wear a hat or use sunscreen if you're sitting in the direct sun.)

16. Double your fitness workout by carrying a backpack with some light weights inside. Make sure you begin slowly and add weight as you become stronger.

17. Take a holiday for your health. There are lots of organized trips for hikers, bicyclists, and environmentalists. Stay at a health resort and restore your fitness goals.

18. Get enough sleep. For most of us that's seven to nine hours each night.

19. Drink at least eight glasses of water or other liquids a day. Thirst is a behavior we can overrule with our minds. Coffee, tea, juice and soft drinks do not count toward your consumption of liquids. New studies show that people who drink more than three diet sodas each day have a far harder time losing weight.

20. Get checkups on a regular schedule. If you suffer from any sports-related injuries or just feel out of sorts, get help before you must slow down.

Shake up your routine and attitudes as you stay fit for life.

Sheila Cluff, fitness expert, television celebrity and owner of The Oaks at Ojai, is the author of "Take 5: How You Can Benefit from Just Five Minutes of Daily Exercise" and "The Ultimate Recipe for Fitness" by Cluff and Eleanor Brown. Visit her spa on the Internet and see all that's happening at the resort: The Oaks at Ojai, oakspa.com.

Surgical weight loss now option

CMH program targets severely obese patients

By Michael Ellingson
OVN contributor

Severely obese patients, who have never been able to keep pounds off with diet pills, exercise, or other weight-loss programs now have a minimally invasive surgery option, being performed at Community Memorial Hospital, that significantly reduces food intake.

The Lap-Band System (Inamed Health, Santa Barbara) creates an earlier feeling of fullness and limits food consumption. The Lap-Band System, which is adjustable and reversible, is placed laparoscopically without cutting or stapling of the stomach or gastrointestinal re-routing to bypass normal digestion. To date, almost 190,000 patients worldwide have undergone the Lap-Band System procedure. Since the Food and Drug Administration's approval in June 2001, interest in and use of the Lap-Band System have been rapidly growing in the United States.

"Inamed Health and Community Memorial Hospital share a mission to deliver new minimally invasive surgical solutions to a broad patient base," says Bart Bandy, senior vice president of Inamed Health. "With this approach, we believe patients will experience reduced pain, trauma, and recovery periods, as well as sustained, healthy weight loss."

At Community Memorial Hospital, Dr. Helmut Billy, who is also an Ojai resident, is one of the first surgeons in the area to perform the Lap-Band System procedure. "The beauty of the Lap-Band System is that it can be adjusted to patients' unique weight-loss needs and it is reversible," said Dr. Billy. "That gives patients the opportunity to have the band removed without damage to their organs if a truly effective drug therapy should become available at a later date."

Through small incisions, Dr. Billy uses thin, long-shafted instruments to place the band around the upper part of the stomach. The band squeezes the stomach like a rubber band to create a small pouch. The narrow opening between the upper and lower parts of the stomach permits only a small amount of food to pass through at a time, giving the patient a feeling of being full sooner



DR. HELMUT H. BILLY heads up the surgical weight-loss program at Community Memorial Hospital.

and longer. Because the narrow opening that the Lap-Band System creates may need to be increased or decreased as the patient's needs change, the device can be modified without additional surgery. During the initial surgery, the band is attached by tubing to an access port that is placed below the skin. Through the port and the tubing, the inner surface of the band can be inflated or deflated by a medical professional using saline solution.

Obesity contributes to numerous health problems, such as high blood pressure, heart conditions, and type 2 diabetes. Studies have shown that many of these conditions improve as patients with the Lap-Band System lose their excess weight.

According to a surgeon general's recent "call to action," obesity has reached nationwide epidemic proportions. In 1999, an estimated 61 percent of U.S. adults were overweight, along with 13 percent of children and adolescents. Obesity among adults has doubled since 1980, while the number of overweight adolescents has tripled. Increases in obesity are associated with dramatic increases in conditions such as type 2 diabetes and asthma. In addition, a recent study reported that obesity causes more deleterious effects on health than either smoking or problem drinking. The increase in chronic health conditions caused by obesity is comparable to that seen in 20 years of aging.

For more information about the Lap-Band System, patients may call 648-2227, Ext. 111.

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Lass to play OVCH ball

Pianist Jeff Lass will bring his jazz and swing quintet to the Pierpont Inn Saturday, to provide musical entertainment for the Ojai Community Hospital Foundation Guild's fourth annual Nightingale Ball benefit.

The event will raise money to improve patient services at the hospital. The previous three Nightingale Balls have raised more than \$250,000, according to Valerie and Dietrich Schmidt, Nightingale co-chairs.

Lass, who has played with several major bands and has scored some 16 feature films, will be joined at the Pierpont bandstand by Lorca Hart on drums, Nino Tempo on saxophone, Ken Wild on bass and Gary Solt on guitar. The group's signature musical style mixes up-tempo Basin Street jazz with smooth swing numbers from the era of America's big bands.

In addition to dinner and dancing, the Nightingale Ball event features a quality "live" auction with a number of big-ticket items. Tickets for the raffle are still available at several Ojai Valley locations.

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'Blithe Spirit' on at Art Center stage
"Blithe Spirit," Noel Coward's witty and ever-popular play about love and marriage complicated by the ghost of a deceased wife, runs at Ojai Art Center Theater through Nov. 27.
Performances times are Fridays and Saturdays at 8 p.m., with Sunday matinees at 2 p.m. Tickets are \$15 adults, and \$12 seniors, students and Art Center members. Call 640-8797 for reservations or buy tickets online at www.OjaiACT.org.

Sunday auction to benefit T-150
An auction to benefit Theater 150 will be held Sunday at 3 p.m. at the Ojai Valley Woman's Club, 441 E. Ojai Ave. For more information, call 646-4300 or visit www.theater150.org.



Photo by John Hankins

Thrill of the Haunt

It's quite a scene when these women from Noel Coward's play get together for a seance, overseen by a blithe spirit (Vivien Latham, standing). They are Liana Kelley, left, Laura Schreiner and Camille La Fredo. Noel Coward's classic comedy will play Fridays and Saturdays at 8 p.m., with Sunday matinees at 2 p.m. through Nov. 27. Tickets are \$15 for adults, \$12 for seniors, students and Art Center members. Call 640-8797 for more information.

Cleveland's 'My Buddy Bill' to open new theater

Theater 150 patrons receive special invitation

Friends of Theater 150 are invited to the Geffen Playhouse in West Los Angeles for a special benefit performance of Rick Cleveland's hilarious solo play, "My Buddy Bill." The debut performance will be held in the Geffen's new Skirball-Kenis Theater on Nov. 11 at 7:30 p.m. Tickets to this invitation-only final dress rehearsal are \$50 and include a post-show reception for Rick Cleveland.

A year ago this month, Emmy Award-winning writer Cleveland gave the first performance of his solo play "My Buddy Bill" before a live audience at Theater 150 in Ojai. Since that time, the piece has been developed through workshop performances in Chicago and at the Berkshire Theater Festival in Western Massachusetts. Now the Geffen Playhouse has chosen "My

Buddy Bill" to inaugurate its intimate new Audrey Skirball-Kenis Theater. "My Buddy Bill's" much anticipated, heavily sold five-week run opens to the public Saturday, Nov. 12, before moving Off-Broadway in April of 2006. Cleveland and the Geffen Playhouse have graciously made available to friends of Theater 150 seats to the Friday, Nov. 11, invitation-only dress rehearsal. The audience for this performance will be the first ever in the state-of-the-art, 117-seat Skirball-Kenis Theater at the Geffen Playhouse. All proceeds from this event will benefit Theater 150.

Call 646-4300 for Visa or Mastercard purchase. Tickets may also be purchased on a first-come, first-served basis by check mailed to Theater 150, P.O. Box 925, Ojai, CA 93024.

Battlefield Band's tour makes it way to Ojai this Sunday

By Tom Lowe
OVN contributor

Battlefield Band, one of Scotland's most famous and respected traditional music groups, will play the music of its Celtic homeland in a concert on Sunday at 3 p.m. at Matilija Junior School Auditorium, 703 El Paseo Road.

The band's motto, "Forward with Scotland's Past," captures its dedication to the stirring music of Scotland's past — reels, marches, strathspeys, airs and ballads — and combines it with their fervent devotion to today's Scottish cultural scene. The result is music of passion, relevance and joy.

The group has been part of the Scottish music scene for nearly 35 years. The band took its name from the Battlefield section of Glasgow. Mixing a broad selection of musical instruments, the sound they make is like nothing heard in 1748, but the effect is wonderful. The instruments include Highland bagpipe, flute, fiddle, whistles, banjo, keyboards, guitar, bouzouki, bodhran and synthesizer — most traditional, a few utterly modern.

Alan Reid plays keyboards and is the author of many of the songs. Twenty-two-year-old Alasdair White is the group's fiddler and joined them directly out of high school. He is also adept at bagpipes, bouzouki, bodhran and banjo. He is from the Isle of Lewis. Not bad for a youngster born 14 years after Battlefield Band was founded. Katz is a 36-year-old Highland piper and also plays with a celebrated pipe band, The Scottish Gas Pipe Band. When not playing the pipes, he plays whistles and guitar. Sean O'Donnell, from Derry, Northern Ireland, has recently joined the band. He plays guitar and is a singer. He has been a member of many Celtic bands, including Daimh, Bionic and Deaf Shepherd.

Battlefield Band has played all over the world, including Australia, New Zealand, Hong Kong, and is well known in Europe. They recently toured Uzbekistan. For years, the band had its own music festival in Scotland, Battlefield Band's Highland Circus in Acharacle in



Photo submitted

BATTLEFIELD BAND, dedicated to the Scotland's rich musical past and devoted to its current culture, comes to Ojai for a Sunday concert.

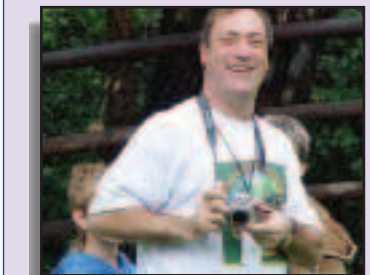
Argylshire. They have released 23 recordings, including their most recent, "Out for the Night," that was recorded with the new lineup. The BBC has used many of the band's compositions as scores for its productions. The band is often heard in America on "The Thistle and Shamrock," a public radio program which features Celtic music. The band is also a frequent guest on Garrison Keillor's radio show, "A Prairie Home Companion."

On this tour of North America they are playing in cities across the United States and Canada, with Ojai being one of the smallest towns that they regularly visit. Battlefield Band can rightly be called Ojai's favorite Scottish band, having played here 10 times since 1984, always to sold-out crowds.

The Battlefield Band's accessible Scottish music has won wide acclaim from Celtic music fans and also from people less

familiar with this type of music. The skill and joy with which they present the music is inspiring.

Advance tickets are \$18; tickets at the door are \$20. For more information, call 646-5163. Tickets are also available at Plaza Pantry, 221 E. Matilija St., Ojai.



Howard Freiberg

Benefit concert set for Thursday
"Majestic Blues," a benefit concert for Howard Freiberg will be held Nov. 10 at 8 p.m. at the Majestic Ventura Theater, hosted by Ardas Khalas (Grateful Grooves) and singer-songwriter Al Westcott. Performers will include British blues legend Jackie Lomax, Corby Yates, Electric Blue and Tom Ball and Kenny Sultan.
Concert promoter Freiberg has been diagnosed with lymphoma, and all concert proceeds will be used to assist with some of the medical bills associated with treating — and beating — this cancer. Tickets are \$25 and are available through Ticketmaster. Doors will open at 7:30 p.m. For more information see westcottweb.com.

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'Nova JV holds off Ranger rally

By John Willis
john@ojaivalleynews.com

The Wildcats came out on top in last week's battle between Nordhoff's and Villanova's underclassmen, beating the frosh-soph Rangers, 26-14 at Nordhoff. Villanova held off a late Nordhoff surge to claim bragging rights for a year.

The Wildcats built a 20-0 halftime lead, but the game was closer than the score would imply. The Ranger defense did a good job of containing Villanova's main option on offense, running back Will Greenway, who was held to one touchdown and 90-plus yards, equaling a small game for Greenway. To Greenway's credit, the fleshed-out freshman made the Rangers work to bring him down, at one point carrying the ball the final few steps of a 15-yard run with a Ranger defender hanging from his leg.

The game basically came down to the "wide-out and fling," with Villanova quarterback Jarrod Arbuckle putting the ball in the air, and Sean Madlem chasing it down. The pair ran the play to 'nova's advantage throughout the first half, racking up 153 yards and three touchdowns.

The Rangers tried to stage a comeback in the second half, showing they can do a little wide-out and flinging of their own when Tim Kastner hauled in a 48-yard touchdown pass to cut the lead to 26-14. Kastner's score followed a 1-yard TD run from Nordhoff's Chris Whittaker. After forcing the fourth and 27 punt from Villanova at 6:18 in the fourth quarter, the Rangers decided to go for broke. Drew Rodriguez took the snap, handed it to the running back, who threw the lateral pass to the half back, who threw to an open Shane Wolcott with a wide open field. Unfortunately, the pass went long and bounced harmlessly on the grass. With 42.6 seconds to play, Nordhoff tried one more wide-out and fling, but Madlem batted away the fourth and 20 pass to lock up the game.

"They're a good team," said Madlem about the Rangers. "I'm looking forward to playing against them in a varsity game someday, if it ever happens."

The "it's only a little blood" award goes to Villanova's Nick Forster, who shrugged off multiple injuries to help the Wildcats stave off Nordhoff's comeback.



Photo by Erik Taylor/ Brooks Institute of Photography

NO. 83 NICK FORSTER gives quarterback Jarrod Arbuckle some protection as Arbuckle looks for No.11, Sean Madlem. Arbuckle and Madlem combined for 153 yards and three touchdowns.

Toads put Lions in la-la land

By John Willis
john@ojaivalleynews.com

The Toads put on a football show for friends and family Saturday, knocking the wind out of Los Angeles Lutheran, 66-26, to celebrate Thacher's Family Weekend. The victory makes the Toads 5-2 on the season and looking toward the play-offs once again. A win in their final regular season game next week should lock up the postseason spot, assuming Santa Clarita Christian loses to league-leader, Faith Baptist, as expected.

There wasn't much competition in Saturday's game. The Lions came to town with a firm hold on last place in the Heritage League, but couldn't get a hold on much else — certainly not the athletic Toads, who broke more than a few LAL tackles on their way to 408 rushing yards.

After a 13-yard touchdown run by Bob Kamuyu, a 21-yard TD pass from Max Barbakow to Billy Irwin, a two-point conversion by Chris Gordan, a 41-yard run by Irwin, the extra two points from P.J. Benner, a 63-yard explosion from Kamuyu and the conversion by Barbakow, the Toads led, 30-6 after 12 minutes. The only mistake Thacher made in the quarter occurred when the Toads allowed LAL's Casey Arias to return a kickoff 80 yards for the score.

After Benner and Barbakow each added rushing touchdowns in the second quarter, the Thacher starters were done for the day. Kamuyu led the offensive surge with 112 yards on 5 carries. Benner

ran for 77 yards. Irwin added 78 on the ground and threw in 21 on the pass from Barbakow, with Irwin elevating over his defender to haul in the catch for the highlight play of the game. Irwin's all-around hustle in Saturday's big win earns him OVN Player of the Week honors. The "player" award goes to Kamuyu, whose performance had one opposing cheerleader chanting his number.

"We had an idea going in that if we played well, we'd have a chance to win the game," said Thacher coach, Jeff Hooper, "so the main thing you really want to do is execute at the beginning, which we did. Once we built a little bit of a lead, the focus turned to getting everybody a chance to play."

So Redgie Collins, Quinn Hacker, and Will Oberndorf got the ball in the second half. Redgie Collins scored his first touchdown of the season in the third quarter, taking the ball 5 yards for the score. Oberndorf picked up 38 rushing yards to bring his season total to 41. Both Oberndorf and Hacker were successful on two-point conversion attempts.

The "A-1 effort" mention goes to Griffin Triplett, whose second quarter conversion attempt was one of the more entertaining sequences in the game. The Lions forced Triplett wide left, with Triplett bouncing off one, two, three defenders, losing his grip on the ball, juggling it as he ran, regaining control and finally being pulled down by the group of Lions hanging from his shirt. Triplett wasn't able to convert the

two points, but it wasn't for lack of trying.

The "whatever happened to accountability" demerit goes to the Lion's head coach, who verbally abused his players after each LAL mistake. Coach, if your team makes a mistake on every snap, who's really to blame? After all, a team is only as good as its coach. The Lions' last place standing speaks volumes. That the Toads are 5-2 and likely going to the play-offs says very good things about Hooper, who was handed a mostly inexperienced squad to start the season.

Mustangs stomp Ojai Christian

The sixth-grade Mira Monte Mustang Flag Football defeated a very tough opponent last Saturday evening with a 15-0 win over Ojai Christian Academy. The win gave the Mustangs a 5-0 league standing in the Senior Division. Jeremy Thornburg scored on a 30-yard touchdown run in the first half behind the effective blocking of Jared Culver and Jacob Perron. Later in the half, defensive end Scott Klausen pulled a flag in the endzone to score a safety for the Mustangs. In the second half, Evan Edwards scored a touchdown behind the effective blocking of Colton Pulley and Hunter Hartley. The Mustangs' defense played another remarkable game against a very talented running team.



Photo by Erik Taylor/ Brooks Institute of Photography

BILLY IRWIN GOES UP over his man to haul in a pass for 21 yards and a first quarter TD. Irwin's overall play earns him OVN's Player of the Week honors. Irwin scored twice and was an all-around defensive terror.

Pray for Ozzie, departed friends

Bud Furillo's

Quick Steam & a Rub



Eulogies flow in following the death of Wellington Mara, 87-year-old owner of the New York Giants.

He was a nice man I had to meet several times. You know how that goes.

"Well" Mara was close to the founding fathers of the National Football League. I was more impressed with his father. Tim Mara was a bookmaker. What would Well have amounted to without Daddy?

Tim bought the Giants franchise for \$500. Their stationery had them as the New York Football Giants when the baseball Giants shared the Polo Grounds with them. They play in New Jersey. Giants stadium can be seen from the Empire State Building, six miles away.

My pal Sam Huff said Mara was "the savior" of the NFL. Nope, that was Pete Rozelle, who signed the TV contract.

Harry Wismer was a radio broadcaster of college football before television.

Wismer owned the New York

Titans of the AFL who would become the Jets.

Harry operated the Titans out of his New York apartment where he had a United Press International news wire machine. Wismer would make cockeyed statements and race home to see if they made the wire.

Bill Stern was another voice of college football before Chris Schenkel and Keith Jackson.

In New Orleans to do a Sugar Bowl, Wismer told his spotter to let him know if he made a mistake on a name so he could correct it.

The spotter suggested a Stern tactic. "Mr. Stern tossed a lateral to the player with the ball."

The money in pro football wasn't always as solid as it is today. My friend George Strugar, who had been a tackle for the Rams, wound up with Wismer's team and had two checks do the Jersey Bounce.

So he gave up football for trucking and became a multi-millionaire. His Pro Express trucks are everywhere.

Fun was had by all in the family who followed the customary Trojan breeze over Washington State on Saturday to Papadakis Taverna in San Pedro.

The food was tops, of course. The New York Times' write-up on the restaurant is impressive.

It was great to see the Papadakis family again, people like Angie, widow of Tommy and mother of

John, who I covered as a linebacker at S.C.

I didn't deserve the intro John gave me but I'll take it.

The Greek restaurant has to be the No. 1 Trojan hangout in the southland.

It was jammed and the entertainment superb.

Al Lopez has gone to the great Adios in Tampa and I thank him for the baseball he taught me. He was 87. I first met him as manager of the White Sox in the 1959 World Series lost to the Dodgers in six games. We grew closer when I covered the American League in the early '60s.

A story worth repeating is my anger over his acquisition of Hall of Fame reliever Hoyt Wilhelm. The onetime fastball pitcher wound up his career throwing a knuckle ball that danced up to the plate. Batters looked silly swinging at it.

I raged at "The Señor." "Why did you have to go and get him? I can't stand to look at old crooked neck."

"I couldn't either. That's why I got him," Lopez said, with a smile.

Lopez was a Hall of Fame catcher before he turned to management.

Pray for Ozzie Guillen on his trip home to Venezuela with the world championship trophy for baseball.

Kidnapping is the national sport in Venezuela.

We need to get the trophy back.

Sports Shorts

Sign up for the ORD's youth b-ball leagues now

The Ojai Recreation Department is hosting its youth basketball league beginning in December.

However, players must register now. Grades kindergarten through first will play in the Mighty Mites clinic; second-graders will play in the Beginner's League; third- and fourth-graders play in the Instructional League; fifth- and sixth-graders play in the Small Fry League; and seventh- through ninth-graders will participate in the Junior High League.

Each league has divisions for boys and girls.

Important dates:
Dec. 3: Player rating
Dec. 10: Practice games
Jan. 7: League play begins
March 4: finals

The cost is \$80 per child for all leagues except Mighty Mites, which costs \$60 per child.

The ORD gives out need-based scholarships of up to \$100 per child; call the ORD for more information, or to register your child.

Fox-trot over to the ORD

Join instructor Lana Flora every Tuesday for fun and easy lessons in some of the best-loved ballroom dances.

Learn to fox trot, waltz, tango, swing, samba, cha-cha and more in a stress-free environment at the Ojai Recreation Department. No partner is necessary. Classes are Tuesday from 6:30 to 8 p.m.

A new eight-week session will begin Nov. 1, running through Dec. 20. The eight-week session costs \$60 per person, or drop in on a class for \$10 per person. Call the ORD at 646-1872.

Get in the hip hop groove

Need some new moves? Get in the groove with the ORD's hip hop dance classes. A new session begins Nov. 7, running through Dec. 12 for kids ages 7 to 13. Learn to groove to the beat with instructor Jackie Ringhof at the ORD every Monday from 3:30 to 4:30 p.m. The class will emphasize coordination, flexibility and endurance in a fun setting geared specifically toward kids. Each session costs \$60, or feel free to drop in any Monday afternoon for \$10 per person. Call 646-1872.

Learn to hoop dance Nov. 9 with the ORD

Loving all the '80s nostalgia? Check out the ORD's hoop dance with Diana Lopez. Another class starts Nov. 9 and runs through Dec. 7; classes are Wednesday from 6 to 7 p.m. Anyone age 8 and

Eagles upset NHS

By John Willis
john@ojaivalleynews.com

The Rangers are going to have to wait another week to pop that cork, missing an opportunity to lock up a play-off spot last Friday at home against Oak Park. Those in attendance got a show, nevertheless, as Nordhoff took it the distance, making sure the game wasn't over till it was over.

The return of Tyler Whitcomb was a welcome addition, but wasn't enough to hold off the Eagles, who pulled off the shocker, 28-22, to drop the Rangers to 6-2 on the season, 2-2 within the Tri-Valley League.

"What really hurt us was that we failed to score on the opening drive," said Nordhoff coach, Cliff Farrar. "(Before Oak Park) we scored to open six consecutive games."

Oscar Dominguez covered the Ranger's first quarter points, kicking the ball 32 yards through the posts. The three points from Dominguez were good enough to give the Rangers the 10-7 lead going into the half after Oak Park and Nordhoff traded rushing touchdowns in the second quarter, Nordhoff's coming on a 4-yard run by Whitcomb.

Breaking from their usual game, Nordhoff put the ball in the air on seven of the team's first 13 snaps. The increased passing would ultimately lead to Nordhoff's downfall as the Eagles' Gabe Derricks played gatekeeper, grabbing two goal line picks against the Rangers — essentially robbing the NHS offense of 14 points and the game.

Robert Erickson's 143 passing yards were in no way a bad thing, mixing up an offense that gained 241 yards rushing behind Whitcomb's 81 yards, 62 from Casey Catlett and 59 by Erickson. The Nordhoff shuffle produced 384 all-purpose yards by the Ranger crew to 251 yards from Oak Park. The Rangers were just outplayed by Derricks and OP quarterback Doug Deakin, the Eagles' gunner who ran for two touchdowns and passed for another. Derricks snuffed a Ranger comeback at the goal with 14.6 seconds to play, getting between Erickson and Marty Myers (five receptions for 55 yards) on a fourth-down, win-or-go-home pass attempt.

Asked what happened with his team this weekend, Farrar said, "I don't think anything happened. I just thought it was a great football game and we came up on the short end. The ball took some bounces in some key spots that went against us, but I thought the two teams played some great football"

New inductees to be named at NHS game Nov. 4

On Friday, at the halftime of the Nordhoff-Santa Paula football game, 10 Ranger alumni will be inducted into the Nordhoff Athletic Hall of Fame.

This fall's Hall of Fame class includes Nathan Cotten, Alice Atkinson, Nancine Hayden, Dan Allen, Bill Tallakson, Jesse Moore, Josh Hawkins, Javier Ramirez, coach John Harnett and former principal Ron Barney.

All existing members of the Hall of Fame are also invited to attend the Nov. 4 game.

Those interested in receiving tickets to the game can contact Dick Sebek at 640-4343, Ext. 1802.

Foundation:

(Continued from Page A-1)

fine artists create. Their mini-grant program awards grants of up to \$1,000 to teachers, mainly, letting them cover the cost of materials the schools can't provide. Still, what about the classes that have been cut?

"What we're trying to do is expand the role and the mission of OEF to go beyond this mini-grant program," said OEF board member Steve Fields.

Though the expansion is still in the developmental stages, OEF would like to restore the dropped classes. They want to send the teachers to school, giving them fellowships to go back and sharpen their skills. Plans are also on the drawing board to get K-12 science and math scores on par with national recommendations.

This last concern addresses an alarming trend as the United States falls farther down the educational scale. American 12th-grade recently scored below the international level for 21 countries in those two subjects. When looked at globally, we find American manufacturers taking our economy abroad, not solely for the lower cost of doing business, but for more intelligent workers as well. After awhile, it becomes a question of whether there are any jobs left, not whether a student can get one or not. And it all starts here in Ojai.

"We have a strong community here, with a lot of people who would like to help improve the educational experience of the students in our town," said Fields.



Photo by Erik Taylor/Brooks Institute of Photography

Brush Cuts

Peter Cambier trims back plants around Nordhoff High. Cambier, who has a daughter who is a senior at Nordhoff High School, helped out around campus during Ranger Pride Day on Oct. 18.

Music:

(Continued from Page A-1)

the seminars are open to anyone who's interested and Yabrof said they're beneficial for parents and educators alike.

Though difficult to describe without seeing it happening in person, Yabrof said the technique involves singing traditional songs with accompanying hand motions.

Songs are repeated with different physical variations each time — new elements that keep the brain just enough off balance that it stays open and aware as it anticipates whatever challenge may come next. "Part of the understanding is that when an athlete is in peak performance — when an executive is in the zone — it's the same as the play state," said Yabrof, a second-grade teacher for 12 years at Mira Monte. "You're not conscious of time, you're totally there participating."

Though participants do learn various musical techniques, the method is especially effective with non-music educational subjects. "I use music in many ways in my classroom," Yabrof said. "Research is telling us that music most closely resembles the way the brain communicates with itself." Whether we notice it or not, she said, music is already an essential part of our lives, used in various

ways to enhance communication. "Why do you think commercials use music? I still remember commercial jingles from 3rd grade," she said by example.

The first of three Education Through Music seminars happens this weekend, Saturday and Sunday, in the Mira Monte multipurpose room. The second session is Jan. 6 and 7, and the third is on March 24 and March 25.

The Friday night workshops run from 5:30 to 8:30 p.m., and the Saturday workshops are from 8:30 a.m. to 2:30 p.m. All interested parties are encouraged to visit this weekend's session. Registration is \$350, but Yabrof said no one should turn away because of money.

"It makes the classroom a much more enjoyable place to be and the social development would be worth it for its own sake," said Yabrof. "The beauty that's created is so joyful."

Franssen:

(Continued from Page A-1)

he remembered. "I said I'm going to leave and do something" — which he did in 1964, landing in Santa Barbara, where he took a job as the dining room manager at the Biltmore Hotel. When friends told him the owners of Ojai restaurant L'Auberge Parisienne were considering selling, Franssen jumped on the idea of owning and operating his own restaurant.

Destroyed by the 1917 fire, the L'Auberge building was rebuilt by Mead and Requa — the architects responsible for the Arcade, the post office, and other notable buildings around Ojai. Before becoming Donovan's Stewpot in the '50s, Ojai historian David Mason said the building was the parsonage for the Presbyterian Church.

In 1980, Franssen opened the doors on the new L'Auberge, after a year of negotiating the sale, renovating the building, and developing the menu. "We were very well received immediately," he said. Franssen dropped the Parisienne from the restaurant's name, which means "the inn."

The menu has remained intact with only slight changes over the years — much like his staff, the majority of which have been with Franssen between 15 to 20 years. He said that more than likely the atmosphere and menu will change with the new owners. "I think they want to make it a more contemporary setting," he said. "This is old-fashioned — it has a lot of charm to me, but there are changes with the young people who want it a little more noisy, with big tables."

Langley has hired a new executive chef, and Ted Gowrie — Franssen's loyal chef for over 23 years — is planning to take some time for himself before exploring prospects. "He's never really stepped in," said Gowrie of Franssen's management style. "He wants good food and presentation, but he's always let me run the kitchen. It's been great."

Franssen is both excited and nervous for what lies ahead.

"I'm going into something which is a little unknown — I feel that I still may have a lot to learn," he said.

Wagner:

(Continued from Page A-1)

Broidy's name is one of 24 party officials signed to an Oct. 3 letter asking for Wagner to call an end to his candidacy. If Wagner chose to continue his campaign, the letter said the party would "have no alternative but to publicly oppose" him. Wagner claims the letter writers signed the request in their official capacity as party leaders, which Wagner said is a violation of their oath of office. "I signed as an individual — the designation was purely as identification," said Broidy. "I think this is Brett's contention that I might have done something wrong. He's got to remind himself that he's a self-styled candidate and I'm an elected official — he really has no right to call on me to resign."

Wagner is anxious for the investigation, and believes weathering the storm will leave his candidacy — and the party on the whole — stronger and more ready to face conservative stalwart Elton Gallegly in the 2006 election.

"I'm very optimistic that this investigation will help restore a much-needed sense of transparency and justice to our local Democratic Party," Wagner said. "I also think this will make it clear once and for all that the era of smoke-filled backroom politics is over."

Broidy said she anticipates not one opponent to Wagner in the June primary, but two. Though neither has officially filed for candidacy, Broidy said Jill Martinez and Mary Pallant are expected to challenge Wagner this summer.

"I'm just delighted that two women are running as candidates," Broidy said. "I think it's essential that more women are represented." Broidy also said she's regretful that the California State Democratic Party won't endorse any candidates until after the primary. "I think endorsing early would be a wonderful idea," she said. "I come from a British political tradition where the parties interviewed and chose candidates. I'm astonished in this country that they don't have a bit more party discipline over here."

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Around Our Valley

This Week

•Wednesday, Nov. 2

OJAI HEALING CIRCLE — hosts Heather Rose and Christie Sheldon presenting "Intuitively Gifted, Indigo and Crystal Children," today from 6:30 to 8:45 p.m. at The Ojai Retreat, 160 Besant Road in Meiners Oaks. They will talk about intuitively gifted children now on this planet. These children are sometimes diagnosed as ADD/ADHD and autistic. Find out how you can assist them. They are here to help the evolution of the planet. Sliding scale: \$5 to \$10. Call Marilyn Salas at 640-7101 for more information. (N2)

OJAI LIBRARY BOOK DISCUSSION GROUP

— The Ojai Library's Book Discussion Group will meet today at 7:30 p.m. to discuss "Gastronomical Me" by M.F.K. Fisher. The library is located at 111 E. Ojai Ave. Everyone is invited to join the group. Everyone is invited to join the group. The only requirement for participating in the discussion is to have read the book and come willing to share your opinion and listen to others. Call 646-1639.

•Thursday, Nov. 3

PARENT INFANT AWARENESS GROUP — A free small group gathering for parents with their very young baby at the Ojai Valley Birth Resource & Family Center, 319 E. El Roblar Drive, will begin Thursday and meet weekly from 11:45 a.m. to 1:15 p.m. for 10 sessions. (You may bring your lunch.) Mothers and fathers are invited to attend in an ongoing Parent Infant Awareness Group facilitated by infant specialist Elizabeth Memel who is taking a limited number of registrations for this family support program sponsored by the Ojai Valley Neighborhood for Learning and funded by a grant from First 5 Ventura. Call 646-0441 for information.

OJAI VALLEY WOMAN'S CLUB MEETING

— All are welcome to join the fun when Theater 150's "Sage to Stage" entertains at the Ojai Valley Woman's Club meeting, 441 E. Ojai Ave., Thursday at 2 p.m. Think you're too old to entertain? Enjoy those who know they're not. Tea will follow.

•Friday, Nov. 4

PEACE VIGIL — Bring a sign and join the Peace Vigil held every Friday from 5 to 6 p.m. at Libbey Park along Ojai Avenue by the fountain.

EDUCATION THROUGH MUSIC

— is coming to Ojai. Develop resilient, healthy children with music, movement, and play. Study with master teacher Randy McChesney and bring joy into classrooms and families. Learn delightful alternatives to traditional worksheets and bubbles, based on the latest brain research. Your first session is free. Wear comfortable shoes and clothing for active participation. Meet at the Mira Monte School Multipurpose Room on Friday from 5:30 to 8:30 p.m., and Saturday from 8:30 a.m. to 2:30 p.m. Future classes will be held Jan. 6 and 7 and March 24 and 25. Optional classroom observations on Jan. 6, and play date on Feb. 25. Scholarships and reduced tuition for early childhood care providers are available. For details, call Joann at 649-4847.

"BLITHE SPIRIT"

— Noel Coward's witty and ever-popular play about love and marriage complicated by the ghost of a deceased wife, runs at Ojai Art Center Theater through Nov. 27. Performances times are Fridays and Saturdays at 8 p.m., with Sunday matinees at 2 p.m. Tickets are \$15 adults, and \$12 seniors, students and Art Center members. Call 640-8797 for reservations or buy tickets online at www.OjaiACT.org.

SPECIAL SILENT RETREAT

— with Margriet de Koning, transpersonal therapist and meditation instructor from Holland, will be held from Friday at 7 p.m. till Sunday at noon at The Ojai Retreat, 160 Besant Road, Ojai. The weekend will consist of meditation, qi gong, introspective walks, and free time to be alone while experiencing quietude and healing. Cost: \$75 for workshop (\$55 students/seniors); meals \$45. Call 646-2536 to register or more details. (N4)

MEDITATION RETREAT

— "Training the Mind, Opening the Heart: Guidance for Ethical Action and Community Building for Our Times," with Lyn Fine and Chau Yoder, Dharma Teachers in the Order of Interbeing, ordained by the Venerable Thich Nhat Hanh. Meditation retreat guided by the teachings and mindfulness training developed by Zen Master Thich Nhat Hanh. Touch the joy of being alive in this present moment; cultivate seeds of calm, clarity and compassion in ourselves and others through practicing silence, deep listening, and speaking from the heart. Nov. 4 through 6: Friday, 7:30 to 9 p.m.; Saturday, 6:30 a.m. to 8 p.m.; Sunday, 6:30 a.m. to noon. (Optional extended hours; if intending to participate in entire retreat, including meals, please bring vegetarian breakfast Saturday and Sunday, lunch and dinner Saturday. A refrigerator will be available; drinks will be provided.) Cost: \$25. Krotona School, 46 Krotona Hill, Ojai. Call 646-1139 for more information. (N2)

•Saturday, Nov. 5

PANCAKE BREAKFAST TO BENEFIT SHELTER — Nordhoff High School Interact Club's fourth

annual Pancake Breakfast will be held Saturday from 7 to 11 a.m. at Chaparral Auditorium. Join fellow Ojais for a hearty breakfast of pancakes, eggs, bacon, fruit, coffee and orange juice. All proceeds from the breakfast will go to help the Ojai Valley Family Shelter. Tickets are \$5 each, and donations will be happily accepted.

VOLUNTEER TRAIL DAYS

— Come celebrate the outdoors and join the Ojai Ranger District of the Los Padres National Forest for Volunteer Trail Days on Saturday. Local trails need your help and volunteers play a big part in their upkeep. People of all ages and abilities are invited to conduct light maintenance on local hiking trails. Work usually involves both brush removal and light treadwork with hand tools. The Forest Service will provide tools and instruction for proper use. Meet at 8:30 a.m. (weather permitting) at the Ojai Ranger Station, 1190 E. Ojai Ave. The day will end around 3 p.m. Bring water, lunch, sunscreen, gloves, eye protection and sturdy boots. For more information, call Heidi Anderson at 646-4348, Ext. 309.

CHRISTMAS BOUTIQUE

— The American Legion Auxiliary Unit 482 will host its annual Christmas Boutique on Nov. 5 from 9 a.m. to 3 p.m. at the American Legion Hall, 843 E. Ojai Ave. Homemade chicken noodle soup, dessert and beverage will be served from 11 a.m. to 1 p.m. All proceeds from this event are used for projects that directly benefit veterans, scholar-ships for students and families in need in the Ojai Valley. Vendor spaces are still available for \$20. For more information, call Mary at 649-2705. (N4)

JOHN G. MARTIN DEDICATION

— The public is invited to the dedication of the Ojai Gymnasium to honor John G. Martin on Saturday at 11 a.m. at the Ojai Recreation Center at Sarzotti Park, 510 Park Road. Martin, who died in 2001, will be honored for his 31 years serving as director of the Ojai Parks and Recreation Department, and the Ojai Gymnasium will be renamed the John G. Martin Community Gymnasium. Call 646-8386 for more information.

OAK GROVE SCHOOL OPEN HOUSE

— On Saturday from 1 to 4 p.m. Oak Grove School will hold an open house for the community to learn more about its innovative programs, which range from discovery-based infant-parent classes through inquiry-based college-preparatory high school and boarding programs. Oak Grove is located on 150 rural acres at 220 W. Lomita Ave. Enjoy tours of the campus and guided visits to the early childhood, elementary, junior high and high school facilities, art and music studios and athletic areas. For information call 646-8236, Ext. 109. Tours will run from 1 to 3:30 p.m. and music and refreshments from 3:30 to 4 p.m.

"A JOURNEY TO THE OUTER LIMITS"

— An free encounter with stars and planets in Ojai's autumn nights is back by popular demand on Saturday at 6:30 p.m. at the Wheeler Gorge Visitors Center, 17017 Maricopa Highway. Find the constellations, hear ancient stories from around the world about the stars, and learn amazing facts about our galaxy and those beyond it with Jim Mahan, avid stargazer, member of the Ventura Astronomical society and master teacher at the Griffith Park Observatory. Telescopes will be provided, and there will be astronomy games and a movie before dark. Bring kids and camp lounge chairs or blankets (ages 5 to adult). For more information call 640-9060.

•Sunday, Nov. 6

CHILDREN AND SPIRITUALITY — "How do children perceive God?" Families and friends of St. Andrew's will explore this question on Sunday at 11:30 a.m. All are welcome. The facilitator will be Patty Van Dyke who is an art therapist, artist and former teacher in St. Andrew's Catechesis of the Good Shepherd" class.

"OUTSIDE THE BOX" — An auction to benefit Theater 150 will be held Sunday at 3 p.m. at Ojai Valley Woman's Club, 441 E. Ojai Ave. For information, call 646-4300 or visit www.theater150.org. (N4)

BATTLEFIELD BAND FROM SCOTLAND

from Glasgow will play Scottish reels, marches, airs and ballads on Sunday at 3 p.m. at Matilija Junior High School, 703 El Paseo Road. The band plays Highland bagpipes, fiddle, guitar, bouzouki, whistles and keyboards. 646-5163. (N4)

•Monday, Nov. 7

FREE BLOOD PRESSURE SCREENINGS — Clinicas Ojai will offer free community blood pressure screenings Monday from 11 a.m. to noon at The Medicine Shoppe, 960 E. Ojai Ave., and on Nov. 14 from 9 a.m. to 5:30 p.m. at the Ojai Community Health Center, 1200 Maricopa Highway. Everyone is welcome. Call 640-8293 for information.

HORTICULTURAL SOCIETY MEETING

— The Ojai Valley Horticultural Society will meet Monday at 7 p.m. at Kent Hall at Little House, 111 W. Santa Ana St. Experts in landscape architecture and environmental planning Kathy Nolan and Lee Walmsley will speak on "Going Green!" Their main topic will be sustainable landscaping. The public is welcome and there is no charge. Refreshments will be served. Bring some plants, cuttings or homegrown produce for the monthly plant raffle. Call Joanne at 640-7135 for more information.

•Tuesday, Nov. 8

LEAGUE OF WOMEN VOTERS MEETING

— The effects of deregulation of electricity on the State of California and how it has added to the energy crisis will be explored by the Ojai Unit of the League of Women Voters on Tuesday at 9:30 a.m. at the Ojai United Methodist Church, 120 Church Road, Ojai. The first part of the study looks at where electricity is generated and how it is distributed. Attendees are urged to arrive early, the better to enjoy outstanding charts created for the discussion. Visitors are welcome. For rides or more information, phone 646-3905.

STORY HOUR AT MEINERS OAKS LIBRARY

— Meiners Oaks Library, 114 N. Padre Juan Ave., holds a story hour every Tuesday at 10:30 a.m. These free programs are open to all parents and children. Call 646-4804 for information.

SACRED FILM SERIES

— with John Myhre will continue at The Ojai Retreat, 160 Besant Road, Tuesday at 7 p.m. with the screening of "Butterfly Woman" and "Jame's Journey to Jerusalem." Donation: \$5 to \$10. Call 646-2536. (N4)

"LIVING THE LIGHT OF THE SOUL"

— The Theosophical Society in the Ojai Valley will meet Tuesday at 7:30 p.m. in Krotona Hall. Patrick Harbula will speak on "Living the Light of the Soul: The Power of Disidentification." Call 646-2653 for more information.

Down the Road

GARDEN CLUB MEETING

— The Ojai Valley Garden Club will hold a meeting on Nov. 9 at 10 a.m. The speaker at this meeting will be Mary Jane Delgado, who has the butterfly food farm in Santa Ynez. She will be discussing the types of butterflies that are found in our area, and will tell what flowers are the most successful in attracting butterflies to your garden. Delgado will also be taking orders for the future delivery of these particular plants. The meeting will take place at the Ojai Valley Woman's Club, 441 E. Ojai Ave. Coffee and refreshments will be served. All interested parties are welcome. For more information, call 646-0072.

"WILDFLOWERS OF THE OJAI VALLEY AND BACKCOUNTRY REGION"

— a free photo talk with Rick Burgess, native plant botanist, sponsored by Matilija Nursery, will be held Nov. 9 at 7 p.m. at The Ojai Retreat, 160 Besant Road, Ojai. Call 646-2536 for more information.

"PERCEPTION: HOW WE KNOW THE WORLD"

— will be the topic of discussion on Nov. 11 at 10 a.m. at Little House, 111 W. Santa Ana St., Ojai. This free program, which includes slides, will be led by John Foley, Ph.D. Foley majored in physics at the University of Notre Dame and received his doctorate in psychology with a specialty in visual perception from Columbia University. He then joined the faculty of the University of California at Santa Barbara, where

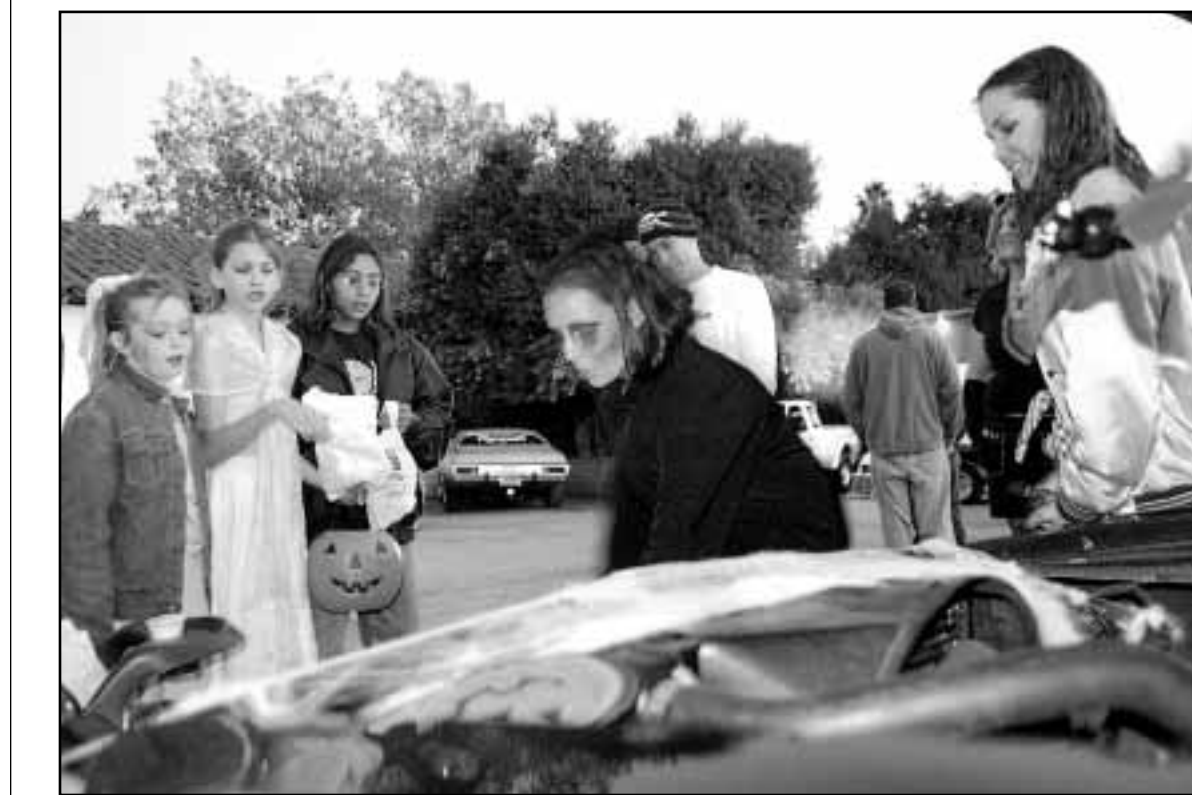


Photo by Brooks Smothers

Trick or Trunk

O-Hi Frostie owner Rick Henderson hosted a children who came in costumes found Halloween candy in the trunk of the classic cars.

he has worked ever since, and is currently a research professor of psychology. His research work is supported by grants from the National Institutes of Health and the National Science Foundation.

DANCES OF UNIVERSAL PEACE

— Dances of Universal Peace will be held Nov. 11 from 7 to 9 p.m., silent meditation alternating with Dances of Universal Peace, integrating active practice with meditation, gently leading toward a rounded balance of serenity, insight and awareness. Donations welcome. Call 649-1455.

FALL FESTIVAL BOUTIQUE

— and a salad luncheon for \$6 will be held Nov. 12 at 9:30 a.m. at First Baptist Church, 930 Grand Ave. Baptist bean soup will be featured and delicious homemade salads will be served. Homemade items will be on sale. Call 646-3333. (N11)

"GEM HARVEST"

— Lady on the Ferry presents "Gem Harvest," the grand opening celebration of Yudit Ecsedy's Ojai jewelry studio on Nov. 12 and 13 from 11 a.m. to 5 p.m. at 210 Descanso Ave. Elegant designs with semi-precious gemstones expressing the spirit, character and beauty of the wearer. Call 646-0270.

"GREETINGS FROM THE OTHER SIDE"

— An Evening with Ida Levy and Friends," a one-woman show starring Trudy H. Frohlich and directed by Susan Kelejian, will be performed Nov. 12 at 8 p.m. at the Ojai Valley Woman's Club, 441 E. Ojai Ave. General ticket price is \$18, and reserved seating tickets are \$25. The price includes a reception following the show. Call 640-6879 to reserve tickets.

"MOSTLY MUSSORGSKY"

— The Ojai Youth Symphony will perform a concert titled "Mostly Mussorgsky" on Nov. 14 at 7 p.m. at Matilija Junior High School Auditorium. Andy Radford and Amy Hagen are music directors. General admission is \$5; kids 18 and younger admitted free. For more information call 649-8086 or see ojaiyouthsymphony.org.

"A FOUNDING THAT REVERBERATES ACROSS THE YEARS"

— The Theosophical Society in the Ojai Valley will meet Nov. 15 at 7:30 p.m. in Krotona Hall. Joy Mills will speak on "A Founding that Reverberates across the Years." Call 646-2653 for more information.

"THE NON-JUDGMENT MYTH"

— Nov. 15 at 7:30 p.m. at 687 Villanova Road, the American Vedic Association's Bhagavad Gita As It Is Fellowship will discuss "The Non-Judgment Myth." A lot of people plea, "Don't be judgmental." But what does that really mean? Learn how to make wise non-prejudicial decisions and avoid the trap of claiming aloofness, while your senses rage out of control and make all your decisions for you. Always free. Call 640-0405.

GOLDEN ALTAI UNIVERSE SYNERGY ARTS

— will hold the following classes at The Ojai Retreat, 160 Besant Road, Ojai. All classes run from 6:45 to 8:45 p.m. and cost \$25 each. Nov. 21: Learn ancient Siberian secrets of health, wealth,

happiness, energy, from the Masters of Golden Altai. Nov. 23: Astroikido. Learn energy control, emotional balance, and to experience the joy of personal freedom and success. Nov. 28: Slavik Tantra. What do men want? What do women want? Where is an ideal partner for me? Nov. 30: Woman Power and Magnetism. Learn ancient secrets to unlock your hidden abilities and unleash your personal power. For more information: www.goldenaltai.org, community@goldenaltai.org, sekora@mail.ru or call Olga at (818) 515-3946. (N4)

M.O.P.S.

— Mothers of Preschoolers is a program designed to nurture mothers with children from infancy through kindergarten. M.O.P.S. is a caring network, helping moms to be better moms through trusted resources and supportive relationships. Call for dates, times and registration information. Meetings are held at Ojai Valley Baptist Church, 11642 N. Ventura Ave., Ojai. Contact Michelle at 649-3936, or Ojai Valley Baptist Church at 6463362.

OJAI VALLEY BREAST-FEEDING PROJECT

— Educates and supports mothers who choose to breast-feed. Information/help line, 646-7559. Breast-feeding support "Mommy and Me" groups meet regularly. Community awareness events and classes are sponsored. To participate in, volunteer for, or become a benefactor to this evolving project of the nonprofit, tax-exempt Ojai Birth Resource & Family Center, call 646-7550 or send e-mail to ojaiamctr@cs.com.

GROUP MEDITATIONS

— Guided group meditations are held each morning at 8:30 a.m. at Meditation Mount, 10340 Reeves Road. Link with the global community of meditators in service meditations for global transformation. Visitors are welcome. Call 646-5508.

FREE PHYSICALS AND IMMUNIZATIONS FOR 0 TO 18-YEAR-OLDS

— The Ojai Valley Community Health Center, 1200 Maricopa Highway, offers free physicals and immunizations for children ages 0 to 18. Call 640-8293 to see if you qualify.

CAREGIVERS' HAVEN

— A support group for anyone responsible for the well-being of a demented or dependent relative, parent or spouse. Join us for moral support, tips, comic relief and warm concern from others in your same boat. For evening and morning meetings, call Help of Ojai at 646-9752, Ext. 19.

FREE VIPASSANA MEDITATION

— Vipassana

(insight) meditation, including a walking meditation followed by a dharma dialogue, is held Wednesdays from 7:30 to 8:45 p.m. at Sacred Space Studio, 410-A Bryant Circle, no charge. Call Viriam Khalsa at 646-2682 for more information.

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YOGA FOR HEADACHE SUFFERERS

— a weekly ongoing group will meet Tuesdays from 4 to 5 p.m., beginning Oct. 18, at the Keeler Center for the Study of Headaches, 1202-A Maricopa Highway. Treat yourself to a wonderful, refreshing, fun and healthy way to reduce stress contributing to your headaches! Only \$15 per class. Call 640-9315 or visit migraine.org.

ADULT PINGPONG

— Adult Pingpong is held Thursdays from 7:30 to 9:30 p.m. at the Recreation Department Center at Sarzotti Park. Call Vincent at 646-8162 for more information.

Ongoing

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Normal Trash & Recyclables Pick Up

The trash and recyclables pickup schedule will remain the same in the City of Ojai during the week of Veterans' Day, November 7-11.

Thank you and Happy Holiday
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