

Be careful in county's back country

During the past few weeks, people have been getting lost in the Ventura County backcountry on a regular basis.

In November at least 13 people were lost or stranded and needed rescuing at night by the sheriff's department helicopter crew or volunteer search and rescue teams.

Rescue teams are often slowed down or stopped by rain, heavy fog, snow or dangerous terrain.

An outing in the backcountry can go wrong and require the activation of the search and rescue personnel. Use these tips to avoid these potentially dangerous situations.

•Be prepared to spend the night out when hiking. Take a waterproof jacket, water, food and a flashlight or headlamp.

VCSD issues warning to hikers

•Take a map of the area and let someone know where you are going and expected time of return.

•Don't overestimate your abilities to hike quickly or underestimate the difficulty of the terrain to traverse. Hiking a given distance in the mountains can take two to three times as long as the same length of flat ground.

•Get a reliable and up-to-date weather forecast for the area of the hike. If the weather is bad, don't go or at least be prepared for cold or wet weather.

Remember, the weather in the local mountains is typically much

more severe than along the coastline.

Enjoy the outdoors but be prepared.

Article provided by Ventura County Sheriff's Department.



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Scout earns Gold Award



Julie Schneider

SAY NO TO PLASTIC—Julie Schneider, a junior at Newbury Park High School, recently received her Girl Scout Gold Award. To earn Girl Scouting's highest honor, the 16-year-old made more than 300 reusable shopping bags from new and gently used t-shirts. The bags were donated to a Prototype Women's Center in Oxnard, FOOD Share/Food Pantry in Santa Clarita and the Goebel Senior Center. Julie has been in Girl Scouts since kindergarten.



During the week of December 11th - December 19th you're invited to take 15% OFF your holiday celebrating at the following locations:

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- Lavaggio- Agoura Hills- (818) 584-3240
- Guy Matthew Salon & Day Spa- Agoura Hills- (818) 889-0212
- Fins Seafood- Westlake Village- (805) 494-6494
- Zin Bistro Americana- Westlake Village- (818) 865-0095
- Tikka Grill- Westlake Village- (818) 597-0048
- Yozen Frogurt- Westlake Village- (805) 230-3800
- Yozen Frogurt- Thousand Oaks- (805) 230-2401
- Phantom Electronics- Thousand Oaks- (805) 496-0160
- TO Fish & Chips- Thousand Oaks-(805) 495-1614
- Newbury Park Athletic Club- Newbury Park- (805) 499-0023
- Azars Sports Bar & Steakhouse- Newbury Park- (805) 498-2365
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- Advanced Medical Family Vision—Moorpark- (805) 523-3440
- Simi Sam's Sandwich- Simi Valley- (805) 581-1725
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