Happy Chanukah on December 6!

FREE

VENTURA BREEZE

Your Hometown Paper

Vol. 9, No. 4 Published Every Other Wednesday Established 2007 November 25 – December 8, 2015

California State Senator Hannah Beth Jackson (on the right) gives certificate of recognition to George Harrison and Lynn Harrison at celebration. Photos by John Ferritto.

Ventura and Gold Coast Recycling celebrate 25th anniversary

Gold Coast Recycling and Transfer Station, established in 1990 to help local cities, including Ventura, and the County of Ventura meet state mandates to cut the amount of trash they send to landfills in half, held a 25th anniversary celebration on Nov. 19.

Gold Coast Recycling and business partner Harrison Industries honored the cities they serve – also including Thousand Oaks, Camarillo, Ojai, Fillmore and Carpinteria – as well the County of Ventura with Certificates of Appreciation during the event at the 75,000-square-foot facility in Ventura.

George Harrison, general manager of Gold Coast Recycling, presented certificates of appreciation to representatives of the cities, chambers and communities Harrison serves for helping the communities exceed the trash diversion goals of California Assembly Bill 939, passed in 1989.

"We couldn't have reached these

Continued on page 6

Kathy Thomson, member of the Friends of the Library, Elena Brokaw, Director of Parks, Recreation and Community, Marianne Coffey, member of the Friends of the Library and Mayor Heitmann presenting Sachi Tan with her award. Photo by Bernie Goldstein.

Poster contest winners honored

The winners of Ventura's 150th Anniversary poster contest were honored at a special presentation at the beginning of the City Council meeting held on November 16.

Upon presentation, the Mayor stated, "It is my pleasure to welcome and provide awards to eight local schoolchildren – the winners of the 150th Anniversary Poster

Continued on page 6

City Council to vote on proceeding with hillside 55-unit development

On November 30, with a 5PM start time, the City Council will be voting on the following line items for the proposed 55-unit Regent project:

To process a Prescreen for a proposed General Plan Amendment and Specific Plan.

Review and approval of General Plan Amendment and Specific Plan Prescreen to file an application.

Authorization of consultant services related to CEQA, CIP Study, as well as contract staff for permit processing and technical review for Community Development and Public Works Departments.

General Plan Amendment, Specific

Continued on page 4

The Rubicon's Grandes Dames enjoying their Nov. 17 luncheon at the Las Posas Country Club.

The Grandes Dames are the ultimate Rubicon Theatre volunteers

The Grandes Dames recently held an elegant luncheon at the Las Posas Country Club in Camarillo. The Grandes Dames host several luncheons and events, each year at different upscale locations throughout Ventura County including country clubs, hotels and yacht clubs.

The luncheons include wonderful entertainment provided by cast members who perform at the Rubicon Theatre. Jennifer Lee Warren entertained the gathering with her amazing voice and engaging personality. She recently returned from her appearance Off-Broadway in Rubicon's own "Lonesome Traveler".

Several Rubicon staff and actors spoke to the theater lovers and volunteers. These included Rubicon co-founder Karyl Lynn Burns, the theatre's Producing Artistic Director and Brian McDonald who introduced several of the cast members that will appear in the upcoming production of A Christmas Story.

About 20 years ago, five of Ventura's movers and shakers put their heads together and came up with a great idea when they decided to create an organization of grand ladies to support the Rubicon.

They decided to call their volunteer group the Grandes Dames - Ambassadors for the Rubicon who support the theatre through volunteer activities.

Both men and women (yes, there are a few lucky men who volunteer though they are usually called Grandes Gentlemen) attend the luncheons. Guests are always welcome and many go on to become Grandes Dames.

The Grandes Dame's quarterly luncheons and membership fees helps to supports Rubicon activities and covers the cost of the luncheons.

The Rubicon is always looking for dedicated volunteers. If you want to learn more, visit www.rubicontheatre.org, or call them at 667-2900. You can also stop by the theatre itself which is located at 1006 E. Main St.

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12·04·15

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FRIDAY, DECEMBER 4, 5PM

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UPCOMING EVENTS
Wednesday, November 25th - THE TURKEY BOWL TOURNAMENT FT. SPENCER FISCHER OF 103.3 THE VIBE
Wednesday, December 23rd - UGLY SWEATER CHRISTMAS PARTY
Saturday, January 2nd - OZOMATLI
Saturday, January 9th - N3RD DR3AMZ YUNG YIZZO, MO STYLEZ, AUSTIN SEXTON, DJ KRYPTONITE
Thursday, February 4th - E.N. YOUNG
Saturday, February 6th - THE MAIN SQUEEZE
Saturday, March 5th - PUDDLE OF MUDD
Friday, March 11th - STICK FIGURE SET IN STONE TOUR

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The Poinsettia Awards recognize outstanding achievements of businesses and individuals who make a difference in our community.

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Business News

On November 6, Artisan Made gift store (315 Main) held their grand opening. 10% of all sales on Friday and Saturday ("Shop For A Cause") went to the Turning Point Foundation. Artisan Made features artisans with handmade works from local artists.

Have you wanted to run your own business?

If you are thinking about starting your own business or already own one and want to expand, WEV (Women's Economic Ventures) can help. Learn how to make those dreams a reality with Women's Economic Ventures (WEV). WEV is holding free, 1-hour informational sessions in Ventura County to help determine your readiness for one of WEV's business courses. Orientation is required to enroll in the special Spanish Self-Employment 4-week training (SSET) program only.

Wednesday, December 2
6:00 p.m. to 7:00 p.m.
Oxnard Public Library Conference Room B, 251 South A Street Oxnard, CA 93003
Free, but RSVP required

Thursday, December 3
6:00 p.m. to 7:00 p.m.
Ventura County WEV Office, 290 Maple Ct. Suite #256 Ventura, CA 93003
Free, but RSVP required

Wednesday, December 9
12:00 p.m. to 1:00 p.m.
Ventura County WEV Office, 290 Maple Ct. Suite #256 Ventura, CA 93003
Free, but RSVP required

Spanish Self-Employment Training (SSET)

WEV offers a 4-week Basic Self-Employment Training course in Spanish, designed as an introduction to help men and women determine if they are ready to start a business.

WEV's 12- week advanced Self-Employment Training course provides guidance on how to start, operate or expand a business. The program provides week-by-week training on topics including finances, marketing and sales, public relations and advertising, legal and insurance issues, record keeping, and how to write a business plan.

WEV has provided entrepreneurial training to nearly 4,000 women, loaned more than $2 million to local businesses, and has created an average of 300 jobs in the community each year.

Location is subject to change. To find out more information or to register for the orientation, call 456-2341 or visit the website at http://wevonline.org/orientaciones

BBM&D chosen to represent Camarillo association

Camarillo Hotel & Tourism Association has selected Ventura's BBM&D Strategic Branding, a Southern California-based marketing and design firm, to spearhead its branding and communications. BBM&D will use marketing, public relations and social media campaigns to welcome visitors to Camarillo.

"With premier shopping, beautiful venues, scenic golf courses and unique cultural experiences, Camarillo is truly a hidden gem," said Barbara Brown, BBM&D president. "We can't wait to work with the Camarillo Hotel & Tourism Association on showing travelers what they can experience in the city."

"We interviewed a number of very qualified agencies," Camarillo Visitors & Convention Bureau Executive Director Adriana Huizar said, "BBM&D impressed us with their ability to demonstrate what makes Camarillo such a fun and unique experience for visitors. We look forward to working with their talented, creative team to make Camarillo a hub for Southern California tourism and events."

BBM&D's services can be viewed at bbmd-inc.com.

City Council to vote

Continued from page 1

Plan, Tentative Map, anticipated Development Agreement, and any other associated application filings and staff analysis, including environmental review.

Determination to Modify the Existing General Plan Land Use Designation from Neighborhood Low to Specific Plan and Hillside Management Plan.

Policy Consideration Related to the Timing of Infrastructure Analysis as Part of a Residential Development on Approximately 40 Acres and Open Space with Public Access Trails on Approximately 175 Acres on an Overall Site of 215.94 Acres Located North of Hillcrest Drive, West of Hall Canyon Road, East of Lincoln Drive.

VENTURA BREEZE
Your Hometown Paper

Member, Ventura Chamber of Commerce

The Ventura Breeze is your free local community newspaper published every other Wednesday and circulated throughout Ventura and to many locations in Ojai and the Channel Islands Harbor located in Oxnard.

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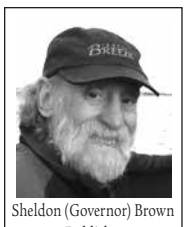
We encourage you to send your opinions to opinions@venturabreeze.com. Please limit them to about 300 words.

Opinion/Editorial


Sheldon (Governor) Brown
Publisher

■ What still frustrates me is that those in favor of, and against, the Regent **55-unit hillside project** appear to not understand that the specific drawings submitted have not been approved by the Planning Commission. And, they will not be approved by the City Council even if the council votes to proceed with the prescreen. Only a very broad and general concept is being approved, not a specific design. Not the lots themselves, not the homes, not the streets, just the idea of 55-homes is being approved.

Since the site development plan is conceptual and for demonstration purposes only, these specific plans will never be built. All of the opposition's concerns will be addressed in future designs and there will be many opportunities to express one's views.

If approved to continue, Regent will need to submit many, many, more designs to the city (and citizens) for review, comments and approvals before they can proceed with a development in that general area, including the input and approval from the Design Review Committee. There's plenty of time for comments by the public. Personally speaking, I might have opposition to many parts of the design as it progresses through the analysis stages. I will carefully consider the merits and pitfalls of the new designs and layouts as they are presented.

From the City's planning personnel:

"**As this is only Prescreen request**, City staff has not conducted a complete analysis of the grading design, including a geotechnical report prepared by the applicant. As part of a formal development application submittal, Community Development and Public Works department staff would further evaluate the amount of areas not compliant with this policy in conjunction with the Citywide Design Guidelines for construction in the Hillsides. However, in staff's preliminary analysis, the clustering of the proposed development at the lower elevations of the hillside and preserving a majority of the site as open space is worthy of further formal review in the a Specific Plan application that could compensate for a deviation from HMP Grading and Site design Policy 3. In order to meet the broader intent of goals and policies deviations from specific adopted policies can be considered on a case by case basis. Additionally variances from adopted codes are regularly requested by project applicants and considered by the City typically where the physical characteristics of a particular property present special circumstances and/or make it difficult to comply."

Ventura's general economic policy is the following:

"Facilitate the provision of a range of housing types to meet the diverse needs of the community.

Provide high quality housing for current and future residents at all income levels. Promote housing that is developed

Pit bulls make wonderful pets and companions.

under modern sustainable community standards.

Encourage the production of housing that meets the needs of all economic segments, including extremely-low, lower, moderate, and above moderate-income households, to achieve a balanced community.

Ensure adequate sites are available for housing executives in order to enhance the City's ability to attract businesses with higher paying jobs.

Cluster development is encouraged as a means of preserving the natural appearance of the hillside, and maximizing the amount of usable open space.

Units should be sited on lots in such a way that the living areas take advantage of the views afforded by the lot."

As a reminder, the Nov. 30 City Council meeting will **start at 5pm** - not the usual 6pm start time - so that the meeting might end before midnight.

Because the specific drawings are not being approved, my recommendation for any would-be speakers is to not get overly specific, but rather, speak in more general terms.

Input Examples:

I'm opposed to any new development in our hills - state why.

I'm opposed because we don't need luxury homes - state why we don't.

I support this project because we need luxury homes - state why.

The huge acreage that will be donated to the Hillside Conservancy is important to the city - state why.

■ Council members **Mike Tracy and Christy Weir** have been recused from the meeting (they will probably watch from home) because of where they currently live, even though Weir lives outside of the 500 foot required "conflict of interest" zone.

■ Changing topics, I received the letter below from a reader. It appeared that because of the juxtaposition of some text in a recent Breeze article, that we were being very critical of **pit-bulls**. The article was certainly not meant to be at all critical of the breed. Apologies for the misunderstanding!

Dear Sheldon

I'm not happy at all about the reference to Pit Bulls on the front page of yesterday's Ventura Breeze.

Ventura Breeze is the local "Hometown" paper for Ventura. Yesterday's edition (Vol 9, No 2) right on the front page, makes a statement that reflects very negatively toward Pit Bulls, across the board, and lumps them in the same category as cockroaches and rats!

I find this unacceptable and insensitive, especially on the front page of a newspaper whose editor usually shows a caring attitude toward dogs.

I would appreciate if you would alleviate some of the damage by issuing a statement in support of this breed which is so misaligned with erroneous information and misconceptions of a sweet and wonderful dog.

Thank you,
Jasmine Casey

Mailbox

Dear Sheldon,

I am a fairly new resident to Ventura and can't tell you how inspired I feel living here: not just the beauty of it all, particularly the beach, but by the residents.

When I walk my dog, every day, at the beach by Marina Park, I am greeting by not only friendly people, -- but people who have caused me to become a better citizen. These people take pride in their home and treat it as if it were their own personal beach. One man, Mo, brings a bag every day and does his own beach cleanup cheerfully and uncomplaining. Another woman, actually washes the pavement down and does major sweeping especially after a holiday weekend. The men whose job it is to maintain this area are not only friendly but do a tremendous job and seem to take pride in keeping this area pristine. I have seen them go above the call of duty to make this a wonderful area for everybody to enjoy.

Thank you fellow Venturans! You have taught me to do my part and you will see me with my bag each morning doing my small part to keep Ventura the very best place to live.

Sincerely,
Maggie Wells

Ventura Breeze

Editorial (business article on Parts Unknown) looked great. We received some great comments from customers that read the article and came into the store. Thank you.

Thanks again.
Dan Scully

Hi Sheldon:

Thank you for the wonderful coverage in the Ventura Breeze regarding the new CMH. We all appreciate all that you do in letting the good people of our town know what is happening at the hospital and our health system.

If you can update your information for the ER private rooms it would be much appreciated we are very excited to now have 37 private rooms for ER in the new hospital.

Thanks again
Mary McCormick,
Marketing Manager CMH
Mary: 37 is an amazing amount, just wonderful.

Dear Sheldon,

Which City Councilman is hiding there behind the Breeze during a break at the CAPS studio?

Photo by George Ortega
I can't even imagine, could it be Mike Tracy?

Do not express joy before one sick or in pain, for that contrary passion will aggravate his misery.

–14-year old George Washington

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Minimum Qualifications

A high school diploma or GED, at least three (3) years of increasingly responsible fiscal/clerical work.

Bilingual is preferred but not required.

APPLY BY: 12:00 p.m. on Monday, November 30, 2015.

If you have the minimum qualifications listed above and the type of personality we are looking for, please send your resume along with a cover letter detailing why you are the perfect fit. Email dianai@ci.fillmore.ca.us or mail to Attn: Human Resources, City of Fillmore, City Hall, 250 Central Av., Fillmore, CA 93015-1907. Contact (805) 524-1500 ext. 211 for more information.

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City News

Fall City of Ventura Classes

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Ballroom Dancing
16 years-adult
12/1-1/19 Tu 7:30-8:30 pm $50
Course #42213.

Enjoy the magic of smoothly moving across the floor with the waltz, fox trot, swing and rumba! No partner needed. No class 12/22 & 12/29.

Heat Up the Night Latin Dance Workshops
16 years-adult
12/1-1/1/19 Tu 8:30-9:30 pm $50
Course #42219.

Learn sensuous and steamy Latin dances in six weeks. No class 12/22 & 12/29.

Line Dance with a Twist
18 years-adult
12/2-1/20 M/W 1-2 pm $60
Course #42247.

For experienced line dancers: enjoy fun exercise with a twist of salsa, ballroom and jazz. At BVC. Instructor Jackie Ringhof No class 11/11, 12/21-12/30 & 1/18.

Beginning Argentine Tango
18 years-adult
12/2-1/20 W 6:30-7:30 pm $69
Course #42235.

Learn true Argentine Tango basics in six weeks that will have you on the floor dancing in no time. No class 12/23 & 12/30. Class held at House of Dance, 3007 Bunsen Ave, Suite E & F in Ventura. To register call 805-658-4726.

Artful Christmas Banner and Ornament
18 years-Adult
12/4 F 9:30 am-12:30 pm
40 + $15 materials fee
Course #42180.

We will make holiday banners, gift tags and ornaments using watercolor and acrylic paint sketches, local ephemera, burlap, twine, tassels, pompoms, beads, vintage buttons and decorated clothes pins. We will take a mid-class hike to stretch our legs. Class meets at Ventura City Hall, 501 Poli St. To register call 805-658-4726.

Primal Feat: a dance/movement intuitive experience
18 years-adult
12/13 Su 4-5:30 pm $15

Fun, spirited, surrendered dance and movement. We dance in our bare feet or soft dance shoes, comfy clothes to move in and no dance partner required. No dance experience necessary. The body is meant to move! facebook.com/primalfeat Instructor Liz Galvan. Classes at Cosmotion 2343 E Thompson Blvd #A. To register call 805-658-4726. Course #42055.

Irrigation Central Control System used by City's Parks Division

Since February 2014, the City's Parks Division has cut back 20% of water use for overall parks, when compared to the same month the previous year.

For more than 10 years, the Parks Division has utilized a computerized irrigation system in 14 of our major parks that allows programmed irrigation times, and more importantly, close monitoring of watering in City parks based on strict water reductions.

The system acts as a "computer-in-the-field," allowing the ability to control remote sites from one Central Controller

The controllers allow Parks staff to input reductions based on each day's watering cycle

Outdoor watering uses between 40-60% of residential water, significant water savings can be captured by improving irrigation systems or by reducing water-needy landscaping. For more information visit http://www.cityofventura.net/waterwise

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Poster contest winners honored

Continued from page 1

Contest, organized and presented by the Friends of the Library, the Boys and Girls Club, and the Ventura Unified School District."

"As many of you know, our City turns 150 on April 2, 2016, and a group of dedicated community members have been working together to plan special events and programs to celebrate our wonderful and unique community."

"The Friends of the Library proposed the idea of a poster contest for our local schoolchildren at the first anniversary planning meeting, and working with the Boys and Girls Club, the School District, and the Ventura County Fair, the idea has come to life. "

Almost 70 children submitted posters. The posters will be on display at the Ventura County Fair in August, 2016. The Grand Prize Winner was Sachi Tan, a Senior, at Foothill Technology High School.

Ventura and Gold Coast Recycling

Continued from page 1

state goals without the extraordinary commitment of the citizens, businesses and institutions of all of the jurisdictions, and for that we thank them also," Harrison said.

Working in conjunction with Harrison Industries, GCR established a three-barrel curbside program for trash, recycling and green waste for residents and a white recycling bin program for businesses as well as roll-off and Construction & Demolition programs for both businesses and residents, GCR processes over 90,000 tons of recyclable materials each year.

Government officials presenting GCR with certificates of congratulations included State Senator Hannah Beth Jackson, Ventura Mayor Cheryl Heitmann and Ventura City Councilman Jim Monahan. Representatives of the offices of Congresswoman Julia Brownley, State Senator Fran Pavley and Assemblyman Das Williams also presented certificates of congratulations.

In the future Harrison Industries and GCR will be adding green and food waste recycling bins for its business customers, in compliance with California Assembly Bill 1826, which takes effect in 2016. AB 1826 is designed to cut greenhouse gas emissions, reduce the use of chemical pesticides and fertilizers and create a source of green energy.

Community Events

Guest artists will perform with dancers from the youth company.

Holiday Magic

This holiday season, enjoy Footworks Youth Ballet's variation of The Nutcracker, with live music performed by the Footworks Community Orchestra and singers from the Carpe Diem Chorus.

In this version of the holiday classic, the wave of a wand transforms a holiday party into the world of magic to include a Nutcracker Doll, a Sugar Plum Fairy Doll, and dancing Columbine, Pierrot and Harlequin Dolls. This year's production also features a Queen and King who reign over the land of the sweets.

Founded by Kirsten Oakley, Footworks Youth Ballet was created with the goal of providing a place for young people to thrive and grow through the joy of dance as they learn the art and discipline of classical ballet. Productions are unusual in that they allow senior dancers the experience of partnering with professional guest artists, a rare opportunity for young dancers.

Guest artists for this season include Braeden Barnes as the Nutcracker Prince Doll, and Kenny Borchard as the Snow King and the King of the Land of the Sweets. Dancers from the youth company are also cast for the principal roles, including the Sugar Plum Fairy, the Snow Queen and the Queen of the Land of the Sweets.

For each ballet production, Footworks Youth Ballet hosts a sold-out performance for over 3,000 school-aged children to see the ballet. Most of the tickets for the children are provided at the reduced fee of $5.00 each, and many of the students qualify for free tickets.

The Nutcracker Ballet
Sat. Dec 12, 2.00 pm and
Sun. Dec 13, 2.00 pm
Oxnard Performing Arts Center
Tickets $16, $21, $26
Call 486.2424 to buy tickets, or order online at footworksyouthballet.org

Island Packers announces cruises

Let Island Packers create a special holiday gathering by scheduling a Ventura Harbor holiday cruise or whale watching trip aboard a beautifully decorated 64-foot catamaran. There are many options for holiday cruises this December.

These cruises offer a fun, unique way to bring relatives and friends together for an outdoor activity while viewing the decorated boats in Ventura Harbor and the lighted homes in the Ventura Keys. Come to the Ventura Harbor early for parking and enjoy the shops and restaurants at Ventura Harbor Village before your cruise.

Island Packers offers the following holiday cruise selection:

One-Hour Caroling Cruises: Passengers can sing along with the crew or just relax and admire the decorated homes and boats in the Ventura Keys.

Ventura Parade of Lights: Friday, December 18 & Saturday, December 19. Passengers have the option to be a part of the boat parade ending with an onboard view of the fireworks display at 8 p.m. or just cruise and view the parade and fireworks.

Private Group Holiday Parties (great for company functions): Cruise options are: a buffet-style dinner, a no-host or host bar, and entertainment.

Whale Watching Excursions, December 26 through April marks the official start of the gray whale migration. Regular trips are scheduled through mid-April. Departure times are listed daily on the Island Packers website. Rates start at $37 per adult for this half-day trip.

Island Packers Gift Certificates are great stocking stuffers and gifts! They are easy to purchase by calling the office or stopping in at our Ventura location, 1691 Spinnaker Dr. Popular gift certificates include:

For more information, pricing, reservations or to purchase gift certificates visit www.islandpackers.com, call 642-1393, or visit Island Packers at 1691 Spinnaker Dr., Suite 105B, in Ventura Harbor Village.

December events at Foster Library

Adult Programs/Special Events

H.O.P.E. for Warriors (12/5 @ 1pm) – A presentation by Reins of H.O.P.E., a Ventura County based organization dedicated to offering Equine Assisted Psychotherapy. The talk will address how sessions help veterans develop coping skills for PTSD, Traumatic Brain Injury, anger, depression, addiction, and grief.

Flowering Plants of the Mt. Piños Area (12/ 9 @ 7:15pm) - California Native Plant Society Channel Islands Chapter - Join us to learn more about the native plants of this mountain region located in the Los Padres National Forest on the boundary between Ventura and Kern Counties.

Ongoing Events

Library LAB Open Workshop (12/9 & 12/23 4:30-6:30pm) - Come by the library on alternating Wednesday evenings to learn more about our 3D printer and laser cutter—or to use them yourself! Ask the library staff about what you need to bring to print or engrave an item of your own, or just drop in to see what we're up to in our library makerspace.

Poetry Open Mic Night (12/3, 10, 17 Thursday 7:30-9pm) - On these Thursday nights, come join this group of writers as they meet in the Topping Room to share their work.

Ukulele Jam Session (12/14 & 28 Mondays 7-10pm) - Locals gather to play the ukulele on the first and third Monday of the month.

Teens Teaching Tech (12/12 Saturday 12-1pm) - Need help with technology? Bring your device to the library to get help from local teens.

*Computer classes are now one-on-one sessions. Call the library for more information.

Children's Events

Dance Party! (12/4 Friday 10:30-11:30 am) - Enjoy non-stop music and movement for children ages 2-5 and their grownups in the Topping Room!

After School Reading Crew (12/9 Wednesday 5:30-6:30pm) - K-3rd grade elementary students and their families are invited to this literacy enrichment class.

Early Literacy Class (12/1, 2, 8, 9, 15, 16, 22, 23, 29, & 30 Tuesdays & Wednesdays 10:30am) - A great way to introduce your child to early literacy and the library. Join us every week for stories, poems, music, movement, a simple craft, and fun!

Homework Center (12/1, 3, 8, 10, 15, & 17 Tuesdays & Thursdays 3-5pm) - Homework Helpers will be available to help students in grades K through 12 with their homework assignments.

Paws for Reading (12/5, 12, 19, & 26 Saturdays 12-1pm) - Read aloud to a registered service dog (sign-up required).

Teen Happenings

TAG Teen Advisory Group (12/2 & 16 Wednesdays 4pm) - Active members will get credit towards School Community Services Hours. TAG meetings are in the Young Adult area on the 2nd floor.

Youth Chess Club (12/7, 14, 21, & 28 Mondays 3pm) - Learn to play chess or improve your current ability! Assisted by Class A tournament player Jack Cashman.

Special Events

Winter Crafternoon (12/16 Wednesday @ 3:30-5pm) - Get your craft on in the afternoon at E.P. Foster Library. Enjoy a special winter themed craft!

Makeshop (12/1 & 15 Tuesdays 3-5pm) - Building fun at the library! Learn to build for wind. Children of all ages welcome.

Holidays in December

We will be closed:

Friday, December 25 in observance of Christmas Day

Friday, January 1 in observance of New Years Day

Graduation of Leadership Ventura 2015

by Carol Leish

On November 18, at the Ventura city Hall, the graduation of the 2015 Ventura Leadership, through the Ventura Commerce & Education Foundation of the Ventura Chamber of Commerce, took place.

"Participants have gained responsibility in order to lead by example; to pass it on to others; and, to develop relationships," according to Stephanie Calwell, CEO of the Ventura Chamber of Commerce. "Thanks to, Lola Herrera, for recruiting participants. She put her heart and soul into Leadership Ventura. Leadership will be a stepping stone for all of you."

Thanks go to The Greek Mediterranean Steak and Seafood, at the Ventura Harbor, and to owners, Lynn and Mikelton, for hosting the event.

Mary Jarvis provided personal reflections of the Leadership Ventura program. She emphasized that, "The graduating leaders have been/will

Continued on page 12

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Religion

Chanukah

Every year between the end of November and the end of December, Jewish people around the world celebrate the holiday of Chanukah, the Festival of Lights. Chanukah begins on the 25th day of the Hebrew month of Kislev, but the starting date on the western calendar varies from year to year. This year it starts on sundown on December 6.

In the land of Judea there was a mean (boo) Syrian king, Antiochus. The king ordered the Jewish people to reject their God, their religion, their customs and their beliefs and to worship the Greek gods. There were some who did as they were told, but many refused. One who refused was Judah Maccabee.

Judah and his four brothers formed an army and after 3 years of fighting, the Maccabees were finally successful in driving the Syrians out of Israel and reclaimed the Temple in Jerusalem.

When Judah and his followers finished cleaning the temple, they wanted to light the eternal light, known as the N'er Tamid, which is present in every Jewish house of worship.

Only a tiny jug of oil was found with only enough for a single day. The oil lamp was filled and lit. Then a miracle occurred as the tiny amount of oil stayed lit not for one day, but for 8 days

Jews celebrate Chanukah to mark the victory over the Syrians and the rededication of the Jerusalem Temple. The Festival of the Lights, Chanukah, lasts for eight days to commemorate the miracle of the oil.

The menorah candles are lit to celebrate the 8 days that the oil stayed lit.

The spellings of Chanukah has caused some confusion. Part of the reason for this confusion may be due to the fact there is no exact English translation of the Hebrew word for Chanukah. So to help clear up some of the confusion here are just a few of the different spellings one might encounter.

Chanukah, Chanukkah, Hanuka, Hanukah, Hannukah, Hanukkah.

While in the United States it is most common to use the spelling Chanukah. Rest assured that they are all the same celebration

This 'n' That

Harrison's trash collection delayed one day for Thanksgiving

In observance of Thanksgiving Day, the employees of Harrison Industries are taking the day off on Thursday, Nov. 26. As a result, customers who normally have their trash and recyclables or green waste collected on Thursday or Friday will have it collected one day later than usual.

The Thanksgiving holiday will not affect customers who have their trash and recyclables or green waste collected on Monday, Tuesday or Wednesday. It also will not affect Ojai customers who have their trash collected on Monday.

The regular schedule for all customers will resume the following week.

For more information, call 647-1414.

More comments on the proposed Regent's 55-unit development

Gathered by Richard Lieberman

I am an outspoken opponent of the proposed Regent Properties development on the Ventura hillside. If you visit our Facebook Page www.facebook.com/Ventura-HillsideNeighbors you will see more than 8,400 followers. It is the largest community Facebook page in the City indicating widespread community concern for this issue. There you will find thousands of comments. Yes, some are a bit mindless as you would expect. But, many, if not most, are very well spoken and some are surprisingly insightful.
Nick Bonge

City council: the Hillside Management program is a well thought out, hard worked, program. Your tenure in city govt is very short lived. Please consider carefully your position in this issue. What are your motivations? Please do not obliterate a very well formulated plan that took many years of negotiating and hard work.
Ron Van Rossum

Ventura City Council must deny the Regents proposal...there is no need to place luxury homes in our community
Debra Myrent

Burke Hazards Report: Let me begin with Mr. Burke's report. It appears to be put together from readily available public information that speaks to potentialities, not actualities. I'm no expert, but it seems to me that this type of work should be performed based on actual studies of the soils on the property.
J. Boomer Butler CPA

55 homes is not 300 multi-units and to simply take the position of "nothing" is acceptable or workable is unrealistic and begs for a future of lawsuits."
Greg Daniels

As a resident of Ventura, I utilize social media quite a bit to monitor local issues. I have been watching the Facebook page and online petition from the group; Neighbors for the Ventura Hillside. I'm no expert but it's clear to me that the neighbors who oppose the proposed executive house project are trying to make it seem like there are a lot more people against this development than there really are.
Terry Davis

I have heard some people say that "we shouldn't develop the hillsides any further." I disagree with those people. This project will actually define the boundary, where no further building can be done.
Phil Foster Ranger

A project like this would not only provide homes for a neglected market, but would also generate revenues to help balance the city budget and could even provide enhanced services to our residents.
Don Henniger

This property has been zoned residential for many years and I believe the owners have a right to develop their own property.
Bill Kracht

I am a native Venturan and a business owner in Ventura for 16 years. I am completely in favor of the La Viera development and I am so pleased that Regent Properties has stayed the course in trying to bring this well planned project to our city despite the loud opposition of a relatively small group of neighbors."
Melody Oleary-Namikas

Senior Living

Pull Out Section

Retired Army Capt. Donald Wright is given a Quilt of Valor when he celebrated both Veterans Day and his 102nd birthday.

Cypress Place honors veterans, will host candlelight memorial service

On Veterans Day, November 11 Cypress Place Senior Living in Ventura honored residents of the senior community who served their country, including Donald G. Wright, Captain, U.S. Army Retired.

Captain Wright turned 102 on Veterans Day, and in appreciation of his years of service to his country, Quilts of Valor honored him with a handmade quilt. With his children looking on, Wright beamed with pride as he accepted the personalized quilt, designed to both comfort and heal veterans and service members who have been touched by war.

"We are here to honor all our veterans with this personalized quilt", said Pat Blanchard, a Thousand Oaks resident and member of Quilts of Valor, a national organization of volunteer members who create the quilts.

Photos of Wright from his younger years were on display at the senior community as part of the celebration. When asked about the key to his longevity, Wright quipped, "I ate a lot of shredded wheat." Even at his advanced age, Wright is an active member of the community, participating in many events, and engaging fellow residents, family members and friends in lively conversation.

"It was just the perfect day," said Susan Westover, one of Wright's daughters. "Not only for my dad, but for the entire family. We can't thank Cypress Place enough."

Next up the senior community will host their annual Candlelight Memorial Service on Wednesday December 9th, 2015. This touching event is in loving memory of those who are no longer with us but are forever present in our hearts.

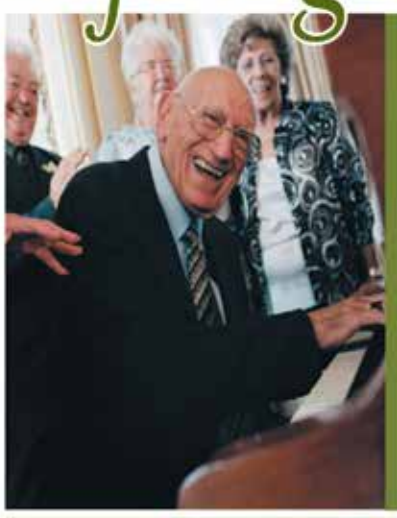
The candlelight service will be led by Pastor Leonard DeWitt, Pastor to Senior Adults at Ventura Baptist Church. There will be speakers, music, and attendees will be able to light a candle in honor of their loved one.

The free memorial service begins promptly at 5:00 p.m. at Cypress Place Senior Living in Ventura and is open to the public. Light refreshments will be served.

Cypress Place Senior Living is located at 1200 Cypress Point Lane in Ventura. Seating is limited so please call to reserve a seat. For more information or to RSVP, please call 650-8000.

To learn more about Cypress Place Senior Living of Ventura, visit their web site at www.cypressplaceseniorliving.com.

Life is good!



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Senior News Line

Mediterranean diet makes brain younger

by Matilda Charles

The Mediterranean diet has been in the news for years, but some of us aren't sure if it offers any real benefits. Now we have a piece of the puzzle. In a recent study supported by the National Institutes of Health, participants experienced less brain atrophy after adhering to that type of diet, resulting in loss of fewer brain cells and maintaining cognition.

The Mediterranean-type diet (called MeDi in researcher parlance), consists of low intake of dairy, poultry, meat and alcohol, and higher intake of fruit, fish, cereal, vegetables and fats that are monounsaturated (such as olive oil).

A few specifics: Eating less meat resulted in larger total brain volume. Eating more fish was associated with greater cortical thickness. Based on these, researchers concluded that even these two diet adjustments had a positive benefit as part of the Mediterranean diet. The difference in two groups (those who adhered to a Mediterranean diet versus those who didn't) was the same as aging five years. The average brain volume was 13 percent larger, which is significant.

This isn't the first time the benefits to the brain have been studied. In 2010, a similar study concluded that the Mediterranean diet can help avoid damage to the parts of the brain that deal with thinking and memory. Those who adhered to the diet were 36 percent less likely to have damage. Those who generally stuck to the diet were 21 percent less likely.

Ask your medical provider whether you should add these types of foods to your diet and stay away from the more harmful ones. For more information, search online for "Mediterranean diet," and look for sites by the Mayo Clinic, the American Heart Association and WebMD as places to start.

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Senior Living

A Tender Touch Senior Placement

Benefits of health shakes

by Connie De La Rosa

As we age, it becomes more important to pay attention to the essential vitamins our body needs and can become more difficult if our eating habits start to decline because of medications, depression or overall decreased appetite which contributes to inadequate amounts of nutrition.

"Meal replacement shakes contain all 50 nutrients and vitamins that our body needs in addition to a minimum of 24 grams of protein " according to Doug Ward, Manager of a local nutrition club. Surprisingly, in addition to the benefits of a meal replacement shake, it is high in fiber, low carb, low sugar, low calorie of about 300 calories per shake and has no dairy. What most people are not aware of is that only pharmaceutical grade supplements are FDA checked and like the local nutrition club, may receive a five star rating. Other meal supplements, if not a pharmaceutical grade, are only 70% accurate in nutrition and 30% are unknown ingredients in which are not inspected by FDA if not 100% of the daily essential vitamins.

Participating in a nutrition club has a benefit of providing a free wellness evaluation that will give you concrete information of what your body is lacking then continuing a follow up to discuss your overall energy levels and other areas of improvement that your body may have been lacking prior to the meal replacement.

For more information or questions please call 200-7756.

CMHS offering physical and emotional help

Community Memorial Health System is offering a free support group delving into emotional freedom techniques, also known as EFT.

The support group will meet Dec. 1, Dec. 15 and Dec. 29, from 5:30 to 6:30 p.m., at the CMHS HealthAware office now located at 2580 East Main Street, Suite 103.

Emotional freedom techniques is a healing tool that can provide results for physical, emotional and performance issues. It is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments, but without the invasiveness of needles.

Virginia Matsuda, who is certified in EFT and hypnotherapy, will lead the support group, facilitated by Evelyn Scott, R.N., of CMHS's HealthAware program.

For and more information, contact the HealthAware program healthaware@cmhshealth.org or call 667-2818.CMHS celiac disease seminar

Celiac disease is a chronic condition triggered by gluten found in food containing wheat, rye and barley. Although it can occur at any stage in life, celiac disease is commonly inherited and can be especially threatening to children.

Celiac disease is estimated to affect 1 in 100 people worldwide. That's why Community Memorial Health System is holding a free seminar focusing on celiac disease on December 1st in the eighth-floor Nichols Auditorium.

Please join Dr. Helen John-Kelly, who specializes in pediatric gastroenterology, who will discuss celiac disease's symptoms and how it is diagnosed. She also will cover treatment options for children and how patients can live optimally healthy lives.

The seminar is free and begins at 6 p.m. Space is limited, so make your reservation today by calling 1-800-838-3006. Or visit cmhshealth.org/rsvp.

"All this fun and no testing, I love it."

No tests, no homework, no kidding!

Registration for Winter Classes of Osher Life Long Learning Institute (OLLI) at Cal State Channel Islands begins in December. Classes start January 11th. Select from 4 or 8 week classes held in Thousand Oaks, Camarillo, Ventura, and Ojai. Topics include art, music, history, anthropology, economics, literature, science. Classes are taught by professors and other experts in their field. Search OLLI CI for details. Call 437-2748. Curiosity never retires.

The importance of palliative care

by Lanyard K. Dial, MD

President/CEO and Medical Director Livingston Memorial Visiting Nurse Association and Hospice

People living with serious chronic illness often find themselves facing major challenges in navigating and understanding their care options within a complex medical system. Now, increasing research is supporting what many health care providers have long known: comprehensive palliative care that treats both symptoms and a person's emotional and spiritual needs can significantly improve a patient's quality of life. A recent article in the New England Journal of Medicine found that "unlike traditional programs for managing chronic disease, palliative care enhances symptom management, improves patient and family satisfaction scores, and significantly reduces hospitalization rates."

Senior Living

Traditionally, palliative care had been considered an end of life or hospice option because at its inception it was delivered only through hospice programs where the focus was on pain management. Towards the end of the 1980s however, its scope began to expand beyond the boundaries of hospice to include care and services for patients at any stage of a chronic illness. Its focus came to include symptom management and comfort care early in a patient's illness with the intent of improving quality of life while they fought disease.

Livingston Memorial Visiting Nurse Association is at the forefront of this thinking with an integrated palliative care program that provides our patients the benefits of both our home health and hospice programs. It is for patients who are still pursuing aggressive treatment for their illness and do not want to limit their care options. Through palliative care, our treatment team addresses the whole family's emotional, spiritual, and social needs in addition to the patient's acute medical treatment and then assigns the necessary resources. Should the patient improve, they are then able to transition to home health and recovery. If, however, the patient's condition worsens, the team is already in place to transition to hospice care.

Livingston has long been an advocate of a more holistic patient-centered approach when coordinating medical care. Our primary concern has always been for our patients' overall wellbeing; to meet their spiritual and emotional needs in addition to their medical treatment. It is gratifying to see that research now bears this out.

Lanyard K. Dial, MD
President/CEO and Medical Director
Livingston Memorial Visiting Nurse Association and Hospice

I good start to reducing the chance of getting diabetes.

Free community education classes and events

Prediabetes is a serious health condition that increases the risk of developing type 2 diabetes, heart disease, and stroke. 79 million Americans—35% of adults aged 20 years and older—have prediabetes.

Half of all Americans aged 65 years and older have prediabetes.

Without lifestyle changes to improve their health, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years.

How can type 2 diabetes be prevented?

Research shows that modest weight loss and regular physical activity can help prevent or delay type 2 diabetes by up to 58% in people with prediabetes. Modest weight loss means 5% to 7% of body weight, which is 10 to 14 pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important.

Many factors increase your risk for prediabetes and type 2 diabetes, especially if you are overweight.

To learn more about Diabetes Self-Management attend a classes through Livingston visit www.lmvna.org and http://www.cdc.gov/diabetes/prevention/prediabetes.htm.

Livingston Memorial Visiting Nurse Association hosts free monthly education classes throughout the county which include the following in Ventura. Given at Livingston Memorial Visiting Nurse Association office, 1996 Eastman Ave., Suite 109. For other cities visit their website or call 642-0239 for more information or email griefinfo@livingstonvna.org.

Adult Bereavement Support Group Wednesdays, December 2, 9, 16, 23 and 30 from 6:30-8:00pm. These groups are open to individuals who have experienced loss and are free of charge.

Newly Bereaved Support Group Thursday, December 10th from 6-7:30pm. This monthly group is designed for adults who have recently experienced the loss of a loved one and is free. These groups meet every 2nd Thursday of each month.

Diabetes Classes Ventura: Tuesday, December 1st from 1-2:30pm. These meetings are held on 1st Tuesday of each month. General information is provided about Type 2 Diabetes with emphasis on the development of an individualized plan of care that includes diet, medication, exercise and blood sugar monitoring.

Joint Replacement Classes Ventura: Thursday, December 3rd from 1:00-2:00pm. You will learn what to expect before, during and after knee or hip replacement surgery and how to be an active participant in your care. These meetings are 1st Thursday of each month. For information or to RSVP call Dinah Davis at 642-0239 ext. 739.

Ventura: Monday, December 14th for both English and Spanish speaking. English 4:00-5:00pm and Spanish 5:30-6:30pm. You will learn what to expect before, during and after knee or hip replacement surgery and how to be an active participant in your care. For information or to RSVP call Dinah Davis at 642-0239 ext. 739.

Tips for choosing and using your 2016 Medicare Health Plan

(StatePoint) It's that time of year again: The Medicare Annual Election Period (AEP) runs through December 7. Medicare is a critical source of health care for millions of Americans, and the Centers for Medicare & Medicaid Services (CMS) sets this time for people to select and make changes to their plans each year.

As AEP approaches, the old adage "good health is priceless" remains true. According to a survey by Cigna, a leading health service company and Medicare insurance provider, health, well-being and financial security are strongly linked in the minds of Americans. Their research shows that many people have anxiety about their financial health that goes far beyond making health care benefit choices.

That's why it's crucial Medicare consumers consider their health and budget needs as they evaluate health care options for 2016.

"Choosing a plan isn't as simple as just keeping the one you had last year or looking only at the monthly premium costs. The goal should be to choose a plan that best meets your individual needs," says Herb Fritch, president of Cigna-HealthSpring, Cigna's seniors business unit. "Comparing affordability alongside the plan's benefits and services is an important balance."

To help you choose a plan and get the most from it, consider these five tips:

1. Make a list of your priorities and use it to compare plans. Focusing on prevention? Keeping out-of-pocket costs low? Staying active? Take time to evaluate plan options according to the health and financial goals you value most.

2. Be sure your plan offers comprehensive preventive care benefits and use them. Many health plans offer preventive health benefits at little or no cost. The Centers for Disease Control and Prevention estimates that 100,000 lives could be saved each year if everyone received the recommended preventive care.

3. Know your network. Many plans offer choices with a network of doctors. Choosing primary care doctors and specialists in network can provide better communication and care coordination, and keep your out-of-pocket costs down.

4. Get rewarded for staying active. Keeping fit is essential to healthy aging. Original Medicare doesn't cover gym memberships or fitness programs, but some Medicare Advantage plans offer such benefits as part of their coverage. Many are free and some reward you for staying active.

5. Use free resources. CMS' Plan Finder helps you compare costs, covered medications and other items. Many insurance plans offer free seminars with no obligation to sign up. You can also check health plans' websites or call their customer service number for more information. Local and state agencies on aging also connect older adults and caregivers with community resources. Your plan may offer newsletters with helpful information about your benefits.

As you weigh the options, Fritch offers this advice: "It's worth it to take the time to set your priorities and see how plan benefits stack up. Only then can you choose a plan that really helps you get the most from it and reach your goals."

News & Notes

Students at the final day of filming at the afterschool enrichment program, ASSETs at Ventura High.

CAPS Chat

Educating and informing

by Elizabeth Rodeno

The second episode of ECTV, the news and information series produced by our El Camino Interns, is airing on CAPS Channel 15 this week. You can view it every Saturday and Sunday at 9:30AM. The topics include Common Core education, Ghosts and the Spice epidemic among teens in Ventura County. These students are doing what media journalists around the world do; research, ask tough questions and wrap it up in an interesting episode format. We are looking forward to the upcoming episodes. The Digital Storytelling Assets program at Ventura High School produced a great video and shared their story of the making of "The Raven".

VC Innovates, a workforce innovation program, sponsored students from Santa Paula High to tour CAPS Media to learn about media production and bring their enthusiasm back to school. We want to share our technology and the paths to a creative career in media.

The Foothill High School's production of Every 15 Minutes went off without a hitch. The film crew, with the support of Jamie Cawelti, Evan Carpenter and Phil Taggart, blasted through the video with great skill. The crash scene event is always exciting to see our Emergency Services team work together to show how it looks and what happens in the aftermath of a drunk driving accident. The launch of the Ventura County News Network was well received. Go to www.vcnewschannel.com to see shows featuring Ventura County, produced by CAPS for Bill Nash, the show's host. We have four shows in the can with more to go. It's a fascinating look at interesting and unknown finds around Ventura County.

We provided support for the launch of the 150th Anniversary Celebration of Ventura at the County Museum with a special video of our upcoming Ventura Legacies program. A full CAPS crew was out capturing the event. Of course, the snacks were yummy too. It is going to be a year packed with events and activities to celebrate the 150th which officially happens on April 2, 2016.

Don't forget that not only is CAPS Media capturing important events in Ventura, you, as a member, can do the same. With our professional training and gear you can get out there and make history. CAPS Media is here to create an engaged and informed community through participation in electronic media. A yearly membership is only $25 and includes training, equipment, and use of our studio and edit suites. Share your history with over 20,000 Ventura residents on channel 6 and 15. For more information go to www.CAPSTV.org or stop by CAPS Media Center on 65 Day Road and schedule a tour.

Two-year-old Jack Littell, accompanied by parents Doug and Ally, makes a royal entrance, sack in hand, to visit the Harvest Festival's Trunk or Treat area.

Harvest Festival huge success

First United Methodist Church of Ventura hosted and co-sponsored a Harvest Festival with Happy Ventures Pre School, which is co-located on church grounds and was held on Oct.30. A complementary spaghetti supper, activities, face painting and games with prizes, set up in Trotter Hall were a big hit.

A Trunk or Treat passing out mountains of candy was available in the facility's parking lot. To complete the package a Haunted House, decorated and staffed by the church's youth group was presented.

The culmination of the event was a drawing for gift bags conducted by the church's pastor, The Rev. Jane Hetherington-Rauth. This first annual Harvest Festival was the brainchild of Pastor Jane who is new to the Ventura area.

First United Methodist Church has two Sunday services, 9 a.m. and 11 a.m. You are encouraged to visit the church's web site, www.fumcventura.org as well as the Happy Ventures Pre School web site, www.happyventurespreschool.com.

Community Events

Graduation of Leadership Ventura

Continued from page 7

continue to be dedicated and passionate in their endeavors."

During Leadership Ventura's year of acquiring knowledge, Relly Nadir, showed participants the importance of being able to understand Emotional Intelligence in being able to learn about themselves, and to learn more about their relationships with others. He emphasized the importance of being, 'smart,' by showing others that, "We are all smart by gaining self-awareness; mastering the moment in order to become empowered; analyzing situations; recharging; and, teamwork." Through giving the Myers Brigg test, Naidr enabled participants to learn more about their emotional intelligence by gaining depth about themselves and others.

Leadership Ventura took participants on various themed days once a month for a year. These included: government day; arts and culture day; media day; regional and commerce day; a health and human serves of Ventura County day; military and harbor day; education day; and, a government day.

Amber Stevens introduced the Leadership Class of 2015 and their team projects.

Team 1: City Transitional Living, director Jim Duran, for individuals needing a temporary living place and guidance due to personal circumstances, had, Deborah Lofthouse, Terry McBreen and Rick Jeffrey. The team did a family mural project with children at the site on a wall next to the playground.

Team 2: Tender Life Maternity Home had Jann Huling, Phil Chandler, and Fermin Cortez. "ASAP Painting helped us to repaint walls within the home," according to Chandler. "We realized the importance of this place by providing a safe haven for pregnant women." Tender Life Maternity Home, with director Karen Johnson, just celebrated their 30 year anniversary on September 30.

Congratulations to all Leadership Ventura 2015 participants for continuing to make a difference within the community. As the future continues to be in all of the team members hands, the 2015 graduating class, who all got impressive plaques, will be mentors for the 2016 Leadership Ventura group. To become involved in the upcoming class, please contact the Ventura Chamber of Commerce at 643-7222; or through their website at, www.ventura-chamber.com. Remember that the future is totally within our hands. We can all make a positive difference.

Ventura events

by Ana Baker

Would you like to meet new friends? Whatever the reason, Ventura's Conversation Group is the right place for you. This eclectic group meets Wednesdays from 4p.m. to 5:45p.m. Located at the Yolanda's Mexican Restaurant at 2753 Main St. Several people usually stay for a drink and a bite to eat afterward. Be sure to bring an interesting topic to discuss.

Free admission stage show, 2p.m. to 4p.m. First Sunday of every month. Old Time Country Bluegrass Gospel Music Assoc. Poinsettia Pavilion, 3451 Foothill Rd. For more Information call 517-1131.

Ventura Poinsettia Dance Club meets every Monday from 7:30 p.m. to 9:45p.m. Located at the Poinsettia Pavilion, 3451 Foothill. Ballroom, swing, Latin, mixers and line dancing. Members $9, non-members $11. Call 407-9971 for more information.

DBSA Ventura, the local chapter of the Depression & Bipolar Support Alliance (DBSA) hosts two regular, confidential, peer-led, self-help support groups in the County. The evening meeting takes place every Tuesday from 6:30p.m. to 8p.m. at Bible Fellowship Church located at 6950 Ralston Street in Room 301 of Building 300. Email DBSA_Ventura@yahoo.com, visit facebook.com/DBSA.Ventura or call 253-3289 for more information. The daytime meeting is held from 1p.m. to 3p.m. at the New Visions Center in Ventura on the first and third Saturdays of the month. Turning Point Foundation's New Vision Center is located at 1065 E. Main Street. Email DBSA_Ventura@yahoo.com, visit facebook.com/DBSA.Ventura or call 746-3106 for more information.

Nov. 27: Treacy Villa Residential Care Facility is accepting new, unwrapped Toys for Tots this holiday season from 9 a.m. to 7 p.m. daily at 3842 Loma Vista Road. Please bring them to the front reception desk. Nov. 27, thru Dec. 16. For more information, call 644.1292.

Nov. 27: Wandering Ghosts a Talk and Tour 7p.m. to 9 p.m. Featuring Richard Senate, author, and ghost expert. $5 . The Bank of Books in Downtown Ventura. Many ghosts haunt homes and buildings. Ventura has many of them in her downtown. But, some ghosts wander the streets and parks. These wandering ghosts are the subject of this discussion. An interesting look at the supernatural side of Ventura as the holidays approach. Mr. Senate will be signing his books Nov.27, 28, & 29; December 4, 5, 6, 11, 12, & 13.

Nov. 28: Come celebrate the spirit of holidays past at the historic Dudley House. The 22nd year of this annual fundraiser for the museum features quality crafts, home décor, antiques and collectibles and a tearoom with refreshments, silent auction and bargain items. Hours are 10 a.m. to 6 p.m. with a flea market added on Sundays. On Saturday, from 1 p.m. to 2 p.m., well-known local history expert and tour guide, Glenda Jackson, will talk about and sign her Ventura pictorial history books. The Dudley House is located on the corner of Loma Vista and Ashwood, admission is free. Call 642-3345 for information.

Nov. 28: Audubon New Trip - Ocean Beach County Park, Lompoc 9:30 a.m. Alexis Frangis 217-4833. Join a day trip to a beautiful coastal location in northern Santa Barbara County. Ocean Beach, reminiscent of Bolsa Chica, sits in pristine isolation just steps from some of our most engaging and beautiful shoreline. Snowy Plovers nest on the beaches. Bring food, water and a lunch.

Dec. 2, 10: Spice-Topia will be hosting cooking classes by Chef Amy Tyrrell of Morsels as You Wish. Each class fee is $35 and includes a complete recipe book and sampling of all dishes on that evening's menu. Dec 2: Holiday Cookies and Bars features toasted almond and cranberry cookies plus lots of other good stuff. Dec 10: Morning After Brunches features Korean Chicken and Waffles plus lots of other good stuff. 6:30pm to 8:30pm, 576 E. Main St. 628.3267 spice-topia.com

Dec. 3, 4, 5: "Clara Cries Nuts": Aloft Dance Theater brings back this local holiday favorite with its humorous and inspiring message about the holidays. Nocturnal Episode #8 features lead character Clara, former American Ballet Theater ballerina, Colleen O'Callighan, as she twists her way through a post-holiday, stress induced, dream state. Written and directed by Pamela Pilkenton with Associate Director and Choreographer Cathy Jean

Community Events

Butter, 'Clara Cries Nuts' searches for the true meaning of the holidays. 8 p.m. December 3, 4, 5. NAMBA Performing Arts Space, 47 S. Oak Street, Ventura. $25. Tickets: http://claracriesnuts.brownpapertickets.com Information: 628-9250.

Dec. 4: The Ventura Poinsettia Dance Club and The Ventura Jazz Orchestra invites you to a Holiday Big Band Dance/Concert from 8 p.m. to 10:30 p.m. featuring headliner vocalist Donna Greene with special guest vocalist Julija Zonic. Special appearance by vocalist/pianist Smitty West. Nineteen musicians at their best performing the great American song book. Along with Christmas music you can dance to. Poinsettia Pavilion Ball Room, 3451 Foothill Road. $15 admission at the door. Free refreshments and parking.

Dec. 4, 5, 6, 11, 12 & 13: The 22nd year of the Dudley House Holiday Boutique continues into December on weekends from 10 a.m. to 6 p.m. with a flea market added on Sundays. Come celebrate the spirit of holidays past at this historic 1892 farm house where you will find quality crafts, home décor, antiques and collectibles and a tearoom with refreshments, silent auction and bargain items. Located on the corner of Loma Vista and Ashwood , admission is free. Call 642-3345 for information.

Dec. 5: Day of Authors from 11 a.m. to 7 p.m. located at the Bank of Books, 748 East Main Street. 11 a.m. to 1 p.m. Marie-Ange Faugerolas Angels: The Definitive Guide to angels from Around the World. 1 p.m. to 3 p.m. Mandy Jackson-Beverly: A Secret Muse. 3 p.m. to 5p.m. Edna Esfeld Brainwashed: Fighting for the Enemy: An American Soldier's WWII Memoir as a Hitler Youth and German Soldier. 5p.m. to 7 p.m. Marion Scherer Hello, 31.

Dec. 5: The local chapter of Portuguese Fraternal Society of America (PFSA Council #128) will hold its annual Christmas Luncheon on Saturday. This holiday luncheon is open to any person of Portuguese descent or interested in the Portuguese culture. It will be held at the Four Points Sheraton, Windjammer Room. The cost for the luncheon is $30 per adult and $20 for children (including tax & gratuity). The festivities will begin at 12 p.m. Anyone interested in attending should make a reservation and meal request with Cora Corella at 483-6285 or Yvonne Westervelt at 483-4168.

Dec. 6: "Elvis" will entertain at the Christmas Charity Ball hosted by the Ventura Elks Lodge #1430, 2126 Knoll Dr. The event is open to the public with cocktails at 5 p.m., dinner 6 p.m. and entertainment beginning at 7 p.m. Music will be by Raymond Michael (aka Elvis) with Master of ceremonies Jim Mc Croay. The menu is chicken cordon bleu, mash red potatoes and gravy, green salad and New York Cheesecake. Dinner will be served by Lions Boys and Girls Club of Ventura. An opportunity drawing will be held by Malcolm Cornett for Pre-paid ticket at $15 are available, prepay and reserve your table of 10 by contacting June 647-5338, Loretta 643 1512, January 642-1518. Additional information is available calling the Ventura Elks #1430 office at 639-0303.

Dec. 7, 8, 15, 16: CMH Auxiliary Gift Shop will have 2 final sales this year. December 7th and 8th, show will be held in the Lobby 7a.m. to 5 p.m. Wonderful gifts and stocking stuffers will be available. December 15, 16, "Accessory Mania" in Lobby as well. Come and complete your holiday shopping lists. Please keep in mind that the Auxiliary continues to seek new volunteers. Openings in many of the services are available. For information please call CMH Auxiliary front desk 652-5043, visit web site, or stop by and pick up an application.

Dec. 11 & 12: Friday Dec. 11, at 8:00 pm, Sat. Dec. 12, at 2:00 pm Gold Coast Concert Chorus presents Mystery and Wonder a celebration of the holiday season with ancient carols reimagined and new songs of rejoicing from around the world, as well as holiday favorites and beautiful songs of the season.St. John's Lutheran Church – 1500 North C St., Oxnard. Adults $15.00, Sr./Student $12.00, Child under 12 $5.00. 616-7269 or tickets@goldcoastchorus.org.

Ojai news and events

On Sun., Nov. 29, the Ojai Film Society (OFS) will screen "Meru," an exhilarating and profound documentary about three mountain climbers who attempt to scale the Himalayan peak known as Meru—the Shark's Fin. On Sun., Dec. 6, OFS will screen the "The Second Mother," a heartbreaking and humorous Brazilian film. The films are screened at 4:30 pm at Matilija Auditorium, 703 El Paseo. For more information, visit www.ojaifilmsociety.org.

"Jacob Marley's Christmas Carol" is a delightful twist on the infamous tale of the terrible Scrooge, told from Marley's point of view. Chock full of wit and emotion, this "superbly written" story plays at Ojai ACT from Nov. 27 to Dec. 20; Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are $18 or $15 for seniors, students and Art Center members. The show is not recommended for children 10 and under. Tickets are available by calling 640-8797 or online at: www.OjaiACT.org

"A Winter Gift" is presented by three of the premier Celtic Harpists in the world. Patrick Ball, Lisa Lynne and Aryeh Frankfurter perform Celtic legends, along with Irish and English literature woven together with beloved and rare pieces of holiday music. The concert and storytelling event will take place at Ojai Valley Women's Club at 441 East Ojai Avenue in Ojai, CA on Thursday, December 3rd, at 7:00 PM. Tickets are $20 advance and $25 at the door. Kids under 15 are half price. For info and advanced tickets call 665-8852 or visit www.OjaiConcertSeries.com. This trio is well known for their first show "Legends of the Celtic Harp," which tells stories and legends of the harp through time. In their new show, "A Winter Gift," storyteller and wire-strung harpist Patrick Ball along with harpers and multi-instrumentalists Lisa Lynne and Aryeh Frankfurter step into a magical world of Irish and English literature. The trio presents a heartwarming collection of tales and music from Celtic legend and traditional folk stories. They perform a Child's Christmas in Wales, a chapter from The Wind in the Willows, and passages from Shakespeare, William Butler Yeats, and Thomas Hardy, and mingle them with beloved and original pieces of seasonal music. Audiences will hear three Celtic Harps, Swedish Nyckelharpa, Fiddle, Bandura, Bouzouki and more. Visit www.LegendsOfTheCelticHarp.com for more information.

"Wassail," The Holly and the Ivy," "Have Yourself a Merry Little Christmas" and other great songs of the holidays will be brought to life by the Ojai Community Chorus as they present "Christmas: Gifts from the Heart" Saturday, Dec. 5 at 7 p.m. and Sunday, Dec. 6 at 3 p.m. at the Ojai United Methodist Church. A bake sale and boutique will also be held. The concert will be set in Vienna and will pay tribute to great Viennese waltzes plus waltzes with a Christmas theme. The chorus will be accompanied by local musicians John Boyd, James Antunez, and Ben Ginsberg.

The Ojai United Methodist Church is located at 120 Church Rd. Tickets are available at Angela's Flowers, 226 West Ojai Ave. and from chorus members. Get your tickets early and take advantage of the presale price. Suggested donations are $20 for general admission in advance and $25 at the door. Seniors 65 and over and student tickets are $15 in advance and $20 at the door. Children ages 6 through 11 are admitted for $5. Children younger than 6 are admitted free, but there are no provisions for child care during the performance. Free refreshments will be offered after the concerts. View the website at ojaicommunitychorus.com.

Boy Scout Troop 102 participated in a community Trunk or Treat held in conjunction with a Harvest Festival on Oct. 30. On the left Won Jong, Life Scout, Henry Dalton, Tenderfoot Scout and Brandon Peay, Scout. On the right is Cory Friend, Charter Rep, Gloria Friend, Advancement Chair and Trainer and Zachary Leppaluoto, Scout who were proud of their decorated trunk which won first place prize for the most creatively decorated trunk. Held at the First United Methodist Church of Ventura. Boy Scout Troup 102 meets on Wednesdays at 7:00 p.m. and Cub Scout Pack 3102 meets on Mondays at 5:30 p.m at the church.

Professor Scamp, Ph.D (Pretty Happy Dog)

Professor Scamp
Ph.D

■ The Ventura County Animal Services (VCAS) has received the largest donation in its history. The Hahn-Block Family Foundation visited the Camarillo Adoption Center on July 9, 2015. After seeing the necessary use of temporary caging for dogs due to over-crowding, and seeing the number of dogs in the "holding room," they generously offered $100,000 towards a matching fund donation campaign. Animal Services plans to create a more suitable habitat environment for small dogs; removing cages and kennels altogether and creating more space to house the animals.

Ventura County Animal Services (VCAS) will use any additional funding on their new Pet Retention program. This program is designed to help keep pets with their owners by assisting with medical bills and pet deposits, rather than family pets being surrendered to Animal Services. Funds will also support spay/neuter funding for community members who cannot afford the procedure.

"We are extremely grateful to the Hahn-Block Foundation for choosing to invest in the future of displaced pets in our community and struggling pet owners. It is because of generous people and organizations like Hahn-Block that we are able to provide extended care to these pets.

These funds will help in much needed areas to ensure our community remains no-kill", said Tara Diller, Director of Ventura County Animal Services.

■ Some questions that I needed answered by Dr. Jennifer Kelly, DVM veterinarian at Ohana Pet Hospital in Ventura

Q Savana hates getting her nails trimmed and always makes fuss. Any tips to help with this problem?

A She should definitely start trimming early because if cats get used to it at a young age they won't mind it as much. Also the more frequently it's done the less scared your friend will be. Most importantly, all humans should know their cats' anatomy so they are cutting the nails properly. At the center of each toenail is something called the quick where the blood and nerve supply are. Cutting into the quick will cause pain and bleeding so that should absolutely be avoided. If it is done properly, your friend has nothing to worry about.

Q How do my buddies know when to take dogs or cats in for urgent care?

A If your pet's behavior changes suddenly it's always a good idea to bring them to the vet, however, there are some symptoms we typically look for which may indicate something serious or even life threatening. Labored breathing, pale gums, or a pet that is straining to urinate are all symptoms that require immediate medical attention. A lethargic pet who does not want to do anything is also cause for concern. Vomiting, diarrhea or bloody stools are other serious symptoms to be aware of. Also, if a pet has not eaten or had anything to drink for more than a day, this could be an indication of something serious and they may be at risk for dehydration. Remember, you know your pet and if something seems off to you, it's always better to err on the side of caution and have them seen.

Paw's Corner

by Sam Mazzotta

Camping With Your Dog

Sam: We've been invited on a camping trip with several other families. We don't have kids, but our dogs "Sarah" and "Jake" are like kids to us. Is it okay to bring them along? -- Frank J.

Dear Frank: There are three questions you must ask in order to determine whether you can bring along Sarah and Jake: 1. Does the campsite allow pets? 2. Are the other families OK with you bringing pets? 3. Are Sarah and Jake well-socialized to children and to other pets? While many state and federal parks allow pets at campsites, others don't. Some have specific restrictions, such as, pets are allowed at campsites but not in certain areas of the park where there's an ecological risk. Check the campsite or park's website for specific rules about pets. Also, check the park's safety advisories: Are you camping in bear country, or are other hazards present? Second, since it's your first time camping with this group, ask the other campers if they are comfortable with pets coming along. It's up to you to make sure they are well-behaved and will swiftly obey your commands when off-leash. If everything checks out, then start planning. Make sure Sarah and Jake have their needs met -- food, toys, leashes. Bring sweaters and booties just in case. Carry cleanup bags and a large trash bag for disposal at the campsite. At night they will need to be kept in the tent or in a portable kennel. Finally, make sure their heartworm and shots are up to date, and check them daily while camping for ticks, fleas, and burrs. Send your questions or tips to ask@pawscorner.com. (c) 2015 King Features Synd., Inc.

■ The Ventura County Board of Supervisors has approved new contracts for their animal control services in our local cities . The county has negotiated new contracts that they say more reflect the real cost of providing shelters and other animal services to the county cities . The county shelter is based at the Camarillo Airport with a small shelter In Simi valley . Ventura's Amount has been slightly reduced from last year by about $3,000 while Oxnard's has been increased over $600,000.

■ It has been reported that pet ownership can have a beneficial effect on adolescents with type 1 diabetes, with younger children in particular having improved glycemic control after several months spent caring for a pet fish(or a dog I'm sure), according to research in The Diabetes Educator.

In a pilot program designed to test behavioral intervention in adolescents with type 1 diabetes, researchers found the structured care of a pet fish helped to improve HbA1c levels by providing activity-based cues to better perform diabetes self-care behaviors.

"Teenagers are one of the most difficult patient populations to treat, mainly because of the many psychosocial factors associated with that stage of life," Olga Gupta, MD, an assistant professor of pediatrics and internal medicine at the University of Texas Southwestern, said in a press release. "We learned that instructing families to associate regular pet fish care with the child's standard diabetes care significantly improved their HbA1c levels."

Gupta, Louise Maranda, PhD, of the department of quantitative health science at the University of Massachusetts Medical School in Worchester, and colleagues analyzed data from 28 adolescents aged 10 to 17 years from a pediatric diabetes clinic with type 1 diabetes and an HbA1c greater than 8.5%. Within the cohort, 16 children were randomly assigned to care for a pet fish for 3 months; 12 children were instructed to proceed with their usual diabetes self-care routine. Researchers chose a fish to minimize the burden of cost and pet care placed on families who agreed to participate in the study.

Researchers gave participants in the pet care arm a fish bowl and equipment, a $5 gift card to purchase a fish (Betta splendens), instructions for caring for a fish and recommendations to set up their fish bowl in their rooms if possible. Researchers instructed participants in the pet care arm to check their blood glucose readings when feeding the fish twice daily — after waking and before bedtime. Researchers instructed participants to review their glucose logs with their caregiver weekly while changing one-quarter of the water in the fish bowl.

Researchers found that participants in the pet care group decreased their HbA1c level by 0.5% after 3 months compared with participants in the control group who saw a 0.8% increase in HbA1c (P = .04). Participants aged 10 to 13 years responded better, with a 1.5% HbA1c reduction compared with a 0.6% reduction among participants aged 14 to 17 years (P = .04).

"Associating diabetes self-care tasks with routine, consistent daily activities may be another tool in the diabetes educator toolbox that can be used to enhance compliance and ultimately improve glycemic control," the researchers wrote. "The identification of this successful behavioral intervention justifies conducting ongoing studies to validate these findings in a larger cohort for a longer follow-up period, pinpointing the mechanisms leading to the improvement, using different household pets and monitoring the changes in health service utilization." – by Regina Schaffer

Don't ever tell a cat how to relax. – Savana

Forever homes wanted

Hi: I'm Curly a 13-year-old Shih Tzu (just like Scamp) in need of a forever home because sadly my elderly owner can no longer care for me. I still have a spring in my step and enjoy going for walks. I'm currently in a foster home with other dogs big and small and do okay with all, although a couple of the small dogs don't care for me much. I'm smitten with one of the female dogs and follow her around. I'm house trained and will go in circles to let you know I have to go out. I'd make a great companion for an older adult looking for someone to share their life with. C.A.R.L. Adoption Center, 644-PETS(7387).

Gorgeous and spunky Cream Puff is currently interviewing potential forever families. Like all of our adoptable bunnies, Cream Puff is spayed and litter box trained. She is looking for a safe and loving indoor home where she can binky to her heart's content. If you think your family might be a good match for Cream Puff, you can meet this special girl at Ventura County Animal Services at 600 Aviation Drive in Camarillo. Ask for ID # A625200.

Scamp Club

(Scampclub pets are not for adoption.)

Hi: I'm Sidney, a lady 5-year-old Papillon-Terrier. I am a lucky dog because I was rescued from the Camarillo shelter. I like the beach and going to work with Linda at Melange in Downtown. One time I took a car ride all the way to NY and I was very well behaved.

Join Scamp Club

Animals of all sorts can join the ScampClub. Email me your picture and a little about yourself, including your address, to **Scampclub@venturabreeze.com**. You will be in the Breeze and become world famous.

Police Reports

by Veronica Johnson

Police reports are provided to us by the Ventura Police Department and are not the opinions of the Ventura Breeze. All suspects mentioned are assumed to be innocent until proven guilty in a court of law.

Child Sexual Abuse Arrest

On Monday, October 26th, at 4:30 p.m., the VPD received a report of lewd conduct with a child. A juvenile victim reported to a patrol officer that Mathew Boyd, 41 years old, had touched her in a sexual manner.

Detectives began a follow up investigation and spoke to several additional victims. One of the victims interviewed is now an adult, and told investigators the crime occurred in 2006. All of the victims identified Mathew Boyd as the suspect that had touched them in an inappropriate manner

On Monday, November 11th, Mathew Boyd turned himself into detectives at the VPD. He was arrested and later booked at the VC Jail for lewd contact with a juvenile.

Robbery

On Tuesday, November 10th, at 6:15 a.m., the VPD received a call in reference to a carjacking in the parking lot of 11111 Citrus Drive. Officers contacted the victim. The victim reported he was delivering newspapers in the complex when he was approached by the suspects, two Hispanic males. One of the suspects brandished a handgun and demanded the victim's money while the second suspect jumped into the driver's seat of the victim's running vehicle. After a short exchange, both suspects then sped off in the victim's vehicle.

Officers located the vehicle a short distance away in the same complex. Officers, with the assistance of a Ventura Sherriff's K9 unit, searched the area but were unable to locate the suspects. The suspects took the victim's cell phone and wallet during the incident.

Resisting Arrest

On Monday, November 9th, at 6:52 p.m., an officer was patrolling the downtown area when he observed a suspicious subject loitering and possibly attempting to burglarize a business in the 200 block of East Santa Clara Street. The officer detained the subject and began checking the area to see if he was committing a crime. Moments later, a second subject, identified as Llovani Gutierrez, suddenly appeared from the same area of the business and fled on foot. The officer gave Gutierrez several commands, but he refused to stop running. The officer then deployed his police K-9.

After a brief foot pursuit, and with the assistance of the police K-9, the officer caught and detained Gutierrez at the corner of Main Street and Palm Street.

After being cleared at VCMC for injuries he sustained from the dog bite, it was discovered that Gutierrez had given false information and that his real name was Geovany Salinas. Salinas was booked into the VC Jail. The initial subject that was detained by the officer fled from the scene and was not located.

Attempted Vehicle Burglary

On Friday, November 13th, at 7:25 a.m., the VPD received a phone call from an alert citizen who reported seeing suspects attempting to break into parked vehicles, near Champlain Avenue and Neath Street. Patrol officers were sent to the area however, prior to their arrival, the suspects fled. The responding officers searched the surrounding neighborhood and located one of the suspects, Miguel Hernandez, on Northbank Drive east of Petit Avenue. Through the course of the investigation, officers were able to confirm he was one of the suspects. He was also found to be in possession of "shaved" keys, which he was using to attempt to open the vehicle doors.

At the conclusion of the investigation, Hernandez was booked into VC Jail. The second suspect was not located. It was discovered later that the vehicle Hernandez had been driving had been stolen out of Oxnard.

Assault On Oxnard Officer

On Thursday, November 19th, at 11:40 a.m. an Oxnard Police Officer was retrieving equipment from his patrol car at the Ventura County Medical Center. As he was retrieving his equipment, the suspect, Adam Barcenas (53 years, Oxnard resident) approached the officer.

Barcenas was holding a brick and was about to throw the brick at the officer when the alert officer noticed the suspect, drew his firearm, and began to order Barcenas to drop the brick. The suspect complied with the commands of the officer and dropped the brick.

Ventura Police responded to assist and Barcenas was taken into custody without incident. Barcenas was subsequently booked into Ventura County Jail for Assault with a Deadly Weapon on a Police Officer.

Shooting

On Friday, November 20th, at 7:40 p.m. Ventura Police patrol officers responded to a call of a shooting that had just occurred between two vehicles in the 9300 block of Telephone Road. When officers arrived, they located the victim parked in a nearby parking lot. He was not injured during the shooting; however his vehicle had been damaged by a single gunshot which had traveled through the front windshield of his car. The investigation revealed the victim and the suspect had been involved in a "road rage" incident. During the incident, the suspect shot one round at the victim and then fled the area. Officers searched the area, however the suspect, Hispanic male adult driving a dark colored sedan was not located.

Harbor Patrol Blotter

Just a few of the things the Harbor Patrol tends to.

11-10 1:22pm, while on patrol near Surfers Knoll, officers observed two hang-gliders fall from the sky and land on the beach. Contacted and requested flight plans from the pilots when they plan to fly again.

11-13 11:00am, received a Mayday call on VHF 16 from a disabled motor vessel near the Ventura Pier. Officers responded, located the vessel, passed a tow line and safely towed the vessel to their slip in Ventura Isle Marina in the harbor.

6:23am, received a dispatch to a fall victim at the Holiday Inn Express. Officers responded and found a 81 year old female had fallen and broke her hip ten hours ago in her hotel room and was unable to summon help until the maid attempted to open her door in the morning. The patient was treated and transported to local hospital.

10:22pm, assisted Vessel Assist with a salvaged lightboat that was aground on Santa Rosa Island for the last few weeks. Officers assisted by pushing the vessel into the travel lift for the boat yard.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 24 mins.

■	S	C	A	D	S	■	I	B	E	A	M	■	
A	C	A	D	I	A	■	M	A	G	G	O	T	
B	Y	R	O	A	D	■	B	Y	G	O	N	E	
U	T	E	■	M	A	R	I	S	■	R	A	N	
T	H	E	N	■	T	U	B	■	F	A	D	E	
S	E	R	I	F	■	E	E	R	I	E	S	T	
■	■	■	E	R	A	■	D	A	B	■	■	■	
A	B	S	C	O	N	D	■	P	E	T	A	L	
R	A	C	E	■	I	R	K	■	R	O	B	E	
A	N	Y	■	A	S	Y	E	T	■	B	A	A	
B	Y	L	I	N	E	■	B	Y	P	A	S	S	
S	A	L	I	N	E	■	A	P	O	G	E	E	
■	N	A	I	A	D	■	B	O	L	O	S	■	

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Show Time

Suffragette

by Eduardo Victoria
eduardovictory@yahoo.com

It took many "suffragettes" to force changes in voting laws, but the use of the word in this movie's title is singular. The story of the fight for women suffrage in early 20th century Britain is told through the eyes and the experiences of a young laundress named Maud Watts (Carey Mulligan). Maud has strong, barely-concealed feelings about the way women are treated in her society, but an activist she is not. At first victimized when caught in the middle of a suffragette rock-throwing incident, she is pulled into the movement by her co-worker, Violet Miller (Anne-Marie Duff), and a local pharmacist named Edith Ellyn (Helena Bonham Carter). When Maud is present for a stinging political defeat and soon after witnesses an inspiring secret appearance by the movement's real-life godmother, Emmeline Pankhurst (Meryl Streep), Maud's all in.

The conflicts in the streets and in the halls of government quickly start to become very personal for Maud, just as they did for many real-life suffragettes. Attending secret meetings of the suffragettes, she finds herself in the middle of arguments over tactics and strategies, as well as under the threat of arrest, as the group becomes more militant. She's also caught between the group and the authorities who (in the person of Brendan Gleeson's character) think her to be a weak link in the suffragette chain and try to force her to turn informant.

As with the other suffragettes, Maud's commitment to the cause also has implications on the job - and in her home, where Maud's husband, Sonny (Ben Whishaw), finds himself torn between his love for his wife and overwhelming social pressures to "deal with" her as she aligns herself with the suffragettes. Even Maud's relationship with her young son is threatened by her role in the movement. This story benefits from Abi Morgan's excellent script, Sarah Gavron's sure-handed direction and the outstanding performances of all the main characters, particularly Mulligan's, which makes us see, understand and feel how much suffragettes suffered for their cause.

Suffragette does for the women suffrage movement what 2014's Selma did for the American civil rights movement. Much like the earlier fight to abolish slavery, the later struggle for civil rights or the more recent issue of LGBT rights, taking a look back at what it took to get women the right to vote reminds us that attaining social justice for all members of society takes time, effort, patience and sacrifice and it's rarely pretty, but a fight on the side of right eventually triumphs.

The film tells us its ideals in a very clear and entertaining fashion - both in the context of this story's specific issues shown and in the broader context of the ongoing struggle for equal rights by different groups of people in different countries all around the world. It isn't exactly groundbreaking, but it's a very well-made and worthwhile look at a very important time in world history, and with important implications for the world as we know it.

Now playing at Cinemark downtown 10. Rated PG-13

VFS 2015 Season 7

Cave Digger & Finders Keepers

Please join the Ventura Film Society at 6pm on Sunday December 6th at the Museum of Ventura County for our Season 7 Closing Night Celebration. The two films we'll be screening are *Cave Digger*, an Oscar-nominated documentary about an artist who spends ten years sculpting an other-worldly cave interior only to be cut off by his money-conscious patrons, and *Finders Keepers*, the hilarious true story of a mummified human leg and the enterprising Southern entrepreneur who refuses to return it to its rightful owner, a recovering OxyContin addict who wants it back. Tickets are $10 general, $7 seniors & $5 students and are available at the VFS Will Call table at the Museum or in advance from www.venturafilmsociety.com. Scratch Food Truck & No-Host Bar from 6pm. Films start at 6:45pm.

The Ventura Film Society is taking a hiatus next year so that VFS founder and director Lorenzo DeStefano can complete and release his new feature documentary film about the amazing musician and composer, Rachel Flowers (www.rachelflowersfilm.com).

Lorenzo stated "It's been a great 7 seasons during which the VFS has screened nearly 400 compelling alternative films and brought in scores of filmmakers and very special guests. Thanks to all of you who've so loyally supported us with your attendance, film sponsorships, donations and as volunteers. All of this could not have been done so successfully without you. We especially thank the City of Ventura Community Partnerships and our numerous sponsoring organizations, including the Ventura Breeze, Bell Arts Factory, Downtown Ventura Partners, , the VC Reporter, the Ventura County Star, KCLU-FM, the Museum of Ventura County, and Cinemark Theatres."

Please visit www.facebook.com/VenturaFilmSociety as well as www.venturafilmsociety.com for future announcements. The VFS hopes to have several very special screenings for you in 2016.

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Two on the Aisle

The Clean House at Santa Paula Theater Center

by Jim Spencer and Shirley Lorraine

If you're looking for an uncommon experience to close out the year, *The Clean House*, now playing on stage at the Santa Paula Theater Center may just fit the bill.

It is uncommon in many ways. It does not have a holiday theme. Individual performances are uncommonly good. Parts of the tale range from the sensitive and poignant to the totally anomalous.

Creatively described as a romantic comedy, the story involves a married couple, both physicians, whose young live-in cleaning lady from Brazil wants to be a comedian and who never gets around to actually cleaning the house. There's an OCD sister whose obsession is cleaning, and who secretly agrees to clean her sister's home for the maid. Complications increase when the husband announces he is leaving his wife - for an older woman with breast cancer who is also from Brazil.

There are other uncommon elements in the play. The show opens with the maid telling a lengthy joke in Portuguese that is never translated. Some of the dialogue is in Portuguese with subtitles flashed above on the proscenium. The husband goes to Alaska to get a tree with medicinal qualities, but can't get it onto a commercial flight. So, he can't return until he learns to fly a plane himself. However, the disparate parts hang together, as confirmed by the fact the script was a 2005 finalist for the Pulitzer Prize for Drama.

The entire cast is highly experienced, many with extensive stage, film and television credits and awards. Although truly an ensemble piece, a pivotal performance is delicately and inspiringly delivered by Emmy winner Laurel Lyle as Dr. Lane, the physician-wife whose ordered world is shaken by uncommon events.

Holding down the clean-up spot, Sindy McKay attempts to bring dithering order to the chaos as Virginia, Dr. Lane's cleanliness obsessed sister, and she does so with a lightheartedness that belies the character's claims of not being interested in jokes and humor.

The maid and wanna-be comedian is convincingly played by Javiera Torres who gives the character an energy and hope.

Paul Newman portrays the wayward surgeon-husband, Charles, who falls for his patient while performing a mastectomy on her and justifies the situation by quoting Jewish law, even though he's not Jewish.

Carmen Saveiros, who really was born in Brazil, is genuine and endearing as Ana, whose spirit and verve ultimately touch and enrich all the other characters and cause Charles to forsake his spouse.

The director is another Emmy winner, Larry Swerdlove, who has recently been adding polish and dimensions to multiple local theater productions by regularly helming plays, not only in Santa Paula, but at Ventura's Flying H Group Theatre and the Elite Theatre Company in Oxnard.

The Clean House plays weekends to December 20. Santa Paula Theater Center, 7th & Main Streets, Santa Paula. Friday & Saturday - 8 p.m. Sunday - 2:30 p.m. Tickets: $18-$20. 525-4645 or www.santapaulatheatercenter.org.

Lighter Breeze

Zits

Mother Goose and Grimm

Shoe

Crock

Baby Blues

Beetle Bailey

Solutions on page 15

(For a beginners guide to playing Sudoku go to venturabreeze.com)

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

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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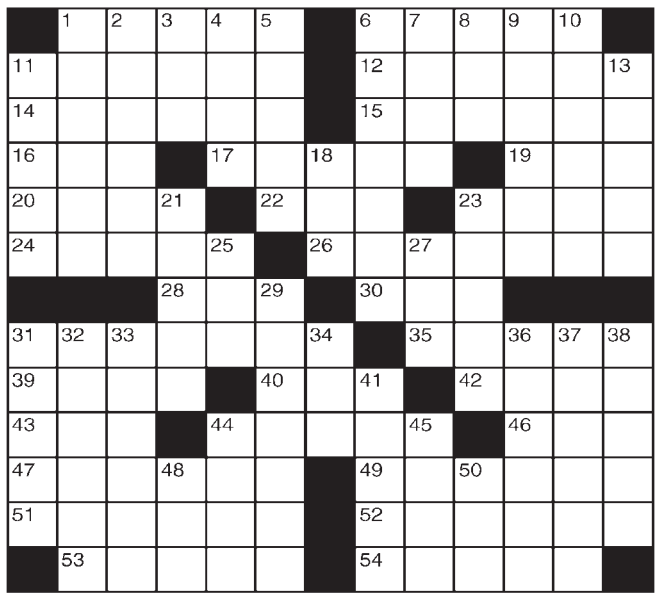
Solutions on page 15

King Crossword



ACROSS
1 A great amount
6 Construction piece
11 "Evangeline" setting
12 Housefly larva
14 Street less traveled
15 Past
16 Salt Lake athlete
17 He hit 61 in '61
19 Scooted
20 Afterward
22 Three-man vessel?
23 Lose color
24 Helvetica lack
26 Most goose-bump-inducing
28 NOW goal
30 Slight touch
31 Run off (with)
35 "Loves me (not)" factor
39 "The Amazing —"
40 Bother
42 Post-bout garb
43 Whatever number
44 So far
46 Sheepish remark
47 Newswriter's name
49 Circumvent
51 Lens cleaning solution
52 Culmination
53 Water nymph
54 Philippine knives

DOWN
1 Grim Reaper's tool
2 Life's work
3 Commotion
4 Dist. across a circle
5 Begin's co-Nobelist
6 Drank up
7 Serenades the moon
8 Early bird
9 Olden meeting places
10 Units
11 Touches
13 Fundamental belief
18 Wish undone
21 Family member
23 Thread
25 To and —
27 Knock
29 Pastis flavoring
31 Speedy steeds
32 East Indian fig tree
33 Charybdis' partner
34 Desiccate
36 Trinidad and —
37 Humiliates
38 Flat paper?
41 Skewered entree
44 "— Karenina"
45 Proofreader's nightmare
48 Midafternoon hour
50 Campaign pro

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Salome's Stars

Go to www.venturabreeze.com for your daily horoscope

ARIES (March 21 to April 19) Don't feel sheepish about looking to spend more time with that special person during the upcoming holidays. Do it because it's the right thing to do.

TAURUS (April 20 to May 20) Never mind letting misunderstandings repair themselves. Consider speaking up while the healing process can be shorter and sweeter and leave fewer scars.

GEMINI (May 21 to June 20) Romance is easily awakened in the Geminian heart, especially around the happy holiday season. So go ahead and make those plans with that special someone.

CANCER (June 21 to July 22) Moon Children can glow with their own inner light as the holiday season magic takes hold. It's a very special time for Cancers and Libras together. Enjoy.

LEO (July 23 to August 22) It's a good time for you fabulous Felines to take pleasure in your special gift for, well, taking pleasure! Look for this holiday season to give you every reason to purr.

VIRGO (August 23 to September 22) This is a good time to let others who are in your life get a little closer to you. You'll both find out what you've been missing for far too long.

LIBRA (September 23 to October 22) Open up your eyes and see some welcome surprises you've missed or overlooked for too long. What you find can lead to other favorable changes.

SCORPIO (October 23 to November 21) What you expect to be potentially troublesome might simply be especially challenging and well worth your efforts to check out. Good luck!

SAGITTARIUS (November 22 to December 21) A friendship might not seem as trustworthy as you'd like. OK. Ask your questions, get your answers and settle the matter once and for all.

CAPRICORN (December 22 to January 19) A family situation moves into a new area because of (or, maybe, thanks to) some decisions you might have felt you could not avoid making.

AQUARIUS (January 20 to February 18) You could be cutting it very close if you hope to make those holiday plan changes in time to avoid problems. Get a friend or family member to help.

PISCES (February 19 to March 20) Friends show how important you are to them. Keep these precious relationships thriving. They affect much that will happen to the fabulous Fish in the new year.

BORN THIS WEEK: Time spent at home alone nurtures your mystic self. Spending your time with others nurtures them.

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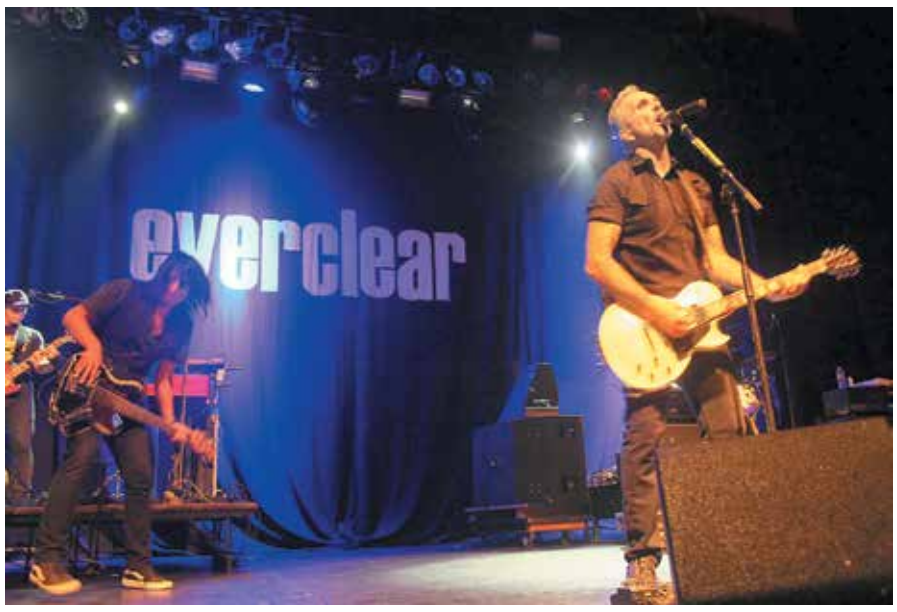


Everclear appearing at the Ventura Theater.

Ventura Music Scene

The holidays are officially here

by Pam Baumgardner
VenturaRocks.com

Everclear's 20th anniversary tour featuring their release, "Sparkle and Fade" was well received Sunday, November 22 at the Ventura Theater; but with that being said, the crowd was extremely happy to hear other tunes as well from the band including the final songs of the night, "Father of Mine" and "Santa Monica."

Well, it's time to confront the fact that the holidays are officially here. Bombay's will be inspiring people to get out the night before Thanksgiving by providing two stages of music: up front it's Tommy Marsh and the Session with a four hour blues jam being billed as biggest night in their four year history, and in the back room it's Shaky Feelin' and Nine Mile Skid.

As for the night after you've spent time with the family, you can work out the pent up frustrations at Sans Souci where you can find one hell of a punk show with F.S.K.D, Filios, We are the Underclass and Malice Thoughts. But on the off chance you're looking for something a little tamer (and perhaps you enjoyed the time with family) you might want to check out the Jim Hendrix Birthday tribute at Squashed Grapes.

If you're looking to get into the Christmas spirit, then there's nothing like a Toy Drive for underprivileged kids coupled with an evening of great Blues to do the trick. The 15th annual 4 Kids 2 Kids Toy Drive will be held Sunday, December 6 at the Ventura Beach Club. $15 and an unwrapped toy gets you Deb Ryder, Kelly Zirbes, Donna Greene, Shari Puorto, and tons of other artists including honorary guest Nick St. Nicolas (Steppenwolf).

There are two workshops worth mentioning for local musicians as they are most likely to sell out and both are being held at the Pierpont Inn in January. The first is "Down to the Crossroads" five-day Blues guitar and bass retreat January 19-23 (www.Down2TheCrossroads.com) and then it's Jon Gindick's Blues Harmonica Jam Camp which runs January 26 – 30 (www.BluesHarmonicaJamCamp.com). You can step up your game and move up to the next level with intensive instruction in an inspiring environment!

Don't forget, it's a once-in-a-lifetime chance to catch Kinky Friedman and his unique brand of storytelling in an intimate setting at the Livery (Ventura Improv Theater) on December 4. He'll be sharing songs from his latest CD, "The Loneliest Man I Ever Met." Ticket information at www.OnesToWatchProductions.com.

And finally, one of my favorite events of the year, the Winter Wine Walk will once again shut down Main Street Downtown Ventura for what is touted as the World's Largest Wine Walk. Musical entertainment by The Road Brothers, SayReal, Paradium and the Bomb. Ticket information can be found at www.VenturaWinterWineWalk.com

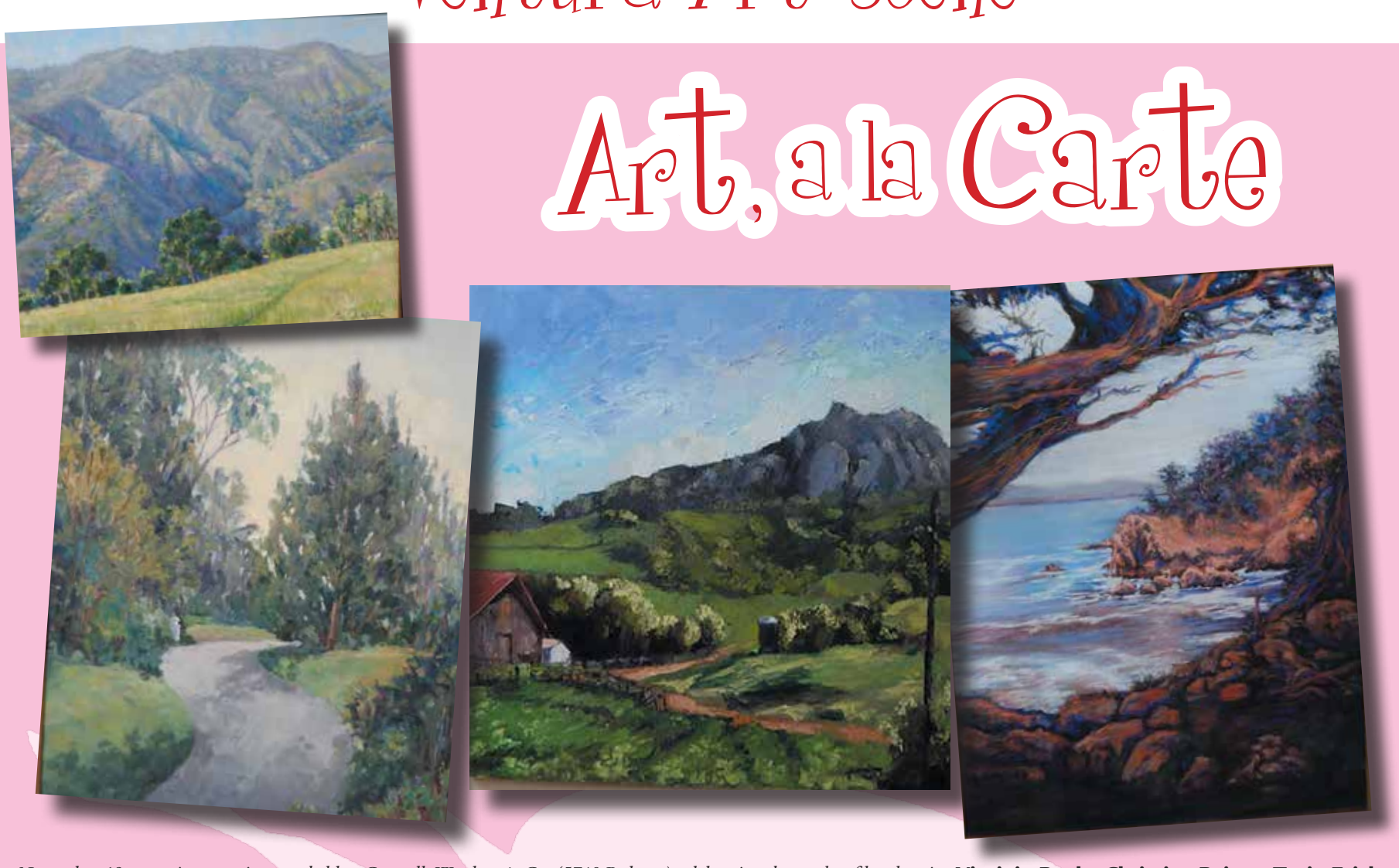
Do you have any music related news or upcoming shows you want help publicizing? Send all information short or long to Pam@VenturaRocks.com, and for updated music listings daily, go to www.VenturaRocks.com.

Music Calendar

For more events go to VenturaRocks.com

Amigos Cafe & Cantina
546 E. Main St.
805-874-2232
Mondays: 6 pm Karen Eden & Bill Macpherson; 8 pm Joey's Acoustic Blues Jam
Tuesdays: 8:30 pm The Beers Brothers open mic
Thursdays: 8 pm The Gypsy Blues Band
Wed 11/25: 8 pm The Seaside Band with Freeman James
Fri 11/27: 8 pm Medicine Hat
Sat 11/28: 8 pm Dive Bar Messiahs
Sun 11/29: 5 pm Jade Hendrix; 9 pm Karaoke
Wed 12/2: 8 pm Mark Masson
Fri 12/4: 8 pm Brando Ragan Project
Sat 12/5: 8 pm Blues Bullet
Sun 12/6: 6 pm The Tossers; 9 pm Karaoke
Bombay Bar & Grill
143 S. California St.
805-643-4404
Wed 11/25: Tommy Marsh hosts the Session; Shaky Feelin, Nine Mile Skid
Wed 12/2: Tommy Marsh hosts the Session
Fri 12/4: Velveteen Band, Alice
Café Fiore
66 S. California Street
Wed 11/25: Big Adventure
Fri 11/27: Little Alice
Sat 11/28: Soul Infusion
Tues 12/1: Bernie Meisinger
Wed 12/2: Byan & the Jazzheads
Thurs 12/3: Sound Effect
Fri 12/4: Instone
Sat 12/5: Soul Infusion
The Cave
4435 McGrath Street
Thurs & Fri: 5:30 – 8:30 Warren Takashaki
Dargans
593 E. Main Street
Sun 12/6: 4 pm The Sunday Drivers
El Rey Cantina
294 E. Main Street
Wed 11/25: DJ Larz
Fridays: 4 pm Xoco Moraza and Friends; 9:30 DJs
Saturdays: DJ Erock
The Garage
1091 Scandia Avenue
Sat 11/28: Turbonegra, Chill Child, Loose Nerves, Detained, Harry Jerkface
Gigi's Cocktails
2493 Grand Avenue
Mondays Jam Night with Maggie's Drawers
Thurdays & Fridays: Karaoke
Sat 11/28: Dark Phoenix
Golden China
760 S. Seaward
(805) 652-0688
Karaoke seven nights a week
Bluegrass Jam 2nd & 4th Wednesdays
Swing night Thursdays 6:30 pm
Friday and Saturday: 7 pm Polynesian Revue
Cumbia music Fridays with DJ Carlos at 9:30 pm
Gone West Wine Cellars
5963 Olivas Park Drive
Music 6-8 pm
Fri 12/4: Double Trouble
Grapes and Hops
454 E. Main Street
Fri 11/27: Larry "Big House" David
The Greek Restaurant
Ventura Harbor
Sat & Sun 7:30 pm
Belly Dancing, Greek music and show; DJ dancing
Keynote Lounge
10245 Telephone Road
Tuesday and Wednesday: Karaoke
Thursday: Open Mic
Sunday: Karaoke
Fri 11/27: Custom Made
Sat 11/28: Tex Pistols
Fri 12/4: Sean Wiggins
Sat 12/5: Triptastics
Majestic Ventura Theater
26 S. Chestnut Street
(805) 653-0721
Fri 11/27: Sublime with Rome
Sat 11/28: SuperDuperKyle
Tues 12/1: Jonathan Richman
Wed 12/2: Iamsu, Banga, Mo Stylez
Sat 12/5: Snoop Dog, Mack 10, The Eastsidaz
Paddy's
2 W. Main Street
Wednesdays: Karaoke
Fri & Sat: DJs
The Patio at Player's Casino
6580 Auto Center Drive
Fri 11/27: The Bomb
Sat 11/28: Nick Jerrems
Poinsettia Pavillion
3451 Foothill Road
(805) 648-1143
Mon 11/30: Monday Night Dance Club with Dick Parent Band
Mon 12/7: Monday Night Dance Club with Dick Parent Band
Prime
2209 E. Thompson Blvd
Tuesdays: Danny D
Fridays: Encore
Saturdays: Beach City Sound Club
Rookees Sports Bar & Grill
419 E. Main Street
(805) 648-6862
Friday and Saturdays
10 pm Rotating DJs
Saloon BBQ Co
456 E Main Street
Sat 11/28: Mark Sellers
Sun 11/29: Sheldon & Cunanne
Salzer's Records
5777 Valentine Road
Sun 12/16: 2 pm – 50 Sticks of Dynamite
Sandbox Coffeehouse
204 E. Thompson Blvd
805-641-1025
Thursdays Open Mic
Sat 11/28: Charlotte Dickson
Sun 11/29: Doug McRae & Ange Marie
Sat 12/5: Walt Dunlop
Sun 12/6: Boscoe's Brood
Sans Souci
21 S. Chestsnut
Sundays: DJ Darko
Mondays: Karoake
Tuesdays: Twisted Tuesday
Wednesdays: Open mic with Sin Chonies
Thursdays: DJ Spinobi
Fri 11/27: F.S.K.D., Filios, We are the Underclass, Malice Thoughts
Sat 11/28: Hubcap Stealers
Fri 12/4: The Midnight Callers, The Brothers Collective
Squashed Grapes
2351 E. Main St.
805-643-7300
Live jazz music 7-10 pm
Wed 11/25: Haakon Graf Trio
Fri 11/27: Jimi Hendrix BD Tribute
Sat 11/28: Bevan Manson Band
Tues 12/1: Jazz Jam
Wed 12/2: Adam Clark & Rachel Flowers
Thurs 12/3: Big Band
Fri 12/4: Cali 2 Cuba featuring Rachel Flowers
Sat 12/5: Mitch Forman Trio
Star Lounge
343 E. Main Street
(805) 6438-4709
Fri: 11/27: Gypsy Stew
Sat 11/28: Brandon Ragan Project
Fri 12/4: Drunken Monkey
Sat 12/5: The Bomb
The Tavern
211 E. Santa Clara Street
Sunday open mics
Karaoke Tuesdays
Metal Music Wednesdays
DJs every Thursday college night
Fri 11/27: The Caverns
Sat 11/28: The Black Hips
Ventura Beach Club
281 W. Main Street
Sat 11/28: Raging Arb & the Red Heads, Spencer the Gardener
Fri 12/4: Candye Kane
Sun 12/6: The Bandolerso, Ray Jaurique & the Uptown Brothers, Shari Puorto, Donna Green, Deb Ryder, Kelly Zirbes & Perry Robertson, Tommy Marsh...
W20 at the Watermark
598 E. Main Street
Fri & Sat 9 – Mid; Sun 3 – 6 pm
Fri 11/27: The New Vibe
Sat 11/28: A.D.D.
Sun 11/29: Shawn Jones
The Wine Rack
14 S. California Street
Music runs 8-11 pm, Sundays at 3 pm
Mondays: Mike Cregan
Tuesdays: Frank Barajas and Doug Johnson
Fri 11/27: Matt Clark
Sat 11/28: Mark Heyes & Phil Salazar
Fri 12/4: Danielle Stacy
Sat 12/5: Ventura Jazz Collective

Art, a la Carte



On November 19 an artist reception was held at Crowell, Weedon & Co. (5740 Ralston) celebrating the works of local artists **Virginia Beale, Christine Beirne, Tasia Erickson, Gine Niebergall, Sparkle Taylor** *and* **Kay Zetlmaier**. *The large crowd appreciating the art also enjoyed fine wine and hors d'oeuvres.*

Families decorating pebbles during National Family Volunteer Day. Photo by Daniel Ingram.

Acts of kindness for City anniversary

On Saturday, Nov. 21 on the Ventura City Hall front steps the National Family Volunteer Day was celebrated with local families performing Acts of Kindness. As part of the City of Ventura's 150th anniversary events, Mayor Cheryl Heitmann is asking community members to perform A Million Acts of Kindness.

Volunteer Ventura hosted Family Volunteer Day to celebrate the power of families working together, and to help teach children valuable real-life lessons about compassion and caring.

Families participated in "Kindness Stations" such as:

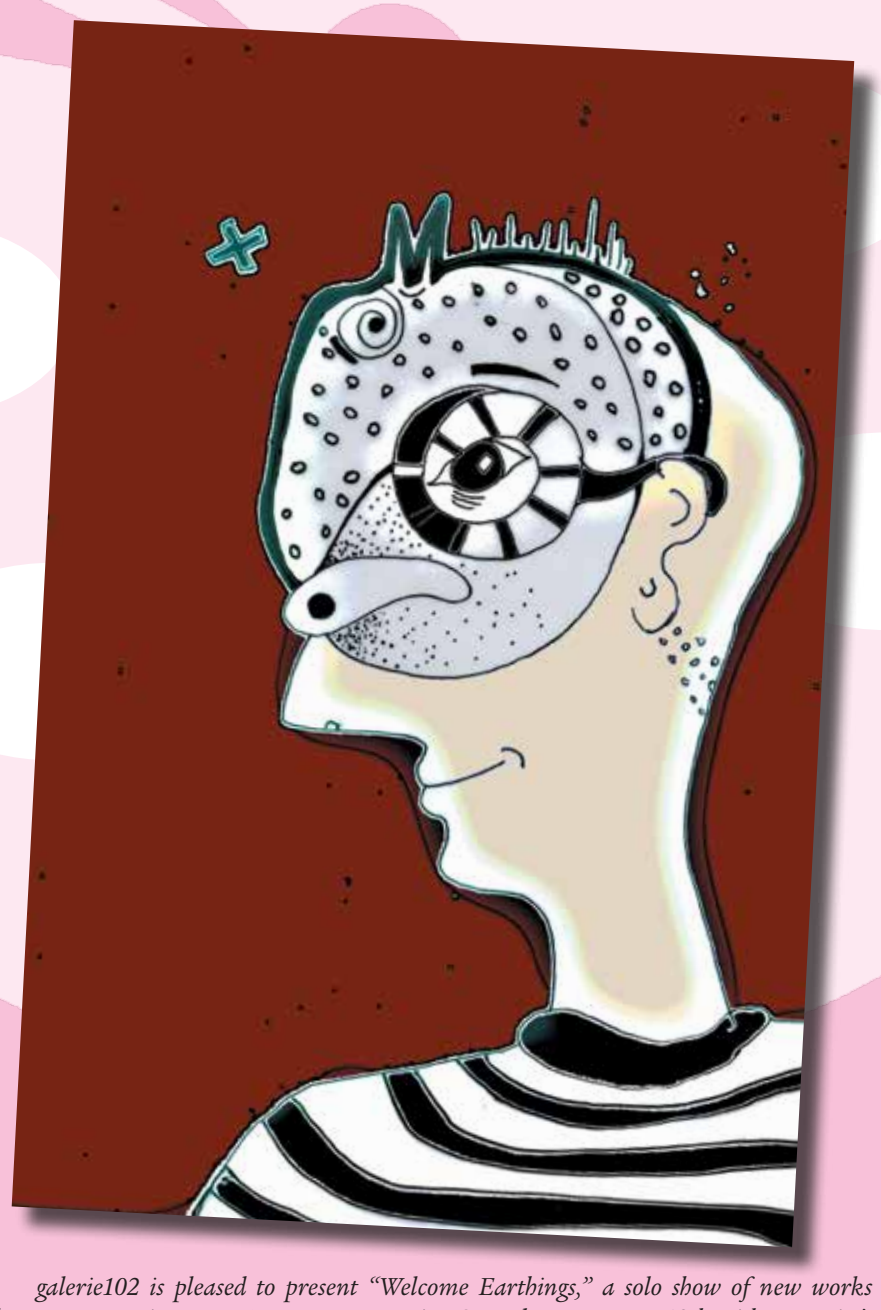
Donating canned/boxed food for FOOD Share, stuffed animals for the Ventura Police Department outreach, or a new, unwrapped toy for Ventura City Fire Department's Spark of Love Toy Drive.

Decorating a pebble in our Kindness Rocks station.

Making a holiday letter/card for one of our deployed servicemen/women.

Participating in a service scavenger hunt.

Offering a free cup of coffee to a stranger or to a favorite downtown merchant (thanks to donations provided by Starbucks).



galerie102 is pleased to present "Welcome Earthings," a solo show of new works by Ventura artist **Jane Peterson**, *opening Saturday, Decemer 12th with an artist's reception from 4-6 pm and on view through January 10, 2016.*

In artist Jane Peterson's all new work, and first solo show with the gallery, she continues to explore the spectrum of human emotion with particular attention to anxiety, passion, and fear, as well as, an element of humor. Cartoon-like characters make their way through Peterson's fanciful compositions, ranging from otherworldly creatures to abstracted human forms.

galerie102 is dedicated to bringing progressive contemporary and conceptual art to the Ojai art scene and beyond. galerie102 is located at 102 W. Matilija Street, Ojai. Gallery hours are Thursday through Saturday from 11-4 pm, Sunday 12–4pm, and by appointment.

Studio Channel Islands announces Michael Lattanzio as Chief Executive Officer for the non-profit art institute.

Lattanzio is an executive who has held leadership roles with top caliber companies such as NBC Universal, Westfield, Sun Capital/Osaka Management, as well as his own business consulting firm, Lattanzio Affiliated, Inc., which he founded in 2010.

As Chief Executive Officer, Lattanzio will oversee the strategic vision, day-to-day operations, and the future development of the organization that serves to promote and preserve the visual arts in the community by providing unique and diverse artistic encounters for all ages, and incredible opportunities for artists.

Studio Channel Islands continues to make a name for itself in the local market since its inception in 1998 showcasing a diverse range of art forms, styles, and techniques.

Studio Channel Islands is a non-profit organization that provides the community with a cultural hub for working artists with over 40 studios, first-class art exhibitions of both local as well as national artists featured in galleries. For additional information about Studio Channel Islands, visit the website at http://www.studiochannelislands.org.

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VCEF names Danna Lomax as November's Teacher of the Month.

Anacapa Middle School teacher recognized

The Ventura Commerce and Education Foundation (VCEF) named Danna Lomax, language arts teacher at Anacapa Middle School in Ventura, as November's Teacher of the Month. VCEF board member, Pattie Braga, along with elected representatives and members of the business community, presented Lomax with a plaque to commemorate the award .

Lomax was acknowledged for her commitment to creating engaging learning experiences, her high level of involvement in on-campus and district committees, and her expertise in bilingual education. Her recognition-worthy efforts include presenting at numerous county and district workshops on bilingualism as well as bringing a salsa dance instructor into her classroom to supplement a cross-curriculum course on bilingualism and biculturalism.

"Danna is extremely dedicated to Anacapa's students, both in her classroom instruction and outside of class time," said Anacapa's principal, Barbara Boggio. "Her doors are always open to interested students, whether or not they are in her classes, and she is constantly seeking ways to develop new and exciting learning opportunities."

In her 18-year teaching career, Lomax has received multiple Impact II awards, including the Ed Lyon Award for Excellence in Education in 2013. Her efforts have also earned the school several Ventura Education Partnership (VEP) grants.

Teacher of the Month nominees must be credentialed teachers and display certain qualities, such as outstanding commitment to students, service to school or district committees, involvement in projects on their own time and/or participation in youth-focused activities in the community. All principals and parent-teacher organizations from schools within the Ventura Unified School District are eligible to submit nominations. For more information about the Teacher of the Month program, please contact Pattie Braga, chair of the Teacher Appreciation Committee with the VCEF, at PBraga@VCCUonline.net or (805) 477-4052.

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Tech Today with Ken May

How to pick the right printer

by Ken May

Hopefully November is treating you all well! One item that folks often purchase during Black Friday is a new printer. Printers are often deeply discounted as a loss leader to get people in the store, but it may not be worth it, even at a heavy discount. Finding the right printer for your needs is critical, or you'll just be wasting money, and not getting the service you need from it.

The first step is to understand what you will primarily be using it for. Are you a photographer? A teacher? A mechanical engineer? Different technologies come into play for each of these use cases. If you want something inexpensive, prints ok color, but only handles small amounts of printing, then an Inkjet printer is probably a good choice. For better photo picture quality, choose one with pigment based inks, such as those by Epson. If you need high volume, fast printing, definitely go with a laser printer.

Costs for the printers themselves have come down quite a bit, but ink and toner is still very expensive. If color isn't necessary, you may be best suited by an inexpensive black and white printer that uses toner. Toner doesn't dry out so if you are printing infrequently, you aren't wasting ink.

Make sure that your printer has all the necessary features you need. Many of the cheaper printers now have great business class features built in for no extra cost. Decide if you need to fax, copy, print double sided, have an automatic document feeder, and all the other features you need. Connectivity options are also critical these days. Networked printers make life a lot easier, however, we continue to see issues with Wi-Fi printers. Some brands are better than others, but even after all this time, they can be flaky. So, we recommend using a wired Ethernet connection for the best results. This may require additional cabling to be run, depending on where you will be placing it, so keep that in mind.

Make sure that the printer is small enough to get the job done without being so large that you can't move it easily around, if needed. Many times, the printers need to be moved or repositioned due to your office needs. This is why you may want to consider small desktop printers for each office versus one huge copy machine. Large copy machines make sense in a larger business environment, but not in a home. They also typically come with expensive service plans from the vendors, which greatly adds to their cost.

Lastly, if you're just getting to know printer technology, start simple. Better to purchase a fancier, more advanced model later, rather than buying a top of the line model that doesn't fit what your needs are.

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