

Conejo Calendar

COMPLIMENTARY

Vol. 4, No. 12

Local News Updates Everyday On Website
www.conejocalendar.com

June 20, 2008

Simi Valley filmmaker to screen movie at T.O. library



"I wanted Barry Corbin for the part of Hank because he is a true horseman and I knew he would understand the character. It turns out, Barry is also a dream to work with. He is a kind and understanding person, not to mention, a talented actor."

Above, actor Barry Corbin, on horse, films a scene on location for "Trail End." To right, filmmaker Shannan Keenan.

Said filmmaker Shannan Keenan, a Simi Valley resident, who will attend the screening and answer questions about the film and the filmmaking process.

The award-winning documentary "Trail End" will be shown on July 12 at 2 p.m. in the Grant R. Brimhall Library, 1401 E. Janss Road. The 25-minute drama, shot entirely

See Film page 3



Tribute to 'British Invasion' to play Oak Park on June 28

Free concert in Oak Park feature Beatles tribute band



Ticket to Ride, a Beatles tribute band, will play June 28 in Oak Canyon Community park.

The Beatles tribute band, Ticket to Ride will perform a free concert in Oak Canyon Community Park, 5600 Hollytree Drive, Oak Park, Sat., June 28, at 6:00 p.m. During the first set, the band dresses in match-

ing black suits like the Beatles from the early days. The music is vintage 1960s, with classics like "All My Loving," "Back in the U.S.S.R.," "Come Together," "Day Tripper," and "Ob-La-Di, Ob-La-Da."

For the second set, the band changes costumes to a more 1970s look with longer hair, beads, and flared-bottom pants. The songs change to "Can't Buy Me

See Concert page 4

2008 Rotary Oktoberfest looking for food & craft vendors

Food and craft vendor applications for the 22nd annual Oktoberfest, presented by the Rotary Club of Newbury

Park, are now available. The annual Oktoberfest celebration will be held September 27 and 28 at Underwood Family

Farms (between Thousand Oaks and Moorpark).

Oktoberfest draws more than 8,000 people

over a two-day period.

"Our food court is almost at capacity but we can still fit in one or two more booths,"

said Mary-Catherine McBride, Rotary Oktoberfest chair. "We also have a limited number of craft vendor spaces

available."

Oktoberfest activities include a petting zoo; a

See Oktoberfest page 15

Learn to act, dance with C.A.T.S. camps



C.A.T.S. Students work on becoming (actors, singers, dancers) triple threats at Musical Theatre Camp.

Creative Acting Theatre School Classes and Summer Camps will guide local youth, ages 6-14, on a journey to the Land of Oz through music and dance this year. Musical theatre camp, "The Magic of Oz," will

be held in Thousand Oaks June 23-27.

This summer, campers will work to become a triple threat (a great singer, dancer and actor) in the theatre world. To accomplish this goal, See C.A.T.S. page 6

Big Fish Boxing has fight on tap tonight



The first event will feature female boxing sensation Oleana aka, Ollie Headman, from Agoura Hills.

Big Fish Boxing Club (Adam Fish) and Jazmin K.O. Productions (Bobby Jasmin) have teamed up to bring the excitement of Friday night fights to Agoura Hills promoting

local, amateur boxers from Agoura, Westlake Village, Oak Park and Thousand Oaks. The first event, kicking off at 6 p.m. on Fri- See Fight page 7

Camp Gan Izzy Xtreme is summer fun



Campers enjoy a day at the beach with Camp Gan Izzy.

Camp Gan Izzy Xtreme, a Jewish, seven-week summer camp for children ages 2-13 in Agoura Hills, is part of the largest and fastest growing network of Jewish day camps in the world. The camp enjoys a reputation as a trend-

setter with innovative ideas, creative programs and new activities.

The staff at Gan Izzy Xtreme work to provide the campers with an opportunity to enjoy non-stop laughter, build Jewish pride, great enter-

See Camp page 6

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Gallery to host Hand To Hand traveling exhibit: 'Witnessing the War'



On the first day of the Iraq war (March, 2003) artist and curator Cecelia Kane began painting one cotton glove a day, six days a week, resting only on Sunday while depicting a painted story drawn from the ongoing daily newspaper headlines and accounts of this war.

"In retrospect I can see that it began as a compulsion; an attempt to come to terms with the nature of violence and especially...war," said Kane.

After three years of persevering alone in the creation of this unique and original collection, other artists from across the U.S. and world began to express a desire to participate in this unique historical documentation. Now, with more than 100 artists represented in this extraordinary traveling exhibit, one can view over 1500 fascinating and artfully rendered gloves, all reflecting the ongoing news headlines about

the war in Iraq.

The cornucopia of media in this (nothing for sale) unique exhibit includes painting, photography, sculpture, video, animation, glass, paper, beadwork, printmaking, mixed media and puppetry arts. Since first exhibiting in Nashville during 2003, over 12 galleries in the U.S. have hosted this extraordinary traveling exhibit.

For the first time in California this powerful exhibit will be on view for the full month of July at the recently opened Carol Henry Studio/Gallery in Old Agoura (upstairs) Whizin's Center; 28914 Roadside Drive, Suite B, Agoura, 91301.

Two-day Opening:
July 3, 6 p.m. – 9 p.m.
July 4th, 10 a.m. – 6 p.m. thru July 31st
Daily exhibition hours:
Tuesday thru Saturday, 2 p.m. – 7 p.m.
www.carolhenrygallery.com

Editorial Submission Policy

Conejo Calendar welcomes letters and comments. Letters should be no longer than 300 words. However, Conejo Calendar reserves the right to make exceptions to this policy. Hand-written letters will be accepted only if legible. Letters will not be considered if not accompanied by the writer's correct telephone number and address. Information will be verified. Anonymous letters are not accepted. Conejo Calendar reserves the right to edit, accept or reject letters and all editorial material submitted for publication. Conejo Calendar does not return any submitted materials.



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Elections

From page 1

on location in Kansas, stars Emmy-nominated actor Barry Corbin whose big screen credits include "Urban Cowboy" and "No Country for Old Men."

"Trail End" was written and directed by independent filmmaker Shannan Keenan, a Simi Valley resident, who will attend the screening and answer questions about the film and the filmmaking process. The film follows the poignant story of an ailing man, Hank Crow, as he fulfills a promise to his late wife with the help of his best friend Chip—an old Appaloosa horse. Having nearly completed a personal mission of riding every state with his loyal companion, Hank has saved his home state of Kansas for their last ride. Hank and Chip embark on their journey across the western Kansas plains, hoping to reach the trail end.

Born and raised in Wichita, Kansas, Keenan predicted her future at an early age when she announced that one day she was going to run off to Hollywood and make movies. Shannan attended Colorado State University, studying television production and theatre. "Trail End" is Keenan's third film project. "Trail End" is a very personal project for me and had been evolving in my mind for quite some time. The inspiration initially came from the desire to write a story that captured the relationship I have with my own horses and to show that friendship is not limited to humans," she said.

According to Keenan, the inspiration for "Trail End," "came from many personal things for me. I wanted to do a story that reflected the relationship I have with my own horses, and I also wanted to do a project set in my home state of Kansas.

"My Mom is from Dighton, Kansas, the town featured in "Trail End," so I pulled inspiration from those connections and "Trail End" evolved from there."

Funding is always a problem in moviemaking, and Keenan said it was no different with her project. She said: "As with many independent films, funding for 'Trail End' came from a hodgepodge of resources. A majority of the funding came from a grant from the state of Kansas, some came from private contributions and I put a little on my credit card.

"There were also many in-kind contributions from individuals and organizations such as Panavision, Kodak and the Appaloosa Horse Club, who covered the expenses of our star horse, Chip. We received tremendous support from the local communities where we filmed, particularly Dighton." Casting is one of the most important components in filmmaking, and Keenan knows she was lucky to have a star with the talent and technique of a Barry Corbin.

"I wanted Barry Corbin for the part of Hank because he is a true horseman and I knew he would understand the character. It turns out, Barry is also a dream to work with. He is a



Actor Barry Corbin and his horse, Chip.

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kind and understanding person, not to mention, a talented actor.

"Barry is very dedicated to this project and truly put his heart into this role. I was incredibly fortunate to have the opportunity to work with him."

When "Trail End" debuted last year at the Crested Butte Reel Festival in Colorado, it earned the First Place Audience Award. After that it was accepted into nine other festivals and has earned additional accolades.

At the Sedona International Film Festival, "Trail End" won Third Place out of 60 shorts in the Audience Choice competition. Other honors include the

Gala Award at the Moondance International Film Festival in Hollywood; Director's Best of the Festival Award at the Tri-Media Film Festival in Fort Collins, Colo.; and best short and audience awards at the Estes Park Film Festival in Colorado. Keenan, who has a day job at Pepperdine University, said her goal is to keep showing "Trail End" at film festivals until she lands a cable distribution deal.

This event, sponsored by the Friends of the Thousand Oaks Library, is open to the public and is free-of-charge; please call (805) 449-2660 x204. Visit the library Website for more information: www.toaks.org/library.

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Dollars and sense

by David Uffington

Save Money by Raising Your Credit Score

With the growing number of foreclosures, repossessions and jobs being lost, lenders are taking a hard look at borrowers before lending money. Lenders care about how likely you are to repay your debt on time, and your credit report gives them a good indication of how you've handled credit in the past.

The FICO score is the most commonly used credit-rating system, but each of the big three reporting agencies use the information in a different way, thus producing different credit scores on the same credit history. (A lender will likely take the middle of these three numbers.)

Here are some steps you can take to improve your credit score:

- Pay your bills on time. This counts as 35 percent of your total score.
- Limit the amount of your available credit that you use.
- Limit the number of inquiries on your credit report. If you need to shop for deals, perhaps for a car loan, do your homework so that the credit inquiries are all done

in a short period of time, say a month. The credit bureau will consider all the inquiries in a given amount of time to be part of the same inquiry.

• Don't automatically cancel old credit cards that you don't use. Longevity of your accounts counts for 15 percent of your FICO score. Canceling the cards will often result in a lowering of your score.

• The jury is out on whether credit counseling will hurt your credit score. It probably won't, but it might impact your ability to get a loan if part of the counseling was to negotiate smaller payments on old debt.

• Track your credit score. If it goes down, follow up by getting a copy of your credit report to verify that all the

information is correct.

A good credit score can make the difference between getting a loan with a low interest rate or getting one with a higher rate -- or not at all.

For more information, go to www.privacyrights.org, then click on FAQ and Index and scroll down to Credit Scores: Fact Sheet 6(c): Your Credit Score: How It All Adds Up. The Federal Credit Information Center has good information as well. Check

www.pueblo.gsa.gov and put "credit scores" in the search box.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Write to him in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columreply@gmail.com.

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Shakespeare's 'As You Like It' set in '70s

Comedy kicks off 2008 Kingsmen festival at CLU

William Shakespeare's "As You Like It" will feature the music, fashion and sensibilities of the 1970s in the first production of Kingsmen Shakespeare Festival's 12th season.

"As You Like It" opens Friday, June 27, and continues June 28, June 29, July 3, July 5, July 6, July 11, July 12 and July 13. All performances are at 8 p.m. in scenic Kingsmen Park at California Lutheran University.

Set in 1971, the production brings a witty, music-filled approach to one of Shakespeare's classic comedies. The play features two young lovers, two sets of warring brothers and an out-of-work stand-up comic who finds himself in the last place he ever imagined. The inhabitants of a magical forest called Arden play host to a variety of banished characters who've "turned on, tuned in, dropped out," and now find themselves at the mercy of Mother Earth. With lyrics by Shakespeare and music by Bob Dylan, Arlo

See Shakespeare page 11



Brett Elliot (Touchstone) and Jane Elliot (Celia) in the Kingsmen Shakespeare Festival's "As You Like It."

Private Foundation has Rescued Dogs for Adoption

Muffin - 8 yr. old female Poodle X 9 lbs
 Holly - 2 yr. old female Beagle mix 30 lbs
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A Project of Chairot of Camps

Concert

From page 1

Love," "Hey Jude," and too many more to mention.

The Ticket to Ride band has been recreating Beatles music in New York, Florida, Las Vegas, Washington D.C., and for private Hollywood celebrity parties and events. The members of the band are Jeff Toczynski (Paul McCartney), Ron McNeil (John Lennon), David Kaufman (George Harrison), and Mike Sarafian (Ringo Starr). More information on the band may be found on their website: www.TicketToRideLive.com.

More details on all concert events may be found on the Rancho Simi Recreation and Park District's website: www.rsprd.org or by contacting the District at (805) 584-4400.

Talent Lab offers unique class schedule

Talent Lab, a facility with two dance rehearsal rooms with state of the art dance floors; an aerial training room; a multi-use training room and a live-show production development conference room in Westlake Village, is offering summer dance programs as well as aerial dance and cirque training.

For the dance classes, Talent Lab is inviting those interested to join with LA's hottest master teachers for a summer of intensive dance training for those of various skills in groups from age 8 and up. Classes offered will include ballet, jazz, contem-

porary, lyrical, core flexibility and hip hop.

The aerial dance and cirque training is a series of comprehensive strength, balance and flexibility classes.

workshops created specifically for high school dance teams. Together with her internationally renowned master teachers, Susie has inspired hundreds of dancers throughout Southern California. LA Dancesource has recently developed a dance curriculum that blends both creativity and structure to provide a sophisticated forum in which aspiring dancers can



Talent Lab, a facility with two dance rehearsal rooms with state of the art dance floors; an aerial training room and more is offering classes.

porary, lyrical, core flexibility and hip hop.

The aerial dance and cirque training is a series of comprehensive strength, balance and flexibility classes utilizing the hoop, hammock and tissue to help learn the basic skill of a cirque artist. Beginning intermediate level classes are offered to groups age 10 and up.

Talent Lab is at 2282 Townsgate Road, Suite 4, Westlake Village. For more information, please call (805) 557-4942, or visit www.talentlabonline.com.

Susie Bellows founded and established the Talent Lab 2282 facilities to provide a base of operations for her multiple organizations and partnerships to operate from, including Live Arts Live.

She also founded the company "Revelations", Ventura County's premiere professional and pre-professional contemporary and aerial dance company.

Revelations was established to cultivate and expand the artistic endeavors of new and upcoming talent and to inspire and educate varied audiences with significant, impassioned dance works and thought provoking performances.

As owner and director of LA Dancesource, Susie has organized unique and innovative dance intensives and

explore and apply the various disciplines of dance both on the ground and in the air. LA Dancesource provides artistic development and rigorous training for all dancers in an open nurturing environment.

Susie is also co-owner of Designworks, a custom

See Talent Lab page 7





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C.A.T.S.

From page 1

campers will work on musical numbers from various "Oz" shows.

C.A.T.S. Summer Camps are designed to give every child hands on experience. Unlike many drama programs, C.A.T.S. holds no auditions. The staff of C.A.T.S. believes that every child deserves the chance to shine so everyone will be cast in a several musical numbers – solos are cast by audition on the first day of camp.

C.A.T.S. Summer Camps provide stimulating experiences that enrich the lives of children while aiding in developing important social skills such as, leadership, communication, responsibility and resourcefulness.

The 2008 C.A.T.S. Camp Season also includes these exciting camps: Dance Sampler Camps; Wizardry & Literacy Camp; Bound for Broadway – "Aladdin"; Commercial & Film Bootcamp; (CSI) Crime Scene Investigators Camp; Drama Sampler Camp; Act Out a Movie Camp and Movie-making Camp and Kids Can Cook Too Camps.

Roxanne Diesel, executive director of C.A.T.S. Summer Camps, has offered camps and classes in Ventura County since 1995.

She is joined by camp directors, Sarah Johnson, Katie Duetz, Kelly Salisbury and Marilyn Zaslow. All camp directors are CPR and First Aid Certified.

Camps are offered in Calabasas, Camarillo, Moorpark, Oak Park, Oxnard, Simi Valley, Thousand Oaks, Ventura and Westlake Village through August 15. Not all camps

are offered in all locations, and age limits vary, so please check our website for more details. Registration is already underway at some recreation districts in will be available in all locations soon. Contact info for each district can be found at www.catsummercamps.com. Visit the Website or call (661) 718-3968 for more information.

Camp

From page 1

tainment, amazing trips, "Funshops," swimming, sports, outrageous fun and excitement. The Funshops, led by professional instructors, are designed for children to develop talents and learn a new range

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Friday Night Fights come to Agoura Hills

From page 1

day, June 20, will feature female boxing sensation Oleana aka, Ollie Headman from Agoura Hills, Junior Welterweight sensation Andre, aka Moses Cruz, from Thousand Oaks, Junior Olympic finalist, Chase Jasmin from Agoura Hills, and many other bouts. Come and support our local youth talent with a portion of the proceeds going to The Cure for Autism. The event will take place at the Lindero Country Club, 5719 Lake Lindero Dr in Agoura Hills.

For more information, please call Big Fish Boxing at (818) 706-8484.

Talent Lab

From page 5

dancewear and costume company, catering to both professional and studio dance companies.

In addition, she recently produced a cabaret show with the Hollywood Pin-Up Girls, choreographed by Terry Beeman and Nikki Blakeslee, which is being considered for the 2008 Armed Forces Entertainment tour.

Prior to LA Dancesource, Susie owned and operated Studio One Dance Center, a community-based dance studio which offered both competitive and recreational dance programs. She has taught dance at the pre-school and novice levels and served as Dance Team Advisor for Westlake High School - championing the team in the securing of five years of consecutive national titles.

T.O. Women's Club to meet

The Thousand Oaks Woman's Club will hold its final meeting of the club year on Wednesday, June 25. The meeting will be held at 10:30 a.m. followed by luncheon and entertainment at the Palm Garden Hotel, 498 Ventu Park Road, Newbury Park, California.

The menu will be Chicken Marsala, Garlic Mashed Potatoes, Chef's selection of seasonal vegetables, White Chocolate Cake, Coffee and assorted teas. Cost of luncheon is \$23.25. For reservations please contact Patty Cook (805) 497-7150.

Our entertainment will be Don Snyder, our long time favorite singing songs and sharing a bit of nostalgia with us.

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Alice in Wonderland
Original Full Length Ballet
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STAR 2008
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Tickets available at the Box Office or Ticket Master

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Enjoy movies in the park

The City of Agoura Hills Department of Community Services is proud to announce the second movie in the park for our Summer "Movies in the Park" series for 2008.

"The Wizard of Oz" will be the movie on Saturday, June 28th. The movie begins at dusk and is held at Reyes Adobe Park, located at 30400 Rainbow


Crest Dr. in Agoura Hills. These movies are free to the public.

For more information on the Summer "Movies In The Park" series or other special events, please call the Agoura Hills Recreation Center at (818) 597-7361 or come by the Recreation Center at 30610 Thousand Oaks Blvd.

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5 fast and easy ways to get ready for a beach body

The reality is that those with "perfect bodies" work hard year round to achieve and keep them. Eating right, making smart food choices, and exercising regularly are the keys to the body everyone will covet. However, having said that, it's never too late to get fit and bathing suit ready.

With summer right around the corner, here's a 5-step plan to shed pounds and tone up in time for a beach ready body.

Eat five to six small meals a day instead of three large meals.

Studies show that if you eat 5 small meals, distributed evenly throughout the day, your body releases less insulin, which keeps blood sugar steady and helps control hunger. Your mom was right, breakfast is the most impor-

Which body is your goal to achieve this year?



Experts says exercise and diet are important to health and fitness.

tant meal of the day, so don't skip it!
Combine strength and aerobic exercise in your program 3-4 times per week.

A Duke University study found that aerobic exercise for more than 30 minutes results in weight and fat loss, burning an additional 300 calories a day (three miles of fast walking can help you lose 30 pounds in a year without even changing how much you're eating.). Resistance exercises increase muscle mass, which is the metabolica tissue that burns calories. The more muscle mass you have, the more calories you burn.

Choose Liquid Calories Wisely.

Sweetened drinks pile on the calories, so satisfy your thirst with water! Drink 1-2 glasses during every meal. Water strengthens your metabolism and fills you up. Be careful of sneaky alcohol calories. If you usually drink a glass or two of wine or a

cocktail daily, enjoying your glass or two as a weekend treat can be a huge calorie saver.

Avoid white foods.

Scientific research supports low-carb diets: Large amounts of white flour and added sugar can cause havoc on your blood sugar and lead to weight gain. Substitute refined sugar, white rice, and white flour with plenty of whole grains and brown rice. Avoid eating starchy-carbs after 3pm.

Close the Kitchen at 6 p.m.

Late evening eating significantly increases the number of calories you consume. A study found that eliminating late-night snacking could save 300 or more calories a day. That's 31 pounds a year.

If you'd like to take advantage of some of the fitness places offers the types of exercise programs you need to get that great beach body, Extreme Pilates, in Oak Park, (818-707-3723) offers a one

hour, total body workout. It incorporates 5 minute aerobic intervals on the treadmill, spin bike, jump board, and elliptical trainer, and 5 minute strength training intervals on the Pilates reformer focusing on the upper and lower body, and the hated "muffin top"

around the abdominal area.

Conley's Circuit training, in Calabasas, (818-224-4734), offers another great chance to work your aerobic system while strengthening your entire body using traditional weights, therabands, and jump ropes.

Don't miss concert in park

"Platinum Groove" will be the featured artists performing on Sunday, July 6th. There will be a fireworks show following the concert at 8:45 p.m. The Concert Supporter for this concert is Waste Management/G.I. Industries. All concerts begin on Sundays at 6:00 p.m. and are held at Chumash Park, located at 5550 Medea Valley Drive in Agoura Hills. These concerts are free to the public.

For more information on the Summer "Concerts In The Park" series or other special events, please call (818) 597-7361.

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Why don't we watch our home movies?

by Patrick Campbell
Campbell Editing

Capturing precious family moments on film or videotape is a decades old cultural rite. Most people, however, rarely watch what they've shot. It's just too inconvenient.

For many it requires using your camcorder as a player, finding misplaced cables, and then attaching them to the most inaccessible part of your TV. Even when you've accomplished this, you find yourself wading through long stretches of repetitive video (20 minutes of a baby's failed first step before the ground-breaking event occurs). Of course it could be worse. We could still be wrestling with 8mm film projectors and bulky screens, not to mention burned out bulbs.

Fortunately, there is a solution in the relatively new technology of DVDs. By transferring your treasured tape to disc, you eliminate the awkward camcorder hookup.

You are also archiving your video on a new format. Videotape can be viewable for many years but moisture, dirt, and heat can shorten its



life considerably (By the way, how old are some of your tapes, and in what condition?)

One of the nicest features you can have when transferring your video to disc is the addition of a menu. Now

things really get interesting. Pop in the disc and you are greeted with a choice of different scenes to watch. Each is immediately accessible.

No more scanning through endless footage of your brother-in-law's 40th birthday party to get to that trip you took to Yosemite or when grandma tried in-line skating.

That sounds great and it gets even better.

When you transfer your video to DVD, you give yourself an opportunity to create new versions of this media you've shot. Imagine video montages of friends and relatives edited to favorite songs or poetry. How about getting rid of that riveting 6 & 1/2 minutes of Disneyland asphalt you shot when you forgot the camera was still rolling?

Why not create an additional video with edited selections of those longer scenes from the pool, the beach, or your daughter's spelling bee. You still have all of the original footage on disc but this edited video has only the best parts and it might be 15 minutes long instead of an hour.

When you can make your video easier to view, you'll watch it more often and you'll probably show it to others as well.

The ease in which a DVD

can be copied is one of its greatest assets. Whether you want to share a memory with your sister who lives in Boston or have a backup copy as insurance, creating additional copies of a DVD is quick, easy and inexpensive.

The time will come when you'll realize that all of this video you have is priceless. By transferring it to DVDs

you'll enjoy it more and share it with others. That's when you'll appreciate its value to you and your family.

Patrick Campbell is the owner of Campbell Editing, which specializes, in editing and transferring home video to disc. See his ad in this issue of the Conejo Calendar on page 19 or call (818) 665-5551.

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Bella Vita to meet

The general meeting of the Bella Vita Italian Social Club will be held on Friday, June 27th at 6 p.m. in the parish hall at St. Jude Church in Westlake Village. Program for the evening will be

a Chinese Auction.

Menu for the dinner meeting will be Pot Roast. Cost will be \$12 for members and \$14 for guests. For information about Bella Vita please call Sara Paruolo at (805) 446-9225.

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By Samantha Mazzotta

Build a Basic Home Repair Kit

Q: I'd like to get a complete set of tools for my home. What makes up a basic tool set? -- Jamie B., Valdosta, Ga.

A: Most home-improvement and hardware stores sell "starter" sets for first-time tool buyers. These include many of the basic items you'll need for minor home repairs, such as pliers, standard and Phillips-head screwdrivers, and assorted sizes and types of wrenches. However, you will need a few more things to complete your home repair kit:

- A curved claw hammer and nails -- Make sure the hammer is at least 12 ounces in weight and comfortable to hold. Buy a variety of nails in different sizes and types; most stores offer nail sets.

- Adjustable wrench -- A 10-inch adjustable wrench (or a plumber's wrench) is a versatile tool around the house. Make sure the worm gear operates smoothly and doesn't wobble.

- Rotary power drill -- More important than a power screwdriver and probably the most convenient decorating accessory you will ever have. Make sure the drill has variable speeds, a reverse switch and can hold drill bits up to 3/8ths inch.

- Steel tape measure -- The model should have a lock button to hold the extended tape in place; purchase one with at least 25 feet of tape. A 1-foot ruler and a yardstick make good companions.

- 24-inch carpenter's level -- It should have two bubbles: one for measuring horizontal level, and the other for mark-

ing vertical plumb.

- Handsaw -- Buy a saw marked "general purpose" to handle any variety of wood. Look for a steel blade, about 26 inches long, with a wooden handle.

- Hacksaw -- This thin saw cuts metal; the blades are replaceable and come in several grades for cutting different strengths of metal.

- Pocketknife and utility knife -- The pocketknife comes in handy for all sorts of tasks; the utility knife has a retractable (and replaceable) blade.

- Putty knife -- Used to apply and work plaster, spackle, or -- yes -- putty. You should have two sizes: a 1-inch blade and a wide-blade wall scraper.

- Sandpaper, steel wool, metal file and wire brush -- These come in handy for a variety of cleaning and sharpening tasks.

- Duct tape, electrical tape (yes, they're different) and three types of glue: epoxy, white (PVA) and wood glue.

- Spackling compound

and wood putty -- These make filling holes and gaps in walls and wood easy.

Finally, having both a stepladder and an extension ladder will allow you to tackle hard-to-reach repairs, both indoors and out.

HOME TIP: Sharpen small garden shears and scissors by

cutting them through a piece of sandpaper, folded grit-side out. Repeat several times.

Send questions or home-repair tips to homeguru2000@hotmail.com, or write This Is a Hammer, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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Shakespeare From page 4

Guthrie, Joni Mitchell, and Janis Joplin, this play lives up to its description as "the most joyous of the joyous comedies."

Kevin P. Kern is a veteran of the Kingsmen stage and a former director of the Kingsmen Shakespeare Company's Apprentice Company and Summer Theatre Camp, but "As You Like It" marks his directorial debut with the festival. A professor at the University of West Florida, the CLU alumnus was recently honored with a Distinguished Teaching Award and his production of "Once on this Island" was selected as a regional finalist for the Kennedy Center/American College Theatre Festival.

Presented by the Kingsmen Shakespeare Company and CLU, the Kingsmen Shakespeare Festival is one of the area's most popular outdoor theatrical events. Visitors are immersed in the Shakespeare experience as festival grounds open at 5:30 p.m. for picnicking and pre-show entertainment with musicians, dancing and comic Shakespearean improvisation.

General admission is \$15 and free for those under 18. Two tickets, either both for "As You Like It" or one for this play and the second for the upcoming "Henry IV," cost \$25. Reserved lawn box seating is \$60 to \$75. For more information, visit <http://www.kingsmen-shakespeare.org> or call (805) 493-3455.

The Kingsmen Shakespeare Company has brought Shakespearean plays to the community during the Kingsmen Shakespeare Festival at California Lutheran University since 1997. The professional nonprofit theater organization also coordinates apprentice programs for professional and aspiring Shakespearean actors, an educational tour program in local schools, and summer theater camps for youth.

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Local spiritual community has a new name

It was recently announced the Westlake Church of Religious Science will henceforth be known as the Center for Spiritual Living. The church was chartered in 1963 by Religious Science International, and has been in the Conejo Valley for 44 years.

The decision to change the name was based on a large-scale identity study conducted by the parent organization. The result of that process indicated that the name Center for Spiritual Living was more welcoming and caused less confusion than the previous name.

Rev. Dr. James Lockard, co-pastor of the center said, "We found that many people who were attracted to our empowering and positive spiritual message were staying away because our name was confusing. We provide spiritual tools to transform personal lives and to make the world a better place."

Rev. Dr. Sue Rubin, who has been a pastor at the center for 12 years, said, "Despite the name change, we continue to teach spiritual principles that empower people to live lives with a personal relationship to God. We encourage community service and working to create harmony, peace, and greater understanding."

The Center for Spiritual Living promotes a spiritual way of life that honors all paths to God. Religious Science, based on the philosophy called The Science of Mind, was developed in the United States in the early 20th Century by Dr. Ernest Holmes, and has grown into an international presence since that time. California has the largest number of these spiritual communities.

The Center for Spiritual Living provides a range of ac-

tivities, including Sunday services each week at 10:00 a.m., Wednesday Night Alive!, a weekly contemporary service at 7:00 p.m., and ongoing classes on spiritual living, psychological principles, and

on sacred literature and practices.

There is a youth program each Sunday and a Teen Group, as well as groups for

See New Name page 18

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Hospital charitable foundation awards scholarships

The Encino-Tarzana Hospital Charitable Foundation was founded in 1991 to support public charities, community programs, student

See Scholarships page 14

Recipients of the 2008 Tarzana Hospital Charitable Foundation scholarship awards from Pierce College, Valley College and West Valley Occupational. Back row left: Marlene Bane, foundation vice president; Shirley Heidersbach, Tarzana chief nursing officer. Back row right: Dale Surowitz, Tarzana CEO.



Tarzana Regional Medical Center

[Understanding Vascular Disease]

Vascular disease includes any condition affecting the circulatory system, which involves veins and arteries that transport vital nutrients to cells throughout our body.

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Send your questions for Wayne to:

info@BetterMen.org

Dear Wayne,

You talk about "silencing the little boy" in your book. That's me all over. If I don't get my way, or if someone doesn't measure up to my expectations, I can act like a real jerk.

My dad left my mom when I was young and all I really remember is feeling that he let me down. And believe me, he let me down in many ways, like making promises he never kept.

As a result, I have a short fuse and it makes me get into arguments that I always regret. And it also comes out

on the road when I find myself screaming at idiot drivers. Anyway, I'm really tired of being this way. I need some help.

Signed,
Ready to Pick a Fight

Dear Fighter,

It's hard getting over the hurt of a dad not being there for you. Those of us in that situation have often spent a good deal of energy—way into adulthood—searching for a substitute dad.

That kind of needy energy can push a lot of men out of our lives, rather than closer. We also find ourselves painfully disappointed because we're bringing unrealistic expectations to these relationships.

You sound as if you understand why you feel the way you do. Now you need to take some action to change your behavior. Here's a first step: Make a commitment to be a completely different driver for the week. Expect idiots on the road. Rather than being naïve and then surprised by the inevitable unaware driver, come prepared. Tape a note to your dash that says, "Slow down and enjoy the ride." When you hit the freeway, drive in the third lane, driver slower, and watch those potential hazards drive right by you.

This won't protect you from all potential mishaps on the road. But what it will do is show you that you can drive on your own terms, that you can be the master of your emotions, and that you can rid yourself of some of the anger that's getting in your way. If you can make such a tremendous difference on your way to work with such a simple behavioral change, imagine what you're capable of doing in all areas of your life.

It's time to be your own best father. When you start taking care of yourself, you'll begin to see that you don't need daddy as much as you thought, not any more. But as always, I suggest that you find other men who can sup-

port you—and who share your same challenges—as you make these changes in your life.

Dear Wayne,

I've been married for several years and we have a young daughter. We have had a pretty good marriage over the years. Though we have had our rough spots, I have never cheated. I have made a real effort lately to be a better husband and it seems to be working.

Then, out of the blue, I receive an e-mail from an old girlfriend who tells me she wants to meet for coffee. Just when things are getting better, I have to deal with this. I feel like I'm spinning out of control. I don't know what to do.

Signed,
Email Hell

Dear Email,

Here's the easy answer: push the delete key. If your commitment is to your marriage and family, no good will come from meeting up with your old girlfriend, especially considering the reaction you're having to simply receiving her email. You're spinning now. Imagine what's likely to happen in her presence!

In order to honor our commitments, we have to close the back doors. If you're on a diet, it might mean not stopping at fast food restaurants. If you're in a committed long-term relationship, it might mean staying away from Internet porn, chat rooms or the sensual massage parlor. In your case, it means deleting e-mails from women who will only distract you from the main woman in your life, your wife.

You're being tested. It's time to pass this test. It's time to close this back door and refocus your energies on the mother of your little girl. You'll see an immediate improvement with the "spinning" condition in your head. Perhaps Nancy Reagan was right after all... just say no!

Crossword Puzzle

COOL CHARACTERS:

Super Crossword

ACROSS	10 AC ray	19 Film site	28 Used a	37 Face	46 Drug
DOWN	2 White wine	11 Potent	29 White	38 Face	47 Drug
	3 From the	12 Normal	30 White	39 Face	48 Drug
	4 From the	13 White	31 White	40 Face	49 Drug
	5 From the	14 White	32 White	41 Face	50 Drug
	6 From the	15 White	33 White	42 Face	51 Drug
	7 From the	16 White	34 White	43 Face	52 Drug
	8 From the	17 White	35 White	44 Face	53 Drug
	9 From the	18 White	36 White	45 Face	54 Drug
	10 From the	19 White	37 White	46 Face	55 Drug
	11 From the	20 White	38 White	47 Face	56 Drug
	12 From the	21 White	39 White	48 Face	57 Drug
	13 From the	22 White	40 White	49 Face	58 Drug
	14 From the	23 White	41 White	50 Face	59 Drug
	15 From the	24 White	42 White	51 Face	60 Drug
	16 From the	25 White	43 White	52 Face	61 Drug
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	18 From the	27 White	45 White	54 Face	63 Drug
	19 From the	28 White	46 White	55 Face	64 Drug
	20 From the	29 White	47 White	56 Face	65 Drug
	21 From the	30 White	48 White	57 Face	66 Drug
	22 From the	31 White	49 White	58 Face	67 Drug
	23 From the	32 White	50 White	59 Face	68 Drug
	24 From the	33 White	51 White	60 Face	69 Drug
	25 From the	34 White	52 White	61 Face	70 Drug
	26 From the	35 White	53 White	62 Face	71 Drug
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	28 From the	37 White	55 White	64 Face	73 Drug
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	30 From the	39 White	57 White	66 Face	75 Drug
	31 From the	40 White	58 White	67 Face	76 Drug
	32 From the	41 White	59 White	68 Face	77 Drug
	33 From the	42 White	60 White	69 Face	78 Drug
	34 From the	43 White	61 White	70 Face	79 Drug
	35 From the	44 White	62 White	71 Face	80 Drug
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Rotary Oktoberfest From page 1

giant corn slingshot; pick-your-own pumpkins and vegetables; free hayrides and a corn maize. German bands and dance troupes appear on the Oktoberfest stage. New this year will be an "International Stage," which will feature the music, costumes and dance of cultures from around the world including Asia, Latin America and the

Middle East.

"Oktoberfest in Germany evolved into the celebration of the harvest. Harvest time is a season for joy and celebration around the world," said McBride. "Our International Stage will give festival-goers an opportunity to sample some of the world's most beautiful and wonderful cultures."

To download a vendor application, go to www.nprotary.org. For more information, call McBride at 805-701-7248.

Tree Trimmer celebrates more than a quarter century of service

Are you wanting to improve the look of your property? Do your trees need to be trimmed or removed? Whether it is a residential or commercial property, Bob Loft, owner of The Tree Trimmer, is the person to contact. As a specialist in tree trimming, tree removal, and stump grinding, Bob is the one to take care of your tree needs.

An active community member, Loft is currently a member of the Thousand Oaks Westlake Village Chamber of Commerce, the Agoura Chamber of Commerce, the Moorpark Chamber of Commerce, the International Society of Arboriculture, the National Arborist Association, the California Arborist Association and the Better Business Bureau.

This growing company has been serving the Conejo Valley for more than 20 years. The Tree Trimmer is located in Thousand Oaks and is a family-owned business. The company is fully insured and Loft is a bonded and licensed contractor. He is also a certified arborist with 25 years experience.

Bob has carefully selected skilled and knowledgeable employees due to their prior experience. Along with the employees, Bob is right there on the job in charge of tree maintenance. His wife Patricia is the operations manager. Working together, they make an effective and honest team. Their prices are competitive and fair.

The Tree Trimmer's goal is to provide the best service possible while meeting all of your tree care needs. The company commits to providing both a professional and reliable service to the community. Having served in the Conejo Valley for many years, Bob looks forward to continuing to satisfy his past, present and future customers.

What is a certified arborist?
An arborist by definition is

an individual who is trained in the art and science of planting, caring for and maintaining individual trees. ISA Arborist Certification is a non-governmental, voluntary process by which individuals can document their base of knowledge. It operates without mandate of law and is an internal, self-regulating device administered by the International Society of Arboriculture. Certification provides a measurable assessment of an individual's knowledge and competence required to provide proper tree care.

Certified arborists must also continue their education to maintain their certification. Therefore, they should be up-to-date on the latest techniques in arboriculture.

Why Hire a Certified Arborist?

An arborist is a specialist in the care of individual trees. Arborists are knowledgeable about the needs of trees, and are trained and equipped to provide proper care. Hiring an arborist is a decision that should not be taken lightly.

Proper tree care is an investment which can lead to substantial returns. Well cared for trees are attractive and can add considerable value to your property. Poorly maintained trees can be a significant liability.

Pruning or removing trees, especially large trees, can be dangerous work. Tree work should only be done by those trained and equipped to work safely in trees.

Not all arboriculture firms have Certified Arborists on their staff. When choosing a tree care firm, check the classified pages for those companies that employ arborists who are certified. Do not hesitate to ask any prospective arborist to see their International Society of Arboriculture (ISA) Certification Identification Card. (ADV)

Bob Loft
The Tree Trimmer
(805) 499-9107

Auditions scheduled for VCGSRC

Ventura County Gilbert & Sullivan Repertoire Company will hold auditions for "Patience and Pirates of Penzance" beginning at 1 p.m. and going until 5 p.m. on Sat., July 12, and again from 6 p.m. to 10 p.m. on Sun., July 13.

For an audition appointment and for information concerning the location where the auditions are to take place, please call Rebecca Pillsbury at (805) 491-6103 or e-mail: Rebecca@vcgsr.org. Please visit www.vcgsr.org.

Weekly SUDOKU

by Linda Thistle

	4		5		9		6	
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Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Answers on Page 22

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• On July 2, 1900, in the sky over Germany, Count Ferdinand Graf von Zeppelin successfully demonstrates the world's first rigid airship. The 420-foot, cigar-shaped craft was lifted by hydrogen gas and powered by a 16-horsepower engine.

• On July 4, 1914, director D.W. Griffith begins shooting "Birth of a Nation," one of the most controversial movies in the history of American filmmaking. Griffith spent about \$100,000 to make the silent film, a Civil War epic that used groundbreaking techniques, including multiple camera angles.

• On June 30, 1936, Margaret Mitchell's novel "Gone with the Wind" is published. A New York editor encouraged Mitchell to make one important change to the manuscript: the heroine's name. Mitchell agreed to change it from Pansy to Scarlett, now one of the most memorable names in the history of literature.

• On July 5, 1946, French designer Louis Reard unveils a daring two-piece swimsuit he dubbed the "bikini," inspired by a U.S. atomic test that took place just days earlier off Bikini atoll in the Pacific. Reard kept the mystique alive by declaring that a two-piece suit wasn't a genuine bikini "unless it could be pulled through a wedding ring."

• On July 6, 1957, Althea Gibson defeats Darlene Hard 6-3, 6-2 to become the first black tennis player ever to win Wimbledon. Gibson won the U.S. Open in 1958, and was named Female Athlete of the Year by The Associated Press in both years.

• On July 3, 1971, singer Jim Morrison is found dead in a bathtub in Paris. Morrison, 27, was taking a sabbatical from his hit rock band, The Doors, when he died of heart failure, likely caused by a drug overdose.

• On July 1, 1995, legendary radio disc jockey Wolfman Jack, born Robert Smith, dies. Smith became famous while broadcasting from Mexico in the 1960s. Because Mexican stations had five times the power of U.S. stations, a large portion of the United States could receive Wolfman Jack's show each night.

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ARIES (March 21 to April 19) Before you adventurous Arians charge right into those new projects, take a little time to learn where you'll be going so you can avoid getting lost before you get there.

TAURUS (April 20 to May 20) Your time is devoted to career demands through much of the week. But Venus, who rules your sign, might be planning how (and with whom) you'll spend your weekend.

GEMINI (May 21 to June 20) Don't be put off by the surprising turn in the way your project is developing. You've invested enough time in it to know how to make all the necessary adjustments.

CANCER (June 21 to July 22) The work week goes smoothly for the most part. But a weekend visit to a place in your past could hold surprises for your future, especially where romance is involved.

LEO (July 23 to August 22) A sudden attack of shyness for the usually loquacious Lion could be a sign that deep down you're not sure enough about what (or whom) you had planned to talk up in public.

VIRGO (August 23 to September 22) Deal with that job-related problem on-site -- that is, at the workplace. Avoid taking it home, where it can spoil those important personal plans you've made.

LIBRA (September 23 to October 22) It's a good time to let those favorable comments about your business dealings be known to those in a position to be helpful. Don't hide your light; let it shine.

SCORPIO (October 23 to November 21) Avoid added pressure to finish a project on deadline by steering clear of distractions. To put it somewhat poetically: Time for fun -- when your tasks are done.

SAGITTARIUS (November 22 to December 21) You might be uneasy about an offer from a longtime colleague. But before you reject it, study it. You might be surprised at what it actually contains.

CAPRICORN (December 22 to January 19) Deal firmly with a difficult family matter. It's your strength they need right now. You can show your emotions when the situation begins to ease up.

AQUARIUS (January 20 to February 18) A recent dispute with some co-workers might not have been completely resolved. But other colleagues will be only too happy to offer support of your actions.

PISCES (February 19 to March 20) Let go of that Piscean pride long enough to allow someone to help you with a surprising development. That could make it easier for you to adjust to the change.

BORN THIS WEEK: Your willingness to open up to possibilities is why people like you are often among our most popular political leaders.

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June 8th - Confirmation & Tikkun Le'il Shavuot Program
June 9th - Shabbat: Blessing of Newborns/Talika Service
June 13-14 - Adult B'nai Mitzvah

There are still some spaces available for ICE Summer Camp, starting June 14th. Call (805) 487-4820

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New Dog Fights for Dominance

DEAR PAW'S CORNER:
I have a 19-month-old cocker spaniel that is new to our home. Ginger is constantly growling at our older dog, 9-year-old Buster, and they often get into fights. What can I do to stop them from fighting? -- John F., Tampa, Fla.

DEAR JOHN: There's no quick solution to this problem. What's happening is that Ginger, the spunky young dog, is in an active contest with Buster, the old hand, for first place in a two-dog pecking order.

Many dog owners assume that one good-natured dog will get along fine with another friendly pooch in the same household. Some also think that treating all dogs equally will keep them peaceful. But pet researchers are coming to different conclusions about the "pack mentality" and the dominance of one dog over another. Some believe that recognition and enforcement of the pecking order

is a very important step toward keeping order in the household.

Another factor in your situation is that Ginger and Buster are evaluating their places in the family. Until recently, Buster was top dog -- the only dog, in fact. Ginger, who may have been the dominant member of her litter or her household, is confused at her new status as second fiddle. Neither dog is willing to concede its claim to the throne.

So, it's up to you to decide. You have to choose which dog will be the more dominant of the two. And you have to reinforce that decision by treating the leader like a top dog. When the dogs come inside, pet

the dominant one first. At dinnertime, feed the dominant one first. And so on. Establish the pecking order, placing yourself at the top as the decision maker, and then promote either Ginger or Buster.

In a short period, the fighting should stop, as should most of the growling. If it does not, consult a professional trainer or a behaviorist, and your veterinarian.

Send your tips, questions and comments to Paws Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail them to pawscorner@hotmail.com.

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Human growth hormone and testosterone



Dr. Candice Lane is a diplomate of the American Academy of Anti-Aging and Regenerative Medicine and the Fellowship on Anti-aging and Functional Medicine

Human growth hormone and testosterone

The latest Indiana Jones movie disappoints me with the shuffling, slurring, grumpy old man that used to be Indy. In contrast, Sly Stallone's last Rambo is as physically and dynamic as ever. My 17 year old dubbed Ford an old man, but pegged Stallone as in his 40s. Playing action figures, both men are in their 60s. What's the difference?

Growth hormone and testosterone.

When Rambo came out in January 2008, Stallone publicly admitted to using growth hormone and testosterone. "HGH (human growth hormone) is nothing," the 61-year-old actor told "Time Magazine" in its Feb. 4 issue. "Anyone who calls it a steroid

is grossly misinformed. Testosterone to me is so important for a sense of well-being when you get older," he said. "Everyone over 40 years old would be wise to investigate it because it increases the quality of your life. Mark my words. In 10 years it will be over the counter."

Thank goodness a prominent male celebrity has the guts to talk about hormone health for men.

Sly is right. Growth hormone is not a steroid and testosterone and growth hormone are very important to quality of life in men over 40. Both growth hormone and testosterone get a bad rap due to sports figures overusing them to gain unfair advantage. We are not talking about abuse with synthetic, liver-toxic poisons sold in the back rooms of gyms. We are talking about molecularly bioidentical growth hormone and testosterone native to the human body given in healthy physiologic amounts.

With age, men steadily lose both these hormones starting at about age 30. By the time a man is 60, he may have only a quarter of the testosterone and growth hormone of a 25 year old man. This is nature's way of shutting us down, except we stay alive due to our living conditions and disease-oriented medicine.

You may have normal hormone levels for a 60 year old, but this is not optimal for health. The healthiest adults are in their 20s, who have optimal levels of testosterone and growth hormone.

Human growth hormone is biosynthetic and has the exact same molecular structure as in the human body.

It is responsible for growth, healing, immune function, increased muscle mass, minimizing body fat, controlling cholesterol, maintaining sexual energy, and increasing bone strength. It improves heart function and cognitive ability including memory, alertness, motivation, work capacity, speed of information processing and sociability. Growth hormone replacement at physiologic levels does not cause cancer. Growth hormone acts synergistically with testosterone in that their beneficial effects together are greater than either one alone. Growth hormone is approved for use in Adult Growth Hormone Deficiency, which is a common occurrence in adults over 40 years old.

Decreased testosterone in men results in increased aging of the heart and circulation including increased heart attacks and strokes.

There is increased brain aging with decreased memory, decreased intelligence, increased dementia, and increased Alzheimer's.

Men lose their drive and competitive edge. They get stiffness and pain in muscles and joints, decreased effectiveness in workouts, and a falling level of fitness. In addition they get more fat and less muscle, osteoporosis (yes, like women), and anemia. Fatigue, depression, mood changes and irritability (grumpy old man syndrome)

are common. And of course, there is reduced libido and potency. Testosterone does not cause prostate cancer.

These declines in men happen more gradually than menopause and often become accepted as "just getting old." Sadly, some men perceive hormone loss as a matter of ego instead of health. Remember, we may get old, but do need to feel old.

Candice Lane, M.D., 1250 La Venta Dr., Ste. 206, Westlake Village, CA 91361. 805-496-7869.

New name

From page 12

men, women, and a soon-to-form group for couples called Conscious Couples. Compassion-in-Action provides a venue for local nonprofits to make presentations to members of the community. The Enlightened Mind Bookstore features a variety of titles and other items and is open Monday through Friday during the day and on Sundays after services.

The Center for Spiritual Living, in the WaterCourt complex at 880 Hampshire Road, teaches a spiritual way of life providing spiritual support and healing to connect and empower the spirit, mind, and body.

For more information, visit www.WestlakeCRS.org or www.CSIWestlake.org, or call 805-495-0105.

Music will fill the air

Spend your hot summer nights listening to beautiful music under the stars at the Grant R. Brimhall Library, 1401 E. Janss Road every Thursday evening July 17 through August 28. These free concerts are sponsored by the Friends of the Thousand Oaks Library and feature an array of musical guests each week from 7 pm to 8 p.m.

For more information contact the library, (805) 449-2660, ext. 258, or visit the website at www.toaks.org.

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"Kung-Fu Panda"
Running time:
88 minutes
MPAA rating: PG

"Kung-Fu Panda," the latest computer-animated feature from DreamWorks, is half of a good movie.

The film stars Jack Black as Po, a chubby panda who dreams of being a great kung-fu hero. One day, he gets his wish when he accidentally drops in on the ceremony choosing the Dragon Warrior, the chosen one whose destiny it is to fight the evil Tai Lung, the greatest kung-fu master ever.

Reluctantly aided by Yoda-looking Master Shifu (Dustin Hoffman) and the

Furious Five (Angelina Jolie, Seth Rogen, Lucy Liu, Jackie Chan and David Cross), Po begins his last-minute training before Tai Lung arrives at their little village in the Valley of Peace.

Sure, the kids might enjoy it. It's a zippy 88 minutes long, there are some pretty fun fight sequences, the art direction is very good and some of the sight gags are funny.

But, grownups might find themselves bored by the hackneyed plot, groan-inducing dialogue and a ridiculous moral to the story that some might find annoying. The idea that all a person needs, regardless of shortcomings and a lack of qualifications, is self-esteem and he or she can



do anything is absurd.

I mean, here's a fat, out-of-shape, undisciplined panda who, through the magic of self-esteem, is able to defeat the greatest kung-fu master of all time, while five other kung-fu masters who have

See Critics page 21

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Summer concert series continues at Janss Marketplace

Janss Marketplace, on the corner of Moorpark Rd. and Hillcrest Drive, in Thousand Oaks will celebrate summer 2008 with "Janss Summer Jams" every Wednesday evening from 6-8 p.m. Enjoy free concerts, raffle prizes, wine tasting specials at Wine Styles, delicious food and more.

The next concert will take place near the new

Janss fountain. This year several talented bands, including "Yesterday and Today," a Beatles tribute band, "Hollywood Stones," a Rolling Stones tribute band, "Urban Dread" a Reggae band, will be featured, along with other music. For event information, please call the event hot line at 805-495-4662 or visit the Website at www.janssmarketplace.net.



The Early McCallister Band preforms as a part of the Summer Nights Concerts Series at the Janss Marketplace in Thousand Oaks.

[CALENDAR]

Sat. June 21 Wine and Moonlight

Cost: \$40. Sponsored by Kiwanis. Guests will enjoy wine, food tasting, and live entertainment. Proceeds from this event will help to benefit programs such as Breakfast with Santa, Terrific Kids, Veteran's Day Ceremony, and other charitable community activities. Location: Gardens of the World, 2001 Thousand Oaks Boulevard. Time: 3-7 p.m. Contact: Kiwanis @ 805-523-1857

Time to Dance

Thousand Oaks Dance Club hosts dance, 7:30 to 10:30 p.m., Goebel Senior Adult Center ballroom, 1385 E. Janss Road, Thousand Oaks. Doors open 7 p.m. Music by Tunes R Us. Singles, couples welcome. Light refreshments. \$5 members, \$7 nonmembers. (805) 381-2744

Mon. June 23 Cuban style salsa camp for kids

Kids will learn the salsa basics of traditional Cuban Rueda de Casino with a fun and upbeat twist. "Rueda" means "wheel" in Spanish, and describes the lively, fast-paced movement of this style of dance. A caller says what's coming next, while pairs of dancers move in unison. June 23 thru June 27. 10:00 a.m. - 1:00 p.m. Ages 7-10 years. \$150. (818) 597-7361.

Mon. June 23 Teen Game Night

Teen Game Night is for teens in grades 6 and up and is one of the special activities planned in the 2008 Summer Reading Program --Metamorphosis @ your library. Bring your favorite board or electronic game or play one of the library's. This event is sponsored by Friends of the Thousand Oaks Library. Location: Newbury Park Branch Library. Contact: Reference Desk @ 805-498-2139. Time: 7-8:30 p.m.

Summer beach bus

The city of Agoura Hills Department of Community Services announces its Summer '08 Beach Bus program for all ages to Zuma Beach in Malibu. The bus makes four round trips daily, Monday through

Friday from June 23 - August 22. Scheduled stops are Lindero Canyon Middle School, Agoura High School and Liberty Canyon/Agoura Road. Bus schedules can be picked up at the Agoura Hills City Hall, the

See Calendar page 23

Thousand Oaks Chabad Jewish Center to dedicate Torah

The Thousand Oaks Jewish Center, 2060 East Avenida de Los Arboles, Suite 1, in the Oakbrook Shopping Center around the corner from Vons, will host its Torah dedication celebration beginning at 11 a.m. on Sunday, June 22.

According to Rabbi Chaim Bryski, the Torah being dedicated is a refurbished Torah that survived the fires of the Holocaust. He said in a letter inviting friends and supporters to the dedication, that the Torah has had each of its 304,000 letters reviewed and corrected by an expert scribe.

According to Bryski, during World War II, the Nazis burned any Torah falling into their hands. However, also according to Bryski, "There were many brave Jews that gave up their lives trying to hide the Torah Scrolls... Yet, even from amongst those that were successful in hiding the scrolls, only very few survived to come back to their hiding places to claim them. Our scroll was one of those few survivors."

Bryski said this Torah was sent to Israel after being reclaimed, but because many of its letters had become cracked, it was placed in storage.

Then, last year, at the bequest of Bryski's grandfather, Rabbi Mordechai Bryski, the younger Bryski purchased the scroll for his Thousand Oaks center, while his grandfather paid to have it refurbished. Rabbi Mordechai Bryski is having the scroll dedicated to honor his father and mother who perished during the Great War in the ghetto of Chmielnik, Poland.

Beginning at 10:45 a.m.,

the Torah will be marched from Smokewood Court in Thousand Oaks to the

Thousand Oaks Jewish Center for its dedication.

The dedication day ceremonies will feature a number of Honored Dignitaries; a juggler and magic show; live music; a buffet lunch and dancing in the streets. There is no charge to attend.

For directions and more information please call our offices at 805.493.7776.



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Critics

From page 19

trained really, really hard their entire lives get the stuff kicked out of them. Let me tell you, as someone who is also fat, out of shape and undisciplined, the world doesn't work that way. If it did, I'd be playing point guard for the Lakers.

Ah, well. Not that any of that matters. The kids in the matinee I attended were having a great time, so I'm thinking your kids will too.

GRADE: C+

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Crossword Answers

From Page 14



SUDOKU on page 15

Weekly SUDOKU

Answer

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2	1	9	8	6	3	5	4	7
8	5	6	2	7	4	9	1	3
3	2	4	1	8	5	6	7	9
9	8	7	3	4	6	1	5	2
1	6	5	7	9	2	3	8	4
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Calendar

From page 20

Agoura Hills Recreation Center or the Agoura Hills Library. (818) 597-7361, or stop by 30610 Thousand Oaks Boulevard.

Wed. June 25

Free summer movie

Free film showing of *A Bug's Life* --part of the Summer Reading Club for children - Catch the Reading Bug! Sponsored by Friends of the Thousand Oaks Library. Program is repeated at Newbury Park Branch at 2:30 pm. Time: 10:30-11:30 a.m. Contact: Help Desk @ 805-449-2660 x 258.

Sat. June 28

Movie in the park

The City of Agoura Hills Department of Community Services announces the second movie in the park for its summer "Movies in the Park." "The Wizard of Oz" will be the movie on Saturday, June 28. The movie begins at dusk and is held at Reyes Adobe Park, located at 30400 Rainbow Crest Dr. in Agoura Hills. These movies are free to the public. (818) 597-7361.

Square dance

Square Dance Buckles & Bows Square Dance Club hosts plus level square dance with A-1 tip, 7:30 to 10:30 p.m., Goebel Senior Center, 1385 E. Janss Road, Thousand Oaks. Guest caller Mike Kellogg. \$6 donation. Carol & Bryan (805) 497-0193

Basic & continuing dog obedience classes

Participants ages 16 and up. Solve your dog's bad manners, and will include leash manners, heel, sit, stay, come when called, lay on your side, etc. Saturdays 9 - 10 a.m. June 28 - August 9. Continuing Dog Obedience will continue working and training your dog beyond the basic obedience commands, participants must have completed any basic dog obedience class. Saturdays 10 - 11 a.m. June 28 - August 9. Cost for either dog obedience class is \$60. (818) 597-7361.

Sat. June 28

Guitar workshops for teens & adults

Guitar workshops will be held on Saturdays from 4:00 - 4:45 p.m. for ages 10-17, and 5:00 - 5:50 p.m. for ages 18 and older. This nine week session begins June 28 and ends on August 23. Both classes are for beginner to intermediate students, and are tailored to meet individual needs. The fee for the class is \$85, plus a \$15 lab non-refundable lab fee payable to instructor James Swing. (818) 597-7361.

Sat. June 28

Free concert

Beatles tribute band, Ticket to Ride. Oak Canyon Community Park, 5600 Hollytree Drive, Oak Park. Saturday, June 28, at 6 p.m. During the first set, the band dresses in matching black suits like the Beatles from the early days. The music is vintage 1960s, with classics like "All My Loving," "Back in the U.S.S.R.," "Come Togeth-

er," "Day Tripper," and "Ob-La-Di, Ob-La-Da." More details on all concert events may be found on the Rancho Simi Recreation and Park District's website: www.rsrdp.org or by contacting the District at (805) 584-4400.

Sun., June 29

Holocaust Records

Jewish Genealogical Society meets 3 to 5 p.m., Temple Adat Elohim, 2420 E. Hillcrest Drive, Thousand Oaks. Program on "Genealogical records from the Holocaust-the breakthrough?" discusses the International Tracing Service

in collecting information on Holocaust victims, survivors. Free, guests welcomed. (818) 889-6616, publicity@jgscv.org.

Sat. June 29

LOVEfest

Cost: \$50. Guests will enjoy live music, great food, and fantastic auction items. All proceeds will benefit Lily of the Valley Children's Village in KwaZulu Nal, South Africa. Location: Gardens of the World, 2001 Thousand Oaks Boulevard. Time: 3-7 p.m. Contact: For tickets or additional information, please visit www.lilyvalleyusa.org.

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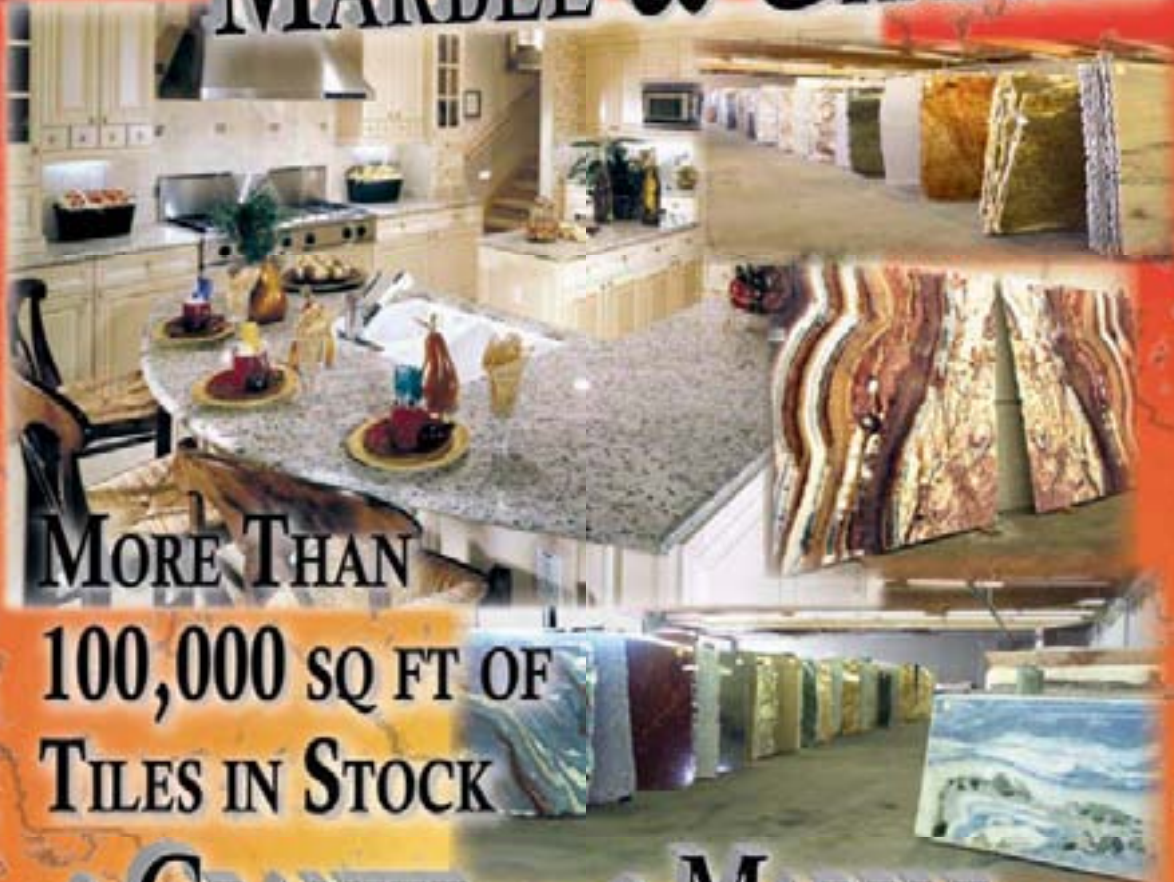
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