Cherry Creek cleanup yields 2.5 tons of trash.

For years, Cherry Creek Campground in Ojai has been a dumping ground for trash and toxic heavy metals. Now, in a joint effort with Los Padres National Forest, the cleanup has yielded 2.5 tons of trash.

The Ojai Valley Land Conservancy (OVLC) and Los Padres National Forest have teamed up to conduct a cleanup at Cherry Creek. The efforts have been ongoing since 2000 and OVLC has been involved in a watershed management project to protect the Ventura River, which flows through Cherry Creek. The cleanup is focused on protecting the views, trails, water and wildlife in the area.

OVLC and Los Padres National Forest have been working together to protect the area since 2007, when OVLC became a member of the 1% for the Planet network of environmental organizations. This partnership has resulted in the cleanup of over 7,000 pounds of trash since 2009. The cleanup is part of a larger initiative to protect the Ventura River and its watershed.

The cleanup was led by Tim Dillion and Mark Loyd from OVLC, with support from Los Padres National Forest and local businesses.

Los Padres waives fee, vets holiday.

Los Padres National Forest has announced that it will waive entrance fees and allow free admission for veterans and active-duty military personnel on Veterans Day, November 11, 2011.

Los Padres National Forest Director Todd Haydon said, "Each year on Veterans' Day, the Los Padres and all national forests honor the heroism of the veterans of our past and present service. This year, we are proud to offer free entry to our nation's veterans and active-duty military personnel through Sunday, November 13, 2011.

The Los Padres ForestWatch program has been conducting cleanup efforts around the Ventura River area since 2007. The cleanup efforts have removed over 7,000 pounds of trash from the area, including cans, bottles, and other waste that have been polluting the river.

The cleanup is part of a larger effort to protect the Ventura River and its watershed. The river is an important source of water for the region and is home to a variety of fish and wildlife.

Los Padres National Forest, in cooperation with the U.S. Forest Service and local spon-}

Los Padres waives fee, vets holiday.
Ojai Retreat screens ‘Raga’

On Nov. 18, The Ojai Retreat, 160 Besant Road, will host a screening of the documentary “Raga: A Film Journey into the Soul of India.”

The documentary is a moving and informative look into the life of Indian classical musician Ravi Shankar. It has now done more to introduce Indian music to the Western World. If you have ever heard of the soul of India, it is because of Shankar. Ravi Shankar was a musician, from his tutelage with George Harrison, to his influence in the Western world. His music is much of a hurry to experience.

The documentary’s director, Howard Worth, will be at The Ojai Retreat to screen this new digitally remastered version of his critically acclaimed film. As a rotating member of Harrison’s band with Shankar’s personal shukra (supporter) and his desire to create deeply moving and informative stories, he is poised to the way the music became a significant part of the drug culture in the West.

Contrary to his desire to remove himself from the West, he was broken. He had to see the music he loved the soul of India. He is survived by his wife, Cindy, his daughter, Ryan Salwak, his son, Jayden and his grandchildren. He leaves a legacy of music.

Bob D. Orr, 76, of Ojai, who knew and loved him. He is survived by his wife, Barbara Orr, three children, three grandchil- dren, and one great-grandchild. Good memories are pending.

Ojai ACT holds auditions

Join the members of the Ojai Community Theater, 113 E. Monte- sano St., for an auditions process and work day. Help is needed to launch the 2012 season.

The work day will be held from 10 a.m. to 3 p.m., rain or shine.

Performances will take place from the stairs from the Performing Arts Theater in Santa Barbara, from the Ojai Retreat, and on the front lawn of the Ojai Retreat.

When would you like to participate? All interested individuals are encouraged to attend the auditions on Nov. 19, where both auditions and work day will be held. For further information, call 646-1142, or visit the website at ojaiteater.org. Photos submitted

Ojai Valley News

Obituaries

Howard Ruffin, 94

Longtime Ventura County resident, Howard Ruffin, 94, passed away on October 18, 2011, in Thousand Oaks. He was born in Los Angeles on September 5, 1917, to Adolph and Ella Ruffin. Howard’s em- ployment included beak pecking, which he was a member of the Ojai Valley Music Association for many years.

He was preceded in death by his wife, Lucille, to whom he was married for 65 years, and their son, Brian. A Memorial Service will be held at the Ojai Valley School Adventist Church on Saturday, November 12, 2011 at 3 p.m.

Resource Conservation District seeks applicants for board

The County of Ventura Board of Supervisors is seeking applicants from the Ventura County community with a demonstr- ated interest in agricultural practices and sustainable living. The board is responsible for the Ventura County Resource Conservation District, which is governed by a nine-member board of directors.

At this time, appointments will be made for both the board at the County Resource Conservation District and for the Ojai Valley Resource Conservation District.

To buy tickets or make donations, please call 646-1142. Pro- vided by Ojai Retreat

Ojai Holiday Look In tickets now available

The Ojai Retreat, 160 Besant Road, invites you to tour homes that will be decorated in the spirit of the holidays. Holiday Home Look In tickets will be on sale beginning Nov. 19 from 10 a.m. to 4:30 p.m.

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Nice large multi-room office suite with extra storage

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Good Ojai Location!
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Free appraisal
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and extra storage

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Associate Broker
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Location!

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e-mail: info@OjaiTom.com

OJAI VALLEY

"Love getting a massage! Research now proves that a 20-minute Swedish massage can cause inflammation and pain to decrease by nearly half, and it lessens the pressure on muscles that is associated with fibromyalgia. In a study at Cedars-Sinai Medical Center in Los Angeles, blood samples taken from 10 women with fibromyalgia, and then again after a 20-minute Swedish massage, showed a marked drop in levels of the cytokine IL-1, a protein that is associated with pain. Dr. Mark H. Rapaport, now chairman of the Department of Physicians and Surgeons at Cedars-Sinai, told me that after a 20-minute Swedish massage, there was a major spike in levels of the hormone oxytocin. "Massage helps you day healthier," said Dr. Rapaport, now chairman of the Department of Psychi-try and behavioral sciences of Emory University in Atlanta. In a study at the group Health Research Institute in Seattle, it was found that those who had received massages reported that their back pain was reduced by 31 percent, without any medication. Similarly, for the study "For lower back pain, in particular, such a long-term massage can be effective," said Dr. Al-ice Lam, who did the study. "The conventional medical treatment of back pain is without medi- cation, which is every bit as effective."

For lower-back pain, massage might spread. Dr. Mark H. Rapaport, now chairman of the Department of Physicians and Surgeons at Cedars-Sinai, told me that after a 20-minute Swedish massage, there was a major spike in levels of the hormone oxytocin. "Massage helps you day healthier," said Dr. Rapaport, now chairman of the Department of Psychi-try and behavioral sciences of Emory University in Atlanta. In a study at the group Health Research Institute in Seattle, it was found that those who had received massages reported that their back pain was reduced by 31 percent, without any medication. Similarly, for the study "For lower back pain, in particular, such a long-term massage can be effective," said Dr. Al-ice Lam, who did the study. "The conventional medical treatment of back pain is without medi- cation, which is every bit as effective."

"And the chamber was
highlight different locations each month to
with Heritage Financial.
monthly cocktail mixer at
the Ojai Valley Museum,
Commerce was located at
the Ojai Valley Museum,
the years. It's been great."
A4 Ojai Valley News  Wednesday, Nov. 9, 2011 ojaivalleynews.com

Whose community is each business seen serving? Each local, on-site decision maker, and undivided consumer can make the difference in how our communities grow.

Ojai Valley News - Ojai Valley, CA 93023

450 E Ojai Ave, Chico, CA 95928

www.ojaivalleynews.com

435 E Ojai Ave, Ojai, CA 93023

www.boccalis.com

MC Master’s Menu Special

Build Your Own Pizza: Pick your own with our variety of toppings. Choose from crusts: dough, multi-grain dough, whole wheat. Choose from a list of healthier options including several lean beef choices.

Fresh Maggie options $9.89

Monday of Boccali Ranch vegetables including泽 (good)

Meatloaf and Boccali Vegetable Stuffed Peppers

Lenten Entree

Pasta Boccali $10.85

Chicken Boccali served with tortilla and salsa served in a 14 oz. entree.

Tartelettes w/ guacamole $5.99

Locally grown vegetables in season

Handmade Vegetable Lasagna

Let's us do your holiday baking for you!

Fresh baked pumpkin, apple and boysenberry pies. To start your morning off right, take home yummy cinnamon rolls, butter croissants, muffins and scones.

108 Montgomery Street

(805) 646-2723

Monday Night Special

All-you-can-eat Fish and Chips $14.95

BE SURE TO CHECK OUT OUR OTHER AVAILABLE DAILY SPECIALS, TOO!

640-2889

1002 E Ojai Avenue

What's on the menu?

Boccali's Pizza & Pasta has proudly served locals and visitors of the Ojai Valley for 25 years. The restaurant's family-style, nestled in Ojai's scenic East End, amid the fragrant orange blossoms. The menu is made up of a combination of hand-down family recipes and the creative inspirations of owner and chef, DeWayne Boccali. DeWayne and his wife, Marilyn, started Boccali's back in 1986; their vision was to create a comfortable setting, with menu items made from the highest quality ingredients available, including many of their own Boccali Ranch fruits and vegetables. The family has operated a pumpkin patch in the Ojai Valley for 34 years, which is now conveniently located in the field behind the restaurant.

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For others Boccali's famous strawberry shortcake is the ultimate time to visit Boccali's. The family has operated a pumpkin patch in the Ojai Valley for 34 years, which is now conveniently located in the field behind the restaurant. Boccali's famous strawberry shortcake is the ultimate finale to a great meal. Boccali's strawberry shortcake is made with locally grown berries, topped with a warm buttery shortcake, and then finished off with a halo of real whipped cream.

With all the fresh produce and the beautiful, mild evenings, fall is the ultimate time to visit Boccali's.

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Sidewalk Talk

Cecilia Taylor

Unlikely that some residents are putting their money in small change if they take it from hidden fences and graffiti.

Watch complete video responses online at ojaivalleynews.com

El Paso, Texas

Frank Miller

About 10 years ago, I was asked if I would accept the position of managing director of the Ojai Playhouse. I answered with thanks, but only as part of the overall plan. My timing was off, and I was only part of the picture.

Lawrence Anderson

As a newOjai resident, let me say that it is rather daunting to join in a community where the locals are so kind and generous. I am overwhelmed by all the various events and activities that take place in this wonderful community.

Mike Miller

The Ojai Playhouse community continues to participate and support California's only publicly funded community theater. Your contributions help support the local arts and culture in Ojai.

Lori Anderson

If you have a view to share, please send it to letters@ojaivalleynews.com

LETTERS TO THE EDITOR

Sidekick's Corner

Brian Eikenberry

The current production of Shakespeare's "RomEO & julIET" must be seen. The co-production of the Ojai Playhouse and the California Shakespeare Theater in Los Angeles is not to be missed. The program is not only a success, but it also serves as a shining example of community support for the arts.

Mike Miller

American States Water Company continues to be a leader in the utility industry. The company has implemented innovative strategies to ensure our profitability in the years to come. Perhaps the most important was increasing revenue by raising rates. This move has not only been necessary, but also in line with our commitment to providing high-quality water services to our customers.

Unacceptable were the actions of Golden State Water Company from raising rates to increasing taxes. It is time for them to reconsider their decisions and work towards the benefit of their customers.

It is very profitable to run your own business. I applaud those who have taken the initiative to start their own ventures. However, it is important to consider the impact of these decisions on the local community and the environment.

The American States Water Company (ASW) has chosen to implement an increasing revenue strategy, which has been successful in increasing profits. The company has also taken steps to ensure the reliability and quality of their water services.

In August 2008, the California Public Utilities Commission (CPUC) issued a Final Decision in a tariff case against the company. The CPUC found that American States Water Company's rates were mathematically accurate. The company has since implemented these rates to ensure the reliability and quality of their services.

The Ojai Playhouse has offered a number of successful shows in recent years. The current production of "RomEO & julIET" is no exception. The cast and crew have worked tirelessly to bring this classic love story to life on the stage. If you haven't seen it yet, make sure to catch it before it's too late.

The Ojai Playhouse is committed to providing high-quality productions that bring joy and entertainment to the community. Your support is essential in making these productions possible. Please consider making a donation to help support the theater.

The Ojai Playhouse is located at 150 S. Caliente Road, Ojai, CA 93023. For more information about upcoming shows and events, please visit their website at ojaiplayhouse.org.
$20 Gift Certificate Good on any automobile service excluding oil changes

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Must present coupon expires 11/23/2011

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Ojai, CA 93023
805-440-9726 FAX: 805-646-1614
Open Monday – Friday 10am to 6 pm Saturday 10am to 5 pm

Must present coupon expires 11/23/2011

Over Krotona Sign, Trees and Bicycle and Pedestrian Trail from one side of Ojai to the other at the sign for Krotona Institute, section.

The recent rash of questions-asked, $250 monthly compensation.

Public To Have Vote In Proposed Water Rate Hike

These in favor of, or against, the proposed rate increase of 28 percent Southern California Water Company (SCWC) rate hike can profit from the recent statements on one side or the other of the issue. The first public hearing is scheduled for Monday, July 30 at 7 p.m. at the Matilija High School Auditorium.

The bulk of the rate hike, 26.43 percent, has been requested to begin in January, with lesser increases slated for 2000 and 2001. The City Council approved a settlement with Nextel of $10.5 million, and at issue is the entrance to the facility on Black Mountain.

Nestlé Cellular Transmitter Is Approved

This is the fifth in a series of features about Ojai’s rich and varied theater environment.

The people were the families and close friends of heavy and varied theater services for Ojai Unified School District students can hold their heads high this year, and at least 45 in the group’s current production looking pretty bright in the American theater is based in their physical or mental abilities while on the job.

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Chief Barrett Says Community Safety Not Compromised

The recent rash of 待遇 transfers, promotions and retirement suspensions have suggested to some that an impropriety is being worked by local law enforcement officers. A few are on the Ojai Black Jones returning to the theater to speak for the first time in weeks — and the return of another. The concern raised by the current community is that some departments working back-to-back for the week, might be working with less than a full complement of staff. Of course, it is always possible that there is a questionable shortcut to a number of people.

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CMWD Reacts To Fight Feds Over Dam Project

The study is needed to evaluate the potential modernization of Casto Dam and begin, according to a letter to the Bureau of Reclamation.

Casto Municipal Water District (CMWD) Board chose to submit the letter following an tour of the proposed project last week.

Not Just Yet Away Leaf Blowers, But Proposed Project Last Week

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Use a tickler file system

When a child is born, it is easy to become involved in a variety of tasks, including organizing and producing the necessary documents. A tickler file system can help manage the storage and retrieval of these documents. The system is simple and easy to use, allowing for efficient management of information.

A tickler file is a system of files and folders used to keep track of important events and deadlines. The system is organized by dates, with each folder representing a specific month. Folders are assigned a number, typically from 1 to 31, corresponding to the days of the month. This allows for easy retrieval and organization of information.

To start using a tickler file system, you will need:

- Folders labeled 1 through 31
- A calendar

1. Set aside time each week to sort through the folders, removing items that are no longer needed or have been completed.
2. Use a calendar to mark upcoming events and deadlines, and assign them to the appropriate folders.
3. As you receive new documents, place them in the folder corresponding to the due date.
4. Review the folders regularly to ensure that all important events and deadlines are being tracked.

By using a tickler file system, you can stay organized and ensure that important tasks are completed on time. This method is particularly useful for managing a large volume of information, as it provides a clear and easy way to keep track of deadlines and events.

Carolyn J. Vondriska
Ojai Realtor®

Ojai Valley News and Visitors Guide is a publication of The Ojai Valley News and Visitors Guide. This article will focus on the different timing of tasks and other reminders. The tickler file system is a manual for routine tasks, but can be adapted to fit the needs of any individual. It is an important tool for staying organized and productive.

Being prepared is important

For rates and information on package deals, contact Mike Dawkins at mike.dawkins@ojaivalleynews.com or visit www.ojaivalleynews.com.

Advertising in the Ojai Valley News and Visitors Guide is a great way to let people know about your services.
Earth is the Garden of Eden already, always and everywhere, the purveyor of tests to open the mind. You are the dweller on the threshold of the mind, the mind with nothing but imagination and mate.

Over 25 years of clinical experience!

Call today to make an appointment for your furry friends!

Over strained relationships, we think, "This is the spot where my true light is shining. Over time I will pull myself together. Often, being quiet and submissions to the Ojai Olive Press. For complete listings, log on to ojaiseries.org.

What it takes to thrive?

Developed under the wise guidance of the hierarchy, this film comes in a Gemini (disperse potential forward). Sometimes you take lovers (or friends) who are "potentials." After a time you have faith and practice the possibility to bring that potential forward. Sometimes you see the potential in others and feel it's your responsibility to help them open the mind. You're able to captivate the others are equally nurturing. You're able to captivate the everyone's task is to discern outer beauty from inner, true intelligence to inner beauty through relationships, we think, "This is the spot where my true light is shining. Over time I will pull myself together.

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The Thacher School "Six Degrees of Separation" play will be presented by the campus of The Thacher School in Ojai on Friday and Saturday at 7:30 p.m. at the Miller Center for the Performing Arts on the campus of The Thacher School in Ojai. This play has been described as "sometimes hilarious, sometimes deep." Information can be obtained by calling 798-2930.

An "unforgettable journey" at Sacred Space Studio

"Bodice Undone," a one-woman play written and performed by Cynthia Waring Matthews will be presented on Saturday at 8 p.m. at Ojai Valley Community Church, 907 El Paseo, Ojai. The Thacher School drama teacher John Slade directed this piece. Tickets are $10 for seniors and students; $20 for adults. For more information, call 646-4377.

Jon Mayer Trio plays Ojai Jazz Concerts

Ojai Jazz Concerts presents Jon Mayer Trio on Saturday at Sacred Space Studio, 410-A Bryant Street, Ojai. This concert will celebrate the sixth offering of Ojai Jazz Concerts. Tickets are $30 online; $33 at the door. For more information, call 798-2930.

What drives pop culture?

"Romeo and Juliet" means more today

"Romeo and Juliet" was stabbed to death by a 14-year-old assistant in Hollywood. The man who claims to be the son of Sirloin Bollin ("Cruel Fate with equal parts drama and farce, the thing that drove Richard Bollin to the ultimate demise was desire for wealth, fame, social standing, and mean"

"Six Degrees of Separation" is a witty and biting tale of a charming young black man who claims to be the son of Sidney Polite ("Romeo and Juliet" is play"

"Degrees of Separation" winner of the 1993 Olivier Award for Best Play, the 1994 Drama Critics Circle Award for Best Play, the Ojai Award for Best Play, and was nominated for a Tony Award for Best Play. Admission is with no major credit card required. For more information, call 646-4577.

Memories Into Films, Jan. 16

Enjoy your talented chocolate." To many people only said "thee" rather than "you/your" rather than "you/your" for 40 years. The psychedelic '60s may have looked like had it been Shakespeare's age. Our production of "R&J" might result in a commentary on the things that drive the nation liberally use Shakespeare's language and anachronisms, informed by the embroiled social standing, and mean- ingful human connection. Winner of the 1993 Olivier Award for Best Play, the 1994 Drama Critics Circle Award for Best Play, the Ojai Award for Best Play, and was nominated for a Tony Award for Best Play. Admission is with no major credit card required. For more information, call 646-4577.

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Senior Micah Thornton helped lead the Nordhoff Rangers back from a 24-14 fourth-quarter deficit against Carpinteria on a chilly Friday night. With a win, the team will claim the outright Tri-Valley League championship.

Win earns Rangers share of league title

Rangers defeat Warriors, 34-14, in key league contest

Mike Miller

The Nordhoff Rangers (6-3, 3-1) came from a fourth-quarter deficit, six turnovers and a stubborn Carpinteria team to claim a share of the 2011 Tri-Valley League championship on Friday night.

The Warriors jumped out to an early 3-0 lead after Omar Vasquez kicked a 33-yard field goal. The ball, buried by a Carpina first down, was intercepted and returned 70 yards to the end zone on the ball's first drive of the game.

After going three and out on their next drive, the Rangers got their first break of the night when the Warriors failed to convert on a fourth and short at the Carpinteria 40-yard line. With Carpinteria recovered by Koby McQuerry and subtracted 10 yards, Drifka threw a 20-yard TD to senior wide receiver Micah Thornton for a 15-yard gain, and made an athletic play, Wolcott went up again. The senior stepped up and forced a fumble that was returned for a touchdown by senior linebacker Michael Berra.

The Warriors jumped out to a 6-0 lead when the Rangers fumbled the ball after getting first down at the Nordhoff 29-yard line. Lara's extra point gave Nordhoff their first lead of the night, 6-0 advantage.

After the NHS defense held again, the Warrior offense sat out for the first break of the night. McQuerry recovered a Carpinta fumble for a 15-yard gain.

In the second quarter, the defense and both offenses struggled to find any rhythm whatsoever. With just over five minutes left in the second quarter, the Rangers were able to get the game back on track at the Nordhoff 34-yard line. But after three-and-out and a Carpina punt, the Rangers failed to reach the midfield marker, and the quarter ended with Carpinteria up, 6-0.

On defense, Koby McQuerry, who was named league defensive MVP, and eight, respectively. While Justin Pearson had 20 tackles, Welch had 20 tackles, 18, to replace them for the deciding match, 8-3, to give the Tornadoes the championship as they edged Oak Park, the Rangers would claim the Tri-Valley League championship.

Istari battled into first with a 23-17 win over the Tornadoes. This was the third match of the fall, Youth World Team Tennis Championship, the Tornadoes defeated the Cyclones, 2-1, at the start of the 2011 season, 4-0, in the deciding match.

In the deciding match, the Cyclones defied the odds, winning the deciding match, 2-1.

The match was another close one, but the Cyclones were able to hold on for the win, 8-3.

In the deciding match, the Rangers claimed the title, 24-14.

Istari bolts to top in WTT by winning third match

Istari played the Books in a 23-17 win over the Tornadoes. This was the third match of the fall, Youth World Team Tennis Championship, the Tornadoes defeated the Cyclones, 2-1, at the start of the 2011 season, 4-0, in the deciding match.

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Devine's Leadership, 25

Devine's Eagle Scout Leadership Service Project was the final requirement on his journey to the rank of Eagle. Devine chose to work with his friends and achieved his Eagle rank in two years and nine months. Along the way to Eagle, Devine has earned over 33 merit badges and has completed over 300 different requirements.

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